**Detox/Reset Tips**

1. Make sure to drink enough water. A great tip I was given was to fill a gallon jug each morning and make sure to finish it by the end of the day. Proper hydration will cleanse your body, your digestive system and prevent headaches!
2. Don’t forget to have your snacks! It is important to get enough calories!

\*\*\* 1200-1300 calories if under 175#, 1500-1600 calories if over 175#, add 500 calories if nursing and add an extra 300 calories if you’re not interested in shedding excess fat during this reset, just doing it as a cleanse. \*\*\*

1. Do this with friends or join a Facebook group to help you have accountability and encouragement!

**Tips for Hunger**

1.  Drink a full glass of water or hot tea and wait 5 – 10 minutes to see if you can make it through.

2.  Check your calories.  Did you eat enough during the day?

3.  Munch on raw veggies.  You can have an unlimited amount!

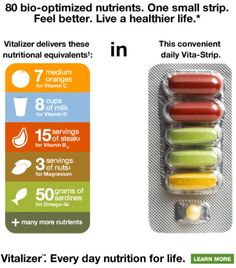
4.  Ask yourself if you really are hungry.  Sometimes, it is out of habit or boredom that we think we need to eat.  Chewing gum can help!

5.  If all else fails and you feel yourself cave, have another snack from our healthy snack list!  These are the better choices if you are going to eat versus junk.  Stay strong.  You can do it!

**Your Detox/Reset includes:**

• One canister of Shaklee Life Shake (flavor of your choice)

• Shaklee Vitalizer (contains Omega 3s, Vitalea multivitamin, Vitamins B&C, Optiflora probiotic)



• Herb-Lax

• Alfalfa

• Liver DTX

• Snack list

**Five-Day Reset Plan**

This plan was designed to recharge your body, speed up your metabolism, and kill cravings. It includes 3 nutrient dense meals and the best supplements available. Combined with easy to make healthy snacks, cravings will be eliminated, pounds lost, and energy reclaimed.

**Instructions:**

• Enjoy a delicious Shaklee 180 smoothie for breakfast, lunch, and dinner.

• Enjoy 2 snacks per day from our recommended snack list below. We recommend a snack mid-morning and another snack mid-afternoon. (Make sure you are getting enough calories, though—see tips sheet)

• Take your Vitalzier strip in the morning with a meal and glass of water.

**Daily Schedule**

Breakfast:

MORNING SMOOTHIE (use recipe suggestions)

VITALIZER with GLASS OF WATER

5 Alfalfa

1 Liver DTX

Tea and Lemon Water

Mid-Morning:

HEALTHY MID-MORNING SNACK (see approved list)

Lunch:

LUNCH SMOOTHIE (use recipe suggestions)

Mid-Afternoon:

HEALTHY MID-AFTERNOON SNACK (see approved list)

Dinner:

DINNER SMOOTHIE (use recipe suggestions)

5 Alfalfa

2 Liver DTX

2 Herb Lax

Bedtime:

Veggies or Healthy Snack

\*only if your body is truly hungry….you may be surprised!\*

**Why Do This?**

**Benefits of a Detox:**

Increase focus, clarity and energy

Brings radiance to skin and eyes

Balances and regulates hormones

Re-aligns true appetite and satiety levels

Helps overcome cravings for sugar, fats, alcohol and caffeine

Boosts metabolism and heightens digestion

Jump starts weight loss

**Function of Supplements Needed:**

* Alfalfa tabs (5 tablets in am, 5 tables in pm)
  + A great diuretic that reduces fluid retention
  + Contains chlorophyll—an excellent body cleaners and detoxifier
  + Contains vital trace minerals
  + Increase alkaline reserves and helps balance acids
  + Natural anti-inflammatory
* Herb Lax (2-4 tablets per day at bedtime)\*
  + A natural body cleanser
  + Regulates bowel function and promotes regularity
  + Stimulates bile flow in liver
* Liver DTX\* (Take 1 in am and 2 in pm)
  + The liver is the primary organ of detoxification
  + Helps detox liver naturally
  + Helps maintain bile flow
  + Helps regenerate liver cells
* Optiflora Probiotic Complex (1/day) \*This is the pearl in your Vitalizer strip
  + Improves Digestion
  + Increases immunity
  + Restore health of the gut

\*\*start with 2 Herb Lax for 1-2 days then move to 3  
Use 3 Herb Lax for 1-2 days before moving to full serving.

**SHAKLEE’S 5 DAY DETOX**

Everyone has yeast in their body, but we all should have a balance of good bacteria and bad bacteria (yeast is like bad bacteria).  If we've been on antibiotics, have a weakened immune system, or eat or drink an overabundance of foods that are high in yeast we can disrupt that balance.

When the yeast outweighs the good bacteria they release toxins that can cause headaches, worsen allergies, etc.  They do this because the yeast create microscopic holes in the intestines which allow proteins from the foods we've eaten to pass back into our bodies instead of being carried to elimination by the colon.  Our immune systems then react to these because they are not supposed to be there.  This reaction causes headaches, allergies and fatigue in many people.

To correct the problem the following is necessary:

~   Stay away from heavily yeasted foods (alcohol, white breads, sugar - feeds the yeast, chocolate-contains lots of sugar, etc.) for a period of time to allow for detoxification

~  Detoxify the body (see below)

**1.Optiflora  1  in morning or night to kill the yeast and replace the good bacteria (restore the ph balance in intestines)…takes out bad bacteria and puts in good bacteria.**

**2.  Herb Lax..1-4  at night...adjust the amount with how your body react...cleaning from the top of the colon down through each pocket, detox the body like exercise. Start with 1 and see how you do with having 1-2 bowel movements in a day. If you need to increase to 2 (at night) and see if that allows you to have 1-2 quality bowel movements in a day. Once you have found the right amount of Herblax to take for you to go regularly you can stay with that dosage the rest of the detox. Colon cleansing of parasites and other toxins.**

**3.  Alfalfa 5 to 10 in the morning and 5 to 10 at night to heal the lining of the colon and restore a proper pH to the colon (these can be spread out throughout the day if need be).Start with 5 to 10 a day and work your way up to 10-20 in the first week. (the higher level of toxicity the more Alfalfa is needed. So if your score was Highly Toxic you will need 20 Alfalfa a day Or Mildly Toxic & Toxic Score needs 10 total a day). Purifies blood, binds toxins getting them out of the body.**

**4.  Liver DTX 1 in the morning and 2 at night to clear the liver of the toxins released by the yeast. ...HOWEVER, you should start with 1 a night for the first night, then 2 a night for the next, then build up to 3…since this is probably the first time you have cleaned your liver.... Liver DTX cleanses the liver of metals and toxins of all kind.  When it is really cleaned it can regenerate itself which is really good.**

**5. Shaklee Life Shake: Three drinks a day… Use 2 scoops of protein to use as a Meal Replacement or 1 scoop a day if you are using it as a snack or part of your meal. Protein, fiber which cleanses and helps us feel full, and Lysine, the amino acid which burns fat while maintaining muscle, turns on and boosts metabolism.**

### 6. Vitalizer: Changing Brands Can Change Your Life. Vitalizer is the most advanced multinutrient supplement in the marketplace today with 80 bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life.\* Vitalizer is the powerful and convenient approach to complete supplementation providing the best spectrum of vitamins, minerals, antioxidants, anti-aging phytonutrients, omega-3 fatty acids, and probiotics\*, all in one daily serving.Based on 12 clinical studies and a first-of-its-kind Landmark Study.

Be aware that as the yeast dies off, there might be an initial worsening of the symptoms.  This is perfectly normal and subsides after 1-3 days.  When the yeast die, the toxins they release can cause headaches in particular.  The best way to deal with this and even avoid it all together is to drink a lot of water (64+ oz); get adequate rest so the body can properly repair; and/or use Shaklee's Pain Relief Complex and Stress Relief Complex if necessary to control headaches.  It is best to avoid any prescription or over the counter pain relievers as they may slow down the detoxification process.

Trusting this is what you need!

Sincerely,

Tonya Patterson

Certified Nutritionist

**Snack Ideas**

1. Celery and Peppers with 2 TB Hummus
2. Carrots sticks and 2 TB sunflower butter
3. Edamame (1/2 cup)
4. Cauliflower with 2 TB black bean dip
5. Apples with 2 TB Almond Butter and Raisins
6. Shaklee snack bar
7. Hard boiled egg and ½ Avocado
8. 1 pear and string cheese
9. Plain Greek yogurt with raspberries
10. Small bowl of grapes and walnuts
11. Low-fat cottage cheese with cut-up fruit
12. Banana w/ peanut butter
13. Handful of pistachios and apple/pear/banana
14. Frozen grapes (great for a cold summer snack!)
15. Cucumbers w/ feta cheese
16. 12 raw unsalted almonds and craisins
17. Leafy greens, sliced cucumbers with fresh squeezed lemon & olive oil
18. Fresh guacamole (1/2 avocado mashed with dash of sea salt) with veggies
19. Handful of seeds: pumpkin or sunflower with ½ cup blueberries
20. Plain kale chips
21. Fresh salsa w/ rice crackers
22. Rice cakes with peanut/almond butter

*\*\*Remember…All-natural versions of the foods above will deliver the BEST results*

*(foods with NATURAL sugars and HEALTHY fats).*

**WHAT IS MEANT BY A BETTER NUTRITIONAL PROGRAM?**

THE FOLLOWING INFORMATION HAS BEEN SUPPLIED TO US BY DR. STANLEY BASS.  
  
The closer the food comes to the natural state, uncooked form, the higher its quality. All the enzymes are found intact, the amino acids in their finest form, the minerals, vitamins, trace elements,   
carbohydrates and "life Force" are present.

The quality of nutritional programs are also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc..

WHAT HAPPENS WHEN A PERSON IMPROVES THEIR DIET?   
  
Remarkable things begin to happen to the body as well as the mind. When the quality of food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials which it uses to make new and healthier tissue.   
  
The body always tries to produce health and always will, unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self curing nature of many conditions such as colds, fevers, cuts, swelling, injuries, etc., furnishes endless examples of how the body tends toward health, unless we do something to stop the progress.

SYMPTOMS WHICH OCCUR IN THE PROCESS OF REGENERATION.   
  
A person who starts on a better diet or supplementation, stays on it for three days to a week and then quits, saying "Oh! I felt better on the old diet, the new one made me feel weak".   
  
He failed because he didn’t give his body a chance to adjust and complete its first phase of action recuperation. If he had waited a while longer, he would have begun to feel better than before he started.   
  
During this phase (lasting about ten days) the vital energies such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This produces a feeling of less energy in the muscles,   
which the mind interprets as some weakness. Actually, the power is increased, but actually being used for building the more important organs and less is available for muscular work. It is redeploying the forces to the more important internal parts. This is a crucial phase, and it is important for the person to stop wasting energy and to rest and sleep more. It is important that they have patience and faith and just wait it out, and after a while they will get increasing strength which will exceed by far what they felt before they began the new program.   
  
The cellar intelligence reasons something like this: "Oh! Look at all those fine materials coming in, how wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let’s get   
started immediately,. Let’s get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let’s get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up, let’s get these irritating food preservatives, aspirins, sleeping pills and drugs out of the way along with these other masses of fat which have made life so burdensome for us   
for so long".   
  
  
Headaches may occur at the beginning, fever and/or colds; the skin may break out; short intervals of bowel sluggishness, occasional diarrhea, or mental depression, frequent urination, etc., etc.. The great majority of people find their reactions tolerable and are encouraged to bear with them because of the many improvements which have already occurred.   
  
Be happy you are having symptoms. "Realize deeply that your body is becoming younger and healthier every day, because you are throwing off more and more wastes which would eventually have brought pain and disease and much suffering.   
  
Those who have the worst symptoms - reactions - and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed.