

## DETOX FAST

### 3 to 5 Days

Fasting is harmful to the hypoglycemic person. However, this fasting protocol is quite successful for “unwinding” insulin resistance. A person with hypoglycemia will feel crummy on a fast – spacey, dopey, half-dead, and hungry. Patients with insulin resistance, on the other hand, report feeling great on this fast – they’re more energetic and think more clearly. They start burning fat for energy, their digestive and immune problems calm down, and their blood becomes less acidic.

First of all, you must do this fast under the supervision of a doctor, preferably a nutritionally oriented chiropractor, naturopath, or medical doctor. It is recommended you do blood test for, among other things, fasting glucose and lipid level (cholesterol, triglycerides, and HDL and LDL cholesterol), so that you can compare results with a follow-up test after a sequence of fasts.

**Fasting is suggested for three to five days.** A minimum of three days is required for best results. If you are feeling good and following the fasting rules, you may go longer than five days.

**During the fast, do not take any supplements, use hormone creams, or even popular brand skin creams, as many skin creams contain hidden estrogens that will hamper your results.**

#### **Fasting is limited to the following drink:**

- Freshly squeezed lemon or lime juice with pulp
- Water
- Organic maple syrup (Grade B preferred), using just enough to take the edge off the tartness of the lemon or lime
- Brewed green tea (optional). Do not have tea at night.

Exact proportions are not important. Although this looks very similar to the Master Cleanse, do not add cayenne pepper – it can be too irritating for some.

#### **YOU MUST TAKE SIPS OF THE DRINK EVERY 10 TO 15 MINUTES THROUGHOUT THE DAY.**

This step is critical. If you go too long between sips, your blood sugar drops and you move backward in progress. I ask my patients to make two gallons in the morning and have plenty of water bottles on hand so they have no excuse to go too long between sips. It’s also important to anticipate frequent trips to the bathroom to urinate on this fast. In other words, don’t start your fast when traveling or having long meetings at work.

Taking a break from food is important because most people with insulin resistance have multiple food sensitivities and intolerances to the foods they eat most often. The fast gives your digestive tract time to start recovering. If, however, you become truly hungry, you may eat a vegetable that you rarely eat. No spices or dressings are permitted.

Lemon or lime juice alkalinizes blood. Grade B maple syrup is sweeter than other grades, so you need less. Green tea helps fire up the hormone lipase, which in turn helps burn body fat. You may also drink hot green tea separately, as long as you maintain your sips of the fasting liquid every 10-15 minutes.

Remember, if you do the Fast for Unwinding Insulin Resistance, **YOU MUST TAKE SIPS OF THE DRINK EVERY 10 TO 15 MINUTES THROUGHOUT THE DAY.**

## ANTI-INFLAMMATORY PREPARATION

### 3 Weeks

After fasting for three to five days, stick to an anti-inflammatory diet that is **free of sugars, grains, and processed foods, for three weeks.** While on this diet, consume a nutritional hypoallergenic protein powder that is high in antioxidants, enzymes, pre- and probiotics, and nutrients that aid in detoxification, liver support, and gut repair. Key ingredients include medium chain triglycerides, gamma oryzanol, biotin, glutamine, Lactobacilli acidophilus, Jerusalem artichoke and insulin, marshmallow root, quercetin, grape seed extract, rutin and hesperidin, evening primrose, milk thistle seed, and an enzyme blend

### Lemon/Lime Drink

1 gallon distilled water  
1 cup fresh squeezed lemon or lime juice  
1 ½ cups grade B maple syrup

**BE SURE TO SIP THROUGHOUT THE DAY, EVERY 15 MINUTES.**

This step is critical. If you go too long between sips, your blood sugar drops and you move backward in progress. I ask my patients to make two gallons in the morning and have plenty of water bottles on hand so they have no excuse to go too long between sips. It's also important to anticipate frequent trips to the bathroom to urinate on this fast. In other words, don't start your fast when traveling or having long meetings at work.

## CLEARVITE PROTOCOL

### SHAKE RECIPE

Portion out Clearvite into a shaker type container or blender with 6 to 8 ounces of water or rice milk, mix and drink.

If desired, ice can be blended into shake to make a smoothie.

For those who still cannot tolerate the taste of Clearvite, they can mix ¼ cup of berries, Clearvite, ice and water or rice milk into a blender to make a fruit smoothie.

Berries allowed are strawberries, blueberries, raspberries and blackberries as long as there are no allergies or sensitivities.

Meals are a sample diet. Any foods on the following allowed foods list can be used, as long as you follow the protocol. Try not to eat the same foods each meal.

### PHASE 1: 4 DAYS

#### Drink 1 8oz Clearvite shake before breakfast

Breakfast	Turkey meat and fruit
Mid-morning snack	Handful of pumpkin or sunflower seeds
Lunch	Salad with Olive Oil/Lemon and Salmon Filet (wild) or Chicken (broiled)
Mid-afternoon snack	Fruit and nuts
Dinner	Chicken Breast (broiled) and steamed vegetables
Bedtime snack	Rice cakes with raw almond butter

### PHASE II: 3 DAYS

#### Drink 1 8oz Clearvite shake before breakfast & 1 before Dinner

Breakfast	Turkey and grapefruit
Mid-morning snack	Taro Chips
Lunch	Mixed green salad with Chicken, olive oil and lemon
Mid-afternoon snack	Handful of raw cashews
Dinner	Halibut, brown rice, vegetables (raw or lightly steamed)
Bedtime snack	Hummus and cucumber

# CLEARVITE DIET

## **PHASE 3: 7 DAYS**

Drink 1 8oz Clearvite shake before breakfast, 1 before lunch, and 1 before dinner. Total 3 a day.

**You must avoid all animal products from your diet (including fish, chicken, turkey, and lamb)**

Breakfast	Quinoa hot cereal and mixed fruit
Mid-morning snack	Carrot sticks and hummus
Lunch	Mixed green salad with raw nuts or seeds, and avocados with olive oil/lemon
Mid-afternoon snack	Fruit and nuts
Dinner	Baked potato or brown rice, lightly steamed vegetables
Bedtime snack	Rice cake with raw almond butter

## **PHASE 4: 3 DAYS**

Drink 1 8oz Clearvite shake before breakfast and 1 before Dinner

Breakfast	Turkey and grapefruit
Mid-morning snack	Taro Chips
Lunch	Mixed green salad with Chicken, olive oil and lemon
Mid-afternoon snack	Handful of raw cashews
Dinner	Halibut, brown rice, vegetables (raw or lightly steamed)
Bedtime snack	Hummus and cucumber

## **PHASE 5: 4 DAYS**

Drink 1 8oz Clearvite shake before breakfast

Breakfast	Turkey meat and fruit
Mid-morning snack	Handful of pumpkin or sunflower seeds
Lunch	Salad with Olive Oil/Lemon and Salmon Filet (wild) or Chicken (broiled)
Mid-afternoon snack	Fruit and nuts
Dinner	Chicken Breast (broiled) and steamed vegetables
Bedtime snack	Rice cakes with raw almond butter

# CLEARVITE DIET

## COMPLETED CLEARVITE DIET

You have now finished the Clearvite program!

At this time, you may bring back regular food items to your diet.

You must do this at a very slow rate, one item a day.

If you have any allergic side affects, or feel that a certain food is a problem for you, stop eating it and wait 1 to 2 weeks before re-entering it back into your diet.

## DIET TIPS

FOODS ALLOWED	FOODS TO AVOID
Drink plenty of water (8-10) glasses a day, herbal teas, green tea, fruit juices (no sugar added), vegetable juices	Any foods you are allergic to
Grain foods made from brown rice, millet, quinoa, buckwheat, or tapioca	Foods prepared with gluten-containing cereals like wheat, oats, rye, barley, and those found in breads, pasta, etc.
Fresh or frozen fruits, vegetables, dried beans (navy, white, red kidney, etc), peas (fresh, split, snap)	Tomatoes and tomato sauces, corn, peanuts
Mainly fish (not shellfish), with moderate amounts of chicken, turkey, and lamb	Alcohol, caffeine
Use mainly coconut oil, olive oil, and flaxseed oil in moderation	Soy or soy products such as soymilk or tofu
Nuts or seeds, raw and unsalted	Peanuts and peanut butter.
	Beef, pork, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes make from soy.

## COMMON FOODS SUGGESTED FOR CLEARVITE PROGRAM

Animal Protein	Vegetables	Nuts and Seeds	Oils	Fruit	Grains	Dressings Spices	Fluids
Broth	Artichoke	(Raw,	Coconut	All	Buckwheat	Make	Water
Chicken	Asparagus	Unsalted)	Olive		Brown rice	dressings	(slice of
Fish	Avocado	Almond	Sesame		Millet	from olive oil	lemon may
Lamb	Beans, dried	Brazil Nut			Quinoa	and lemon	be used)
Turkey	Beet	Macadamia			Tapioca	juice or	
Venison	Broccoli	Hazelnut				vinegar with	Herbal Teas
	Bok Choy	Pecan				spices.	
	Brussels Sprout	Pumpkin					
	Cabbage	Sunflower				All spices are	
	Carrot	Walnut				allowed to	
	Cauliflower					flavor food.	
	Celery						
	Celery					Organic	
	Chard					Tamari	
	Cucumber					(gluten free)	
	Endive					occasionally	
	Fennel						
	Garlic					Mustard	
	Green Beans					Dill	
	Kale					Green Pickle	
	Leek					Endive	
	Lettuces					Fennel	
	Mustard Green					Garlic	
	Okra						
	Onion						
	Parsnip						
	Pea, Green						
	Pickles						
	Radicchio						
	Rutabaga						
	Shallot						
	Spinach						
	Squash,						
	Summer						
	Sweet Potato						
	Swiss Char						
	Turnip, Greens						
	Vegetable Soup						
	Water Chestnut						
	Watercress						
	Yam						
	Zucchini						



# CLEARVITE DIET



## CLEARVITE-CLA™

ClearVite-CLA™ (K105) uses an advanced formulation with collagen-based protein and targeted amino acids that is intended to support the intestines, liver detoxication, and sugar metabolism.\* By using hydrolyzed collagen, this product includes a hypoallergenic protein source that may support the muscular system and gastrointestinal function, as well as skin, hair, nail, and joint health.\* ClearVite-CLA™ (K105) is carefully formulated to help support energy levels without carbohydrates or sugars.\* This product may also be ideal for those on anti-yeast diets or with caloric, sugar, or carbohydrate dietary restrictions.\*

**Suggested use: Mix 1 scoop with up to 6 ounces of water. Mix well before drinking. Use once a day, or as directed by your healthcare professional. This product should not be used in a diet supplying less than 600 calories per day without complete medical supervision.**

<b>Supplement Facts</b>		
<b>Serving size 1 scoop (11.67 g)</b>		<b>Servings per container 42</b>
	<b>Amount Per Serving</b>	<b>%DV</b>
<b>Calories</b>	45	
<b>Calories from fat</b>	5	
<b>Total Fat</b>	0.5 g	<1%†
<b>Sodium</b>	110 mg	5%†
<b>Carbohydrate</b>	2 g	<1%†
<b>Dietary Fiber</b>	<1 g	3%†
<b>Protein</b>	5 g	10%†
<b>Vitamin A (as beta-carotene)</b>	850 IU	17%
<b>Vitamin C (as calcium ascorbate, manganese ascorbate)</b>	125 mg	208%
<b>Vitamin D (as cholecalciferol)</b>	150 IU	37%
<b>Thiamin (as thiamin mononitrate)</b>	2 mg	133%
<b>Riboflavin (as riboflavin 5'-phosphate)</b>	2 mg	117%
<b>Niacin (as niacinamide)</b>	4 mg	20%
<b>Vitamin B6 (as pyridoxal 5'-phosphate)</b>	4 mg	200%
<b>Folate (as calcium folinate)</b>	100 mcg	25%
<b>Vitamin B12 (as methylcobalamin)</b>	75 mcg	1250%
<b>Biotin</b>	75 mcg	25%
<b>Calcium (as calcium citrate malate, calcium ascorbate)</b>	100 mg	10%
<b>Phosphorus (as monosodium phosphate)</b>	8 mg	1%
<b>Magnesium (as magnesium citrate)</b>	75 mg	19%
<b>Zinc (as zinc methionate)</b>	3 mg	20%
<b>Selenium (as L-selenomethionine)</b>	15 mcg	21%
<b>Manganese (as manganese ascorbate)</b>	4 mg	200%
<b>Chromium (as chromium polynicotinate)</b>	40 mcg	33%
<b>Molybdenum (as molybdenum amino acid chelate)</b>	40 mcg	53%
<b>Proprietary Protein/Amino Acid Blend: 7700 mg* of Hydrolyzed Collagen (bovine), L-Glutamine, L-Alanine, Glycine, L-Isoleucine, L-Tyrosine, Proline,</b>		
<b>Proprietary ClearVite™ Blend: 1618 mg* of Medium Chain Triglycerides Oil, Evening Primrose Oil (seed), L. Acidophilus, Milk Thistle Extract (seed),</b>		
† Daily Values are based on a 2,000 calorie diet.		
<b>Other ingredients: Natural flavor (fruit berry), sodium bicarbonate, sea salt, luo han guo fruit extract.</b>		
* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.		



# CLEARVITE™

## Sparkling Smoothie Recipes

Use Organic Ingredients for a Healthier You!



### Veggies Voilà

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- ½ cup cucumber, diced
- A dash of cayenne pepper
- A handful of ice cubes



### Carrot Shake

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- 1 cup freshly juiced carrots
- 1 cup ice cubes
- 1 tsp roasted sesame oil

### Tropical Paradise

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- ½ cup water (or rice milk or coconut milk)
- ½ cup pineapple-orange or pineapple-coconut juice
- ½ cup fresh pineapple or frozen tropical fruit
- ½ banana (may be frozen)
- A handful of ice cubes (if none available, use frozen fruit)



### Protein Smoothie

- 1 scoop CLEARVITE-SF™ (K24), CLEARVITE-CR™ (K36) or 2 scoops CLEARVITE-PSF™ (K84), CLEARVITE-PCH™ (K89)
- 2 Tbsp raw almond butter
- ½ banana
- ½ cup water

### Apple-Cinnamon Refresher

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- 1 cup water
- 2 Tbsp frozen apple juice concentrate
- ½ banana (frozen)
- ½ tsp cinnamon



### Extra Special Berry Surprise

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- ¼ cup blackberries
- ¼ cup blueberries
- ¼ cup strawberries
- ½ banana
- 1½ cup freshly squeezed orange juice
- 3 tsp honey (optional)
- 1-2 cups ice



### Warm, Nourishing Morning Toddy

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- ½ cup cucumber, diced
- 2 tsp regular or toasted sesame oil
- 1½ cups hot water (added after the mixture is blended)

### Hot Chocolate Whammy!



- 1 scoop CLEARVITE-CR™ (K36) or 2 scoops CLEARVITE-PCH™ (K89)
- ½ cup hot rice milk
- 1 tsp xylitol
- ½ cup cherries (optional)



### Green Tea Wake-Up

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- ¼ cup rice milk or coconut milk
- ½ cup hot green tea

### Raw Soup

- 1 scoop CLEARVITE-SF™ (K24) or 2 scoops CLEARVITE-PSF™ (K84)
- 1 cucumber (peeled)
- 1 bunch parsley, chopped
- 1 pear (peeled)
- 1 lemon
- 2 cups water
- 2 Tbsp walnut oil

### Power Smoothie

- 1 scoop CLEARVITE-SF™ (K24), CLEARVITE-CR™ (K36) or 2 scoops CLEARVITE-PSF™ (K84), CLEARVITE-PCH™ (K89)
- 1 Tbsp Nourish Greens™ (K67)
- 1 Tbsp flaxseed oil
- 1 banana

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FLORIAN/SHAW/11/13

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