

Issues that may arise during the Detox Program

MOST PEOPLE HAVE VERY FEW OR NO HEALTH ISSUES ARISE DURING A DETOX PROGRAM, BUT IF YOU EXPERIENCE ANY DIFFICULTY DURING THE 21-DAY PURIFICATION PROGRAM, PLEASE CONSULT THE SECTION BELOW. IF IT PERSISTS, OR AN ANSWER IS NOT FOUND, PLEASE CALL

<p>I am experiencing tiredness and fatigue</p> <p>(During the first couple of days, this is normal and should pass quickly.)</p>	<p>Are you adding the extra Whey protein to the shake as directed? Try adding 1 more scoop of protein to your shake.</p> <ul style="list-style-type: none"> • Are you on any drugs that cause this side effect? • Are you sleeping 7- 8 hours? <p>If all the above have been tried, try removing Citrus Fruits and Nightshade vegetables (tomatoes, eggplant, potatoes, most peppers and of course, tobacco)</p>
<p>I am constipated</p> <p><u>VERY IMPORTANT !!!!</u></p>	<p>Are you drinking 8 glasses of water per day?</p> <ul style="list-style-type: none"> • Take the digestive aid, Zypan - start with two each time you take you supplements. You can go up to 3 – 3 times per day. • Try drinking Senna Tea or Smooth Move Tea (at health food stores) • Try Standard Process Fen-Cho tablets 6 - 9/day • Consider Gallbladder congestion, try AF Betafood Tablets 3 3x/day • Remove Gastro-Fiber and replace with Slippery Elm Powder • <i>If still constipated, call your practitioner!</i>
<p>I have a headache, unrelenting body aches or sinus drainage.</p>	<p>Consider:</p> <ul style="list-style-type: none"> • Headaches can occur during the first few days of the detox program. You may chose to take a couple of aspirin if necessary, but here are a few more supportive suggestions: • Antronex – (a natural antihistamine) start with 1-2 every hour until headache, body aches or sinus drainage goes away: max. 10/day. • Crampex Tablets - 1 every hour until the pain goes away up to 6. • AF Betafood Tablets 3-3x/day for gallbladder support. • Are you drinking enough water? 8 glasses per day is important. • Are you having 1-3 Bowel Movements per day? • Consider Coffee • Be patient as these issues will very likely pass in the next day or so and you should experience a new level of wellness and vitality.

<p>I am having diarrhea. Diarrhea may occur as a cleansing action during the first day or so, but it should not continue.</p> <ul style="list-style-type: none"> • <u>Diarrhea is common but can be dangerous, so please call for support</u> 	<p>If it is lasting over 24 hours, call the practitioner or seek medical attention.</p> <p>You can try 1 or all of the following supplements:</p> <ul style="list-style-type: none"> • Zymex Capsules 2 3x/day • Lact-Enz Tablets 2 3x/day • Cholacol II 4 3x/day
<p>I am not losing weight</p> <p>Weight loss is common on this program. If you are following the outline correctly and are not experiencing weight loss, consider the following:</p>	<p>Consider:</p> <ul style="list-style-type: none"> • Are you adding the Whey Protein as directed? (If you are adding the extra whey protein as directed, you may be increasing muscle mass, which is good weight and losing fat.) • Food Allergy: Remove a food you may be allergic to (eg. Wheat, dairy, corn). (Consult with your health care provider) • Those who are hypothyroid have more difficulty losing weight. Ask to take the symptom survey. (Call your health care provider for details.) We have a protocol to support Thyroid function. • Are you under great stress? Consider adding Adrenal Support to lower Cortisol: Drenamin or Ashwaganda Liquid 1 teaspoon three times per day. (Nevaton by MediHerb will also help keep you relaxed (1 tablet three times per day). If taking prescription drugs, Nevaton can neutralize their effectiveness.
<p>I am craving Bread, Pasta, Soda, Candy etc...</p>	<p>Consider:</p> <ul style="list-style-type: none"> • Are you eating frequently enough? • Try adding ¼- ½ tsp of cinnamon to your shakes. • Cataplex B or G Tablets for blood sugar levels. • Use Green Teas with alternative sweeteners • Gymnema tablets (4/day) or liquid can subdue cravings significantly.
<p>I am diabetic, can I enter the program?</p>	<p>Yes! Please consult with your Doctor before starting the program. Remember, this program is designed to help balance your blood sugar metabolism and this can occur quickly. If you are on Insulin, always check your blood sugar before injecting. In addition the above here are a few more supportive directions:</p> <p>Consider:</p> <ul style="list-style-type: none"> • Gymnema Tablets 1 tablet 3 times per day, can increase if necessary. • Eat smaller meals more frequently. • Cataplex B or G Tablets for blood sugar levels. • Try adding ¼- ½ tsp of cinnamon to your shakes. • Blueberries, Sweet Potatoes, Lentils, (1 cup per day), can help support your blood sugar.