

# The Ultimate 4 Day Detoxification and Weight Loss Success<sup>®</sup> Program

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This highly effective 4 day program will allow you to cleanse the body and jump-start any weight loss efforts all within an easy to follow program. The strength of this program is by doing the 4 day detox every two weeks you will keep detoxifying your body at deeper levels as time goes on, and you will also be jumpstarting your weight loss efforts every two weeks as well. The Ultimate 4 Day Detoxification and Weight Loss Success Program can be done once every two weeks for several months at a time, and allow you to lose weight more easily without being overly aggressive and ensuring that your loss of weight is more likely to be permanent! Success will be achieved by sticking closely to the 4 day program and doing it as perfectly as possible. Knowing that you have more flexibility between the two weeks of detoxification should allow you to be more strict with yourself for the shorter 4 days. Some people will need to do this detox several times before starting to see significant progress with their weight loss, because their body is so out of balance. Know that each time you complete the 4 day detox your body is getting more balanced, and the weight loss will soon happen. Requirements to participate in this program are:

1. *Using the products listed below that support your body's ability to detoxify.*
2. *Following the recommended diet listed below.*
3. *Willingness to exercise a minimum of 1 hour each of the 4 days of the program.*
4. *Drinking plenty of water.*
5. *Get your body weight and body fat measured after completing each 4 day program*

## **Products recommended to maximize your success in this 4 day program:**

- ▶ **Opti-Detox Plus:** This is a powder you mix with cold water. This is both a meal replacement to satisfy your basic calorie and nutrient needs during the 4 day program, and it also has added support to enhance your body's ability to detoxify. The protein in this product is derived from rice, which is the least likely to cause problems for those with food sensitivities or food allergies. This should be combined in a blender with cold water and low glycemic index frozen fruit (blueberries, cherries, grapes, peaches, raspberries, strawberries) to make a smoothie for optimal flavor and texture. This product will easily last you for several 4 day detoxifications at 1-2 shakes per day. The retail cost is \$77.95, and the discount membership cost is \$62.36
- ▶ **Opti-Liver Support:** Two of these capsules are taken twice per day. These capsules contain nutrients that more specifically enhance the function of your liver - one of the most important organs of detoxification within your body. The retail cost is \$47.95, and the discount membership cost is \$38.36.
- ▶ **Detox-Kit:** These are drops that you place into the water you drink during the day. This is a combination of 3 homeopathic products are designed to support immune function, improve drainage (removal) of toxins out of the body, and a gentle cleansing of the digestive system. You simply place 10 drops of each remedy into every 16 - 32 oz container of water you drink during the day. The retail cost is \$44.95, and the discounted membership cost is \$35.95.
- ▶ **Alkalive pH Booster:** These are ionic minerals placed in a liquid form to help alkalize your body. Raising the body pH (alkalizing the body) is an important step in maximizing your ability to detoxify and improve the health of all your cells and tissues. This product contains one large bottle and one small bottle. In each 16 ounces of water you place 12 drops of the Step 1 bottle, and 12 drops of the Step 2 bottle. The retail cost is \$30.95, and the discounted membership cost is \$24.76.

The total cost of these 4 products needed for the program is retail \$201.80, or the discounted membership price of \$161.44. Feel free to ask our staff if you have questions on how to get the Healing Choices<sup>®</sup> Membership discount. Keep in mind that you will have enough product to last for several 4 day detoxifications.

## **The recommended diet while doing the 4 day program:**

**Breakfast:** 1 serving (2 scoops) of the Opti-Detox Plus mixed in cold water & two capsules Opti-Detox Support.

**Mid-morning snack (only if needed due to hunger):** 1 serving (2 scoops) of Opti-Detox Plus blended with cold water and frozen fruit.

**Lunch:** Organic Vegetable Soup - can be found in most grocery stores that have a natural foods section.

**Mid-Afternoon snack (only if needed due to hunger):** 1 serving (2 scoops) of the Opti-Detox Plus blended with cold water and fruit.

**Supper:** A protein serving no larger than the size of your open hand, and as much steamed vegetables as you want. The protein serving is preferably chicken, fish, turkey or a very lean red meat - and free of hormones and antibiotics. I would avoid egg, fatty red meats and pork during the 4 day program.

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## **The recommended exercise during the 4 day program:**

The importance of exercising on each day of the 4 day program cannot be emphasized enough. If you do not exercise each of the 4 days you are simply cheating yourself out of receiving the maximum benefit of this highly effective program. The purpose of exercising is to both retrain your metabolism to function at a higher level, and to have you work up a really good sweat. One of the ways we remove toxins is through our skin, and when we sweat we help to cleanse and purify the body. Here are the guidelines for exercise during this program:

1. The exercise will be cardio only during the 4 days.
2. You will need to commit to exercising a minimum of one hour each day for the 4 days, and a maximum of two hours per day if your time and motivation allows you to do so.
3. Your time spent doing cardio exercise can be split over more than once per day, but I would do at least 30 minutes each time you exercise.
4. I strongly recommend you do some of your cardio 1st thing in the morning before you've had your breakfast. Drink plenty of water as you exercise (with the Detox-Kit and Alkalive pH Booster drops in your water), and again make sure you do the minimum 30 minutes - longer if possible.
5. The goal is to worked-up a good sweat each time you exercise. This will help cleanse the body, and you can be more certain you are retraining your metabolism by working-up a good sweat.
6. To know you are doing your cardio at a fast enough pace, I recommend tracking your heart rate while exercising. To determine your target heart rate simply take 180 and subtract your age, and this will be the target heart rate to reach and maintain during your entire cardio workout.

## **The recommended water intake during the 4 day program:**

Try for the minimum of 64 ounces during each day, more if possible. For those who are not good about drinking water this will seem like a lot even though this is an average amount for an adult to drink each day. Make sure you've placed the drops of both the Alkalive pH Booster and the Detox-Kit into ALL the water you drink during the day - EXCEPT DURING MEALS. Its recommended you limit your water intake during meals. Adding the Alkalive pH Booster and the 3 homeopathic remedies from the Detox-Kit, to your water will change the taste of your water slightly, but most people can easily tolerate this change. I recommend adding ice cubes to your water container, because with colder water you are less likely to notice the change in taste. I also recommend having a container of water with you everywhere you go. Staying well hydrated will help you detoxify more effectively, and can help keep your appetite under control!

## **Getting your body weight and body fat measured before and after the 4 day program:**

As part of an ongoing research study we are collecting data from people who participate in this highly effective 4 day program. To participate in this research you simply need to stop in at our Elk River clinic after each of your 4 day detoxifications to have your body weight and body fat measured. Your identity will always remain confidential, but the raw data (numbers) will be incorporated into a much larger research project. We will do this as a FREE service during our normal clinic hours to those participating in the 4 day program as outlined in these instructions. You will not only be helping yourself get healthier, but you will also be helping others by doing these free measurements of body weight and body fat for our research study.

## **What else can I do with the Ultimate 4 Day Detoxification and Weight Loss Success<sup>®</sup> Program?:**

There are many options to continue to improve on your health that will compliment this 4 day program. We recommend you discuss your options with Dr. John W. Larson, our weight loss expert who is Board Certified in Clinical Nutrition and located at our Elk River clinic. Call Dr. Larson with any questions regarding this program, and to discuss how to continue to improve on your health during and after this program.



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