

28 Day Cleansing Program

Purchase program at: www.RockwellNutrition.com/28daydetox



DETOXIFICATION



FOR PHYSICAL AND SPIRITUAL HEALTH

Our bodies detox continuously as a natural function. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxins may be internal or external in origin. Pollution or pesticides in our food source put undue stress on our detox organs, the kidneys and liver. Improper digestion and imbalanced gut ecology provide internal forms of toxins in the way of metabolic by-products stemming from certain bacteria which have toxic side effects and therefore impact negatively on overall health by compromising detox pathways.

It has been suggested that toxic overload contributes to more serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's. The goal of this program is to gently and slowly cleanse your body of toxins that add an extra burden so serious diseases like these can be avoided. This program should turn your liver into a healthy, cleansing machine.

"Tremendous increase in energy and focus. Complete loss of cravings, anxiety, etc. Lost 24 pounds, 5% of body fat, 2-3 inches in waist!!!! Easy to follow, even on big travel schedule. Will do it again." –Jim A. West Norwalk, CT 02/05/2008

"I loved the convenience of the program. I will do it every 6 months".
–Ron M. Old Lyme, CT 03/12/2008

Symptoms which may be relieved by following a detox program include:

Digestive problems	Bad breath
Fatigue	Irritability
General malaise	Constipation
Headaches	itchy skin
Skin rashes	Joint pain
Weight loss resistance	Poor concentration

What a carefully planned detoxification program can offer you:

Anti-aging effects	Clearer skin and eyes
Increased productivity	Greater motivation and creativity
Weight loss	
Reduction of allergic symptoms	

Mental Detoxification:

The cleansing of our mind of negative thought patterns is essential to health and physical detoxification and can aid in this process. Emotionally, detoxification helps us uncover and express hidden frustrations, anger, resentments and fear and replace them with forgiveness, love, joy and hope.

RELAX... BREATHE...GO FOR WALKS...

ENJOY THE CHANGE OF SEASON...

THIS IS A TIME FOR YOU TO CARE FOR YOUR UNIQUE SELF...

YOU ARE A PRIORITY, IF ONLY FOR THIS SHORT TIME.



Nutritional Supplements for Gentle Cleansing/Detox

To enhance the gentle detoxification process, we include the use of the following nutritional supplements:



ESSENTIAL PRODUCTS

Detoxification Support Packets

We are being inundated with toxins on a daily basis. Our ability to handle these toxins is dependent on our body's ability to detoxify them. Cleaning up our diet is a great first step. Less toxins going in means less toxins that have to come out. The following supplements are crucial for preventing toxins from getting partially detoxified into more harmful compounds and then being dumped back into the bloodstream. Therefore, these packets are just as important to the success of this cleanse as is the dietary changes. Each packet contains:

- Detox Antiox (1) (antioxidants to protect the cells from toxins)
- LV-GB Complex (1) (liver/gallbladder support)
- Amino-D-Tox (3) (prevents toxins from getting stuck in the body)

Dose: Take 2 packets daily (1 am packet and 1 pm packet).

PaleoCleanse

A comprehensive functional food powder that is the backbone of support for the detoxification program. PaleoCleanse is available in either a plant derived base of pea protein isolate, or in a whey protein base for those who can tolerate dairy. Its nutrients and herbs fuel detoxification pathways and promote liver function. PaleoCleanse also contains a full multivitamin/mineral and antioxidant complex.

Dose: Titrated up and down to a maximum of 2 scoops 3 times a day.

PaleoMeal

A complete protein powder used as a meal replacement. The nutrient combination in PaleoMeal is ideal for use within a detoxification program. It provides protein and minerals that are in greater demand while one is detoxifying, and helps to prevent muscle loss. It comes as either a whey (dairy) or a dairy free version made with Peatein,™ a natural food-grade pea protein concentrate.

Dose: 1 scoop per meal, as desired for meal replacement.

Dairy-free PaleoMeal dose is 2 scoops per serving.

PaleoFiber

This blend of soluble and insoluble fibers from nature will aid regularity as well as move toxins out of the gastrointestinal tract quickly.

Dose: 1 Tbs per day in water or with PaleoCleanse.

PaleoGreens

A combination of vegetable, fruit and berries high in nutritional value that helps to alkalize the body.

Dose: 1 Tbs per day in water or with PaleoCleanse.

ADDITIONAL SUPPORTIVE PRODUCTS

PaleoReds

A flavorful fruit and berry combination that is high in antioxidants and potassium for energy.

Dose: 1 Tbs as desired, in water or with PaleoCleanse.

AllerGzyme

A true full spectrum proteolytic enzyme complex which is focused on assisting with the digestion of proteins. AllerGzyme can be used as a stand alone product along with meals or the capsule can be simply opened and mixed into your protein shake to maximize digestion and assimilation

Dose: 1 cap 3 times per day.

GI Revive

This peach tea flavored powder not only aids regularity but also reduces inflammation and ulceration in the gut while healing the intestinal mucosa to prevent or improve food sensitivities and enhance absorption of nutrients.

Dose: 1 teaspoon twice per day.

OmegAvail Synergy

A synergistic blend of EPA, DHA, GLA and flax oil. This blend covers all the health concerns that these fatty acids would be useful for including brain function, hormonal balance, constipation, dry skin, unhealthy cholesterol levels, inflammation and stiffness, and heart health. Lipase has been added for enhanced digestion and absorption.

Dose: 1-2 softgels 3 times per day.

C + BioFizz

This delicious, effervescent, orange flavored powder easily provides therapeutic dosing of vitamin C and bioflavonoids. Potassium bicarbonate was added to this formula as a buffering agent and to give it "fizz". Quercetin, hesperidin and rutin are natural bioflavonoids found in citrus fruits. Quercetin is also found in red wine and tea.

Dose: 1 teaspoon twice per day.

Purchase these supplements at:

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Living A Detox Lifestyle

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. Our program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.



Notes on Plastic

Heating foods in plastic releases harmful chemicals. You should never heat food in plastic...use glass or ceramic instead.



Skin Brushing

To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub using circular motions toward your heart.



Clean Water

Public tap water is often contaminated. Drink and cook with only pure filtered water and consider adding a filter to your shower.



Microwave Ovens

Although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and decrease the nutritional value. Heat on a stovetop or oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings.



Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass which helps you burn more calories at rest. Consider jumping on a mini trampoline for 3-5 minutes a day to give a boost to your health and vitality. Sweating also releases toxins.



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Fun and Easy Tips

For Enhancing the Detox

- 1 Drink 1 cup of hot water with 1/4 lemon and 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!
- 2 Use a 'dry brush' to massage your entire body before getting into the shower. Use a circular motion and work towards the heart. Then shower or bathe. This facilitates circulation and toxic elimination through the skin.
- 3 Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in bath or shower-very invigorating.
- 4 Jump on a rebounder (mini trampoline) for 3-5 minutes at a time. This shakes up your whole body and is particularly useful for stimulating your lymph drainage system, thereby moving those toxins OUT!
- 5 Try your own 'hydrotherapy' in the shower by alternating hot/cold. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! You'll feel like a million bucks when you're done. Of course, just a sauna and a shower are beneficial as well.

28 Day Detoxification Meal Replacement Titration Schedule

	Detox Support Packets	PaleoCleanse	PaleoMeal*	PaleoFiber**	PaleoGreens***	Number of Shakes/day
Days 1-7	One AM pkt One PM pkt	N/A	N/A	N/A	N/A	N/A
Days 8-13	One AM pkt One PM pkt	1 scoop 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2
Days 14-25	One AM pkt One PM pkt	2 scoops 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2
Days 26-28	One AM pkt One PM pkt	1 scoop 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2

* One serving of PaleoMeal is 1 scoop. One serving of DF PaleoMeal is 2 scoops.

** PaleoFiber can be taken all at once, or can be divided into separate dosages.

*** PaleoGreens can be taken all at once, or can be divided into separate dosages.

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Detox Program Guidelines

Follow these guidelines THROUGHOUT the 28 Day Detoxification Program (including pre-cleanse week):

- Drink one half oz per pound of body weight of purified water each and every day for the entire 28 day program.
- Take two Detoxification Support Packets each day, one first thing in the morning and one before bed at night.
- Eliminate sugars, desserts & artificial sweeteners. Natural low-impact sweeteners, such as stevia & polyols (eg. xylitol & erythritol) are allowed.
- Eliminate dairy products such as milk, cheese and ice cream. If you are tolerant, you may use organic, unsweetened, live culture yogurt and low-heat-processed whey protein products.
- Eliminate gluten by avoiding foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains include brown rice, wild rice, millet, quinoa, amaranth, and buckwheat and are allowable during the detox program.
- Choose lean, clean quality protein. Organic/grass fed meat & poultry are allowed. Cold water fish (preferably wild over farm-raised) is acceptable.
- Eliminate all alcohol and caffeine-containing beverages including coffee, tea and soda.

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DETOX PROGRAM FOOD GUIDE



OPTIMAL FOOD CHOICES

to be followed for the entire 28 day detoxification program.

OPTIMAL PROTEIN CHOICES:

Organic/hormone-free chicken, turkey, lamb and beef, cold water fish (salmon, halibut, cod, mackerel, tuna - choose wild ocean fish over farm raised fish), organic eggs. Organic legumes are acceptable for vegetarians.

OPTIMAL FAT CHOICES:

Flaxseed and walnut oils, extra virgin olive oil, organic coconut oil, hempseed oil, avocado, raw nuts and seeds, organic cultured butter, ghee

LOW GLYCEMIC INDEX FRUIT CHOICES:

Berries (blueberries/raspberries/strawberries)

MODERATE GLYCEMIC INDEX FRUIT CHOICES (FRESH OR FROZEN):

Cherries, pears, apricots, melons, plums, oranges, peaches, grapefruit, apples, prunes, kiwi, nectarines, tangerines

BEVERAGES:

Herbal teas, naturally decaffeinated green tea, spring water, vegetable juices, coconut water

VEGETABLE CHOICES:

Unlimited green vegetables such as salad greens, spinach, green beans, cruciferous vegetables, and raw sauerkraut. Limit starchy vegetables.

CONDIMENTS:

Lemon, lime, cayenne pepper, sea salt, garlic, fresh herbs and spices, flax/olive oil & raw apple cider vinegar for dressings

MISC. SNACK CHOICES:

Nuts (raw are best), hummus, raw or steamed vegetables, low glycemic fruit, almond butter with apple slices

ALKALINE BROTH

Choose a combination of the following vegetables equaling approximately 1 ½ - 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want during the 28 day Detoxification Program but at least 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive system you may puree the vegetables and broth together in a blender and take as a heartier soup.

DETOX SMOOTHIE RECIPES

Xylitol can be freely used as as sweetener in all recipes. Other variations to enhance flavor and nutritional value include adding any of the following: PaleoFiber, PaleoGreens, PaleoReds, OmegaVail Lemon Drop or Orange Cream Smoothie, frozen organic fruit.

*For PaleoCleanse amounts follow dosage on titration schedule.

Basic Recipe

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoMeal vanilla
- ½ cup frozen organic berries
- ½ cup water or coconut water
- water and ice

Apricot and Raspberry Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoMeal Vanilla
- ½ cup frozen organic raspberries
- ½ cup fresh or water packed apricots
- pinch of cinnamon
- water and ice

Go-Green Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoMeal Vanilla
- 2 Tbs PaleoGreens
- 1 scoop PaleoFiber
- water and ice

Workout Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoFiber
- 1 Tbs PaleoGreens
- ½ cup frozen mango
- ½ cup coconut water
- pinch ground ginger
- water and ice

Southern Style Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoMeal Vanilla
- 1 scoop PaleoFiber
- ½ cup frozen organic peaches
- ½ cup coconut water
- 2 tsp grated ginger
- pinch of cinnamon
- water and ice

Strawberry Banana Dream

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoMeal Strawberry Banana
- ½ cup frozen strawberries
- water and ice

For additional optimal food choices AND sample breakfast, lunch, and dinner recipes, please visit patient.designsforhealth.com/detox

Detox Program FAQs

Will it be uncomfortable?

There is bound to be differing opinions about the change in diet but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or a lot of sugar. PaleoCleanse is a scientific formula, a "medical food", which will assist you through some of the challenging days. Have faith, it will pass, and it will all be worth it!

Will I be in the bathroom all day?

It is very important to consume extra water while detoxifying to help flush out toxins. Therefore, most people urinate more often than usual on this program.

Will I lose weight?

This detox program is not designed to be a weight loss program. However, many people lose weight during the course of their detox program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes for meals, taking sugar out of the diet, decreased consumption of allergenic foods such as wheat and dairy and release of toxins from fat stores.

Will I get headaches?

Some people experience headaches during the first few days of their detox due to withdrawal from sugar and caffeine. Remember, the week prior to detox you will be decreasing intake of these substances to minimize discomfort. The PaleoCleanse powder will assist your body in cleansing out these substances as quickly and efficiently as possible.

Can I exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching or yoga, etc.

Should I continue with my regular vitamins?

PaleoCleanse contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural supplements during the detox if your health care practitioner agrees, but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

What about organic produce?

Fruits and vegetables that are consistently the most contaminated with pesticides should be purchased organic. These include:

Celery	Apples	Bell Peppers	Kale/Collard Greens
Peaches	Blueberries	Spinach	Potatoes
Strawberries	Nectarines	Cherries	Grapes (Imported)

If organic varieties are not available, fresh fruits and vegetables that consistently have the lowest levels of pesticides are the safest choices for conventionally grown produce. These include:

Onions	Mangos	Cabbage	Grapefruit
Avocado	Sweet Peas	Eggplant	Sweet Potato
Sweet Corn	Asparagus	Watermelon	Honeydew melon
Pineapple	Kiwi		