

QUICK-START DETOXIFICATION GUIDE

Dosage: 1 scoop 2x/day mixed with 6-8 oz of water and fresh or frozen fruit blended. If the shake is not sweet or creamy enough for you, use ½ water & ½ vanilla rice or almond milk. You can also use chocolate rice or almond milk or add 1 tsp. of unsweetened cocoa powder to your shake.

Additional dietary recommendations: This shake will be used for 2 of your meals daily. Most people find that breakfast and a mid-afternoon or evening snack is most convenient. Follow glycemically balanced eating for additional 3-4 meals daily.

Things to avoid: Artificial sweeteners, hydrogenated oils, high fructose corn syrup, soda, coffee, alcohol, gluten (*products containing wheat: bread, pasta, crackers*), dairy and soy.

* You can drink tea freely and enjoy gluten free pastas and other gluten free options as well as rice or almond milk and rice cheese to replace your dairy.

Make sure you drink at least 80oz of water daily. If you experience caffeine withdrawal symptoms try using caffeinated tea or naturally caffeinated vitamin water to decrease symptoms.

Over the entire **21 day** program many people report feeling more energized. However, it is possibly to experience mild flu-like symptoms initially such as headaches and joint aches, or some change in bowel habits. These are usually minor and temporary. The more water you drink, the less likely this is to happen in the first week. Some people experience a slump in energy in the second week. Limiting strenuous physical activities during this phase may help. These are normal signs that your body is removing toxins from cells and then finally your body is excreting them.

Enjoy the benefits of detoxification to your health, cells and overall well-being. Please know that our caring staff is here to help you with any questions or concerns you have at any time.

**Please use the patient guide as an additional resource to the detoxification program. Dr. Olivia Joseph recommends the dosage and recommendations listed above, and not the program outlined in the book.*