

Ka Formulas 20 day cleanse program instructions, preparation tips and maintenance recommendations

Following are tips on how to have a successful program:

1. Prepare, Prepare, Prepare; buy all the foods that you will be eating beforehand and try the chef prepared recipes. They are very good and will help out tremendously
2. Experiment with the smoothies that you are having twice daily (suggested recipes are in the 10 day recipes pdf). They are tasty, filling and very healthy. Do NOT use heaping scoops (there is a scoop in each jug) and shake the jug just in case there was any settlement of ingredients. There is a lot of protein in them so if you are not used to protein drinks the texture may take a little getting used to.
3. Start the diet early before you actually start the program. It will help in transition. The worst mistake that you can make is gorging on a lot of carbs and unhealthy foods right before you start...it just makes the transition harder
4. First thing in the morning drink a glass of warm water with lemon juice in it. It helps with alkalizing the body, detoxing the digestive tract and liver.
5. Take the green foods and detox capsules **with food (not with the smoothies)** to avoid GI side effects. Drink 70 ounces of water/day and be sure to eat twice as many veggies than fruits throughout the day.
6. Most importantly, go into the program with an open mind and know that it is really healthy for you. Stick to the program and do not cheat you would only be cheating yourself.

If you have any questions feel free to contact us: 888-563-3869 or by email: customerservice@clearthetoxins.com

Following are the instructions to follow for the next 20 days:

Thank you for getting our 10 day program to “clean out, lean out and feel better”. We know you will be happy with the results! Your purchase includes:

1. 2 jugs of our proprietary Ultimate Supplement powder
2. 2 jugs of our detox capsules and green food supplements in convenience packs

Ultimate Supplement Powder: Is the foundation of the program and will be used twice daily in a fruit smoothie mixed with a non dairy milk like: rice milk, almond milk, hemp milk, coconut milk etc. along with frozen organic berries. We recommend frozen berries because they are picked at peak of ripeness and have high nutritional content. Frozen berries also help blend in the powder and makes for a tasty smoothie. In the recipes document there are smoothie recipes and

food recipes to use during the program. The smoothies make for a healthy breakfast and late afternoon snack.

Note: There is a scoop in every jug of powder. Do not use heaping scoops or pack the scoops because you could run out. To maximize weight loss use unsweetened non dairy milks or use half regular non dairy milk and half water when blending.

The Green Foods and Detox Capsules: will be used twice daily and are in convenience packs so take one pack twice daily **with food and not with the smoothies.**

Following are the details of the diet:

"20days to optimum health and a balanced lifestyle"

Following is your schedule for the next 20 days. To see the full benefits of the "Clear the Toxins" program, you must adhere to this schedule. Do not cheat...you will only be cheating yourself of receiving and the full benefits of the program.

Diet for the first 10 days:

Eat **all** the organic vegetables and fruit (some exceptions noted below) you want, however, maintain a **2:1 ratio of vegetables to fruits**. This will ensure that you get the full benefit of the program. Eat frequently throughout the day...no skipping meals...and remember that 5-6 small meals are better than 2-3 larger meals that can make the system sluggish. Raw vegetables are fine, but it is best to eat the veggies lightly steamed. This process allows the nutrients and enzymes to remain intact and makes the veggies easier to digest. **Keep in mind that the fruit you put into the smoothies count against the 2:1 veggies to fruit ratio.**

Quinoa (a complete protein) is the only grain you may have in the first ten days. Yellow and red quinoa can be used. You may have 1 cup of uncooked quinoa/day (which makes about 1 1/2-2 cups of cooked quinoa). Try the Quinoa recipes in the attached document, they are very tasty.

You can have 1 Yam/day.

Keep your seasonings simple; we recommend olive oil with light amounts of sea salt and pepper, or a dairy and sugar/corn syrup-free organic salad dressing (Annie's brand of organic dressing is good). You may use other non-sodium based seasonings in the recipes as well. Tabasco is a good choice to use periodically.

Try the chef prepared recipes that were given to you as they will help you get through the program with some tasty meals.

These foods and drinks are to be avoided: All dairy products including butter, cheese, milk and yogurt. All breads, crackers, pastas, grains (wheat, oat, barley, white rice). Eggs, corn, potatoes, tomatoes, eggplant, sweet potatoes (yams are OK/limit to one a day), beans, peppers (a little red bell pepper is allowed for color to salads), bananas (high sugar content), all citrus fruits(

lemon is only exception), dried fruits, nuts, seeds, all meat, fish, soy products like edamame, tofu and all canned or processed foods. Obviously, no tobacco, alcohol, caffeine (includes decaf coffee), soda or fruit juice.

Tips: Pick the veggies and fruits you like the best and buy them prior to starting the program. Open your mind to new foods you may never have tried before, you might discover some foods that you really like that are healthy for you. Get in a routine of eating more veggies than fruits, and eat all you want!

Following are the veggies that have the highest nutrient content and are recommended (stick to these veggies to get the most benefit): alfalfa sprouts, arugula, asparagus, avocado(limit 1 per day), bamboo shoots, bean sprouts, beets, beet greens, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chives, collard greens, cucumber, garlic, green beans, hearts of palm, kale, leeks, dark lettuce, mushrooms, okra, olives, onions (red best), parsley, radishes, snow peas, spinach, summer squash, water chestnuts, zucchini.

Water: Drink at least 70 ounces of water each day. Spring or mineral water is best. It is very important to drink a lot of water during the program.

Note: No other drinks are allowed except for green tea and the non dairy milks that go into the smoothies.

Green Tea: Drink as a substitute for caffeine (limit to 3 servings a day). It will help with caffeine withdrawal symptoms.

1 Treat/day: 1 square of dark chocolate with at least 70% cacao content. (Dark chocolate has many beneficial, mood-enhancing properties as well as very low sugar and no dairy.)

Summary: Eat all the veggies and fruits (exceptions above) you want at a 2:1 ratio, have 1 cup of uncooked quinoa/day, have a yam a day plus 2 smoothies/day and 2 convenience packs of green foods and detox capsules/day. Drink at least 70 ounces of water/day and have a little dark chocolate as a reward. Eat when you are hungry, prepare for the program ahead of time and try the chef prepared recipes.

Diet for days 11-20:

Use the same diet in the first 10 days, and continue to eat as many organic veggies and fruits as you like and maintain the 2:1 veggie to fruit ratio. Eat frequently throughout the day...no skipping meals! Quinoa (a complete protein) and brown rice (allowed in 2nd half only) are the only grains recommended in the 2nd ten days. You can have 1 cup of uncooked quinoa or brown rice per day (which makes about 1 1/2-2 cups of cooked quinoa or brown rice).

You may now add 3-5 ounces of fish once daily. **The fish must be deep-cold water and non-farm-raised fish.** Deep-cold water fish develop more Omega 3 and Omega 6 fatty acids and so are better for you. We recommend the following fish as the least toxic (lowest methyl-mercury content): tilapia, sardines, wild salmon, anchovies, flounder/sole, oysters and scallops.

Keep in mind that larger fish are more predatory and bind more heavy metals in their fatty reserves. The following are the most toxic: tilefish (Gulf of Mexico), shark, swordfish, tuna, king mackerel, orange roughy, Chilean sea bass, lobster and halibut.

If you do not like fish, you may substitute 1 piece of free-range organic chicken or turkey per day. The best way to prepare the fish, chicken or turkey is to bake or steam to preserve the nutritional content.

Water: Continue to drink 70 ounces of water/day. It is very important to drink a lot of water during the program.

Note: No other drinks are allowed except for green tea and the non dairy milks that go into the smoothies.

Green Tea: Drink as a substitute for caffeine (try to limit to 3 serving's daily). It will help with caffeine withdrawal symptoms.

1 Treat/ day: 1 square of dark chocolate with at least 70% cacao content.

Foods and drinks to avoid throughout the program:

All dairy products including: butter, cheese, milk and yogurt. All breads, crackers, pastas, grains(the only exception is Quinoa and Brown Rice/ limit to one serving/day). Eggs, Corn, potatoes, tomatoes, eggplant, sweet potatoes (yams OK), beans, peppers (a little red bell pepper is allowed for color to salads), bananas (high sugar content), citrus fruits (only exception is lemon), dried fruits, nuts, seeds, all meat, fish, soy products like edamame, tofu and all canned or processed foods. Obviously, no tobacco, alcohol, caffeine (include decaf coffee), soda or fruit juice.

The diet in combination with our supplements will get your body back in a synchronistic balance leaving you looking and feeling better.

Please note that you could have a few days during the program where you may not feel well:

One of the most common side effects of a detox is headache. This usually occurs in the first few days after starting the program. Caffeine withdrawal is the usual culprit. Green Tea will usually help with caffeine withdrawal headaches.

Understand as our formula releases toxins into the system they need to be expelled before you feel better, so do not be alarmed if during the program you do not feel so well. Do not worry; once those toxins are expelled you will start to feel better. Side effects vary from individual to individual and can include feeling tired or rundown, minor GI discomfort, etc. Some people do not experience any side effects, but know it can happen.

To help expel the released toxins, make sure you are drinking copious amounts of the purest water and sweat on a daily basis preferably by a steam or sauna.

Constipation may occur if people consume too much fiber without increasing their fluids so drink at least 70 ounces of water/day.

Other important things to know and do during the program:

Protein is required by the liver for proper detox. Our program gives you high quality brown rice protein in the Ultimate Supplement powder and protein from the quinoa in the first 10 days and then additional fish, chicken or turkey after the first 10 days, so know that you are getting plenty of protein.

Dry skin brushing is recommended and should be done utilizing light pressure to improve blood and lymph flow. Starting at the feet and hands and moving towards the chest.

Sweat every day, preferably by steam or sauna. A sauna (Far Infrared is best) or steam will help the lymphatic's and skin to release toxins.

The skin is one of the main organs of detoxification, so both of these techniques would be helpful in diminishing side effects.

Exercise: You can maintain your current routine if you are already exercising regularly. Do not overdue it and substantially increase your routine, because it will put additional stress on the body. If you do not exercise regularly, yoga is a great choice for detoxing. Walking or other low impact activities are a great start to an exercise routine if you do not have one. Try to relax each and every day for 20 minutes and clear the mind. It will help the body release.

Pregnant or nursing women should never detox. Any toxins released into the bloodstream can be passed to the baby and can harm the fragile nervous system. There are no exceptions to this rule.

Never stop any medication without talking to your physician. Our programs are used best under the supervision of a physician.

Post program Maintenance recommendations:

Daily Smoothies 5x/week: Our recommendation for supplement maintenance is to have one shake/smoothie once daily 5 days/week so each jug of our new Ultimate Supplement powder will supply you for an entire month. It also allows you to have what you want to eat and drink over the weekend or 2 days a week.

Our new Ultimate Supplement powder is the most complete all in one supplement that can be used as a low calorie meal replacement, protein supplement, multi-vitamin, recovery drink and a daily cleanse! There are now 75 beneficial ingredients in the formulation including: multiple vitamins and minerals, brown rice protein, antioxidants, amino acids, probiotics, phytonutrients, fibers and now organic fruits and veggies, so there is rarely any need for other supplements.

Maintenance diet recommendations:

Once done, be sure to introduce healthy foods back into the diet slowly. Try one new food group/day. Remember the results you had from the program and stay healthy!

Maintenance Diet: We recommend using the same diet of the second half of the program as your framework for the maintenance diet. Continue to eat organic veggies and fruits as the mainstay of your diet. The key to success in the maintenance diet is to consistently implement and incorporate the habits learned from the program. While it's not necessary to start with our 20 day program to have success, the programs are designed to help break bad health habits and replace them with good ones (it takes 3 weeks to change a habit)

Fruits/Veggies: In addition to all the veggies and fruits recommended we're including some fruits and veggies previously off the list: bananas have potassium which is good for detox, they also are very sweet is why they're off the original detox diet, so use them sparingly. Citrus fruits are a good source of Vitamin C and bioflavonoids but are also high in sugar so again use sparingly. Grapefruits are good as a treat but also inhibit the detox response so use sparingly.

Grains: Quinoa and brown rice are still the only grains recommended. You may venture to use others like wheat/corn/oats (once or twice per/wk: oatmeal is a good choice), but keep the quantities of grain low, to maintain the lower levels of sugar in your body. If you're going to use breads and crackers, use them sparingly and make sure they contain organic, sprouted whole grains. "Alvarado Street Bakery" sprouted breads and Mary's Gone Crackers" crackers, are good choices in this category of prepared foods. Do not let these become staples of your diet. Veggies and fruits are the staples.

Meat/animal protein: 3-5 ounces of fish/chicken/turkey once daily are still recommended (if you are physically active twice daily is ok). It's ok to periodically have a piece of lean beef but it should be organic, hormone and antibiotic free, and not be grain fed. The fish should be deep-cold water and non-farm-raised fish, the chicken or turkey should be organic. Deep-cold water fish develop more Omega 3 and Omega 6 fatty acids and so are better for you. We recommend the following fish as the least toxic (lowest methyl-mercury content): tilapia, sardines, wild salmon, anchovies, flounder/sole, oysters and scallops. Remember that fish like: tilefish, shark, swordfish, tuna, king mackerel, orange roughy, are predatory and because of this concentrate more heavy metals, from their prey, in their fatty reserves making them more toxic.

Eggs are a good source of protein and may be incorporated once or twice per week. Do not over eat protein as this is a major cause of acidification of dietary pH.

Dairy: Not recommended.

Beverages: Keep drinking a lot of water and green tea as a substitute for caffeinated drinks. Rice milk, almond milk, hemp milk and coconut milk are better choices than dairy. Fruit juices are not recommended, however if you wanted you could incorporate Kombucha. Kombucha is low in sugar and has live cultures/enzymes which are good for detoxing.

Fats: The best sources for fats are from the foods that naturally contain them. Using fish oil, and flax oil to supplement your diet is great, just make sure you know their sources. Especially for the fish oils, as good quality is very important. Olive oil is great, but not the best for saute.

Saute is not the greatest food preparation, and so should be limited to once or twice per week. If you do saute use Ghee or Coconut oil as they are tasty and won't turn rancid in the pan, oxidized from the heat. They are saturated however, so their use should be limited. Veggies are really great if you just steam them lightly and add then a little flax and olive oil. Avocado oil is also nice. One should not overdo the usage of oils.

Nuts, Seeds and Legumes: These are all foods that contain high concentrations of protein. This property of their chemistry generates acid in the body, when consumed and requires the body to respond by releasing mineral from the bone to balance the pH. Because of this, these foods should not be used in quantity. They should be incorporated in small amounts 2-3 times per week, to give variety. This opens us up to nut butters, bean dips, hummus etc.. So make sure that you purchase the least processed food items you can and if possible make these processed foods yourself. This will insure better quality ingredients and less cost.

Bottom line: Remember the results that you had from the program and stick to the program as much as possible to see the continued clinical and feel good results. The more you practice the program the healthier you will be and the more your body will crave the healthy foods. As a practice ask yourself the following question before consuming anything: Is this the healthiest choice and will it make me healthier? The more you ask yourself this question the more you will make healthier choices!

Best wishes

Ka Formulas

Customer Service

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