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## Pure Change Program

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7-day detoxification and weight loss program

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# THE PURE CHANGE PROGRAM

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## CONGRATULATIONS ON YOUR PURCHASE OF THE PURE CHANGE PROGRAM!

Developed by Dr. Charles Passler, the Pure Change Program helps you look and feel your best through the effective removal of harmful toxins coupled with a nutritional program that super-charges health and performance.

### WHY CLEANSE?

It is a fact that we are surrounded by toxins and other compounds that are harmful to us. Not only in the air we breathe, the soil our food is grown in and the water we drink, but also in the products we apply to our skin and the processed foods we eat. Accumulated over time, these toxins can begin to have a negative effect on our well-being.

Cleansing with the Pure Change Program helps you increase your ability to detoxify and resets your daily relationship with your food choices. When you adjust your focus to accept only what's good for your body, the condition of your skin, hair, eyes, nails and even your mental attitude will improve. You'll wake up in the morning feeling more refreshed without having to rely on caffeine to get your day going.

### What does "Detox" mean?

The toxins and chemicals that work against your physical, mental and emotional well-being are removed from your system. You'll feel more energetic with improved body chemistry, better sleep patterns and decreased food cravings. At the end of the 7-day program you'll have improved body composition with decreased body fat and a better balance of water and muscle. And you'll be better positioned to sustain your new level of systemic purity by following through on the cleaner, long-term eating habits you will have learned about in this program.

# PROGRAM STRUCTURE

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The Pure Change Program works in two interconnected ways:

- 1 Detoxification
- 2 Improved weight loss

During the 7 days of the program you'll detoxify your body by using the Detox Support Packets. You will also follow a strict diet to facilitate the removal of the most common foods related to allergies. The support packets will help increase the detox pathways of the liver and improve kidney function. Both are keys to the success of the program.

## WHAT DO I NEED?

The Pure Change Program provides everything you need to consume for the next 7 days with the exception of water, lunch and dinner.

## WHAT'S IN THE BOX?

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**Lean Body Protein Shake** (14 servings)

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**Detox Support Packets** (14 servings)

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**Protein Bars** (7 bars)

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**Probiotic** (7 servings)

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**Magnesium** (7 servings)

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**Shaker Cup**

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**While doing the Pure Change Program you'll create an internal environment to improve detoxification. This will help you reset your relationship with food and reset your body to build a more balanced body chemistry. It is VERY IMPORTANT that you have a vegetable meal, half a bar, or a shake every 2.5 hours. We recommend that you model your day similar to the sample day on page 5.**

## FOOD

During your detoxification week you will ONLY consume the shakes, bar, extra virgin olive oil and vegetables. We recommend that you limit yourself to approximately 100 calories of vegetables per meal. It is very important that you consume a variety of vegetables to avoid food boredom. If you know a vegetable on the list has caused any digestive problems in the past, please do not consume it.

Vegetables may be consumed cooked or raw; however, steamed or in a soup are recommended. When steaming the vegetables or making soup, add the extra virgin olive oil afterwards. You may also use lemon juice, apple cider vinegar and mustard on the vegetables. If you have a known allergy to any of the listed items, do not consume them.

## SHAKES

The shakes are effective, tasty and mix well on the go with the included shaker cup. Just add 2 level scoops into the shaker bottle and add as much water as you like, then shake and enjoy. If you prefer, the shake can also be made with up to one cup of unsweetened almond milk at no detriment to the results of the program.

# 12-HOUR MICRO-FAST

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To maximize the benefits of detoxification, weight loss and overall health it is essential you get enough sleep at night. A combination of eight hours of sleep and a 12-hour micro-fast between dinner and breakfast are ideal. For example, if you finish dinner at 7 p.m. have breakfast the following morning no earlier than 7 a.m.



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## SUBSCRIBE BEFORE YOU BEGIN YOUR PROGRAM

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Subscribe to our informational Pure Change Program emails when you are ready to start.

Visit [my.purechange.co](https://my.purechange.co) to subscribe.

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# THE WEEK

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Consume 2 shakes, 2 snacks and 2 vegetable servings daily. Have a shake, half a bar or a vegetable serving every +/- 2.5 hours. Vegetables may be consumed cooked (steamed if possible) or raw. You may also make a soup using low sodium, organic vegetable or chicken broth. Drink 8 cups of water daily, not including the water that is contained in the shakes. You may also drink herbal tea. The order in which you consume the shakes, bars and vegetables is important.

SAMPLE DAY	
7:00 am	<b>Breakfast</b> 1 Lean Body Protein Shake
9:30 am	½ Protein Bar
12:00 pm	<b>Lunch</b> <ul style="list-style-type: none"><li>• 100 cal. of raw or steamed vegetables, or soup <i>(food list on pp. 9-10)</i></li><li>• 1 tablespoon of extra virgin olive oil</li><li>• 1 Detox Support Pack</li></ul>
2:30 pm	1 Lean Body Protein Shake
5:00 pm	½ Protein Bar
7:00 pm	<b>Dinner</b> <ul style="list-style-type: none"><li>• 100 cal. of raw or steamed vegetables, or soup <i>(food list on pp. 9-10)</i></li><li>• 1 tablespoon of extra virgin olive oil</li><li>• 1 Detox Support Pack</li></ul>
10:00 pm	<b>Bedtime:</b> 3 Magnesium tables + 2 Probiotic capsules

# GUIDELINES

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## Eliminate Temptation

Eliminate any unhealthy food such as cookies, candy, chips, ice cream and soda from your household. Out of sight out of mind.

## Food Shopping

Plan your meals in advance and stick to foods listed in this manual. If eating a healthy lunch at work is a problem, make or purchase your lunch and bring it with you to work. It is important to TAKE CONTROL of your food intake and make your goals a priority.

## Exercise

Avoid high intensity exercise during your detox. You want your system to have the energy to heal, repair and recover. Brisk walks, light yoga, stretching, or light exercise for up to 30 min. a day are beneficial. Please see our recommended workout routine at [www.purechange.co/workout](http://www.purechange.co/workout).

## Healthy Eating Habits

Eat a variety of foods using the food list we've provided as your guide. Also use portion control, don't overeat. If you aren't hungry don't force yourself to eat.

## Family and Friends

Tell your family and friends that you are following the Pure Change Program and invite them to join you. It is always easier to follow the program when family members and friends are involved. Join the Pure Change Program community: [www.purechange.co/community](http://www.purechange.co/community)

## Hydration

Drink at least eight 8 oz. cups (64 oz. / 2 quarts) of water a day. Begin your day with a cup of water. It will help you feel fuller longer as well as support healthy bowel movements.

## Sleep

A good night's sleep is essential to maximize overall health and well-being as well as weight loss. Try to go to bed at night and wake in the morning at the same time every day, even on weekends. Eight hours of sleep between 10 p.m.- 6 a.m. is ideal. To prepare for sleep avoid electronics within one hour before bedtime and sleep in a room that's dark and cool.

## Breathing/Meditation

Healthy breathing increases energy, improves stress management, deepens sleep and improves overall health. Go to [www.purechange.co/breathing](http://www.purechange.co/breathing) for an easy and simple breathing program. Breathe well to be well.

# AFTER THE PROGRAM

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**First, congratulate yourself for completing the program!  
You have taken the first step to a more healthy lifestyle.**

Now that your 7-day detoxification program has been completed you may now add more foods into your diet.

Visit [www.purechange.co/postprogram](http://www.purechange.co/postprogram) for our guide on healthy proteins, fats, fruits, vegetables and a sample day of eating. These guidelines are a great way to keep you on a healthy track after finishing the program.

For sustainable weight loss it is essential to build long-term habits. A great way to start building these habits is through the **Daily Wellness Kit**, which includes our Daily Wellness Shake and Daily Wellness Support packets. This will give you a great one-two punch to start your day in a healthy manner.

# FAQs

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## Will I lose weight?

If you follow the program it is highly probable you will lose weight.

## Can I drink alcohol?

Avoid alcohol.

## How will I feel?

In the first couple of days you may feel you don't have as much energy as normal. This is likely due to the caffeine (and sugar) withdrawal. By days 3-5 you should begin feeling normal if not better than before.

## What if I take medication?

Please consult with your doctor before doing the Pure Change Program.

## Should I take my normal vitamins and supplements?

You may suspend other natural vitamins and supplements during the Pure Change Program under the guidance of your health care provider.

## In the event of a caffeine withdrawal headache, what should I do?

Try drinking a cup of green tea. If that doesn't work, try a cup of black coffee (half regular, half decaf). Once your headache recedes, switch to decaf coffee and begin to eliminate coffee from your diet.

## How do I manage hunger?

It is important to be aware that at the onset of the program you may go through an adjustment period.

It may take your system several days to adjust to the program.

Also, recognize whether you are experiencing emotional or physical hunger:

**Emotional hunger** is the desire to distract one's self from situations and or feelings through eating or drinking. Try the following to avoid it:

- Drink an 8-16 oz. glass of water. Then wait 20 minutes.
- Go for a walk, read, change your environment, or contact your support people.

**Physical hunger** can indicate that the body is not getting enough fuel. Try the following to avoid it:

- Check that you are properly following the timing and portions outlined in the program.
- Consume additional vegetables.

## Who do I contact if I have more questions?

Visit [www.purechange.co](http://www.purechange.co) for additional information.

# APPROVED FOODS

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Remember: consume approximately 100 calories of vegetables per meal (lunch and dinner). We have provided both the cooked and uncooked calorie values.

<b>VEGETABLES</b> <i>1 cup (8 oz.)</i>	<b>Calories</b> <b>(Cooked)</b>	<b>Calories</b> <b>(Raw)</b>
<b>Arugula</b>	n/a	6
<b>Asparagus</b>	40	27
<b>Bean sprouts</b>	n/a	62
<b>Bell peppers</b> (chopped)	n/a	39
<b>Bok choy</b> (shredded)	20	9
<b>Broccoli</b>	n/a	47
<b>Broccoli</b>	54	31
<b>Brussels sprouts</b>	56	38
<b>Cabbages</b> (shredded)	34	22
<b>Cauliflower</b>	28	25
<b>Celery</b>	28	15
<b>Collard greens</b> (chopped)	49	11
<b>Cucumber</b>	n/a	16
<b>Eggplant</b>	35	21
<b>Endive</b>	n/a	8
<b>Escarole</b>	n/a	8
<b>Green Beans</b>	44	34
<b>Green Leaf Lettuce</b>	n/a	5
<b>Kale</b>	36	33
<b>Leeks</b>	38	54
<b>Mushrooms</b>	44	15
<b>Okra</b>	36	40
<b>Onions</b> (chopped)	88	67
<b>Radish</b>	n/a	13
<b>Romaine</b>	n/a	10

# APPROVED FOODS

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<b>VEGETABLES (CONTINUED)</b> <i>1 cup (8 oz.)</i>	<b>Calories</b> <b>(Cooked)</b>	<b>Calories</b> <b>(Raw)</b>
<b>Salsa</b> (sugar-free)	n/a	67
<b>Snow peas</b> (whole)	n/a	26
<b>Spinach</b>	41	7
<b>Swiss chard</b> (chopped)	35	7
<b>Tomatoes</b>	n/a	32
<b>Zucchini</b>	29	20



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888.872.0244 | [www.purechange.co](https://www.purechange.co) | [support@purechange.co](mailto:support@purechange.co)