Detoxification Support Packets

- Amin-D-Tox (3) (prevents toxins from getting stuck in the body)
- LV-GB Complex (1) (liver/gallbladder support)
- Aloe + Barley 3% (promotes getting stool back to the body)

PaleoCleanse

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

PaleoGreens

A true full spectrum protolytic enzyme complex which is focused on the digestive tract.

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

PaleoFiber

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

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

PaleoReds

A combination of vegetable, fruit and berries high in nutritional value as well as move toxins out of the gastrointestinal tract quickly.

Dose: 1 teaspoon twice per day.

PaleoMeal

A flavorful fruit and berry combination that is high in antioxidants and polyphenol content.

Dose: 1 Tbs, in water or with PaleoCleanse.

GI Revive

A synergistic blend of EPA, DHA, GLA and flax oil. This blend covers all bases. It is a phytonutrient/mineral and antioxidant complex.

Dose: 1 teaspoon twice per day.

Pineapple Kiwi

A true blend that helps to alkalinize the body.

Dose: 1-2 softgels 3 times per day.

GI Detoxifier

A combination in PaleoMeal is ideal for use within a detoxification program to help flush out toxins. Therefore, most people consume more than one product during the course of their program.

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

PaleoVite

Dose: 1-2 scoops per serving.

PaleoFruit

Aloe vera was added to this formula as a buffering agent and to give it “fizz”. Quercetin, hesperidin and rutin are natural bioflavonoids found in citrus.

Dose: 1-2 softgels 3 times per day.

PaleoMeal

A dairy-free PaleoMeal dose is 2 scoops per serving.

Dose: 2 scoops per meal, as desired for meal replacement.

GI Detoxifier

This is a synergistic blend of EPA, DHA, GLA and flax oil. This blend covers all bases.

Dose: 1-2 scoops per serving.

PaleoVite

Dose: 1-2 scoops per serving.

PaleoFruit

Aloe vera was added to this formula as a buffering agent and to give it “fizz”. Quercetin, hesperidin and rutin are natural bioflavonoids found in citrus.

Dose: 1-2 softgels 3 times per day.
21 Day Detoxification Meal Replacement Titration Schedule

<table>
<thead>
<tr>
<th>Days</th>
<th>Detox Support Packets</th>
<th>PaleoCleanse</th>
<th>PaleoMeal</th>
<th>PaleoFiber</th>
<th>PaleoGreens</th>
<th>Number of Shakes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-7</td>
<td>1 scoop 2x/day</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1/2 scoop</td>
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<tr>
<td>8-14</td>
<td>1 scoop 2x/day</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1/2 scoop</td>
</tr>
<tr>
<td>15-21</td>
<td>1 scoop 2x/day</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1 scoop</td>
<td>1/2 scoop</td>
</tr>
</tbody>
</table>

**Eliminate sugars, desserts & artificial sweeteners.** Natural low-impact sweeteners, such as stevia & polyols (eg. Xylitol can be freely used as a sweetener in all recipes. Other variations to enhance flavor and nutritional value include adding any of the following: Pinon, Pecan, Walnuts, Pistachios, Orange, Lemon oranges, peaches, grapefruit, apples, pears, plums, prunes, dates, apricots, cashews, pecans, almonds, walnuts.

### Detox Program Guidelines

Follow these guidelines throughout the 21 Day Detoxification Program (including precleanse week):

1. Drink 1 cup of hot water with 1 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 tolerate it or it just isn’t working...
2. Use a ‘dry brushing’ to massage your entire body before getting into the shower. A circular motion will work towards the heart. That shower or bath is fabulous! This facilitates circulation and excretion through the skin.
3. Take a warm bath with Epsom salt added to soothe, relax and de-stress. Alternatively you may rub it on the skin with a wet towel, or with a bath brush, or in a cloth to increase absorption.
4. Drink 1/2 cup of coconut water (or 1/2-cup at a time). This shrinks up your body and is particularly useful for stimulating your lymph drainage system, thereby moving toxins OUT!
5. Try your own ‘hydrotherapy’ in the shower. This stimulates circulation and your immune system. You can also use a natural cleansing soap as you bathe. This is not for the faint-hearted! You’ll feel like a million bucks when you’re done. Of course, just a sauna and a shower are beneficial as well.

#### Detox Program Tips

- **Incorporate water and ice.**
- **Cinnamon.**
- **Ginger.**
- **Cayenne pepper.**
- **Drinking plenty of water and other fluids helps flush toxins from the body.**
- **PaleoGreens can be taken all at once, or can be divided into separate dosages.**
- **PaleoFiber can be taken all at once, or can be divided into separate dosages.**
- **alkaline broth.**
- **Sea salt, garlic, fresh herbs and spices, vinegar for dressings.**
- **Fresh produce, lean meats, whole grains, low glycemic fruits and vegetables.**
- **Optimal Fat Choices:** Nuts (raw are best), hummus, raw or natural homemade salad dressings, vinegar, olive oil, avocado oil, coconut oil.
- **MISC. SNACK CHOICES:** Berries (blueberries/raspberries), citrus and root vegetables, nuts, seeds, whole grains, low glycemic fruits and vegetables.
- **Low Glycemic Index Fruits:** Berries (strawberries/apples/peaches), plums, prunes, dates, apricots, pears, peaches, plums, prunes, dates, apricots, pears, peaches, plums, prunes, dates, apricots, pears, peaches, plums, prunes, dates, apricots, pears, peaches, plums, prunes, dates, apricots, pears.
- **Vegetables:** Unlimited vegetables such as salad greens, spinach, green beans, carrots, beets, radishes, broccoli, cauliflower, and carrots.
- **Dairy:**
- **Toxin LODS:**

### 21 Day Detoxification Meal Replacement Titration Schedule

**DAYS 1 - 7**

- **Detox Support Packets:** 1 scoop 2x/day
- **PaleoCleanse:** 1 scoop
- **PaleoMeal:** 1 scoop
- **PaleoFiber:** 1 scoop
- **PaleoGreens:** 1/2 scoop
- **Number of Shakes:** 1/2 scoop

**DAYS 8 - 14**

- **Detox Support Packets:** 1 scoop 2x/day
- **PaleoCleanse:** 1 scoop
- **PaleoMeal:** 1 scoop
- **PaleoFiber:** 1 scoop
- **PaleoGreens:** 1/2 scoop
- **Number of Shakes:** 1/2 scoop

**DAYS 15 - 21**

- **Detox Support Packets:** 1 scoop 2x/day
- **PaleoCleanse:** 1 scoop
- **PaleoMeal:** 1 scoop
- **PaleoFiber:** 1 scoop
- **PaleoGreens:** 1/2 scoop
- **Number of Shakes:** 1/2 scoop

### For additional optional foods...**

- **Sample breakfast:**
- **Sample lunch:**
- **Dinner:**

**For protocol details and FAQs, please visit our website:**

- **Forithmetic.com**
- **Detox.com**
- **Health.com**

### Detoxification is a continuous physiological process that your body depends on for survival. There are three complex 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. One 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.