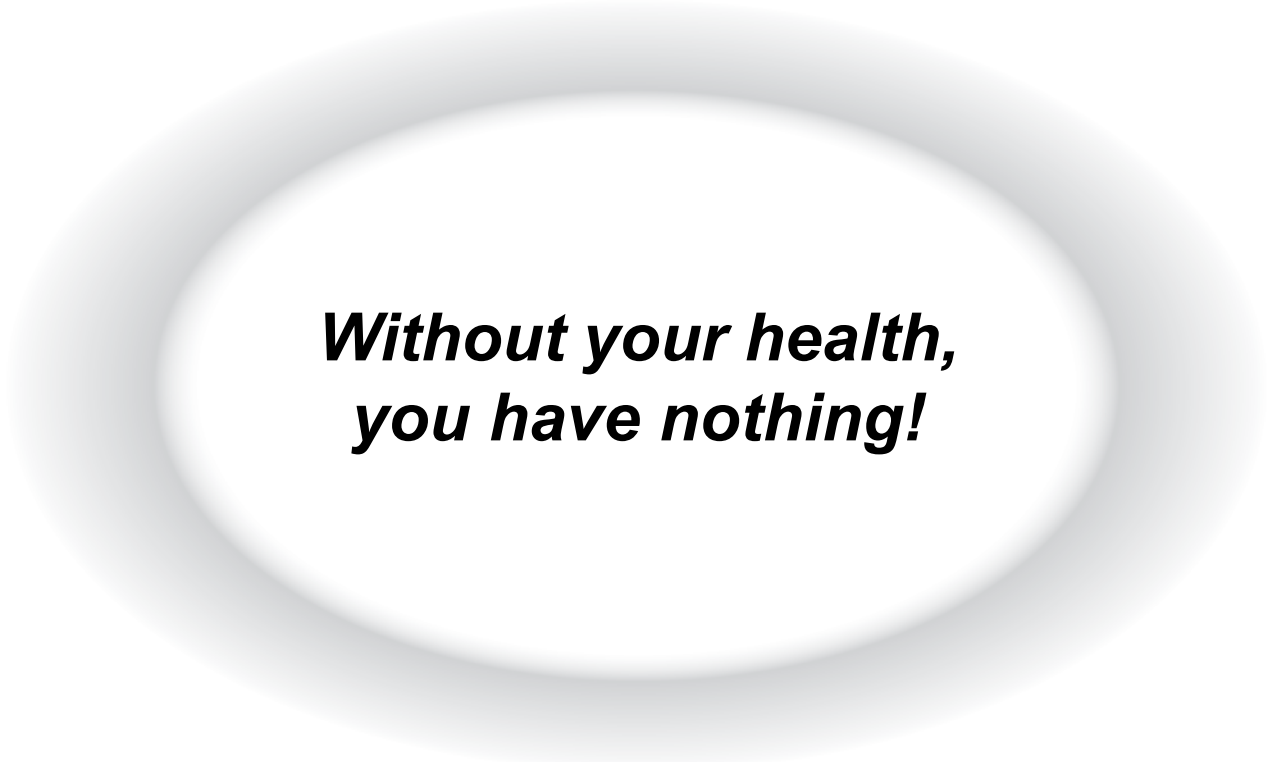


TOTAL BODY[™] WELLNESS



Bo Wagner, Ph.D., D.N.M., B.C.I.M.



***Without your health,
you have nothing!***

IMPORTANT NOTE: The information provided in this publication is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional. This information should not be used for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a health care professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem.

*The statements in this book have not been evaluated by the Food and Drug Administration. This program and its products are not intended to diagnose, treat, cure or prevent any disease. Consult your physician if you are pregnant, nursing, taking medication, or have a medical condition before beginning supplementation.



BIOGRAPHY

Ph.D., D.N.M., B.C.I.M., D.C.C.N.

Board Certified in Integrative Medicine

Diplomate of the College of Clinical Nutrition

Fellow of the American Association of Integrative Medicine

Dean of the University of Natural Medicine '05-'12

Dr. Bo Wagner is founder, president and CEO of Wagner Healthcare, a natural healthcare clinic of integrative medicine and natural health and beauty product company based in Sherman Oaks, California. He is a noted clinical nutritionist, doctor of natural medicine, doctor of naturopathy, cosmetic formulator, researcher, author, dean, professor, lecturer, certified sports nutritionist, certified colon hydrotherapist, certified phlebotomy technician, and certified to do cardiovascular testing as a Digital Pulsewave Analysis (DPA) technician. Dr. Wagner has been featured internationally on television and radio, and in nationally syndicated newspapers and magazines. For over forty years he has been a pioneer in the world of integrative medicine, practicing holistic natural healthcare, nutritional counseling, colon hydrotherapy, and teaching his lifestyle plan, "The Wagner Way to Wellness[®]" to clients around the world. His extensive research and clinical testing have led to the development of his internationally successful personal health care products, an all natural skin and hair care line and formulation of many unique dietary supplements, most notably his signature products Heart Supreme[®], Colon Magic[®], Fiber Magic[™], Body Magic[®], and Garden of Plenty[®], which was featured in Allure Magazine (September, 2007).

Dr. Wagner is also a member of the Clinical Advisory Board of Generation Rescue, a member of the American Association of Nutritional Consultants, a member of the American Association of Integrative Medicine, a member of the International Association for Colon Hydrotherapists (I-ACT), and is a frequent guest lecturer at medical conferences, health seminars and expos. He has written several distinguished dissertations, "The Relationship Between Nutrition and Poverty: The Cost of Living Right" and the "Benefits & Uses of Alpha Lipoic Acid" and is the author of the books "Eat Smart, Eat Simple", "Cook Smart, Cook Simple", "Guide to Smart Food Choices," and is the author of many articles on the topic of nutrition, fitness, colon health, detoxification, weight management and total body wellness.

Through seminars, workshops, lectures, videos and his clinical practice, Dr. Wagner has brought his solutions and therapies for vibrant health through wholesome nutrition, natural supplements and beauty products, weight management, cleansing and exercise programs to tens of thousands of people worldwide, through his **Dr. Bo's[®]** product line. More than half of Dr. Wagner's clientele are celebrities, performers and professional athletes, making him one of the most sought-after nutritionists and natural healthcare practitioners in the entertainment and sports industries. He is often referred to as the "*Nutritionist to the Stars.*"

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OVERVIEW

TOTAL BODY WELLNESS™

38 Day Detoxification and Rejuvenation Program

WHAT IS IT?

The Total Body Wellness (TBW) program is a DETOXIFICATION, CLEANSING, and REJUVENATION program. It is not a fast! It consists of a 10-Day Pre-Cleanse called the Magic Pak® (necessary to prepare and transition the body from a person's daily routine) and a 4 Phase detox to completely cleanse, restore, flush and renew the entire body to optimal health.

PURPOSE:

To give a person's body a rest and permit it to become 100% efficient in healing itself. With our loving care and guidance, the TBW is the proven method of regaining total health in the fastest and safest way possible.

WHAT WILL I BE TAKING?

During this program you will eat healthy foods, eliminate bad foods (coffee, sugar, dairy, etc.), and will be consuming nutritiously balanced, complete meal shakes, detox herbs, vitamins and minerals that will give you more nourishment than you have ever received in your life.

Because our soil is completely void of virtually all minerals and most vitamins, the solid food we receive, including organic food, provides us with very little, if any, nourishment. Processed and fast foods are almost entirely worthless junk food and most of the empty solid foods we consume not only lack proper nourishment but are very hard to digest, wear out our body and organs and don't allow our body to rest and heal itself. We usually feel tired, sluggish and complain of very little energy, especially after eating solid meals that need a long time to digest. Also, sugary foods throw our blood-sugar level totally out of balance and creates the terrible highs and lows most people experience on a daily basis.

The products on this program are nutrient-rich, easily assimilated and provide a broad spectrum of nutrients in their natural states, including B complex vitamins, pantothenic acid, the carotenes and choline, essential protein, with an ideal amino acid profile, chlorophyll and phytonutrients (the building blocks of cellular renewal), valuable oxygen, naturally chelated minerals, ionic trace minerals (especially potassium, calcium, magnesium, iron, copper, phosphorous and manganese) and all other body essentials needed to completely nourish and feed your body. Since these products are easily assimilated, our digestive system can rest, which allows the body's natural healing processes to truly take place.

...MORE:

The TBW program creates a condition where all the vital forces of the body are used to flush out impurities and to re-establish proper body functioning. It gives the over-burdened, over-worked internal organs a rest and time for rehabilitation. It exhilarates the person's vitality to flush out toxic poisons and waste that have been stored in the body for years. During this program, the body will rid itself of old cells and morbid/accumulated matter, and because the body is being totally nourished and fed it will never need to use any healthy part of the body for fuel. After the TBW program, circulation is improved which promotes perfect health. Food can be assimilated better, vital organs are strengthened and you will have greater clarity of mind and increased endurance, stamina and strength. The TBW program renovates, rejuvenates and purifies every one of the trillion cells, which comprise the human body.

COLONICS & FLUSHES

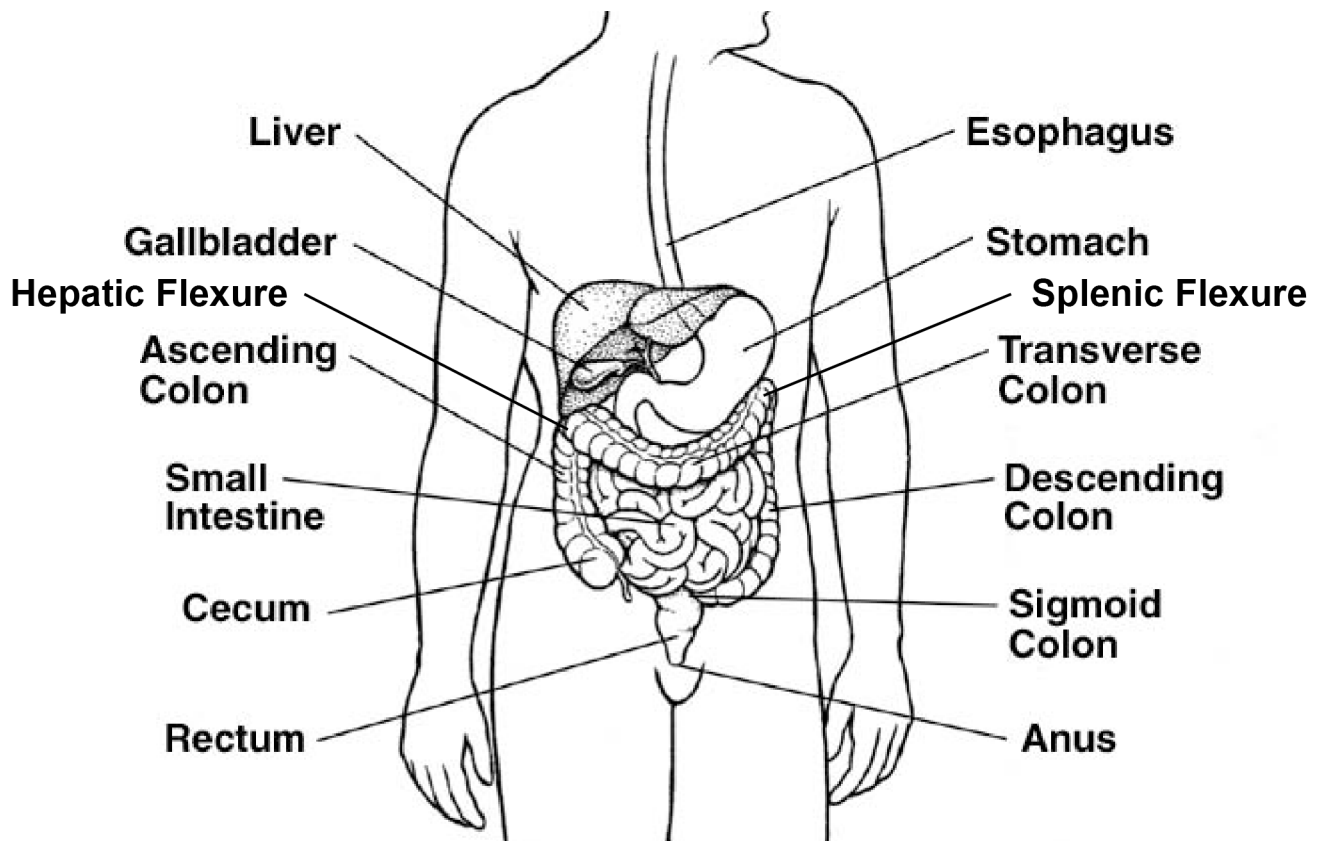
After many years of supervising this program and many others, I have learned how vitally important it is to completely clean the entire body, especially the colon, liver, gall bladder, kidneys, as well as the entire alimentary canal and lymphatic system. In today's toxic and junk food environment, it is important to pull all of the accumulated, dammed up toxic waste from every area of the body, especially the colon and the liver. In order to accomplish this, I recommend taking the supplements on this program as well as having a series of colonics. Colon irrigation is the only way to flush out the hepatic and splenic flexures completely (two corner sections of the colon - see image below). The herbs taken on this program flush the small intestines, liver, gall bladder, kidneys and spleen, as well as the large intestine (colon).

COLONICS ARE REQUIRED ON THIS PROGRAM!

This program is designed to flush and rid the body of lots of toxins and poisons. And because of the amount of waste being flushed out by the body, it is required to do colonics as scheduled (see calendar on page 7) to help the body flush and clean out this impacted material.

It takes 12-24 hours for waste to travel from the ascending to the descending colon. By doing colonics as scheduled on this program, each section of the colon is thoroughly cleansed before new waste material is allowed to accumulate. With every colon irrigation, you will notice remarkable change and the water can reach all the way to the tip of the ascending colon. Some people may require more than eleven colonics, depending on how toxic they are, how much mucus has accumulated and how well the colon is functioning.

When you have completed the entire program, we will evaluate your success and instruct you on a maintenance or weight management program to help you continue achieving your best possible health.



WEEKLY SCHEDULE

Your Journey to Total Body Wellness

Magic Pak® (The First 10 Days): Your Warm-Up:

The *Magic Pak* is done for 10 days to prepare your body for the deeper cleansing of the following 4 phases. It is comprised of the following 3 nutritional products: *Body Magic™*, *Colon Magic®* and *Fiber Magic™*. During this 10 days you eat healthy foods, combine correctly and take the supplements in the morning, before each meal and at bedtime. The ingredients in these formulas have been shown to support, cleanse, detox, purify and rebuild the entire body of toxic waste and heavy metals, as well as help re-establish and renew total body health.

Number of colonics during this 10 days: 3

Phase 1: Cleanse:

This week is the "*Cleanse*" portion (which can be extended up to 6 weeks if so desired). During this week, you refrain from eating solid food, and instead consume daily: 5 nutritionally-complete and balanced meal shakes, detox herbs, morning and evening mineral drinks, and vitality supplements to feed, nourish, cleanse, detoxify, tone, trim and build all the tissues, muscles, organs and every system of the entire body, for six days. (This may or may not be the hardest week for people. You will be fed well, but may miss the taste of food). On the 7th day (or "*Grapefruit Day*"), you consume 3 grapefruit meals instead of the 5 meal shakes to eliminate fatty tissue, uric acid and lymphatic waste (these grapefruits will be the best tasting grapefruits you've ever had).

Number of colonics during this phase: 5

Phase 2: Restore:

This week you begin a complete "*Restoration*". You gradually decrease the number of shakes taken daily from 5 to 2, and slowly reintroduce nutritious solid-food meals (breakfast, lunch and dinner). You will be taking reinvigorating vitamins, minerals, enzymes, herbs and glandulars to revive and restore good bacteria, bile and establish a stable foundation and lifestyle of good health.

Number of colonics during this phase: 1

Phase 3: Flush:

This week, while eating normally, you do a "*Flush*" that addresses the liver, gall bladder, kidneys, lymphatic system, and parasites. This is done with a *Grapefruit Day* along with an *Olive Oil Night* (you will drink a mixture of olive oil, grapefruit juice and lemon to stimulate the flush action). After this, your body will be purified, functioning at an extremely high level and will be ready for the final phase of complete body rejuvenation.

Number of colonics during this phase: 1

Phase 4: Renew:

This week is the final phase to "*Renew*" the body. This is very straight forward to do, but extremely effective. Its purpose is to rebuild, tone and strengthen your colon, liver, gall bladder and kidneys, purify your blood and lymphatic system and boost and strengthen your immune system to maximum well-being and performance, bringing about true *TOTAL BODY WELLNESS*.

Number of colonics during this phase: 1

CALENDAR

Day 1 • Colonic • Start Magic Pak®	Day 2	Day 3	Day 4	Day 5 • Colonic (±1 day)	Day 6	Day 7
Day 8	Day 9	Day 10 • Colonic	Day 11 • Start Phase 1: <u>Cleanse</u>	Day 12 • Colonic	Day 13 • Colonic	Day 14 • Colonic
Day 15 • Colonic	Day 16	Day 17 • Colonic (±1 day) • Grapefruit Day (Lymph Cleanse)	Day 18 • Start Phase 2: <u>Restore</u>	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24 • Colonic (±1 day)	Day 25 • Start Phase 3: <u>Flush</u>	Day 26	Day 27	Day 28 • Grapefruit Day (Lymph Cleanse) • Olive Oil Night
Day 29	Day 30	Day 31 • Colonic (±1 day)	Day 32 • Start Phase 4: <u>Renew</u>	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38 • Colonic (±1 day)	Day 39 • Start Dr. Bo's <u>Wagner Way to Wellness</u> (pg. 37)	Day 40	FINISHED!!! CONGRATULATIONS! 	

PRODUCTS

Anti-Aging Formula:

A special formula that provides a nutritional complex shown to improve the appearance of skin, hair and nails from the inside out, by providing Collagen Type I & III with Hyaluronic Acid and "key beauty amino acids." It also helps support joint health by providing essential elements to rebuild cartilage and connective tissues and protect them from degeneration and oxidative damage and boost collagen synthesis.*



BootUp®:

A monumental total body health breakthrough that is the missing link to help the cells, body and heart replenish energy, support muscle recovery and achieve optimal heart-health. *BootUp* can help stressed cells rebuild the volume of energy substrates needed to maintain a healthy, normal cellular energy pool, and has also been shown to help hasten energy and muscle recovery.*



Brain Magic™:

Brain tissues are especially rich in phosphatidylserine (PS), but aging causes decline in the PS content of cells throughout the body. Research has shown that in addition to improving neural function in the brain, PS helps support membrane integrity and youthful synaptic plasticity. PS may reduce the risk of dementia and cognitive dysfunction in the elderly.*



Cardio Care™:

Contains ingredients that have been shown to support optimal cardiac health and helps reduce risk factors that include high cholesterol, high triglycerides, high blood pressure, high homocysteine and glucose intolerance. They have also been shown to provide powerful antioxidants to prevent oxidant damage, and assist fat metabolism.*



Colon Magic®:

This product is a special synergetic formula designed to aid in the cleansing of the liver and lower bowels. This unique combination of herbs cleans feeds, stimulates and rebuilds the tissue lining and peristaltic muscles of the stomach, small intestine and colon.*



Colon Renew™:

A special formula designed to repair, rejuvenate, protect and tone the colon and intestinal tract. It will help strengthen the colon's peristalsis (the wave-like motion that moves the fecal matter through the colon, and help establish several good bowel movements daily, preferably one after each meal. *Colon Renew* tincture is great to use anytime for bowel and intestinal tract health but especially beneficial after flushing the liver and kidneys. The colon must be functioning well to release the toxic matter that is released after flushing the other organs.*



Deluxe Detox AM Pack™ & PM Pack™:

These products provide a combination of ingredients that have been shown to help: pancreas function, reduce joint tenderness and long-term pain, joint mobility, reduce stress, control food cravings, promote weight loss, improve urinary tracts, detoxify the liver and gallbladder, maximized metabolism, cleanse the lower bowels, promote secretion of bile, and stimulate bladder function.*



Digestive Enzymes:

This product is a special synergetic formula designed to aid in the cleansing of the liver and lower bowels. This unique combination of herbs cleans, feeds, stimulates and rebuilds the tissue lining and peristaltic muscles of the stomach, small intestine and colon.*



Fiber Magic™:

A blend of superior ingredients that has been shown to help increase the fiber content of the diet, promote a softer stool, lower cholesterol levels and lubricate the colon - therefore providing good bowel and colon cleansing, and proper elimination of accumulated putrefaction (rotting in the body) material from the gastrointestinal tract. It has been carefully blended to promote natural peristaltic action (the colon's function of pushing out waste). It has also been shown to add moisture to the colon, like a sponge, to soften the hardened mucous that lines the inside of the colon walls.*



Garden of Plenty®:

Dr. Bo's most popular ALL-IN-ONE multi-superfood, is the ultimate proprietary blend of many of the world's leading superfoods, designed to provide the body with an easily absorbed, well-balanced source of concentrated total nutrition that is often lacking in the average diet. *Garden of Plenty* is the world's most complete meal replacement, containing **OVER 130+ nutritional ingredients**, including whole foods, dietary supplements, greens and fruit juice powders, botanical extracts, enzymes, electrolytes, omega fatty acids, vitamins, chelated minerals, nutraceuticals, natural fibers, antioxidants, amino acids, alkalizers, flavonoids, carotenoids, prebiotics, 10 probiotic strains, and over 72 ionic trace minerals and elements.*



Gland Fem Plus™ or Gland Male Plus™:

Both formulas provide raw pituitary and adrenal concentrates plus specific ingredients for men and women. Both products have been shown to be effective for balancing metabolism, relief of fatigue and water retention, failure to lose weight, excess diuresis, thyroid problems, helping hypoglycemia, stress, allergies and more.*



Kidney Flush™:

This herbal blend helps reduce pain, swelling, inflammation, tenderness and stiffness in the joints and muscles due to arthritis, gout and elder-age. It has been shown to be very effective in dissolving and passing kidney stones without pain.*

Kidney Renew™:

This tincture is designed to help repair, protect and tone the kidneys and bladder, especially in cases of inflammation, water retention, and associated low back pain. It helps to strengthen the urinary system and may also be useful for recurring urinary tract infections.*



Liver Renew™

This combination tincture is designed to help assist the body's ability to cleanse, tone, protect and repair the liver and the gall-bladder, while aiding in the elimination of toxins. It has been shown to be especially valuable to people who have been exposed to solvents, paints and other volatile compounds, as well as frequent alcohol or drug intake.*



Maca:

Maca (*Lepidium peruvianum* Ch.) has gained an international reputation as a powerful energy enhancer that adds strength, vitality and stamina. A winning combination of health benefits for both men and women. It is a root-like vegetable and a member of the cruciferous family that acts as a natural Peruvian superfood containing valuable protein, amino acids, vitamins, minerals, fatty acids, alkaloids, tannings, saponins and glucosinolates. Maca has been shown to be beneficial as a libido and fertility enhancer.*



Magic Pak™

A 10 detox in itself, but also the first 10 days (*Pre-Cleanse*) of this program. This allows the body to transition from its normal, daily habits to the *Total Body Wellness'* detailed regimen. It consists of 3 products: *Body Magic*, *Colon Magic* and *Fiber Magic*. Combining multiple herbs, vitamins, whole foods, bioflavonoids and more, this pak makes up a strong force to support, cleanse, detox, purify and rebuild the entire body of toxic waste and heavy metals.*



Dr. Bo's® Olive Oil:

Dr. Bo knows that not all olive oils are the same. This is why he provides this special *Olive Oil*, a select blend of oils from organic olives ripened by the Mediterranean sun, that can truly be called Extra Virgin (containing less than 0.8% pre-fatty acids). It yields a smooth, mildly nutty oil with no bitterness or acid after-taste and a healthy polyphenol content. This gourmet oil may be used as an ingredient in your favorite recipes, as a condiment, a massage oil, skin moisturizer, or for sacred initiations.*



Para Pure™

A cleanser with ingredients that have been shown to be excellent for purification and elimination of parasites and worms from the entire body. Also, they have been shown to be effective for the relief of minor intestinal symptoms associated with parasites, such as bloating, abdominal pain, flatulence and diarrhea.*



Power Balance™:

A refreshing "blood and brain enriching" tonic made from a blend of micro-algae with cleansing and rejuvenation herbs plus phosphatidylserine. It's organically grown green foods and botanical food factors are known to be nature's greatest natural sources of Chlorophyll, Phyto-Nutrients, Amino Acids, GLA, Vitamin B-12 and Natural Iron in a bio-available food form. *Power Balance* is recommended for internal cleansing, detoxification, balancing, rejuvenation, memory enhancement and improving micro-capillary circulation, a major component of memory enhancement. It provides a healthful tonic to nourish the protective system of the body.*



Silver Water™:

Contains tiny, charged particles of pure silver electrically suspended in pure water. Our bodies convert all nutrients and medicines into colloids before they are used. Silver, like many other metals, has been shown to have a positive role in health. *Silver Water* is used as a natural alternative to antibiotics. Laboratory tests have proven that over 650,000 destructive bacteria, viruses and fungi were killed within minutes of contact with colloidal silver.*



Stone Flush™:

The ingredients in this product have been shown to be beneficial for elimination of liver, gall bladder and kidney stones, plus various disorders of the urinary tract including infections, pain and swelling, and discharge from the urethra or vagina. It is also used for digestive tract disorders including gas, loss of appetite, stomachache, intestinal infections, and constipation.*



TBW Detox Caps™:

This product provides a combination of ingredients that have been shown to help cleanse, strengthen, rebuild, purify, support, detox and renew the following: kidneys, lymph, heart, liver, skin, blood, colon, lungs, tissues, heavy metals and circulatory system.*



Total Trim® Fat Stop:

The ingredients in this product are a natural nutritional aid for the digestive system, neutralize uric acid, cleanse the lymphatic system, and have been shown to help eliminate fatty tissue build up. Also, these ingredients help flush mucus from the body, encourage overall fluid cleanliness, strengthens the immune system, calm the nerves, help the body clear away plugs of fat deposits, and promotes body fluids to keep moving through the body's vessels.*



Vasu Care™:

The nutrients in this product have been shown to help maintain healthy normal vessel tone and have been cited by Nobel Laureates to be important components in helping promote the health integrity of the body's vascular system.*



TIPS

DRY SKIN BRUSHING FOR CLEANSING THE LYMPHATIC SYSTEM

The first step in cleansing the lymphatic system is to cleanse the colon so that the excess mucoid material backed up in the lymphatic system can be drained out. The second step is to practice dry skin brushing. This is a highly effective technique for stimulating the expulsion of fresh mucoid material, hardened particles or impacted mucoid matter and other obstructions in the lymph system, which will reduce inflammations of the lymph nodes caused by these accumulations. Like the colon, the lymphatic system can contain stagnant accumulations of old waste matter. Once the colon is at least partially cleansed, it takes a few months of daily dry skin brushing to completely cleanse the lymphatic system. Because the gastrointestinal cleansing softens hardened mucoid in the lymphatic system as well as the intestines, performing dry skin brushing concurrently with our gastrointestinal cleansing program improves the dry skin brushing's effectiveness.

The brush used should be a long-handled, bath-type brush. It is essential that it contains natural bristles. Synthetic bristles should be strictly avoided. The brush should be kept dry and not used for bathing.



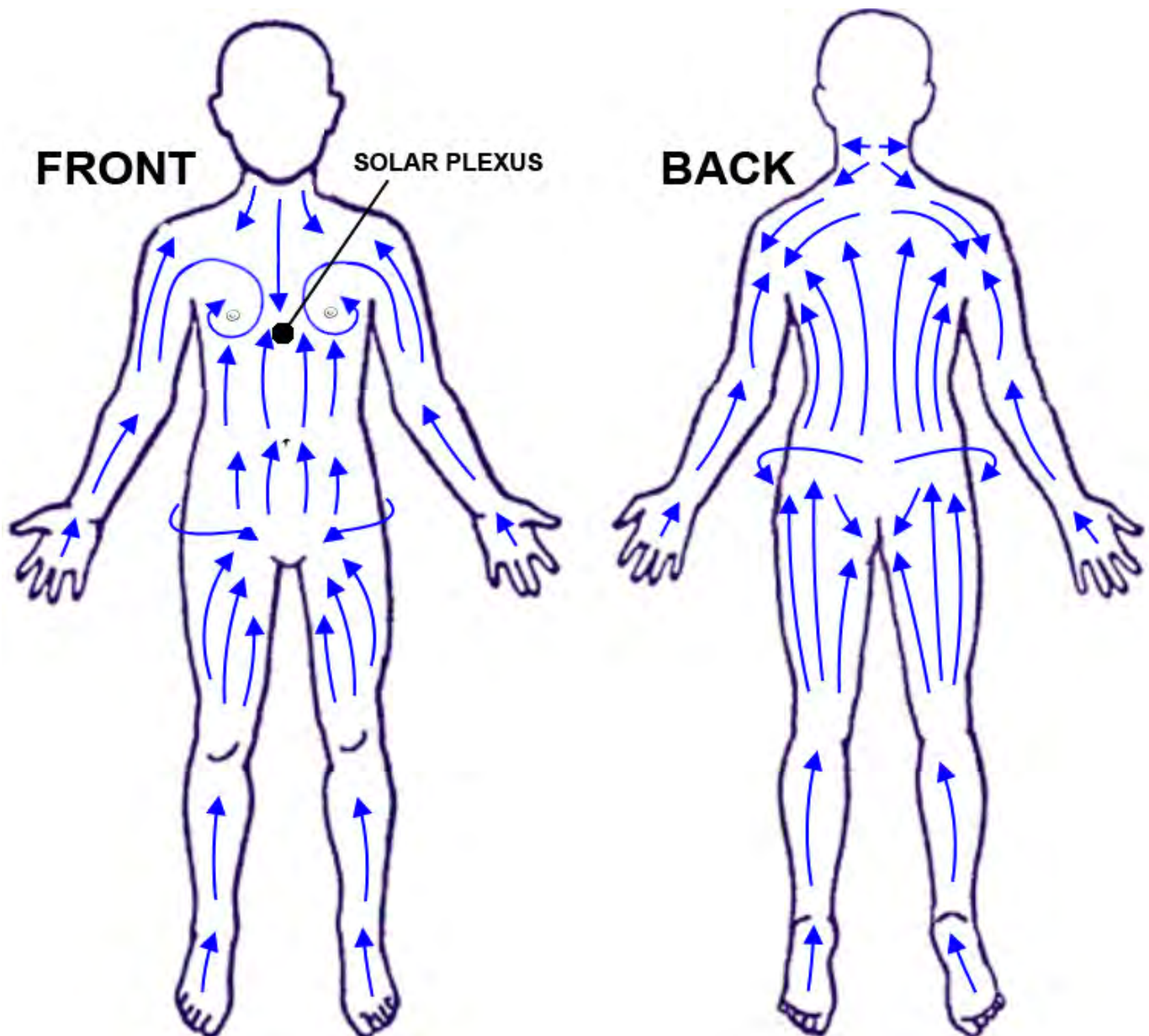
When one performs skin brushing, the body should be dry and brushed several times over every part of the body's surface. Do several extra brushes on the inside of the thighs, behind the legs and under the arm pits. Lymphatic node points are in those areas. No back and forth motion, no circular motion, no scrubbing. Brush the whole body with an upward motion except the neck and chest, which should be brushed with a downward motion.

The direction of skin brushing is critical as the lymph system is made up of one-way valves. The main subclavian vein (main lymph drain) is located at the top of the shoulders, under the clavicle. Start by brushing the tops and bottoms of the feet, ankles and legs upward into the groin. Brush the buttocks up and circle around the top of the buttocks to the front of the belly and brush the abdomen up to the waist even with the navel and brush the diaphragm up to the solar plexus. Brush the hands, arms, sides of the body and arm pits up towards the shoulders. Brush the back up towards the shoulders. Brush down the back of the neck towards the shoulders. Brush the front of the neck and chest down to the solar plexus and finish by circling around the breast by brushing down between the breast, under the breast towards the sides and up under the arms and up into the top of the shoulders. Do this several times. This is the direction that the lymph flows in the body. Dry skin brushing should be performed once or twice a day, preferably just prior to bathing and can also be done just before you go to bed. A complete skin brushing takes no more than a few minutes and is highly stimulating and invigorating. When practiced daily, skin brushing is effective in improving body tone. **A few minutes a day is easily worth 30 minutes of vigorous physical exercise!**

It is not uncommon for one's stools to contain large amounts of lymph mucoid a day or two after an initial skin brushing. The lymph dumps into the colon and this is another reason why it is so important to keep the colon clean. Lymphatic cleansing requires continuous dedication, consumption

of sufficient water and daily exercise. The lymph system has no pump to speak of, except the major muscles like the calf muscles to move it along. Therefore, it is also recommended to walk for 30 minutes or more a day to aid in preventing a stagnant build-up of the lymph.

Lymph mucoïd will also begin to appear in one's stool as soon as colon cleansing precedes far enough to relieve the pressure from the mucoïd matter backed up in the lymph system. Its general appearance is like that of petroleum jelly and it may vary in color from clear to yellow or dark brown. Lymph mucoïd may have a jelly-like consistency rather than the sticky consistency of the alimentary tract mucoïd. It can pass through the colon with little tendency to cause constipation and be expelled before it becomes appreciably dehydrated. When lymph mucoïd does get trapped in the colon, it eventually hardens along with the rest of the stagnant material. So, to completely cleanse the lymph system, follow the above recommendations for an extended period of time: Exercise, drink lots of water and practice dry skin brushing.

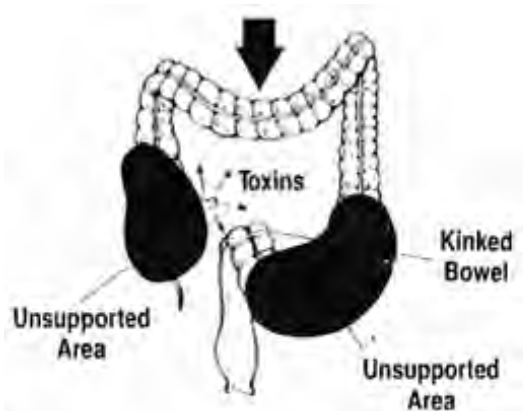


SQUATTING

UNHEALTHY



The modern toilet was a great **mistake**. It leaves these two areas of the abdominal wall and bowel unsupported as we bear down (see dark area on illustration below).



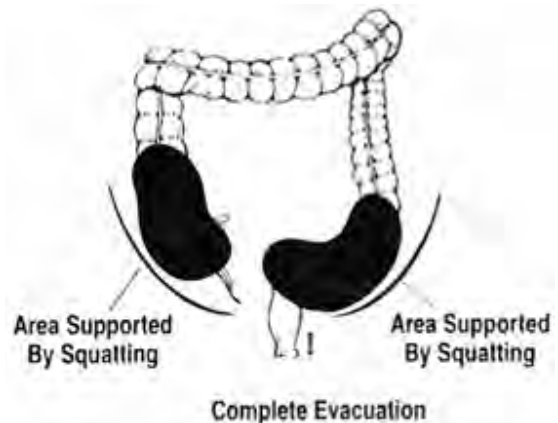
NEGATIVE RESULTS

- ⊘ Incomplete Elimination of These Areas
- ⊘ A Kinked Bowel - Fecal Stagnation
- ⊘ Toxins enter into The Bloodstream
- ⊘ Hemorrhoids - Varicose Veins
- ⊘ A Diseased Colon and Body

HEALTHY



People were intended to **squat**. They squatted throughout history. With this posture the abdominal wall and bowel are supported as we bear down. This is nature's way.



POSITIVE BENEFITS

- + Complete Bowel Evacuation
- + Freedom from Laxatives
- + Fewer Hemorrhoids & Hernias
- + Fewer Varicose Veins
- + A Clean Bloodstream - Vibrant Health

SQUEEZING EXERCISE

To Strengthen the Sphincter Muscle & Rebuild the Peristalsis in the Colon

Squeeze your anal sphincter muscle (as if you are stopping a bowel movement) and at the same time feel like you are pulling it up to your rib cage and at the same time suck in your gut and lift as high as possible. Hold for 2-3 seconds and release. Do this for 15 repetitions.

Rest and breathe normally. Repeat the above "set" of 15 reps for a total of 3 times.

Do 3 sets of 15 reps morning and evening or twice a day. You should notice a big difference in one week's time.

Bonus

If you want to include the "PC" (pubococcygeal) muscle (the muscle that stops urination) this will strengthen and tone it much more and increase your sexual energy!!!!

SLANT BOARD

Lying on a slant board (inversion board) just 30 minutes a day is one of the greatest ways to correct our health problems and maintain a healthy body. The mind clears, the complexion improves and the skin glows.

Inversion of the body takes pressure off the internal organs and their function and allows them to shift into a more natural placement to operate at optimum performance.

If you don't have access to a slant board don't worry, this can be done on a number of things: ironing board, decline workout bench, plywood, bed mattress, and more. Just see what works for you.

Benefits of Lying and Exercising on a Slant

- Increases blood flow to the head
- Nourishes & oxygenates the brain
- Reduces fatigue
- Strengthens & firms muscle tone
- Stretches the spine & musculature
- Helps you look better & feel younger
- Weight loss
- Flattens your abdomen
- Clears Complexion
- Natural face lift
- Tones your buttocks
- Reduces body sag
- More sex appeal
- Improves digestion & elimination



WELLNESS SCALE

Where are you on the scale?

HEALTHY



SICK

<u>Level</u>	<u>Condition</u>	<u>Characteristics</u>
100	100% FUNCTION	Body is running perfectly
90	CELL PROTECTION	Body recognizes abnormal cells and destroys them, keeping cell integrity
80	CELL REJUVENATION	Cells replace themselves with good new cells
70	IMMUNE FUNCTION	Person doesn't get sick often, if at all; recovers quickly from illness
60	HIGH ENERGY	Person has an abundance of energy and regenerates well after a good night's sleep
50	NO SYMPTOMS	Dangerous state; most people consider this to be "health;" simply an absence of symptoms
40	LOW ENERGY / FATIGUE	Always feels tired; tends to consume caffeine, sugar, etc.; if stays at this level, will drop to 30
30	PAIN / SICKNESS / RUN-DOWN	Always gets sick or complains; seeks medical help frequently, often on medications
20	DIAGNOSED CONDITION	Has a "disease" or "condition;" a definite medical case
10	SERIOUS CONDITION	Very advanced condition; poor prognosis; may be terminal; has surgery often
0	DEATH	No function

© 1993, Dr. Michael Pinkus, Minneapolis, MN

TRANSFORMATION

A **Phase 1 CLEANSE** transformation is the result of an industrious effort by every organ in the body to eliminate waste products and set the stage for regeneration of tissues. With this process toward health, old tissues are replaced with new ones.

During the transformation process of the **Phase 1 CLEANSE**, a person may feel as if they have a bad cold or the flu. Old disease symptoms may reappear for a short time. There may be stiff muscles, joints and discharges. I have seen people have all these symptoms, but they don't usually appear at the same time. More likely, they will move from one part of the body to another. Symptoms will occur wherever the body is placing its energy for cleansing and building.

The transformation may be mild, moderate or intense, lasting 24 hours to a few weeks. The average length of time is one to three days. Durations and levels of intensity are determined by the inherent strength of the body and nervous system. Trust that the body's wisdom will not allow the transformation to be more intense than the body can handle and control.

In order to facilitate true healing in the body, cells must be cleansed and given vital nutrients to rejuvenate themselves. The **Phase 1 CLEANSE** provides a complete supply of all the nutrients, vitamins and minerals and body essentials necessary to restore Total Body Wellness.

A total transformation and all of its many rewards is always **EARNED**. It comes with giving up a lifestyle which is disease-producing and replacing it with good nutrition, pure water and exercise, along with mental and spiritual growth.

THE BODY WILL ALWAYS BUILD STRENGTH AND ENERGY BEFORE A TRANSFORMATION.

For this reason, a person feels better just before the onset. This is one way to know if you're having a healing transformation or if you are actually ill. Transformation happens in cycles and after each occurrence, a new level of wellness and vitality is reached.

While on **Phase 1**, if a healing transformation occurs, be sure to get plenty of pure water and rest during this time. Energy spent on physical activities during a healing transformation will rob vital forces from healing and lengthen the process. If you are not experiencing a healing transformation, exercising (within reason) is fine. Listen to your body. If it says rest, then rest and let your body heal itself. If you are energetic, then go ahead and exercise.

Often times, a person will feel worse before feeling better. These are the toxins surfacing from the body to be removed forever. They must come to the surface before they can be removed from the body. Don't get alarmed or discouraged, you are almost over the hump. It won't last very long.

It is critical that you get your colon irrigated on a healing upset day no matter how crummy you may feel. Those toxins need to be removed from the body and chances are, they are stuck in the colon, in the thick gooey mucus that can't pass out on its own. Consequently, if you don't get these concentrated toxins out, you will re-absorb them. This places extra stress on all the other organs of elimination (liver, kidney, lungs, and skin). So don't take the chance, have the colon irrigated and get rid of the toxins.

MAGIC PACK®: WARM-UP

It's like stretching before
you run a marathon.

Days 1-10: Each day is the same. Instructions are below:

A BODY MAGIC™

A detoxifier with multiple unique All-In-One healing formulas, pre-mixed for your convenience, containing potent vitamins, minerals, enzymes, probiotics, amino acids, bioflavonoids, herbal extracts, whole foods, super foods and an advanced anti-oxidant formula. The ingredients in these formulas have been shown to support, cleanse, detox, purify and rebuild the entire body of toxic waste and heavy metals, as well as help re-establish and renew total body health.*

Body Magic helps your body's own ability to strengthen the liver, kidneys, colon, lungs, heart, skin, tissues, blood, lymphatic and circulatory systems. Also, the ingredients in *Body Magic* have been shown to help increase energy and vitality, improve mental clarity and focus, aid digestion and assimilation, enrich the blood and brain, have better elimination and clearer more radiant skin.*

Body Magic can be repeated monthly or as often as needed or desired. Dr. Bo recommends this detox be repeated at least quarterly to help maintain ultimate health.*



Directions: Take 7 capsules 15 minutes before breakfast, lunch & dinner. If you forget or skip a meal, take them anyways.

B FIBER MAGIC™

A health program cannot be fully effective until the body is cleansed of excess toxic material, which is often built up, layer upon layer, over a period of many years. Diets consisting of fast food, low fiber, white flour, highly refined and processed foods, excessive sugar, preservatives and artificial coloring are all suspected contributors.* Dr. Bo's® *Fiber Magic* is designed to provide elements that allow the body to cleanse itself naturally of accumulated waste, while providing a measure of good nutrition and essential building blocks for your good health.*

Fiber Magic can be repeated as often as needed or desired. Dr. Bo recommends this nutritional cleansing formula be repeated daily, ongoing, to help detox the colon, establish good regularity and provide natural fiber to the diet.* May be taken as often as needed or desired.



Directions: Take 1 teaspoon and build to 1 Tablespoon (1 serving) daily in an 8 oz. glass of water, juice or your favorite drink.

C COLON MAGIC®

Our most popular colon cleansing product, *Colon Magic*, is a gentle, effective and non habit forming herbal formula. It is a special synergistic formula designed to aid in the cleansing of the liver and lower bowels. This unique combination of herbs helps to cleanse, feed, stimulate and rebuild the tissue lining and peristaltic muscles of the stomach, small intestine, colon, gastrointestinal tract and promote a healthy soft stool after every meal. These powerful herbs have been shown to be helpful for bowel cleansing, parasites, gas, fatigue, bloating, constipation, hemorrhoids, stomach pain, irritability, tension, overweight and help clean the old fecal plaque from the colon that may have been stored there for years. *Colon Magic* is the best cleansing formula to date to rid the body of these toxins.*

This product must be self-regulated. If you find yourself not going enough or too much, increase or decrease your dosage by one capsule until you achieve the desired three to four good bowel movements each day. Always do the higher dosage at bedtime. Also, be sure to drink 8-16 ounces of water each time you take a dose. Remember, if you eat three meals a day you should have a minimum of three bowel movements a day. This is the original design of the digestive system.*

Colon Magic can be repeated as often as needed or desired. Dr. Bo recommends you take this daily, ongoing, to help maintain normal, healthy intestinal regularity.*



Directions: (Capsules with 8 oz. of water)

	Morning	Night
Day 1:	0	1
Day 2:	0	2
Day 3:	1	2
Day 4 ongoing:	2	2

1: CLEANSE

This week is the "*Cleanse*" portion (which can be extended up to 6 weeks if so desired). During this week, you refrain from eating solid food, and instead consume daily: 5 nutritionally-complete and balanced meal shakes, detox herbs, morning and evening mineral drinks, and vitality supplements to feed, nourish, cleanse, detoxify, tone, trim and build all the tissues, muscles, organs and every system of the entire body, for six days. (This may or may not be the hardest week for people. You will be fed well, but may miss the taste of food). On the 7th day (or "*Grapefruit Day*"), you consume 3 grapefruit meals instead of the 5 meal shakes to eliminate fatty tissue, uric acid and lymphatic waste (these grapefruits will be the best tasting grapefruits you've ever had).

Number of colonics during this phase: 5

2: RESTORE

This week you begin a complete "*Restoration*". You gradually decrease the number of shakes taken daily from 5 to 2, and slowly reintroduce nutritious solid-food meals (breakfast, lunch and dinner). You will be taking reinvigorating vitamins, minerals, herbs and glandulars to revive and restore good bacteria, bile and establish a stable foundation and lifestyle of good health.

Number of colonics during this phase: 1

3: FLUSH

This week, while eating normally, you do a "*Flush*" that addresses the liver, kidneys, lymphatic system, and parasites. This is done with a *Grapefruit Day* along with an *Olive Oil Night* (you will drink a mixture of olive oil, grapefruit juice and lemon to stimulate the flush action). After this, your body will be purified, functioning at an extremely high level and will be ready for the final phase of complete body rejuvenation.

Number of colonics during this phase: 1

4: RENEW

This week is the final phase to "*Renew*" the body. This is very straight forward to do, but extremely effective. Its purpose is to rebuild, tone and strengthen your colon, liver, gall bladder and kidneys, purify your blood and lymphatic system and boost and strengthen your immune system to maximum well-being and performance, bringing about true **TOTAL BODY WELLNESS**.

Number of colonics during this phase: 1

PHASE 1: CLEANSE

Days 1-6: Each day is the same. Instructions are below:

- A** First thing in the morning, take:
- **Stone Flush** - 20 drops (under tongue or in 2-4 oz. of water)
 - **Morning Drinks**
 - 1 **AM Pack**
 - 1 **Gland Fem/Male Plus**

NOTE: There are 2 **Colon Magic** capsules inside the **AM Pack**. Continue taking your usual amount of capsules in the morning as you did the previous 10 days, but subtract 2, because of the 2 capsules already in the **AM Pack**. If you took 5 caps, then you'll now take 3 caps.

Morning Drinks:

- 1st**
1. BootUp - 1 tsp
 2. Brain Magic - 1/2 tsp
 3. Maca - 1 tsp
 4. Squeezed Lemon Slice - 1/4
 5. Warm-Hot Water - 8-10 oz.
- 2nd** Silver Water - 5 oz. (5 capfuls)



- B** 5 times each day, every 3 hours, take 1 **Para Pure** & 1 **Total Trim Fat Stop** and drink 1 **Total Meal Shake**.

Total Meal Shake: *BLEND/MIX WELL, THEN DRINK.*

1. a) 12 oz. of distilled or purified water.
-OR-
b) 8 oz. of distilled or purified water with 4 oz. of high-quality fruit juice (according to your blood type).
2. Fiber Magic.....1 rounded Tbls
3. Garden of Plenty.....1/2 scoop (2 Tbls)
4. Power Balance.....1/2 tsp

....Follow with an 8-10 oz. glass of water!



- C** Take 9 **Detox Caps** ±1½ hours between all **Total Meal Shakes** with 8-10 oz. of pure water.
Take 20 drops of **Stone Flush** under tongue or in 2-4 oz. of water before the 3rd time you take 9 **Detox Caps**.

D Bedtime Flush, Drink & Pills:

- **Stone Flush** - 20 drops under tongue or in 2-4 oz. of water

1. Anti-Aging Formula - 1 scoop
1. Water or Juice - 8 oz.

- 1 **PM Pack**
- 1 **Gland Fem/Male Plus**
- 2 **Cardio Care**
- 3 **Vasu Care**

NOTE: There are 2 **Colon Magic** capsules inside the **PM Pack**. Continue taking your usual amount of capsules at bedtime as you did the previous 10 days, but subtract 2, because of the 2 capsules already in the **PM Pack**. If you took 5 caps, then you'll now take 3 caps.

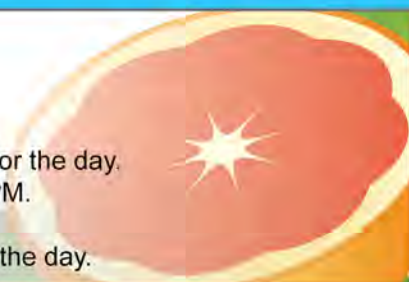
IMPORTANT: In order to help clean the old fecal plaque from the colon walls, begin adding extra **Colon Magic** the 2nd night at bedtime and continue adding extra the next morning, mid-day, and at bedtime according to the schedule on the following page. At first you may have some cramping, this is necessary to soften the hardened material.



E Day 7 ONLY: Grapefruit and Lymph Cleanse

This day is exactly the same, but with 5 **EXCITING** changes:

1. Don't drink the **Total Meal Shakes**.
2. Take 1 **Para Pure**, 1 **Total Trim Fat Stop** and 9 **Detox Caps** ONLY 3 times for the day.
3. Eat 1-2 grapefruit at least 3 times during the day, around 7AM, 12PM & 5PM.
4. Take 1 **Enzymes** with each grapefruit meal.
5. Drink 8 oz. or more of fresh grapefruit juice with your last 9 **Detox Caps** of the day.



PHASE 1: CLEANSE

SAMPLE TIMES ↓	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising Stone Flush Morning Drinks Gland Fem / Male AM Pack			Schedule for Adding Colon Magic →				Upon Rising Stone Flush Morning Drinks Gland Fem/Male AM Pack
			1 Colon Magic	2 Colon Magic	2 Colon Magic	3 Colon Magic	3 Colon Magic
7:00AM Total Meal Shake Para Pure Total Trim Fat Stop							7:00AM Grapefruit Enzymes Para Pure Total Trim Fat Stop
8:30AM Detox Caps							
10:00AM Total Meal Shake Para Pure Total Trim Fat Stop							10:00AM Detox Caps
11:30AM Detox Caps							
1:00PM Total Meal Shake Para Pure Total Trim Fat Stop			Schedule for Adding Colon Magic →				12:00PM Grapefruit Enzymes Para Pure Total Trim Fat Stop
			1 Colon Magic	2 Colon Magic	2 Colon Magic	3 Colon Magic	3 Colon Magic
2:30PM Stone Flush Detox Caps							3:00PM Stone Flush Detox Caps
4:00PM Total Meal Shake Para Pure Total Trim Fat Stop							5:00PM Grapefruit Enzymes Para Pure Total Trim Fat Stop
5:30PM Detox Caps							7:00PM Grapefruit Juice Detox Caps
7:00PM Total Meal Shake Para Pure Total Trim Fat Stop							BEDTIME Stone Flush Bedtime Drink Gland Fem/Male Cardio / Vasu Care PM Pack
BEDTIME Stone Flush Bedtime Drink Gland Fem / Male Cardio / Vasu Care PM Pack		Schedule for Adding Colon Magic →	1 Colon Magic	2 Colon Magic	2 Colon Magic	3 Colon Magic	3 Colon Magic

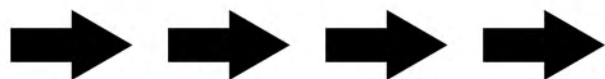
NOTES / QUESTIONS:

PHASE 1: CLEANSE

COMPLETE!

CONGRATULATIONS on finishing Phase 1!
That is the most difficult phase for most people
- lots of shakes, pills, and no solid food. That
takes a lot of will power and determination.
Your body will thank you for it. Very well done!
Now...lets get some food back into that body!!!

Onto Phase 2: RESTORE



PHASE 2: RESTORE

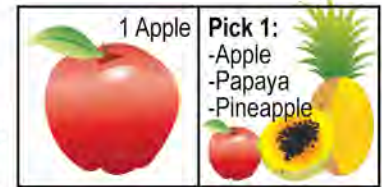
EATING INSTRUCTIONS...PILLS & SHAKES ON NEXT PAGE

Remember... eat according to your blood type and combined correctly!

Days 1-3:

BREAKFAST

Your first meal will be an apple. Chew it very slowly and thoroughly. Eat this "one" fruit up until noon. On day 2 and 3, you may choose between "one" apple, papaya or pineapple. Fruit eaten alone will digest in 1 hour.



MID-MORNING (OPTIONAL)

Drink 8 oz. of fruit juice.

DINNER

- a **SMALL** portion of raw salad. As a rule - use a good quality leaf (spinach, romaine, etc. **NEVER** use head iceberg lettuce, because they have no nutritional value and are gas forming). You can add vegetables such as cucumbers, zucchini, carrots, bell peppers, garlic and onions, but keep it **SMALL**.
- (Optional) a **SMALL** portion of cooked vegetables.



Days 4-7:

BREAKFAST

You may now change your fruit to no more than 3 different types at a time, but apples, papaya and pineapples are still the preferred choices.

Day 5+: you may now have any fruit as long as you combine correctly.



MID-MORNING (OPTIONAL)

Drink 8 oz. of fruit juice.

LUNCH

You may now eliminate the mid-day *Total Meal Shake* and have a **LIGHT** lunch of raw salad and cooked vegetables.



MID-AFTERNOON (OPTIONAL)

Drink 8 oz. of vegetable juice (beet, carrot, celery or other greens).

DINNER

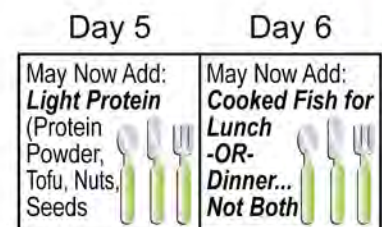
Same dinner as "Days 1-3", but you can use a wider variety of vegetables.

Day 5: You may now add **Light Protein**

(non-flesh such as protein powder, tofu, nuts and seeds.

Day 6: You may now add **Cooked Fish** for lunch **OR** dinner...**Not Both!**

"But what about poultry (chicken, turkey, cornish hen, etc.)?"...after Day 4 on Phase 3.



PHASE 2: RESTORE

CHANGES HIGHLIGHTED IN
YELLOW

Days 1-7: Instructions are below:

A First thing in the morning, take:

- **Stone Flush** - 20 drops
(under tongue or in 2-4 oz. of water)
- *Morning Drinks*
- 1 *AM Pack*
- 1 *Gland Fem/Male Plus*



NOTE: There are 2 **Colon Magic** capsules inside the *AM Pack*. Continue taking your usual amount of capsules in the morning as you did the previous 10 days, but subtract 2, because of the 2 capsules already in the *AM Pack*. If you took 5 caps, then you'll now take 3 caps.

Morning Drinks:

- 1st**
1. BootUp - 1 tsp
 2. Brain Magic - 1/2 tsp
 3. Maca - 1 tsp
 4. Squeezed Lemon Slice - 1/4
 5. Warm-Hot Water - 8-10 oz.
- 2nd** Silver Water - 1 oz. (1 capful)



B **Days 1-3:**

3 times each day (morning, afternoon & evening) take 2 **Para Pure** & 2 **Total Trim Fat Stop** and drink 1 **Total Meal Shake**.

Days 4-7:

2 times each day (morning & evening) take 2 **Para Pure** & 2 **Total Trim Fat Stop** and drink 1 **Total Meal Shake**.

Total Meal Shake: BLEND/MIX WELL, THEN DRINK.

1. a) 12 oz. of distilled or purified water.
-OR-
b) 8 oz. of distilled or purified water with 4 oz. of high-quality fruit juice (according to your blood type).

2. Fiber Magic 1 rounded Tbls
3. Garden of Plenty 1 scoop (4 Tbls)
4. Power Balance 1 tsp



....Follow with an 8-10 oz. glass of water!

C Take 1 **Enzymes** with each food meal (breakfast, lunch and dinner).

D Take 9 **Detox Caps** 1 hour before both lunch and dinner with 8-10 oz. of pure water.

Take 20 drops of **Stone Flush** under tongue or in 2-4 oz. of water before the 2nd time you take 9 **Detox Caps**.

E **Bedtime Flush, Drink & Pills:**

- **Stone Flush** - 20 drops under tongue or in 2-4 oz of water

1. Anti-Aging Formula - 1 scoop
2. Water or Juice - 8 oz.


















- 1 *PM Pack*
- 1 *Gland Fem/Male Plus*
- 2 *Cardio Care*
- 3 *Vasu Care*

NOTE: There are still 2 **Colon Magic** capsules inside the *PM Pack*. Continue taking the same amount of capsules in the morning, mid-day, and at bedtime as you did the last day of *PHASE 1* (yesterday).

NOTE: For the 1st 2 days continue taking the same amount of **Colon Magic** capsules in the morning, mid-day and at bedtime that you took on the last day of *PHASE 1*. Then on the 3rd day, begin decreasing these amounts slowly by one at a time for the rest of the week. *Decreasing schedule on the next page.*



PHASE 2: RESTORE

SAMPLE TIMES ↓	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising Stone Flush Morning Drinks Gland Fem / Male AM Pack	Schedule for Decreasing <i>Colon Magic</i>						
	3 Colon Magic	3 Colon Magic	2 Colon Magic	2 Colon Magic	2 Colon Magic	2 Colon Magic	2 Colon Magic
7:00AM Total Meal Shake Para Pure Total Trim Fat Stop							
8:30AM Fruit Breakfast 1 Enzymes	1 Apple 	Pick 1: -Apple -Papaya -Pineapple 	Pick 1: -Apple -Papaya -Pineapple 	May Now Combine These... 	Have Any Fruit... On Your List & Combined Rt! 		
11:00AM Detox Caps Optional 8 oz. of Fruit Juice							
12:00PM Total Meal Shake Para Pure Total Trim Fat Stop 1 Enzymes				May Now Add Light Lunch: Salad & Veggies with or without Grains 	May Add Light Lunch: Salad & Veggies with or without Grains 	May Now Add: Cooked Fish for Lunch -OR- Dinner... Not Both 	
	3 Colon Magic	3 Colon Magic	3 Colon Magic	3 Colon Magic	2 Colon Magic	2 Colon Magic	2 Colon Magic
4:00PM Stone Flush Detox Caps Optional 8 oz. of Fruit Juice	Schedule for Decreasing <i>Colon Magic</i>				Optional 8 oz. of Vegetable Juice	Optional 8 oz. of Vegetable Juice	Optional 8 oz. of Vegetable Juice
5:00PM DINNER: (Raw Salad & Cooked Veggies/Grain) 1 Enzymes					May Now Add: Light Protein (Protein Powder, Tofu, Nuts, Seeds 	May Now Add: Cooked Fish for Lunch -OR- Dinner... Not Both 	
7:00PM Total Meal Shake Para Pure Total Trim Fat Stop							
BEDTIME Stone Flush Bedtime Drink Gland Fem / Male Cardio / Vasu Care PM Pack	Schedule for Decreasing <i>Colon Magic</i>						
	3 Colon Magic	3 Colon Magic	3 Colon Magic	3 Colon Magic	3 Colon Magic	3 Colon Magic	2 Colon Magic

NOTES / QUESTIONS:

PHASE 2: *RESTORE*

COMPLETE!

CONGRATULATIONS on finishing Phase 2!
Food has never tasted so good, huh?!

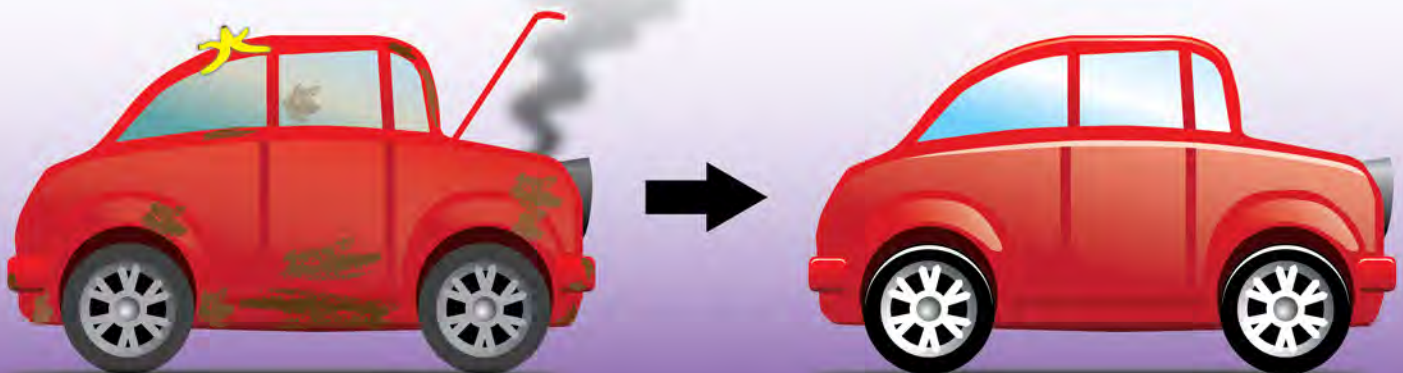
Onto Phase 3: FLUSH



PHASE 3: *FLUSH*

Just like cars, air conditioners and drying machines, our bodies have “**filters**”, too! And these filters need to be cleaned or the body can suffer greatly. Have you ever seen a trash can that doesn’t get emptied? What happens?...It overflows with trash, smells, attracts bugs/animals, and spreads to other areas. Not a good thing.

Do you ever drink alcohol, take medications, eat poorly or are exposed to chemicals? Well, these are just some of the many things our organs filter. Our filters consist of the *liver, gall bladder, kidneys and lymphatic system*. Flushing these can dramatically improve your health! If not, they break down, fail at their jobs and affect other areas of the body (dark circles under the eyes, odor, skin rashes, bloating, fatigue, aches and pains). People who have done repeated flushes have experienced increased energy, improved digestion, reduced bloating, reduced allergic reactions, and the reduction/disappearance of aches and pains.



PHASE 3: FLUSH

THIS WEEK...PILLS & SHAKES ON NEXT PAGE

Days 1-3:

The first 3 days are just as the way you finished Phase 2, but adding:

STONE FLUSH

Start taking 2nd bottle of *Stone Flush*.

NOTE: You must use this product for the flush. If you don't, do not do the flush. This is what softens the stones that are being flushed out of the liver, gall-bladder and kidneys. Without this softening, the stones can remain hard and may injure the ducts (channels or tubes) as they are released.

KIDNEY FLUSH

Take 3 Dropperfuls (25-30 drops) of *Kidney Flush* 3 times on tongue or in water each day until finished (empty bottle). This may take about 5 days.



Day 4:

MEALS & SUPPLEMENTS

Everything is the same, but:

1. Eat 1-2 Grapefruit in place of breakfast, lunch and dinner.
2. Do not take any *Total Meal Shakes*, but still take the 2 *Para Pure* & 2 *Total Trim Fat Stop*.
3. Keep taking *Stone Flush* and *Kidney Flush* as usual.
4. Take the usual "BEDTIME flush, drink and pills" MID-EVENING (1-2 hours before the Olive Oil mixture).

BEDTIME - PREPARE OLIVE OIL & GRAPEFRUIT DRINK

At BEDTIME do the following steps:

1. Blend/mix/stir an equal amount of Olive Oil and Grapefruit juice (½-1 cup of each), and one whole, fresh squeezed lemon in a large glass. Drink this mixture quickly, but do not gulp!
2. Immediately after, lay down on your RIGHT SIDE and pull your knees to your chest in the fetal position for 30 minutes (this allows the mixture to go directly to the liver and gall-bladder to stimulate them to flush out a large amount of stones, toxins, acid and bile).
3. After these 30 minutes, you may get up and do as you please or just go to sleep.

NOTE: Some people experience nausea after drinking this mixture and some people experience nothing. You may or may not wake during the night. Rarely, a person can throw up. Do not be alarmed. These are all normal reactions to flushing. The more flushes you do, the easier it becomes.

NEXT DAY

Continue the normal schedule with drinks and pills. Sometimes toxins can be very hot and cause the anus to burn. If this happens, put some Olive Oil on the external skin around the anus. This helps prevent further burning. Meals can be followed as scheduled but keep them moderate (not large), **OR** you may fast if you wish. Remember, you have lots of Olive Oil still running through you that your intestines are processing - don't add too much to that task. Receive colonic 1-3 days after.



FAQ's

Does the FLUSH clean out the liver or the gall-bladder? *Both.*

How does it clean out the liver? *By softening the stones and stimulating the body to purge them with the added products.*

Do most of the stones come from the liver? *Yes. Livers can hold a couple hundred while the gall-bladder can hold about 15 max.*

Does it ever happen that there are no stones? *We have never seen a liver that did not have stones.*

What type of olive oil should be used? *The best, purest, organic, extra virgin you can find in dark bottles (not exposed to light).*

Is it really important to have a colonic after the flush? *Yes! A colonic will help get the stones and acid they carry out of the colon.*

Can you feel the stones release? *Most people feel nothing at all. The action happens almost immediately after drinking the mix.*

Is there anyone who should not do the flush? *We haven't found anyone yet.*

Has anything besides stones come out? *The liver can release fungus, which can make it hard to see the green color of the stones.*

PHASE 3: FLUSH

CHANGES HIGHLIGHTED IN

Days 1-7, but NOT 4: Instructions are below:

YELLOW

- A** First thing in the morning, take:
- **Stone Flush** - 20 drops (under tongue or in 2-4 oz. of water)
 - **Morning Drinks**
 - 1 **AM Pack**
 - 1 **Gland Fem/Male Plus**

Continue decreasing
Colon Magic as directed.

Kidney Flush

3 dropperfuls 3 times each day
till bottle is empty.



Morning Drinks:

- 1st**
1. BootUp - 1 tsp
 2. Brain Magic - 1/2 tsp
 3. Maca - 1 tsp
 4. Squeezed Lemon Slice - 1/4
 5. Warm-Hot Water - 8-10 oz.
- 2nd** Silver Water - 1 oz. (1 capful)



- B** 2 times each day (morning & evening) take 2 **Para Pure** & 2 **Total Trim Fat Stop** and drink 1 **Total Meal Shake**.

Total Meal Shake: BLEND/MIX WELL. THEN DRINK.

1. a) 12 oz. of distilled or purified water.
-OR-
b) 8 oz. of distilled or purified water with 4 oz. of high-quality fruit juice (according to your blood type).
2. Fiber Magic.....1 rounded Tbls
3. Garden of Plenty.....1 scoop (4 Tbls)
4. Power Balance.....1 tsp

....Follow with an 8-10 oz. glass of water!



- C** Take 1 **Enzymes** with each food meal (breakfast, lunch and dinner).

- D** Take 9 **Detox Caps** 1 hour before both lunch and dinner with 8-10 oz. of pure water.
Take 20 drops of **Stone Flush** under tongue or in 2-4 oz. of water before the 2nd time you take 9 **Detox Caps**.

E Bedtime Flush, Drink & Pills:

- **Stone Flush** - 20 drops under tongue or in 2-4 oz. of water

1. Anti-Aging Formula - 1 scoop
4. Willard's Water - 1 tsp

- 1 **PM Pack**
- 1 **Gland Fem/Male Plus**
- 2 **Cardio Care**
- 3 **Vasu Care**

NOTE: Continue decreasing the amounts for **Colon Magic** slowly by one at a time for the rest of the week. *Decreasing schedule continued on the next page.*

E Day 4 ONLY: Olive Oil & Grapefruit - Lymph Cleanse



This day is similar to the Grapefruit Day on Phase 1: **Cleanse** with a few additions:

1. No **Total Meal Shakes**.
2. 2 **Para Pure** & 2 **Total Trim Fat Stop** 3 times ONLY for the day & 9 **Detox Caps** twice.
3. Continue taking **Stone Flush** and **Kidney Flush** throughout the day.
4. Eat 1-2 Grapefruit 3 times during the day.
5. At **BEDTIME** mix the following and drink:

EQUAL AMTS

- a) 1/2-1 cup Olive Oil
- b) 1/2-1 cup Grapefruit Juice
- c) 1 whole, fresh squeezed lemon

PHASE 3: FLUSH

SAMPLE TIMES ↓	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising Stone Flush Morning Drinks Gland Fem / Male AM Pack				Stone Flush Morning Drinks Gland Fem / Male AM Pack			
	2 Colon Magic	2 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic
7:00AM Total Meal Shake Para Pure Total Trim Fat Stop	Schedule for Decreasing CM ADD: Kidney Flush (3 Dropperfuls)	 ADD: Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)	ONLY: Kidney Flush (3 Dropperfuls)	Total Meal Shake Para Pure/TT Fat Stop OR Fast ADD: Kidney Flush (3 Dropperfuls)		
8:30AM Fruit Breakfast 1 Enzymes				Grapefruit Enzymes Total Meal Shake Para Pure Total Trim Fat Stop	Fruit & Enzymes OR Fast		
11:00AM Detox Caps Optional 8 oz. of Fruit Juice	ADD: Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)	Detox Caps Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)		
12:00PM LUNCH: (Raw Salad, Veggies, & Grain OR Protein) 1 Enzymes	Schedule for Decreasing Colon Magic 			NO LUNCH ONLY Grapefruit Enzymes Para Pure/TT Fat Stop	Steamed Vegetables or LUNCH Enzymes		
	2 Colon Magic	2 Colon Magic	2 Colon Magic	2 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic
4:00PM Stone Flush Detox Caps Optional 8 oz. of Vegetable Juice	ADD: Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)	Stone Flush Detox Caps Kidney Flush (3 Dropperfuls)	ADD: Kidney Flush (3 Dropperfuls)		
5:00PM DINNER: (Raw Salad, Veggies, & Grain OR Protein) 1 Enzymes				NO DINNER ONLY Grapefruit Enzymes Total Meal Shake Para Pure/TT Fat Stop	Steamed Vegetables or DINNER Enzymes		
7:00PM Total Meal Shake Para Pure Total Trim Fat Stop				Stone Flush Bedtime Drink Gland Fem / Male Cardio / Vasu Care PM Pack 2 Colon Magic			
BEDTIME Stone Flush Bedtime Drink Gland Fem / Male Cardio / Vasu Care PM Pack	Schedule for Decreasing Colon Magic 			BED or BEFORE Olive Oil Drink			
	2 Colon Magic	2 Colon Magic	2 Colon Magic		2 Colon Magic	2 Colon Magic	1 Colon Magic

NOTES / QUESTIONS:

PHASE 3: *FLUSH*

COMPLETE!

CONGRATULATIONS on finishing Phase 3!
Now that you've cleansed, restored and flushed
your entire body, its time to renew it!

Onto Phase 4: RENEW
(last phase...hurray!!!)



PHASE 4: RENEW

THIS WEEK...PILLS & SHAKES ON NEXT PAGE

Days 1-7:

This week is just as the way you finished Phase 3, but adding:

COLON RENEW, KIDNEY RENEW, & LIVER RENEW

Take 1 Dropperful each of *Colon Renew*, *Kidney Renew*, & *Liver Renew* 3 times daily on tongue or in water until finished (empty bottles). This may take about 2-3 weeks.

Products will start to run out this week, so completely use up all products until they're gone.

What you do now and going forward is extremely important. This is the part that will begin the solidification of your successes. It is very important to continue and completely finish the good supplements your body is appreciating in order to build a solid foundation of good health. Your body needs, on a daily basis, these good nutrients to perform at its best. Plus, it is wise to make healthy food choices - choosing foods for your blood type and combining them correctly. This is the formula for a healthy and youthful life.

Remember...

"It's hard to enjoy anything, if you don't have your health."

"You are what you consume!"



PHASE 4: RENEW

CHANGES HIGHLIGHTED IN YELLOW

Days 1-7: Instructions are below:

- A** First thing in the morning, take:
- **Stone Flush** - 20 drops
(under tongue or in 2-4 oz. of water)
 - **Morning Drinks**
 - 1 **AM Pack**
 - 1 **Gland Fem/Male Plus**

Continue decreasing **Colon Magic** as directed.

Morning Drinks:

- 1st**
1. BootUp - 1 tsp
 2. Brain Magic - 1/2 tsp
 3. Maca - 1 tsp
 4. Squeezed Lemon Slice - 1/4
 5. Warm-Hot Water - 8-10 oz.
- 2nd** Silver Water - 1 oz. (1 capful)



- B** 2 times each day take 2 **Para Pure** & 2 **Total Trim Fat Stop** and drink 1 **Total Meal Shake** until finished.

Total Meal Shake: BLEND/MIX WELL, THEN DRINK.

1. a) 12 oz. of distilled or purified water.
-OR-
b) 8 oz. of distilled or purified water with 4 oz. of high-quality fruit juice (according to your blood type).

2. Fiber Magic 1 rounded Tbls
3. Garden of Plenty 1 scoop (4 Tbls)
4. Power Balance 1 tsp

....Follow with an 8-10 oz. glass of water!



- C** Take 1 dropperful each of **Colon Renew**, **Kidney Renew**, and **Liver Renew** 3 times each day until finished.

- D** Take 1 **Enzymes** with each food meal (breakfast, lunch and dinner).

- E** Take 9 **Detox Caps** 1 hour before both lunch and dinner with 8-10 oz. of pure water.
Take 20 drops of **Stone Flush** under tongue or in 2-4 oz. of water before the 2nd time you take 9 **Detox Caps**.

F Bedtime Flush, Drink & Pills:

- **Stone Flush** - 20 drops under tongue or in 2-4 oz of water

1. Anti-Aging Formula - 1 scoop
2. Water or Juice - 8 oz.

- 1 **PM Pack**
- 1 **Gland Fem/Male Plus**
- 2 **Cardio Care**
- 3 **Vasu Care**

NOTE: Continue decreasing the amounts for **Colon Magic** slowly by one at a time for the rest of the week. "Decreasing schedule" continued on the next page.

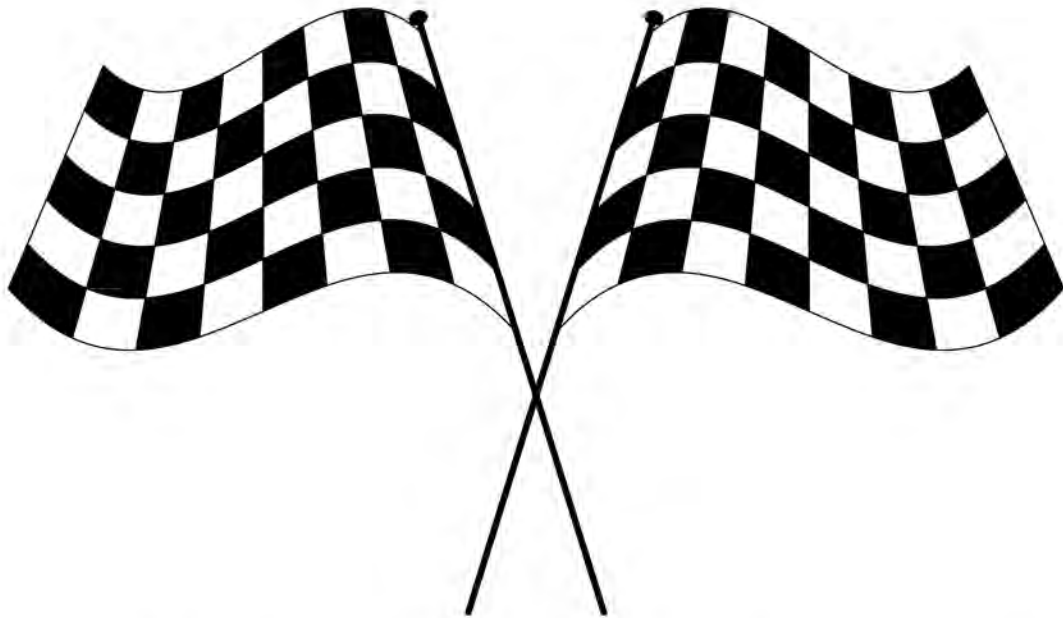
This product is recommended after the program for regularity.



PHASE 4: RENEW

SAMPLE TIMES ↓	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising Stone Flush Morning Drinks Gland Fem / Male AM Pack Colon, Kidney, Liver Renew	Schedule for Decreasing Colon Magic						
7:00AM Total Meal Shake Para Pure Total Trim Fat Stop	1 Colon Magic	1 Colon Magic	0 Colon Magic				
8:30AM Fruit Breakfast 1 Enzymes							
11:00AM Detox Caps Optional Fruit Juice							
12:00PM LUNCH: (Raw Salad, Veggies, & Grain OR Protein) 1 Enzymes	Schedule for Decreasing Colon Magic						
4:00PM Stone Flush Detox Caps Optional 8 oz. of Vegetable Juice Colon, Kidney, Liver Renew	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	0 Colon Magic		
5:00PM DINNER: (Raw Salad, Veggies, & Grain OR Protein) 1 Enzymes							
7:00PM Total Meal Shake Para Pure Total Trim Fat Stop							
BEDTIME Stone Flush Bedtime Drink Gland Fem / Male Cardio / Vasu Care PM Pack Colon, Kidney, Liver Renew	Schedule for Decreasing Colon Magic						
	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	1 Colon Magic	0 Colon Magic

NOTES / QUESTIONS:



FINISHED!!!
CONGRATULATIONS!

**"Ok. I've cleansed, restored,
flushed and renewed my entire
body...now what? How do I
maintain this?..."**

FOLLOW UP PROGRAM

What you do after this program is the most important part. To maximize your successes, to stabilize your blood sugar, and continue your total body wellness and make it a permanent part of your life, you must implement all that you have learned.

It is very important to be consistent in eating the right foods for your blood type, combining your food correctly, taking your supplements and having regular daily eliminations. These areas are absolutely vital and must be in place to have and maintain your highest level of health.

Remember, you can't run a car without gasoline, oil, water, transmission fluid and brake fluid. If any one of these parts is missing, your car won't run. The same is true of your body - it needs its fuel every day, too. Ionic minerals & electrolytes, essential fatty acids, enzymes, probiotics and multi-vitamin complex formulas are the minimum supplements your body needs consistently every day (1 **Nutri Pack™** - If any of these supplements are missing, your body will not have what it needs to run its best. If you keep up, you will have great energy, be able to handle upset and stress, and have excellent mental clarity.

To make things easier, take a multi-vitamin and enzyme with *Garden of Plenty®*, which already provides your ionic minerals, probiotics and *Daily EFA's* (2 **Superfood Pack™**). That's it! Plus, *Garden of Plenty* will give you so much more!

Another recommendation is keeping your bowel movements regular. To do this, use 3 **Colon Magic & Fiber Magic**.

01

Nutri Pack

Total Products: 5

If you like having various powders, liquids, capsules, etc. separate from each other, this combination gives you what you want. Multiple selections to choose from for each product.



02

Superfood Pack

Total Products: 3

For *SUPER* charged nutrition, this pak delivers. Not only will you get all 5 essentials, but you'll also get aloe vera, calcium, açai, wolfberry, resveratrol, green tea, and so much more!!



03

Colon & Fiber Magic

Total Products: 1-2

It is advised to continue being regular after this cleanse. Cleaning out the colon everyday is of vital importance for health and wellbeing. *Colon Magic* and *Fiber Magic* (LITE, REGULAR, or STRONG) are recommended products to do ongoing to ensure this.



Dr. Bo Wagner's philosophy of healthy living encourages us to better care for our bodies and minds by adopting the following life-changing 7-step program:

1. Attitude is Everything!

You must have the desire to be healthy, the willingness to change, and the discipline to pause, think, and make healthy choices. Once you are following the Wagner Way to Wellness, be consistent and you will have success.

2. Daily Exercise

You should do at least 30 minutes of cardiovascular exercise daily. A 30-minute brisk walk works well, but the more the better. Use the body or lose it - if you don't keep your body moving, it will freeze on you!

3. Hydration

Our bodies need at least a gallon of non-carbonated, purified water daily. Our bodies are 80% water. If we do not properly hydrate, it becomes impossible for our bodies to flush the poisons, toxins, excess sugar, fatty tissue, uric acid, and lymphatic waste out, not to mention proper elimination (bowel movements). Over the long term, lack of proper hydration can result in dry and wrinkled skin, unhealthy hair and nails, and unnecessary rapid aging. Recommendation: begin slowly. Gradually increase your intake of water, drinking more each day than you did the last, building to 1 Gallon every day (which equals 4 Quarts, 8 Pints, or 16 Cups).

4. Proper Food Combining

Our bodies were not meant to absorb all the different food groups together at the same time. The truth is, each type of food uses different areas, enzymes, and digestive juices for proper and effective digestion, and each takes a different amount of time to move through the system. By learning to eat foods in harmonious groupings, we are able to digest correctly, resulting in the elimination of most digestive and intestinal ailments.

5. Eat the Right Foods for Your Body and Blood Type

Body type and blood type identify the unique way in which each of us thrives and grows by identifying those foods, condiments and beverages which are good for us, and which can be easily digested, as well as those that can't. Following Dr. Bo's "Guide to Smart Food Choices" will help make correct eating easy for you.

6. Essential Supplements

This is, by far, the most confusing subject for most people who attempt to create their own list of useful and necessary supplements. Often, well-meaning people use the shotgun approach to wellness, and buy countless bottles of supplements and additives, when actually, only a couple of bottles are necessary.

There is no doubt that your soil is so depleted of minerals that today's foods can't fill us with the rich nutrients - the premium grade fuel - that our bodies need for our 21st century lives. No wonder we feel like we're running on empty most of the time! What we need are ionic minerals, enzymes, multi-strain probiotics and essential fatty acids, necessary fuel to make our bodies fire on all cylinders. Dr. Bo's uniquely formulated products, especially **Garden of Plenty®**, provide our bodies with these proper essentials to furnish superb nourishment through their many superfoods and supplement ingredients.

7. Cleansing, Detoxification, Rejuvenation and Cardiovascular Testing

We know that in order to be clean and healthy, we must cleanse the outside of our bodies every day, but we rarely cleanse the inside of our bodies. Everyone should develop a cleansing maintenance program to detoxify the colon, cleanse the entire alimentary canal, flush the organs, rid the body of lymphatic waste, cleanse the arteries and re-establish the peristalsis, the wavelike motion pump in our colon, esophagus and cardiovascular system. Plus, we should do periodic arterial compliance testing to monitor our cardiovascular health and biological age.

WHAT ABOUT KIDS?

Kids are no exception to the rule - we all need our fuel! With today's lack of quality food and sugar-loaded drinks its more important to give kids the proper foundation of health so that they may grow and develop with all the building blocks they need. No one wants to finish a puzzle and be without all the pieces.

The proper pieces for a child's health are the same: ionic minerals & electrolytes, essential fatty acids (omega 3,6,9), enzymes, probiotics and a multi-vitamin. With this knowledge and the information you've learned about proper eating and cleansing you're a million steps ahead as an individual, friend, and family member to provide a healthy environment for all around you.



Fiber Magic Lite
(288g Powder)



Enzymes
(60 Caps)



Omega Oils
(7 fl. oz.)



Probiotics & Prebiotics
(90 Caps / 150g Powder)



Vitamins & Minerals
(120g Powder)



Garden of Plenty
Multi-Superfood Complex

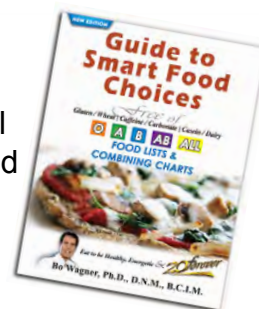
A supreme proprietary blend of some of the world's greatest superfoods designed to provide the body with a bio-available, well-balanced source of concentrated nutrition that is often lacking in the average American diet.

Contains over 130 nutritional ingredients (whole-foods, food supplements, dietary supplements, juice powders and extracts, enzymes, electrolytes, omega fatty acids (3-6-9), nutraceuticals, natural fibers, antioxidants, amino acids, alkalizers, vitamins and chelated minerals) creating the world's most complete superfood meal drink, with numerous benefits far surpassing those usually found in one product.

All products contain NO artificial ingredients, coloring, flavoring, additives, stimulants, gluten, casein, dairy, nuts, yeast, oats, sugar or preservatives.

Guide to Smart Food Choices

This is a comprehensive in-home guide that will help you achieve and maintain the highest level of health, digestion, absorption and elimination through careful dietary planning, correct food choices and proper food combining. It is best used in conjunction with Dr. Bo Wagner's book *Eat Smart Eat Simple* that explains in detail the philosophy of eating the right foods for each body & blood type and why and how to properly food combine and pH balance your food choices.



A healthy diet is the backbone of any nutritional program and even if you are already healthy you should still notice an improvement in overall total body wellness and proper weight management by applying the advice in these guides. They provide the dietary information necessary to design your own perfect meal, helping you to obtain optimum health, increasing your energy, stamina and strength, and relieving the tired, rundown, sluggish feeling most people today are experiencing.

Guide to Smart Food Choices' approach and inventory of foods are similar to other food lists in the market place, but also quite different. Dr. Bo's guides offer other pertinent information about food and its digestion that also needs to be included in order to arrive at an accurate and healthy food list conclusion. Leaving out this additional important information can cause other unhealthy issues to manifest that need to be avoided to achieve one's ultimate health. The slate of foods in these 5 different guides (O, A, B, AB and "All", the family guide for healthy choices for everyone) are the only directories that take into consideration all these other crucial facts, providing you with the most complete, contemporary and healthful catalogue of blood type foods available and combined correctly.

Eat Smart Eat Simple

Your daily choices regarding food selection, food combining, proper nutrition and health can majorly affect your life. To learn about proper food choices, correct digestion, good nutrition and positive suggestions for achieving total body wellness, this is it - a comprehensive but simplified book from Dr. Bo Wagner that provides the steps, charts and facts you need to have to properly eat for optimal health. It includes simple, practical tips and informative guidelines to help everyone be aware of their choices and correctly consume the best foods for them.



Eat Smart Eat Simple describes our current state of health and how to achieve and maintain a youthful, vibrant existence with energy and great health for your entire life. Highlighted topics include healthful food choices for your body and blood type, Gluten and Casein Free dieting, combining your healthful food choices correctly, allowing the body to process meals with digestive ease using smart pH balancing, smart food portions and natural weight management.

Cook Smart Cook Simple

The coveted cookbook filled with over 360+ delicious recipes that take into consideration all blood type and food combining principles. It displays what blood types and diet plans are recommended for each dish as well as substitutes for others.



TRIMMING

YOU'VE DETOXED. NOW IS THE PERFECT TIME TO TRIM!

Key to trimming: While it may seem that maintaining low blood sugar levels is the key to weight loss, it is steady and normal blood sugar levels that are the keys to weight loss. If you have high or low blood sugar levels, you will never lose any weight regardless of how little you eat. When your blood sugar levels drop below normal, your brain receives a signal that tells you how hungry you are. You immediately look to consume something that will raise those blood sugar levels back to normal so you will feel better.

If you choose to eat a refined carbohydrate like sugar, bread, pasta and so on, you get a dramatic and immediate increase in your blood sugar level. This is because refined carbohydrates are very quickly converted into glucose (blood sugar). When you consume them, you literally flood your blood stream with excessive glucose. You immediately feel better, but since these refined carbohydrates are so quickly digested, you are immediately hungry again! It becomes a vicious cycle of high/low blood sugar levels and you end up gaining weight and losing energy.

Keep it up and you will be well on your way to developing diabetes. This is why once you start consuming refined carbohydrates, you only want to consume even more soon afterwards. They just won't satisfy your appetite.

PROPER EATING TO STABILIZE BLOOD SUGAR LEVELS

If you choose to eat fish, chicken, tofu or other high quality protein-rich foods, you will raise your blood sugar levels to normal, because they rise slower and will not peak dramatically like the refined carbohydrates. Most importantly, eating high quality protein foods as well as fat takes a long time to digest; therefore, as you are digesting your food, your blood sugar levels remain steady during the whole process. Your appetite is satisfied, you are no longer hungry and your attitude and disposition are good and balanced. (Ever notice how irritable you get when your blood sugar levels drop?) Steady and normal blood sugar levels are absolutely critical if you are going to lose weight.

Good rule of thumb: Examine protein content relative to carbohydrate content when selecting foods to eat. You want the protein high and the carbohydrates as low as possible. This is the type of food that works well in stabilizing your blood sugar levels. Eat as much of them as you need, do not starve yourself. After a few days or maybe even a week or two, you will find that this type of eating makes you feel more energetic and so much better that you will prefer it to a high carbohydrate diet!

TOTAL TRIM[®]

P R O G R A M



The Ultimate 30 Day Weight Management Program

THE BEST YOU

Dr. Bo's **TOTAL TRIM[®] PROGRAM** is a weight management program designed with *optimum health* in mind. Other weight programs are harsh on the body, include covertly harmful products, have a starvation plan, and leave you emaciated (make abnormally thin or weak). This program includes 9 products, many of which are themselves "multiple, high quality, trimming, multi-vitamin, mineral, and herbal products in one". The main staples are Dr. Bo's **TOTAL TRIM SHAKE & GARDEN OF PLENTY[®]**, a highly nutritious superfood powder with **OVER 130+** ingredients. This provides the body with many life essentials and more like probiotics, enzymes, essential fatty acids (Omega 3-6-9), ionic minerals, electrolytes, and multi super greens & super fruits formulas, plus much more! You could actually live off this!*



KEEPING THE GAS TANK FULL



This is not a starvation diet. You don't have to sacrifice eating to achieve a weight goal. The **TOTAL TRIM PROGRAM** incorporates two filling, protein shakes each day, along with a solid-food meal (salad and vegetables, PLUS a protein if desired, like turkey, salmon, etc.). This is especially important because: 1) the body will get the most energy out of a well nourished meal, and 2) in order for the body to digest protein, *it has to burn fat!**

A PROGRAM THAT NEVER QUILTS ON YOU!

With the carefully scheduled times to take the products, this program works **24 hours a day** for you. Even when you sleep! **TOTAL TRIM SLEEP** will help your body produce greater calorie burn by increasing metabolism, help tone, firm, strengthen and rebuild lean muscle tissue and skin, provide an excellent source of protein and amino acids and greatly reduce the development of flabbiness as you lose weight.*



WATER WATER WATER

Fat floats on water. Yes, it does. What does that mean for a weight management program? Well, simply put, the more water you drink the more effective your program will be. It is one of the most important factors in a well functioning body. How do you expect the body to flush out fat if there's nothing to loosen it up and carry it out? Have you ever seen a boat sail itself by you on the highway? No! No one has. That's because boats don't move on dry land. Its very difficult. Same goes for fat!*

*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



TRIM

**Inches
Weight
Fat**

GAIN

**More Tone
Energy
Health**





***VERY WELL
DONE!***