

A high-speed photograph of water splashing, with a large droplet falling from the top and creating a crown-shaped splash. The water is clear and blue-tinted, with many small bubbles visible. The background is a light, bright blue gradient.

# **Easy 3 Step Bio-Detoxification**

*A Program Designed to Address the Most  
Common Underlying Causes of Chronic  
Health Challenges*





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*This guide is provided for generalized informative purposes only. Please consult your physician or other qualified healthcare provider before you embark on a detoxification program or use any of the products discussed.*





# Step One:

*Decreasing Inflammation*

*7 Days or more*

If your healthcare provider has decided that you should start immediately at Step Two, please turn to page 9

**Structural Problems • Hidden Food Allergies  
Acute / Chronic Inflammation**

Step One of the Easy 3-Step Bio-Detoxification program is focusing on reducing acute/chronic inflammation. This is accomplished by the following combined approach.

Common food allergens are removed from the diet and your healthcare practitioner may prescribe chiropractic and/or acupuncture to realign the spine and restore the free flow of energy throughout the body. Special nutritional supplements are used to modify the inflammatory pathways.

This step lasts 7 days or more and is immediately followed by Step Two, which is the detoxification period. It is very important to follow the principles of the diet as closely as possible.



# Rx - Step One

Step One consists of a hypo-allergenic diet along with inflammation modulating supplements  
Duration: 7 Days

	Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Acute	Intenzyme Forte™							
	Bio-Allay®							
or Chronic	Beta-TCP™							
	Bromelain Plus CLA™							

## Some Tips As You Are Starting Out

1. Foods that are most likely to cause allergy/sensitivity reactions have been eliminated from this diet. Do not make food substitutions, except as allowed by your healthcare provider.
2. This diet is not designed to be a weight-loss program. Calories are not the concern. Portions can be adjusted so you never have to feel hungry.
3. There is flexibility within the daily menus provided. For example, if you are an active person, you may want to eat larger portions. If you have sensitivity or an aversion to some foods, you may choose substitutions from the lists provided.
4. Starting Day 1 of the Easy 3-Step Bio-Detoxification program, take only the nutritional supplements that have been prescribed by your healthcare provider. Do not take any extra vitamins or herbs. Your healthcare provider should monitor prescription drugs. Sometimes patients are able to reduce their usual dosage of prescription drugs after they have been on the Easy 3-Step Bio-Detoxification program.
5. Whenever possible, select organically grown fruits and vegetables to avoid exposure to toxins. All produce should be washed well to remove chemicals.
6. Remember that the foods which may cause sensitivity reactions are very often the foods you eat most frequently. Therefore, where food choices are offered during the program, try to select from these foods, and don't eat the same foods day after day.

# The Anti-Inflammatory Diet

## Food to Avoid:

**All gluten-containing foods including wheat, rye, oats and barley, which are commonly found in breads, pasta and other products from refined flour**

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know that you have an allergy to these foods because the symptoms may be so subtle.

**Alcohol, caffeine (coffee, black teas and sodas) and soy milk, soda and fruit drinks that are high in refined sugars**

Both alcohol and caffeine are hard on the liver. So give your liver a vacation!

**Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish**

Meats, unless organic, are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.

**Tomato sauce (whole fresh tomatoes are OK)**

Tomato sauce may contain common allergens that can contribute to pain and inflammation.

**All dairy (milk, cheese, butter, yogurt, etc.)**

Dairy products are most likely to cause allergies and can increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy. Exception: Whey Protein Isolate. Substitute with Rice Protein Concentrate if necessary.

**Foods high in fats and oil, including peanuts, refined oils, margarine and shortening**

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.

**All refined sugar products (candy bars and other junk food)**

Refined sugar slows the process of detoxification and weakens the immune system.

**Any other foods not listed on these pages that you know you are allergic to**

Give your healthcare practitioner a list of foods that you know you are allergic to.

# Approved Food List for Step One

<b>Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.</b>		<b>Fruits*</b>	<b>Portion</b>	<b>Protein*</b>	<b>Portion</b>
		Apple	1 medium	Beef - ground / steak grass fed only	2-4 oz
<b>Vegetables*</b>		<b>Fats</b>	<b>Portion</b>	<b>Starch / Grains</b>	<b>Portion</b>
Alfalfa Sprouts	2-4 oz	Almond Butter	1 Tbsp	Corn Tortillas	1 tortilla
Arugula	2-4 oz	Almonds - raw / unsalted	2 oz	Gluten-free Bread	1 slice
Avocado	½ Avocado	Cashew Butter	1 Tbsp	Quinoa	½ Cup
Bean Sprouts	2-4 oz	Cashews - raw / unsalted	2 oz	Rice - white	½ Cup
Broccoli	2-4 oz	Coconut Oil	1 Tbsp	Rice Crackers	2-3 crackers
Brussel Sprouts	2-4 oz	Flax Oil	1 Tbsp	Rice Pasta	½ Cup cooked
Cabbage	2-4 oz	Grapeseed Oil	1 Tbsp	Steel Cut Oats - gluten free	1 Cup
Carrots	2-4 oz	Olive Oil	1 Tbsp		
Cauliflower	2-4 oz	Omega-3 Oil - fish	1 Tbsp		
Celery	2-4 oz	Pecans - raw / unsalted	2 oz		
Cilantro	2-4 oz	Walnuts - raw / unsalted	2 oz		
Corn	2-4 oz				
Cucumber	2-4 oz				
Garlic	1 Clove				
Kale	2-4 oz				
Lettuce	2-4 oz				
Mushrooms	2-4 oz				
Mustard Greens	2-4 oz				
Olives	2-4 oz				
Onions	2-4 oz				
Radish	2-4 oz				
Snow Peas	2-4 oz				
Spinach	2-4 oz				
String Beans	2-4 oz				
Sweet Potato / Yam	½ Potato				
Swiss Chard	2-4 oz				
Tomato - fresh, whole	2-4 oz				
Water Cress	2-4 oz				
Zucchini	2-4 oz				

**\*Organic Produce & Protein Preferred**

**Choice of Dressings:** Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

**Additional Condiments:** Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

**These recommendations are on a per meal basis, not a per day basis.**

**Select no more than one item per category per meal, except for vegetables.**

# Sample Daily Menus for Step One

Day	Breakfast	Lunch	Dinner	Snacks
<b>Day One</b>	2-egg veggie omelet ½ Avocado	Lean Protein ½ Avocado Salad	Chicken Vegetable Vegetable	1 Fruit Raw Almonds
<b>Day Two</b>	2 eggs, scrambled Large Grapefruit	Chicken Salad	Turkey Vegetable Vegetable ½ Avocado	1 Fruit Raw Cashews
<b>Day Three</b>	2 eggs, scrambled Gluten-free toast Almond Butter	Turkey Vegetable Salad	Fish Vegetable Vegetable	1 Fruit Raw Pecans
<b>Day Four</b>	Steel-cut oats (gluten-free) 2 eggs, scrambled	Fish Salad	Beef Vegetable Vegetable	1 Fruit Raw Walnuts
<b>Day Five</b>	2-egg veggie omelet ½ Avocado	Beef Salad Vegetable	Chicken Vegetable Vegetable ½ Avocado	1 Fruit Raw Almonds
<b>Day Six</b>	2 egg veggie omelet Corn tortillas	Chicken Vegetable Salad	Turkey Vegetable Vegetable	1 Fruit Raw Cashews
<b>Day Seven</b>	2-egg veggie omelet ½ Avocado	Turkey Vegetable Salad	Fish Vegetable Vegetable ½ Avocado	1 Fruit Raw Pecans

\* Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Agave Nectar	½ Tbsp
Honey	½ Tbsp
Stevia	To Taste





# Step Two:

## *Metabolic Cleansing*

10 or 20 Days

*Addresses 4 of the most common underlying causes of chronic health challenges*

**Toxic Overload • Harmful Bacteria  
Heavy Metal Toxicity • Leaky Gut**

Step Two of the Easy 3-Step Bio-Detoxification Program consists of a thorough detoxification program designed to enhance the body's ability to eliminate toxins and harmful bacteria from the body.

This phase lasts either 10 or 20 days depending on the toxicity level, and is immediately followed by Step Three, which is a designed to regenerate and rebuild. It is very important to follow the principles of the diet as closely as possible.



*Very Important!*

## Understanding the Healing Crisis

**A healing crisis is any of a wide range of symptoms** that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment, or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also characterized that when the symptoms have passed, you will feel better than prior to the crisis.

**Most patients do not understand the healing crisis** because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body's energy flow so that the body can restore itself to a healthy state.

**Disease is a long, gradual process** that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the disease may progress inwardly to become asthma. Sometime after that, you may even develop depression.

**Increasing a person's health reverses the disease process**, almost like putting a video of your disease on rewind. You must move through previous states of health, and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episodes, and later on, the skin problem may re-occur.

**The aching body, headaches, nausea and fatigue** often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

**Once you understand that some discomfort is normal**, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

**NOTE:** If your healing crisis is too intense or causing excessive discomfort, please consult your healthcare practitioner about the feasibility of altering your dosing schedule.

**Sufficient rest is very important** since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals. Heavy, hard-to-digest foods should be avoided. Plenty of water should be consumed throughout the day.

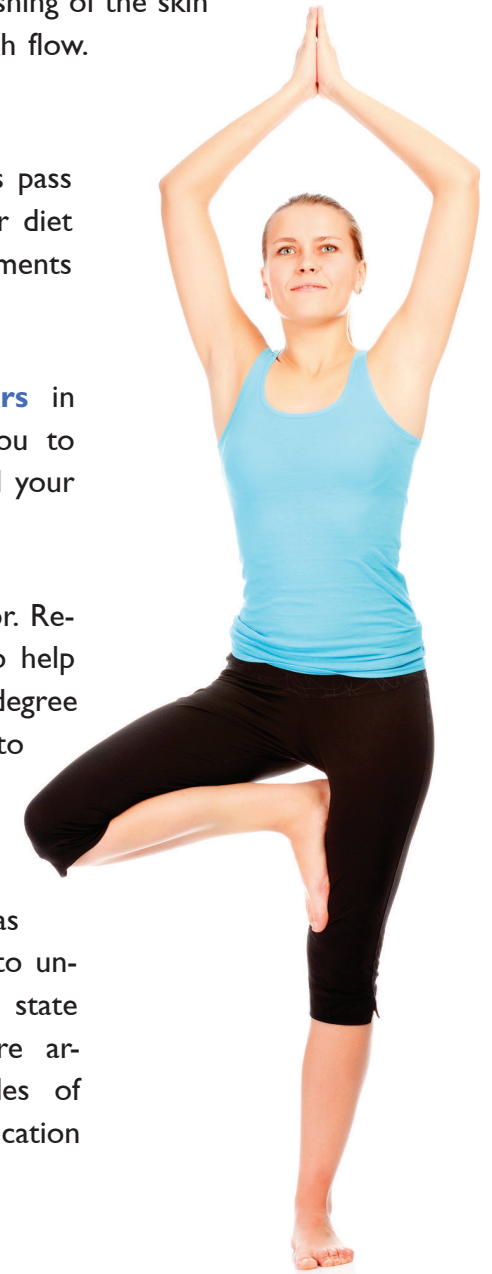
**Exercise is often helpful** especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle brush can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts may also be helpful.

**Reducing environmental stresses** can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet and habits, such as smoking, alcohol intake and other lifestyle elements may need to be changed.

**Attitude can be one of the most beneficial factors** in coping with healing crisis. A positive attitude will allow you to relax and to recognize that the symptoms are temporary and your treatment is on target.

**Keep the lines of communication open** with your doctor. Report your symptoms and allow the healthcare practitioner to help you if your symptoms become intolerable. Adjustments in the degree or frequency of your supplemental intake may be possible to lessen your discomfort.

**The road to good health is an exciting and rewarding journey**, but like any worthwhile endeavor, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you're on the road to good health.



# Step Two Frequently Asked Questions

## What is NutriClear®?

**NutriClear®** is a strategically formulated food, designed to support the nutritional needs of a wide spectrum of patients - even those who are sensitive to certain foods or chemicals. NutriClear® has been formulated with the highest quality ingredients and is compatible with vegan and vegetarian diets.

**NutriClear®** is available in three choices: **NutriClear®** with natural vanilla flavor, **NutriClear® Chocolate** with natural chocolate flavor, and **NutriClear® Free** containing no sweeteners.

**NutriClear®** is often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently.

## How can NutriClear® help balance the body's chemistry?

**Specific nutrients can help improve your nutritional status in a variety of ways:**

- **Help to convert fat and carbohydrate to energy, while maintaining muscle tissue.** Some nutrients, such as amino acids, function as building blocks, others are enzyme helpers (cofactors that function as metabolic “spark plugs”), and others function as fuels to run the body's machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair “wear-and-tear” can occur.

### Key nutrients:

B vitamins - niacin, riboflavin, pantothenic acid, folate (as 5-methylfolate and calcium D-folate), and B12 (as methylcobalamin)

Trace elements - zinc, copper, manganese, selenium, chromium, and molybdenum

Fuels (proteins and healthy fats) - high quality Pea Protein Isolate and MCTs

- **Help eliminate potentially harmful substances.** **NutriClear®** provides a full range of nutrients that support the body's processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body's major waste disposal unit and specific nutrients can help in this role.

### Key nutrients:

Niacin, riboflavin, pantothenic acid, zinc, glutathione

- **Help protect the body against free radicals and oxidation.** Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals - “pyromaniac molecules”, that randomly attack cells and increase the body's need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

**Key nutrients:** Natural mixed carotenoids, vitamins C & E (alpha tocopherol and natural mixed tocopherols), N-Acetyl Cysteine, selenium, and glutathione.

- **Help improve intestinal health.** The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.

**Key nutrients:** Trace minerals, B-complex vitamins, L-glutamine (an amino acid) and quercetin (bioflavonoid).

## How much weight can I expect to lose on the Bio-Detoxification program?

**NutriClear®** and other supplements in the Bio-Detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids and possibly impacted fecal material, which may result in the loss of 2 to 10 pounds.

## What happens if my symptoms worsen during the Bio-Detoxification Program?

If your symptoms get worse, it's due to the healing crisis. Please read Dr. Abbas Qutab's article on “healing crisis” carefully. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be “sluggish” while your body is detoxifying. After you detoxify, you will regain your vitality.

## What side effects can I expect?

Individual response to cleansing programs is highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with cleansing programs and usually dissipate within a week to 10 days. Notify your healthcare provider if you develop any adverse symptoms, or encounter discomfort while using this product with your individualized program.

## When should I begin to feel better?

Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age can affect the rate of improvement. A slower response time might be expected for older patients. Most people begin to feel better within one to two weeks on the cleansing program; others may take a longer time to see an improvement in their symptoms.

## Can I mix my NutriClear® in juice?

Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Many people enjoy the additional flavor fruit can provide, and sometimes people need extra phytonutrients, which are found in organic blueberries and wild berries. Therefore, the drink may be blended with these fruits, if necessary. Diluted organic pear juice is the least likely to cause a reaction while on the Bio-Detoxification program.



# The Detox Diet

## Why recommend white rice instead of brown rice?

Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are more likely to experience a “reaction” to brown rice than to white. Brown rice contains lectin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. If you don’t like standard white rice, I suggest trying basmati rice, which is an excellent choice among types of white rice because of its delicious taste and nutritional profile.

## Is it okay to exercise while I am on the Bio-Detoxification program?

Yes, clinical experience has shown that some individuals experience reduced energy and stamina due to the body’s detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

## What is the reason for putting me on a restricted or elimination diet during the Bio-Detoxification program?

One of the purposes of the Bio-Detoxification program is to remove potentially allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver’s detoxification functions.

## What are the main foods I will be avoiding?

This booklet will take you through the approach step by step and will also provide you with approved food lists and sample recipes for breakfast, lunch and dinner.

## Foods to Avoid

## Why?

All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine, including coffee and sodas, and all soda and fruit drinks that are high in refined sugars

Alcohol and coffee are hard on the liver, and this is going to be your liver’s vacation.

Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish

These meats are typically high in estrogens, antibiotics, and other ingredients utilized in processing.

Corn and tomato sauce (fresh, whole tomatoes are ok)

These are (or contain) common allergens.

Eggs and all dairy (milk, cheese, butter, yogurt, etc.)

Dairy products are most likely to cause allergies.

All fruit and fruit juices

Fruit and fruit juices are high in sugar content.

Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in refined fats and processed oils.

Any foods on the approved food list that you know you are allergic to

Give your healthcare provider a list of all foods that you know you are allergic to.

# Approved Food List for Step Two

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - whole, organic	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

Dairy Alternatives	Portion
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white only	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats (gluten free)	1 Cup

Fats	Portion
Avocado	½ Avocado
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp

Beverages	Portion
Green Tea - unsweet	3+ Cups/day
Herbal Teas - unsweet	2 Cups/day
Mineral Water - unsweet	3 Cups/day

Sweeteners	Portion
Stevia	To Taste

**Choice of Dressings:** Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

**Additional Condiments:** Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These recommendations are on a per meal basis, not a per day basis. Select no more than one item per category per meal, except for vegetables.



# Personal Journal

To help keep track of your Step Two program, complete the calendar below. Begin by noting the date of the month on which your program will begin. Then, mark days 1 through the end of your program, and note the physical or emotional symptoms you experience during the detoxification.



Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



## Rx - Step Two

Please take the following supplements, beginning the first day of Step Two. These supplements will allow your body to cleanse the liver and GI tract.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
<b>Bio-Detox Packs™</b>		1 pack		1 pack		1 pack	

Bio-Detoxification is designed to reduce your body's load of toxic substances, which may be present from either external sources (drugs, chemicals, alcohol) or your own physiological activities (bacterial toxins, intestinal toxins, metabolic byproducts). By following this program, you will eliminate many food and metabolic toxins or allergens, and achieve more "healthy" function and vitality.

**NutriClear®** is a complete and nutritionally balanced therapeutic food. **NutriClear®** is carefully formulated so that even the most sensitive individuals can depend on it effectively, for relief of toxicity symptoms. **NutriClear®** supports the detoxification processes of your body and provides you with the essential nutrients necessary for effective metabolic cleansing.

The purpose of this detox step is to:

1. **Control** the underlying cause of pain and inflammation
2. **Remove** the toxins
3. **Repair** the liver and digestive tract

The **10-Day BioDetox Kit** contains:

- 2 **NutriClear®**
- 1 **BioDetox Packs™**  
(2 tablets A.D.P.®, 2 tablets Bromelain Plus CLA™, 1 tablet Livotrit Plus®, 3 tablets Beta-TCPTM, 1 capsule BioProtect™, 2 softgel capsules Optimal EFAs Caps®, 1 capsule MCS-2®)
- 1 **Whey Protein Isolate** or **Pea Protein Isolate**
- Biotics Research Blender Bottle



## 10-Day Bio-Detoxification Program

Supplement	Purpose	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
<b>NutriClear®</b>	Use as meal replacement for breakfast and snack. 2 scoops in 16 oz. of pure water.		2 Scoops		Light Lunch	2 Scoops	Healthy Dinner	
<b>Whey Protein Isolate</b> or <b>Pea Protein Isolate</b>	Mix 1 scoop with <b>NutriClear®</b> drink (above)  Provides added protein along with immunoglobulin		1 Scoop			1 Scoop		

### Dietary Reminders

- Chew foods well (20-30 times per bite).
- Eat foods in whole forms as much as possible. The best raw food is salad.
- Eat only when you are hungry and calm. If you have a poor appetite, avoid sugars and starches and your appetite and digestion will improve.
- Do not overeat, it overloads digestion. Smaller, more frequent meals are best.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as a result of dehydration.
- Avoid hydrogenated or partially hydrogenated fats, preservatives or artificial colors and foods that cause reaction, like wheat and dairy.



# Sample Daily Menus for Step Two

Day One	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Spinach salad: ½ cup of fresh organic spinach leaves, 1/4-½ cup of sliced fresh mushrooms, ½ sliced tomato. Add extra-virgin olive oil seasoned with lemon or lime and a baked chicken breast or fish	4-6 oz. baked turkey breast with either 4-5 oz. baked winter squash or 1 medium sweet potato. Enjoy this with steamed asparagus or green beans	<b>NutriClear®</b> Drink

Day Two	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Mixed green salad or green veggies stir-fried in olive oil, plus sliced cucumber or steamed broccoli with baked haddock or flounder	Oven-roasted vegetables and 4-6 oz. baked salmon	<b>NutriClear®</b> Drink

Day Three	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Fresh mixed greens, stir-fried with chicken, or a salad with chicken. Use olive oil and lemon dressing	Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed green salad with salmon	<b>NutriClear®</b> Drink

Day Four	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Mixed green salad with olive oil and lemon and an organic chicken breast.	1 can of water-based tuna on red-leaf or romaine lettuce. Use extra-virgin olive oil with lemon/lime as dressing	<b>NutriClear®</b> Drink

Day Five	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Lightly steamed broccoli, with olive oil and lemon/lime dressing. You may add basil or oregano with sliced cucumber, and green onion with turkey breast or chicken breast	Chicken breast with green beans and baked winter squash, or baked flounder filet with mixed green salad	<b>NutriClear®</b> Drink

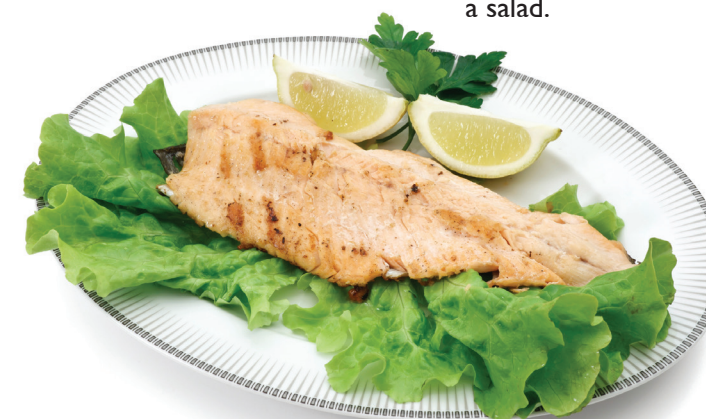
Day Six	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Stir-fried mixed vegetables with chicken and steamed white rice	Steamed vegetables with baked haddock	<b>NutriClear®</b> Drink

Day Seven	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Marinated vegetables, optionally add lamb chops or chicken breast	Halibut or cod filet with steamed spinach	<b>NutriClear®</b> Drink

Day Eight	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Salad: shredded cabbage or fresh greens with olive oil and lemon/lime with a slice of broiled or steamed fish, such as salmon, tuna or halibut	Baked salmon and steamed broccoli or stir-fried chicken with mixed greens or stir-fried beef with vegetables	<b>NutriClear®</b> Drink

Day Nine	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Mixed green salad with a chicken or turkey breast or 4-6 oz. grilled or baked flank steak	Turkey salad or baked haddock Italiano	<b>NutriClear®</b> Drink

Day Ten	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	<b>NutriClear®</b> Drink	Spinach salad, add protein from approved food list	Steamed asparagus and zucchini with protein of your choice from food list or rice soup with lamb and a salad.	<b>NutriClear®</b> Drink







## Step Three:

### *Regeneration & Repair*

*Addresses 2 of the most common underlying causes of chronic health challenges*

#### **Cell Malnourishment • Joint Damage**

Step Three of the Easy 3-Step Bio-Detoxification Program is focused on rebuilding and repair following Step Two. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissues that may have occurred over time.

The duration of this phase is dependent on need and the overall well-being of the individual. It is very important to follow the principles of the diet as closely as possible.

Step Three diet and supplements are essential to maintain optimal wellness.



# Approved Food List for Step Three

## Rx - Step Three

Step Three begins immediately after Step Two and focuses on rebuilding and repair after the detoxification and the eradication of unhealthy bacteria and pathogens. You will return to an anti-inflammatory diet similar to the one you used in Step One. This phase lasts 30 days or more depending on your original evaluation or the results you are receiving from this program.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
<b>ProMulti-Plus®</b>							
<b>Optimal EFAs®</b>							
<b>BioDoph-7 Plus®</b>							

The following supplements are conditional and recommended based on your specific health conditions.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
<b>Chondro Samine-Plus®</b>							
<b>Bio-D-Mulsion Forte®</b>							
<b>KappArest™</b>							

*Note: It is recommended you continue using the **NutriClear®** drink from Step Two as a meal replacement, especially for breakfast, or as a snack; this can be done indefinitely.*

**Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.**

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Corn	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

Fruits*	Portion
Apple	1 medium
Blackberries	4 oz
Blueberries	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	2-4 oz
Black Beans	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Eggs - free range	2 eggs
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Corn Tortillas	1 tortilla
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day

\* Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Agave Nectar	½ Tbsp
Honey	½ Tbsp
Stevia	To Taste

**Choice of Dressings:** Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

**Additional Condiments:** Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

**These recommendations are on a per meal basis, not a per day basis. Select no more than one item per category per meal, except for vegetables.**



# Sample Diet for Step Three

Following the diet is extremely important to the success of this program. The diet consists mostly of lean protein (fish, chicken breast, turkey breast, very lean beef), along with fruits and vegetables. Your protein serving should be about the size of your palm, and you may have an unlimited amount of vegetables. Add fruit as a dessert or snack.

Your approved food list serves as an example. You may eat any of these foods in any combination. Foods should be rotated (especially proteins), as it is better not to eat the same foods for subsequent days in a row.

## Rejuvenating Breakfast:

- 2 Scoops of **NutriClear®**
- 1 Scoop of **Whey Protein Isolate** or **Pea Protein Isolate**
- 1/3 cup of blueberries or raspberries (fresh or frozen)
- 20-30 almonds or cashews or 2 tsps of sesame seeds
- 1/2 banana or medium apple (optional)

## Snack Options:

- **NutriClear®** drink
- Raw almonds
- Fresh fruit









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