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7-Day ReduceXS® Total Body Cleansing Program

with RestorX™ and DetoxiCleanse™

PATIENT GUIDE



Detoxification... With a difference

There are many detoxification programs in the marketplace. Bioclinic Naturals sets itself apart by providing a program that nourishes your body, while it safely and effectively cleanses. And given the importance of intestinal integrity and gastrointestinal flora to efficient detoxification, The 7-Day ReduceXS Total Body Cleansing Program uniquely offers effective gastrointestinal and liver support. Another difference to note is the careful formulation of this program by our scientific advisory board, led by two of the world's leading authorities on science-based natural medicine—Dr. Joe Pizzorno and Dr. Michael Murray. They co-authored the definitive *Textbook of Natural Medicine*, used by students and practitioners of natural medicine throughout North America, and *Encyclopedia of Natural Medicine* (over 1,000,000 copies printed in six languages). Their vision is one that emphasizes wellness through the comprehensive integration of conventional and natural medicine.



Why Detoxify?

Individuals and their health care professionals are well aware of the connection between the environment and our health. All of us are being exposed to a wide variety of noxious agents, both external and internal, triggering needless chronic suffering.

Only one quarter of all the commonly used chemicals have been tested to measure their toxicity for human beings. While some toxins are rare, you would be alarmed at the wide number of chemical agents that we are exposed to, and their absorption, distribution, and eventual deposition in our bodies' organ systems. Reporting on a 2008 USDA study, the *Chicago Tribune* (August 12, 2009) noted that after testing 700 washed regular whole peaches, they detected 55 types of pesticide residues—six were not for approved use in the United States and five pesticides were at higher levels than allowed by the government.

Research also indicates that toxins can accumulate through the food chain. This concept is known as bioaccumulation. For example, PCB's are ubiquitous in our environment and accumulate in the aquatic food chain, triggering toxic effects in humans. According to Dr. Thomas Clarkson from the Department of Environmental Medicine, University of Rochester, in New York, "prenatal exposure to PCB's may produce learning defects in humans".¹ These toxins are becoming so common that they are now being called "persistent organic pollutants", POPs for short.

While your body has complex and effective systems to process and eliminate toxins, they can become overburdened from outside and inside. Your body can produce internal toxins due to poor nutrition or a malfunctioning digestive system. Together, external environmental toxins and internal toxins can overtax your body's built-in defences and cause, or contribute to, serious health issues.



To support our overall well-being, health care professionals usually recommend that every person undergo an effective detoxification program on a regular basis to detoxify cells and organs and to support overall good health.

This Kit Contains:



The 7-Day ReduceXS Total Body Cleansing Program:

- **RestorX™** Intestinal Repair Nutritional Drink Mix (1 – 259 g bottle)
- **DetoxiCleanse™** Detoxification Nutritional Drink Mix (1 – 360 g bottle)
- **Supplement packets**, one for each day, each containing: BioLivX™ Liver Support • 3 capsules and Colon Support • 2 tablets (7 packets)



How is the 7-Day ReduceXS Total Body Cleansing Program unique?

Other detoxification methods or products may support detoxification of toxins from your body's cells, but this is not all that is involved in the detoxification process. There can be what is often called a "healing crisis" where you feel nauseous, or experience headaches, and flu-like symptoms due to the increased internal exposure to toxins. With the 7-Day ReduceXS Total Body Cleansing Program such reactions are minimized, as the program supports all of the steps your body naturally goes through in its efforts to detoxify toxins. The 7-Day ReduceXS Total Body Cleansing Program gently heals first, and detoxifies second, minimizing discomfort and maximizing health benefits.

To effectively detoxify toxins, the body goes through a series of processes that must occur in sequence. While detoxifying, it is important to support the body with adequate levels of key vitamins, minerals, amino acids, phytochemicals, and dietary fibre. The 7-Day ReduceXS Total Body Cleansing Program completely supports all the steps involved in the body's natural detoxification process, at the same time, nourishing and supporting the body's systems.

This is done through the use of two specially-developed therapeutic food products and key supplements, all contained in the 7-Day ReduceXS Total Body Cleansing Program. After completing the program most people enjoy greater energy, enhanced well-being, and healthy weight management. For vibrant health, digestive support and increased energy, revitalize yourself by using the 7-Day ReduceXS Total Body Cleansing Program once every three months.





Why is gut healing needed?

It is an “extreme” environment within your stomach and intestines. In addition to powerful stomach acids and enzyme actions, the small intestine and colon can be under a heavy burden of toxic stress, especially from internally-derived toxins (e.g., endotoxins) and from toxic bacteria that accumulate in the gut from contaminated foods and antibiotics. These latter toxins can be the by-products of fermentation or putrefaction, and can be one of the causes triggering a breakdown in the leak-proof lining of the gut, stimulating an abnormal inflammatory and immune reaction. This is called “intestinal permeability” or “leaky gut” and it can be very detrimental to several organs such as the liver and the brain by increasing the toxic load on the body.

STEP 1: *Effective Gastrointestinal Support*

RestorX Intestinal Repair Nutritional Drink Mix

The first step of the 7-Day ReduceXS Total Body Cleansing Program involves using RestorX, a natural functional food powdered drink mix, to help rest, heal, and restore your gut. RestorX supports the elimination of internally-generated toxins and paves the way for the detoxification step using DetoxiCleanse.

The 7-Day ReduceXS Total Body Cleansing Program has been developed by a team of medical doctors, naturopathic physicians, dieticians, and food and nutritional experts. It allows healing to take place in a damaged or abused gastrointestinal tract, provides full nutritional support for your body to support the detoxification process and promotes growth of healthy gut bacteria.

RestorX contains:

- Organic-sprouted brown rice that has a low-allergen potential and is a highly-digestible source of protein
- L-glutamine, an essential amino acid for reducing intestinal permeability
- N-acetyl glucosamine (NAG) to help restore intestinal cells damaged by toxins
- A prebiotic and probiotic to help reduce leaky gut syndrome by decreasing the intestinal overgrowth of unfriendly bacteria (e.g., candida yeast) and promote the growth of healthy bacteria
- Zinc, to support the damaged digestive tissue and support immunity
- A combination of potent antioxidants (vitamins C, E, selenium, NAC, and grape seed extract) to prevent oxidative damage to gut tissue
- Water-soluble fibre to support elimination and to bind up internal toxins (endotoxins)
- Quercetin to decrease the gut-allergic response
- Medium chain triglycerides to help reduce intestinal inflammation
- Standardized milk thistle extract which increases liver bile flow and aids fat digestion

RestorX supports the digestive system and heals the gastrointestinal tract, giving the body relief from toxic stress. It is the perfect first step to prepare your body for the deep tissue cleansing process of Step 2.



What is “Leaky Gut”?

The gastrointestinal (GI) lining is the largest mucosal surface in the body, and the greatest interface the body has with the substances from the external environment. This lining’s mucus barrier is semi-permeable to absorb nutrients from food, but it must also protect us from pathogenic (destructive) microbes. This intestinal barrier must balance these two functions: blocking out invaders, while allowing active and passive transport of nutrients. A healthy, intact intestinal barrier is absolutely critical for good health and disease prevention.

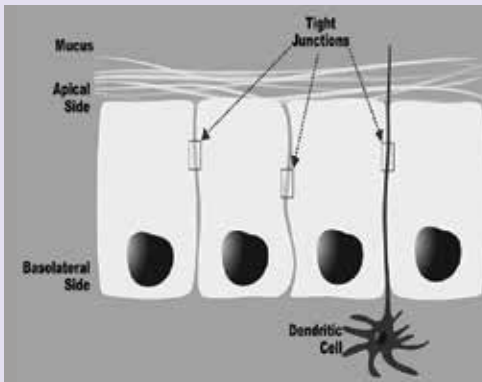


Figure 1 Structure of the mucosal barrier

Tight junctions link adjacent colon epithelial cells. The processes of dendritic cells pass between epithelial cells. The dendritic cells sample and process antigen material for presentation to other immune cells. Mucus produced by epithelial cells serves an additional physical barrier to prevent penetration of luminal antigens.

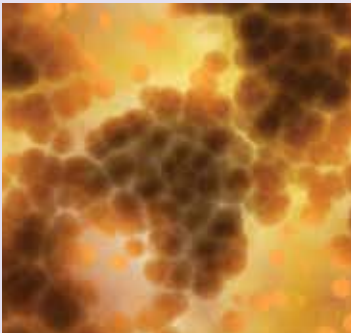
The lining of the intestines is only the thickness of one layer of cells and can be easily damaged. If stress on these delicate cells is too intense, gaps can form between the cells allowing internal toxins and undigested food material to be partially absorbed. These latter agents are in turn targeted by antibodies, forming immune complexes which can be carried into the bloodstream where they can trigger inflammation and immune dysfunction in a number of organ systems. If there are a lot of these gaps, you will experience what is called increased intestinal permeability or “leaky gut syndrome”. Among the known

(continued)

causes of leaky gut are nutritional deficiencies, stress, food allergies and intolerances, dysbiosis (reduction in the healthy intestinal flora), prescription medications, plus any source of increased inflammation, noxious environmental toxins, and bacterial and fungal organisms (e.g., *Candida albicans*). As such, several types of chronic medical conditions are linked to the problem of increased intestinal permeability as noted in the table below: ²

Conditions associated with leaky gut:

- Food allergies
- Celiac disease
- Inflammatory bowel disease
- Irritable bowel syndrome
- Migrane headaches
- Asthma
- Atopic dermatitis
- Fibromyalgia
- Autism
- Juvenile arthritis
- Heart failure
- Type 1 diabetes
- Liver disease





STEP 2: *Detoxification & deep cellular cleansing*

DetoxiCleanse Detoxification Nutritional Drink Mix

In Step 2 of the 7-Day ReduceXS Total Body Cleansing Program, you utilize DetoxiCleanse to fully support and enhance the body's physiology and biochemistry in transporting, detoxifying, and excreting heavy metals and other toxic substances from the tissues. This is part of the week-long program (or longer, depending on your total toxic load as assessed by your physician) specifically designed to help eliminate both external and internal toxicants.

In general, toxic chemicals, even at low levels, can alter cellular energy production, hormonal functions, and can damage the brain, nervous and immune systems. Toxins are recognized as contributing factors to many chronic disease states.

DetoxiCleanse contains:

- Apple pectin which helps mobilize heavy metals like lead
- Selenium which aids in the elimination of mercury
- Sodium copper chlorophyllin which may decrease levels of aflatoxin, a known environmental carcinogen
- Chlorella which helps lower dioxin levels
- A type of natural gum extract derived from brown algae called sodium alginate which helps reduce the absorption of radioactive toxins such as strontium 90
- L-taurine, N-acetyl cysteine, L-glutamine, L-glycine and selenium help support phase II liver detoxification
- B vitamins and flavonoids which help support phase I liver detoxification
- Protective antioxidants which help prevent damage from detoxification-induced oxidative stress

You should have two to three bowel movements each day during the 7-Day ReduceXS Total Body Cleansing Program. Be sure you eat enough raw fruits and lightly-steamed vegetables during the program. These foods contain natural soluble and insoluble fibre, both of which are necessary components in the detoxification process as they help bind up and eliminate toxins.

Daily Supplements Provided

Included in your 7-Day ReduceXS Total Body Cleansing Program are seven supplement packets, one to be used each day. Each packet contains three BioLivX Liver Support capsules and two Colon Support tablets. Take one packet each day of the 7-Day ReduceXS Total Body Cleansing Program.

BioLivX Liver Support Formula assists the body's most important organ for detoxification, the liver. These capsules contain herbs and nutrients, including milk thistle, alpha-lipoic acid, turmeric, licorice that not only protect the liver against the toxins released during the detoxification process, but also other natural agents (e.g., sodium glucuronate and schisandra) that help the liver speed up the elimination of toxins throughout the 7-Day ReduceXS Total Body Cleansing Program.

Colon Support is a blend of calcium and herbal laxatives, such as cascara, senna, rhubarb that help ensure bowel motility and clear the colon of accumulated toxins. In addition, this formula contains gentian, a bitter herb which stimulates the digestive organs that have been damaged by toxin exposure. Peppermint oil and powder are also part of the colon cleanse package which reduces mild cramping and helps with the elimination of intestinal gas—two common side effects of the detoxification process.





How to use the 7-Day ReduceXS Total Body Cleansing Program

Instructions:

For best results, follow these directions for the full 7 days of your cleansing and detoxification program. If you experience significant gastrointestinal discomfort, take smaller dosages more frequently throughout the day (¼ to ½ scoop four times a day).

Step 1

RestorX (Days 1–4)

1 scoop, 2 times per day

Breakfast: Start the day with 8 to 16 ounces of purified water. Mix 1 scoop of RestorX in another 8 ounces of water or juice. Try using a juice that is rich in antioxidants like cranberry, blueberry, or pomegranate and low in sugar. Remember to dilute the concentrated juice. For variety, mix your RestorX in a blender with fruit and water or juice for a fresh-tasting smoothie. (See the list of smoothie options)

Mid-morning: Have 1 serving of fresh fruit (apple, banana, pear, ½ papaya, 2 kiwis) or 1 serving of fresh vegetables (carrots, celery, sliced cucumber) for a snack. If you are still hungry, eat a handful (3 ounces) of nuts (unsalted almonds, sunflower seeds). Drink 8 to 16 ounces, or more, of purified water.

Noon: Mix 1 scoop of RestorX in 8 ounces of diluted juice or purified water, or in a smoothie. Drink another 8 to 16 ounces, or more, of purified water between servings of RestorX.

Take the contents of ONE supplement packet, containing three BioLivX Liver Support capsules and two Colon Support tablets along with some water.

Mid-afternoon: Have 1 serving of fruit or 1 serving of vegetable for a snack. Eat one or two spelt crackers with 1 to 2 teaspoons of almond butter if you're still hungry, and of course, more water as noted.

Dinner: Prepare a simple, but balanced meal that uses protein (3 ounces lamb, chicken/turkey breast, 1 cup cooked lentils or beans), 1 cup cooked brown rice and, steamed vegetables (1 cup of either broccoli, asparagus, peas, corn), seasoned with natural herbs/spices and small amounts of cold-pressed olive oil or flax oil. Before dinner, drink 2 cups of water.

Repeat the above routine on days 2, 3 and 4





Step 2

DetoxiCleanse (Days 5–7)

2 scoops, 3 times per day

Breakfast: Upon waking, drink a minimum of 8 to 16 ounces of water during the morning.

Make a DetoxiCleanse smoothie with fresh fruit, water or low sugar juices and 2 scoops of DetoxiCleanse. Drink immediately; the mixture thickens quickly. (See the list of smoothie options). Drink 8 to 16 ounces, or more, of purified water.

Mid-morning: Have 1 serving of fresh fruit (apple, banana, pear, ½ papaya, 2 kiwis) or 1 serving of fresh vegetables (carrots, celery, sliced cucumber) for a snack. If you are still hungry, eat a handful (3 ounces) of nuts (unsalted almonds, sunflower seeds). Drink 8 to 16 ounces, or more, of purified water.

Noon: Mix 2 scoops of DetoxiCleanse in 8 ounces of diluted fruit juice or purified water, or in a smoothie. Drink immediately. Take the contents of ONE supplement packet, containing three (3) BioLivX Liver Support capsules and two (2) Colon Support tablets along with 8 to 16 ounces, or more, of purified water.

Mid-afternoon: Mix 2 scoops of DetoxiCleanse in 8 ounces of diluted fruit juice or purified water, or in a smoothie. Drink immediately. Drink 8 to 16 ounces, or more, of purified water.

Dinner: Prepare a simple, but balanced meal that uses protein (e.g., 3 ounces lamb, chicken/turkey breast, 1 cup cooked lentils, low mercury fish or beans), 1 cup cooked brown rice and steamed vegetable (1 cup broccoli, asparagus, peas, corn), seasoned with natural herbs/spices and small amounts of cold-pressed olive oil or flax oil. Before dinner, drink 2 cups of water.

Repeat the above on Days 6 and 7

Please Note: During this 7-day program, eat light and stay just a bit hungry. Burning off a small amount of fat will help release toxins stored in fat cells. Be sure to get some light exercise for 30 to 45 minutes each day. This can include brisk walking, yoga, pilates, or stretching. If possible try to have a 20 to 30 minute hot bath with Epsom salts ($\frac{1}{2}$ to 1 cup Epsom salts per tub of water) or a 20 to 30 minute sauna each evening if possible.

NOTE: You might feel a bit weak, tired, or irritable at the start of the program. This is a normal part of the detoxification process. However, if you are experiencing stronger detoxification symptoms, please discuss this with your health care professional. It would be wise to start your cleanse on a weekend so you are able to rest if necessary. By Monday, you should be feeling better as your body starts to eliminate toxins.





Frequently Asked Questions

What if I get hungry?

Detoxification requires some fat burning, but a person should not become exhausted or feel starved. Make RestorX and DetoxiCleanse blender smoothies and add an extra serving of nuts or fruit or vegetables to increase caloric intake. Nibbling frequently on low-calorie fresh vegetables and an occasional piece of fresh fruit is the best way to deal with hunger between “meals”. Snack when hungry, but avoid over-eating.

Can I exercise?

Yes! Be sure to get some light exercise for 30 to 45 minutes each day. This can include brisk walking, yoga, pilates, or stretching. An additional food serving as noted may be necessary during these exercise periods.

Who should not detoxify?

This thorough cleansing program is not recommended for pregnant or nursing women. If you are on prescription medications or undergoing other therapies for a serious health condition, consult a health care professional before beginning a cleansing program.

Is it safe for children to use this program?

The 7-Day ReduceXS Total Body Cleansing may be given to children in reduced dosages. For children 12 years of age or older, use half the recommended dosage and eliminate all processed foods (e.g., junk food, sugary snacks and soft drinks, deep fried foods, etc.) to realize the benefits of RestorX and DetoxiCleanse.

What if I am constipated?

Regular (daily, preferably 2–3 times each day) bowel movements are necessary in order to properly do a cleansing program. If you are not eliminating well, your health care professional may want you to take additional dietary insoluble/soluble fibre or in the form of fibre supplements, that is 1 to 1.5 g in divided doses per day with 8 ounces of water. Drinking sufficient water is also important to promote elimination. Be sure to communicate any elimination problems to your health care professional.

Should I keep taking vitamins?

Consult your health care professional. Due to the high nutritional content of these products you are not required to take additional vitamins, minerals, herbs, or supplements while on the 7-Day ReduceXS Total Body Cleansing Program. Discuss with your health care professional what other Bioclinic Naturals supplements such as BioFoundation-G™ might enhance the results based on your personal condition and needs. Most supplements are “compatible” with the 7-Day ReduceXS Total Body Cleansing Program.

What if I am gluten or dairy sensitive?

Both RestorX and DetoxiCleanse contain no gluten or dairy.

What about alcohol and caffeine?

Avoid alcohol, tea, and coffee (including decaffeinated drinks) during the program, as well as soft drinks and other processed foods.





What should I expect while on this program?

People can experience different physical reactions while on the program, based on their existing state of health and toxicity levels. After completing the program many people feel energized and revitalized. Typical benefits include: more energy; better digestion and elimination; better sleep and weight loss; and circulatory support. Some people experience unpleasant short-term reactions during the cleansing process which may include: headaches; skin breakouts; mild diarrhea or nausea; excess mucous production. If symptoms persist, consult your health care professional as they may be unrelated to the detoxification program.

Why do RestorX and DetoxiCleanse feel “gritty” in my mouth?

Even though the rice protein is ground into a very fine powder, it has a slightly gritty consistency. Also, the minerals in the product make it feel a bit grainy. Customizing your drink mix with fresh or frozen fruit can minimize the gritty texture, as can adding a liquid essential fatty acid, such as OptiMega-3™ Vanilla, Peach, and Orange Swirl. Drinking a glass of water right after your smoothie will help eliminate any gritty aftertaste.

Are RestorX and DetoxiCleanse made from white rice or brown rice?

The low-allergy-potential rice protein that is found in RestorX and DetoxiCleanse is from non-GMO, organic-sprouted brown rice.

Is this a weight loss program?

No. The 7-Day ReduceXS Total Body Cleansing Program is an internal cleansing program, not a diet product, but people have reported weight loss while detoxifying. Internal cleansing should always be one of the first steps in a good weight control program. Once completed, the detoxification process may help increase assimilation of nutrients, enhance organ performance, and support metabolism.

What should I do about non-prescription and prescription medications while on this program?

It is important to consult your health care professional before commencing the program, especially if you are on prescription medications. It is critical that your health care professional has a complete list of every prescription and non-prescription medication you are taking. This includes any dietary supplements you may have started taking on your own initiative.





Smoothie Ideas

These are some tried and true favourites... You can be creative and design your own recipes!

BANANA CREAM

- 4 oz purified water
- 4 oz almond milk
- ½ a banana (fresh or frozen)
- 1 scoop of RestorX or 2 scoops DetoxiCleanse
- Add ice and blend

BERRY BLAST

- 8 oz purified water
- ½ to ¾ cup organic fresh or frozen berries
- ½ a banana (fresh or frozen)
- 1 scoop of RestorX or 2 scoops DetoxiCleanse
- Add ice and blend

CARROT APPLEBY

- 2 oz purified water
- 4 oz fresh-pressed carrot juice
- 2 oz fresh-pressed apple juice
- 1 scoop of RestorX or 2 scoops DetoxiCleanse
- Add ice and blend

Both RestorX and DetoxiCleanse mix well in water without blending. Adding fresh organic fruit and ice can make these nutritional products even more refreshing and satisfying. Discover your own favourite ways to add flavour to your morning or lunch time shakes. Fresh organic vegetable juices are an excellent choice. Fruit juices can contain a lot of natural sugar; something to remember if you are hoping to reduce calories.

Foods to INCLUDE



Vegetables

- All vegetables
- Organic is best

Fruits

- All*
- Preferably fresh. Organic is best

Grains & Flours

- Rice: preferably brown, brown basmati, jasmine rice pasta, plain rice cakes, rice bread
- Flat breads and rye crisps, millet, quinoa, amaranth, oats, barley, rye
- Rice, millet, quinoa, amaranth, bean, oat, barley and rye flours

Animal Products

- Meat: All types are acceptable and preferably free range or organic*
- Fish: Should be wild caught and low in mercury
Try to include salmon, sardines, or anchovies

Sweeteners

- In general, use sparingly
- Acceptable sweeteners include molasses (unsulphured), stevia (herbal sweetener)

Beverages

- Drink lots of purified water
- Unlimited herbal teas are allowed
- Natural fruit juice is in moderation, but should be diluted with pure water
- Fresh vegetable juices are great

Legumes

- All bean/legumes*
- Check labels of canned beans, dips and soups for sweeteners and additives

Yeast

- No yeast containing product allowed
- Small amounts (less than 1 tbsp per meal) of fermented soy products are acceptable—soy

yogurt, preservative and wheat free soy sauce (Tamari), miso, and tempeh

Condiments & Additives

- Salt, pepper, garlic, lemon, parsley, chives and herbs
- All natural spices are permitted
- Vanilla (pure), unsweetened carob, baking powder with NO aluminum, baking soda
- Wheat free, preservative free Tamari soy sauce, miso, and tempeh are acceptable in small amounts
- Dijon mustard, balsamic, apple cider vinegar (small amounts only)

Dairy

- Ghee (clarified butter is acceptable on this diet and is great for sautés)

Fats & Oils

- Olive, sunflower, safflower, sesame, flax or coconut oil, preferably all cold-pressed and stored in dark bottles
- Store flax oil in a dark bottle in the refrigerator and use as dressing or in smoothies; do not heat this oil
- Coconut oil is the most stable oil for cooking (light sautés)

Nuts & Seeds

- All nuts are acceptable*
- Use nut butters, such as almond butter or cashew butter
- Seeds: All are acceptable especially sunflower seeds, pumpkin seeds and tahini

* *Except those in Foods to Exclude list on the following page*

Foods to EXCLUDE



Vegetables

- Canned or processed
- All tomato, tomato sauces and pastes, ketchup and salsa
- Processed, refined cereals with wheat, corn, added sugar and additives
- All corn, corn meal, corn chips, cornstarch and other products containing corn

Fruits

- Pure fruit juices (use diluted)
- Whole oranges, orange juice and orange flavouring

Grains & Flours

- All wheat pastas, spaghettis and breads
- Durham, semolina, whole wheat, white breads or flours. "Flour" on a label usually means wheat
- Products with gluten on the label

Legumes

- Whole peanuts, peanut butter and peanut oil
- All non-fermented soy products: soybeans, soy milk, tofu, margarine and soybean oil
- Products with soy protein isolate, textured vegetable protein (TVP), or any type of soy on the label, including protein powders

Nuts & seeds

- Peanut butter, peanuts, soy nuts, roasted & salted nuts

Dairy

- Milk and dairy products (including cheeses, ice cream and cream cheese)
- Products with casein, lactose and whey on the label
- Limit butter use
- Goat's milk or products made from goat's milk

Fats & Oils

- All trans-fatty acids (hydrogenated or partially-hydrogenated oils, vegetable oil shortening)
- Check labels of cookies, crackers, cakes and chips for hydrogenated oils

- Margarine and products containing margarine
- Vegetable oil shortening
- All oil fried or deep fried foods

Animal Products

- Cold cuts, ham, sausages, processed meats, shellfish, smoked foods
- Eggs, egg whites, egg yolks and any products with eggs in them

Yeast

- All yeast breads, cookies and cakes (including sourdough and naturally-risen breads)
- No Marmite® or Vegemite®
- Note that some "naturally-leavened" breads (sourdough and others) contain baker's yeasts

Condiments & Additives

- Added artificial preservatives, flavourings, and colourings including:
- Tartrazine (102), dyes (102, 104, 107, 110, 120, 122-4, 127-9, 131-3), sodium benzoate (211), sulfites (221, 224), nitrates (251-252), BHA (320), BHT (321), monosodium glutamate (MSG) (621)
- Artificial sweeteners such as aspartame or Nutrasweet™
- Avoid jelly products, fruit punch, and all beverages containing sugar, or artificial flavours or sweeteners, cereals with preservatives and added sugars and packaged foods containing these additives
- Cocoa & chocolate containing products

Beverages

- Tea, coffee, alcoholic and caffeinated beverages
- Sugary drinks including juices, NO soft drinks

Sweeteners

- All refined white sugar
- Products with added sugar, glucose, corn syrup and sucrose on the label

Reminders

- There is more to preparing healthy foods than just cooking: Be sure to read labels thoroughly to find added ingredients.
- Wash all fruits and vegetables thoroughly to help remove pesticides and contaminants.
- Shop for organic produce whenever possible.
- There are many foods available in your local health food store or in the health food section of your grocery store that contain ingredients that are alright to consume during this cleansing diet.



References

1. Clarkson T.W., "Environmental contaminants in the food chain", *Am J Clin Nutr* 1995; 61 (suppl): 682S-6S.
2. Gareau M.G., Silva M.A., Perdue M.H., "Pathophysiological mechanisms of stress-induced intestinal damage", *Curr Mol Med*, 2008 Jun; 8(4): 274-81.

Notes

The 7-Day ReduceXS Total Body Cleansing Program is designed to last for seven days and is intended to help your body detoxify by providing essential nutrients and botanicals you need to support efficient cleansing. For vibrant health, digestive support and increased energy, revitalize yourself by using the 7-Day ReduceXS Total Body Cleansing Program once every three months.



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