

Days 1-3:

Diet/Activity

Upon Waking:
Deep breathing to bring in fresh oxygen and help transport it throughout the body.

Breakfast:
Max Greens + Perfect Plant Protein

Lunch:
Max Greens + Perfect Plant Protein

Dinner:
Advanced Plan; focus on fiber rich foods

Supplements

30 minutes before breakfast:
2 capsules of Cell Detox with water

With breakfast:
1 capsule of Vitamin D3 + Probiotics
2 capsules of Daily Defense

One hour before bed:
2 capsules of Body Detox with water

What to Expect

The beginning of a cleansing protocol can be challenging. You are helping your body begin to release toxins that have been stored for an extended period of time. This cleanse will focus on your major detoxification organs: liver, kidneys and colon. We will also focus on the lesser known organs of elimination: your skin and lungs. The lungs provide purifying oxygen to your tissues while skin can be used to release toxins; you might notice changes in your skin during this process.

In the first few days of this program, you can expect:

- Fatigue
- Headaches
- Increased bowel movements and urination
- Hunger
- Thirst
- Irritability
- Changes in mood
- Skin rashes or irritations

Days 4-6:

Diet/Activity

Upon Waking:
Deep breathing to bring in fresh oxygen and help transport it throughout the body.

Breakfast:
Max Greens + Perfect Plant Protein

Lunch:
Max Greens + Perfect Plant Protein

Dinner:
Advanced Plan; focus on fiber rich foods

Supplements

30 minutes before breakfast:
2 capsules of Cell Detox with water

With breakfast:
1 capsule of Vitamin D3 + Probiotics
2 capsules of Daily Defense

30 minutes before lunch:
2 capsules of Cell Detox with water

One hour before bed:
4 capsules of Body Detox with water

What to Expect

You're beginning to increase the amount of toxins you're releasing. You've started burning fat by changing the way you eat. You're mobilizing those toxins and eliminating them by taking your supplements daily. Did you know that fat is where our body stores toxins? Your cleanse is helping you breakdown fat and finally rid your body of toxins.

The symptoms you experienced during days 1-3 can intensify. You can expect:

- Fatigue
- Headaches
- Increased bowel movements and urination
- Hunger
- Thirst
- Irritability
- Changes in mood
- Skin rashes or irritations

Days 7-9:

Diet/Activity

Upon Waking:
Deep breathing to bring in fresh oxygen and help transport it throughout the body.

Breakfast:
Max Greens + Perfect Plant Protein

Lunch:
Max Greens + Perfect Plant Protein

Dinner:
Advanced Plan; focus on fiber rich foods

Supplements

30 minutes before breakfast:
2 capsules of Cell Detox with water

With breakfast:
1 capsule of Vitamin D3 + Probiotics
2 capsules of Daily Defense

30 minutes before lunch:
2 capsules of Cell Detox with water

30 minutes before dinner:
2 capsules of Cell Detox with water

One hour before bed:
6 capsules of Body Detox with water

What to Expect

Days 7-9 can be the most challenging, you're hitting the peak of your cleanse. The supplements combined with your diet are supporting the mobilization and elimination of toxins.

Your liver, colon and kidneys are working extra hard and you can expect:

- Fatigue
- Headaches
- Increased Bowel Movements and Urination
- Hunger
- Thirst
- Irritability
- Changes in mood
- Skin rashes or irritations

Days 10-12:

Diet/Activity

Upon Waking:
Deep breathing to bring in fresh oxygen and help transport it throughout the body.

Breakfast:
Max Greens + Perfect Plant Protein

Lunch:
Max Greens + Perfect Plant Protein

Dinner:
Advanced Plan; focus on fiber rich foods

Supplements

30 minutes before breakfast:
2 capsules of Cell Detox with water

With breakfast:
1 capsule of Vitamin D3 + Probiotics
2 capsules of Daily Defense

30 minutes before lunch:
2 capsules of Cell Detox with water

One hour before bed:
4 capsules of Body Detox with water

What to Expect

You should be starting to notice the benefits of your cleanse. If you've changed your diet, you'll notice that food is starting to taste better. At first, your new diet might have seemed bland but now you're getting used to these new flavors.

Your body is acclimating to a new diet and improved nutrition, you can expect:

- Improved Energy
- Improved Sleep
- Weight Loss
- Improved Digestion

Days 13-15:

Diet/Activity

Upon Waking:
Deep breathing to bring in fresh oxygen and help transport it throughout the body.

Breakfast:
Max Greens + Perfect Plant Protein

Lunch:
Max Greens + Perfect Plant Protein

Dinner:
Advanced Plan; focus on fiber rich foods

Supplements

30 minutes before breakfast:
2 capsules of Cell Detox with water

With breakfast:
1 capsule of Vitamin D3 + Probiotics
2 capsules of Daily Defense

One hour before bed:
2 capsules of Body Detox with water

What to Expect

By now you should be feeling great! You've eliminated a lot of the toxins you accumulated over time.

You might experience:

- Improved Energy
- Weight Loss
- Improved Sleep
- Improved Digestion

Days 16-365:

TIME OF DAY	SUPPLEMENT	DOSE
Morning: 30 minutes before breakfast	Cell Detox Max Fit	2 capsules 1 capsule
Morning: 15 minutes before breakfast	Max GI	2 capsules
Morning: with meal	Women's Multi/Men's Multi Optimal Omega Daily Defense Vitamin D3 + Probiotics Max Greens Perfect Protein or Perfect Plant Protein	2 capsules 1 softgel 1 capsule 1 capsule 1 scoop 1 scoop
Between breakfast and lunch: 30 minutes before lunch	Max Fit	1 capsule
With lunch	Optimal Omega	1 softgel
Between lunch and dinner: 30 minutes before dinner	Max Fit	1 capsule
One hour before bedtime	Body Detox	2 capsules