

SIXTH EDITION

THE ULTIMATE BODY

CLEANSE AND RESET

A Natural Detoxification Program



**Cleanse &
Recharge!**

**Comprehensive
5-IN-1 Cleanse
System!**

LOSE WEIGHT
ENHANCE YOUR MENTAL CLARITY
INCREASE YOUR ENERGY LEVELS
REDUCE SUGAR CRAVINGS
BALANCE YOUR IMMUNE SYSTEM

CREATED BY DR. JOSEPH ESPOSITO

Congratulations. You Made The First Step.

The first step in creating an optimal state of health and vitality is to engage in a lifestyle that promotes the outcomes you are looking to achieve. As a society, we tend to disconnect from our health as if it is our doctor's responsibility to keep us healthy. This mindset has caused the world's population to have escalating, unmanageable healthcare costs while our society becomes sicker and sicker year after year.



You should be proud to be a part of the growing movement of individuals that have made a commitment to embrace a proactive approach by taking responsibility for your health. Keep in mind your health affects everything you do and everyone you know. Take control of it. Honor it. Protect it. Spend time maintaining it or you will spend the rest of your life trying to regain it.

Regards,
Dr. Joe Esposito

PROTECTING YOUR HEALTH CARE RIGHTS

A portion of the profit from the sale of this cleanse is donated to Health Missions, LLC, a non-profit organization dedicated to researching the effects of natural healthcare. For more information go to:

HealthMissions.org



WHAT IS A BODY CLEANSE?

Fasting programs can be found in religious texts written thousands of years ago. People have used fasting as a method of healing and it has stood the test of time. It challenges, yet enhances, the physical, emotional and spiritual levels of human existence.

As there are many reasons for fasting, there are many types of fasts. A true fast means the elimination of all food for a certain period of time; however, there are hundreds of different modified fasts that either eliminate or include only specific foods. The basic foundation of the Ultimate Body Cleanse is a modified fruit and vegetable fast. The foods you eat during a fast can help cleanse the liver, repair the digestive system, and enhance immune function. Fasts usually eliminate foods that are highly allergenic, cause excess stress to the digestive system, lack nutrients (white flour or contain toxic additives (aspartame, dyes, coloring, preservatives)).

The cleanse is designed to be a health reset that is completed a minimum of twice per year to minimize the effects of harmful toxins, balance your blood sugar levels and bring more awareness to your daily food choices to inspire a healthy diet. Creating a rhythm of cleansing will help maintain your body's intricate digestive, immune and detoxification systems.

Toxicity Quiz

TOXICITY TEST

Rate each symptom based on frequency and intensity.

Point Scale:

0 - Never or Almost Never

1 - Occasionally, Not Severe

2 - Occasionally and Severe

3 - Frequently, Not Severe

4 - Frequently and Severe

Acne
 Constipation
 Bloating
 Heartburn
 Mood Swings
 Depression
 Irritability
 Anxiety
 Fatigue
 Itchy Eyes
 Runny Nose

Headaches
 Dizziness
 Joint Pain
 Muscle Pain
 Insomnia
 Poor Memory
 Excessive Food Cravings
 Excessive Weight
 Water Retention
 Swollen Glands

0-5 Congratulations! You're going to the next level of health with the Ultimate Body Cleanse

5-25 During the Ultimate Body Cleanse you will see a reduction of many of the symptoms that you are experiencing

25-49 You are showing advanced signs of toxin overload and would benefit from the UBC.

50-84 You are showing classic signs of severe toxin overload and need to avoid exposure to toxins in your environment and complete the UBC.

The reason you do the Ultimate Body Cleanse is because you are toxic! It is no longer a question of whether or not your body is storing harmful toxins from years of accumulation.

The aluminum in your can of soda may lead to Alzheimer's disease. Inhaling the chemicals in your dry cleaned clothes may promote cancer. Your plastic water bottle may contribute to hormone imbalances, memory loss and fatigue. The average person doesn't consider the relationship between the toxins in their body and the symptoms and diseases they cause until they have a life threatening health crisis. Patients and some doctors may still not address toxicity even after a chronic disease is diagnosed. Your coaches will help you learn and understand the importance of a cleansing program and its significance in minimizing health risks, maximizing energy levels, losing weight and keeping your hormones balanced.

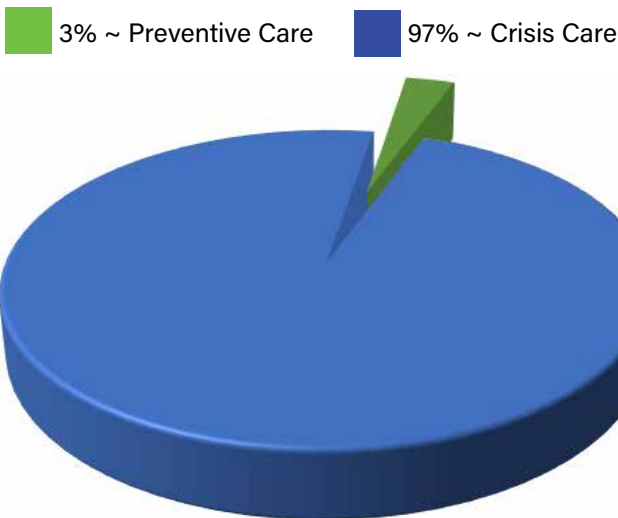
An Environmental Protection Agency study proved that 100% of people tested had high levels of toxins, such as styrene, dioxin, xylene, and dichlorobenzene in their tissues. Not only is it proven that an overwhelming majority of people have stores of toxins in their bodies, but it has also been proven by clinical research that these toxins may cause cancer and many other life-threatening diseases.

The U.S. spends less than three cents out of every healthcare dollar on prevention while the majority is spent on crisis or reactive health care. Focusing a portion of our healthcare budget on teaching people how to eliminate toxins and maximize nutrient intake would help our country from continuing to have the greatest healthcare bill in the world. Under our current healthcare model, our health expenses increase each and every year and we are sliding further down the World Health Organization's list of healthiest countries.

In addition to having a direct correlation to chronic disease, toxicity can also play a role in obesity. Toxins are stored in fat cells. When losing weight, fat cells shrink pushing toxins out of the fat cells back into the bloodstream. If you are unable to lose excess weight, it may be your body preferring to lower your metabolism to maintain the size of the fat cells instead of shrinking fat cells and pushing toxins back into the bloodstream. Detoxification can support your weight loss efforts because toxins will be reduced from fat cells allowing them to shrink easier and more permanently.

When it comes to your health and the health of your family, awareness, education, and prevention are your most powerful tools. Toxicity is not a matter to be taken lightly. Your consequences for ignoring this health risk may ultimately lead you down the path of struggling through life with the common symptoms of chronic fatigue, mood disorders, obesity, or potentially a life threatening disease and premature death.

Healthcare Dollars Spent





“5 IN 1” CLEANSING SYSTEM

The Ultimate Body Cleanse, the industry’s most comprehensive cleansing program, provides the greatest impact to your body in just 10 days. The Ultimate Body Cleanse includes the following five cleansing programs in one:

1. Toxin Cleanse
2. Liver Cleanse
3. Digestive Cleanse
4. Immune Cleanse
5. Parasite Cleanse



1. & 2. TOXIN CLEANSE & LIVER CLEANSE

Your body detoxifies itself by eliminating harmful toxins via urination, defecation and perspiration. The first step is to ensure these processes of elimination are functioning normally. It is interesting to note that people with chronic constipation, lack of urination due to dehydration and those unable to perspire are usually significantly more toxic. However, we have to take it a step further and look at the function of the liver and its role in detoxification.

The liver is responsible for taking these toxins and 'preparing' them for elimination. Most harmful toxins are not water soluble and can't simply leave the body unless the liver packages them for delivery out of the body. The liver goes through two very important steps in preparing toxins to be eliminated. The first step is to transform toxins from a fat soluble form into a water soluble form (Phase 1) and the second is to attach the toxins with a friendly amino acid (Phase II) to enable elimination.

If the liver does not have the necessary resources available (vitamins, amino acids, etc.), detoxification will come to a screeching halt. Liver Cleanse provides the compounds the liver needs to complete the toxin cleanse, and at the same time provides strong antioxidant and herbal support for the liver to remain healthy during the cleansing program.

3. DIGESTIVE CLEANSE

In addition to the toxin and liver cleansing, the Ultimate Body Cleanse will enhance digestion. It is important to understand that the body runs efficiently on the food created by nature (the stuff that grows from the ground) and every time you ingest processed, man-made substances that make up the majority of the American diet, your body begins to dysfunction. Ingesting the many food toxins in the American diet will eventually damage the normal lining of the digestive system, which will reduce absorption of vital nutrients your body needs to maintain health. This quickly leads to fatigue, depression and the high risk of chronic illness.

Decreasing food intake during the cleanse will allow your body to focus on healing versus the process of digestion. You will consume Gastro Immune Support to help repair the lining of your digestive system, while Digest and Protect will replace the normal bacteria that should be present in your digestive system.

4. IMMUNE CLEANSE

Millions of Americans go through their entire lives dealing with chronic health concerns caused by consuming foods they are allergic to without ever knowing it. The Ultimate Body Cleanse will involve ten days of consuming foods and nutrients that have an extremely low potential for allergy. Chronic food allergies can cause hormone problems, weight gain, fatigue, insomnia, joint pain, depression, and many other chronic symptoms. During the cleanse, you will eliminate the most allergenic foods to humans, including corn, dairy, wheat and soy. After the cleanse, you will be able to assess your allergies by keeping a diary when you reintroduce the foods back into your diet. Did your legs begin to swell after reincorporating wheat into your diet? Did your anxiety and fatigue increase after you re-introduced dairy? During the cleanse, the Gastro Immune Support will provide the nutrients to rebuild a damaged immune system.

5. PARASITE CLEANSE

Parasite infections used to be considered a problem only for those traveling to exotic places and eating the local cuisine. Recent research claims that parasite infections are prevalent throughout the world, including industrialized countries such as the United States. The most common sources of exposure include under-cooked meats, improperly washed fruits and vegetables and contaminated tap water. Transmission from pets or other infected people is also quite common.

The rate of parasitic related disorders in North America is skyrocketing. If you have at least three people in your home, the odds according to research are that at least one of you has parasites living in your body, stealing your food and laying up to 300,000 eggs per day. Your body can actually play host to more than a hundred different types of parasites, ranging from worms that are not visible to the naked eye to tapeworms that are longer than the length of your body.



Contrary to popular belief, parasites are not restricted to your colon alone, but can be found in any other part of your body - in your lungs, your liver, in your muscles and joints, in your brain, your blood, under your skin and can even be seen crawling around inside your eyes.

A research study concluded that a shocking 32% of fecal specimens from 2,896 patients from 48 states tested positive for parasites. Of those infected, 10% suffered from multiple infections with 2-4 different parasites in their bodies. To have one third infected with parasites in a domestic study is cause for concern. For that reason, the Ultimate Body Cleanse includes a comprehensive parasite cleanse as part of the detoxification protocol.

PARASITE TRIVIA

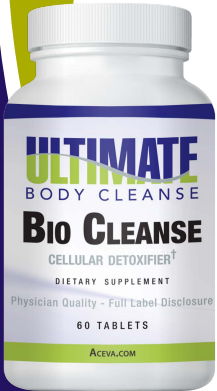
- The hookworm latches on the walls of the colon with sharp teeth and feeds on your blood.
- The tapeworm is the longest parasite. A mature adult can lay a million eggs a day.
- The roundworm can grow to be 20 inches long and lay 200,000 eggs per day.
- Pinworms migrate outside the colon during the night to lay their eggs around the anus. This causes nightly itching in many unsuspecting victims.

Parasite Cleanse is a special formulation designed specifically to improve health by eliminating parasites from the body and is an integral part of the Ultimate Body Cleanse.



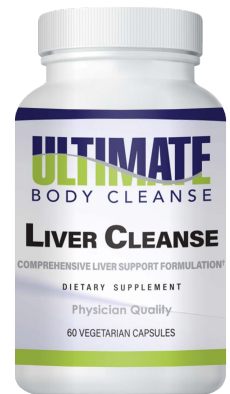
THE ULTIMATE BODY CLEANSE PROGRAM

During the program you will take six different nutritional products. Each of these products has a precise and distinct purpose during the program.



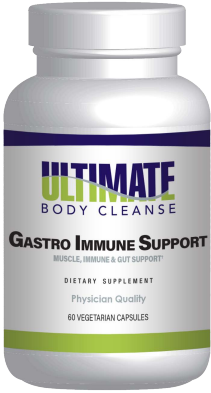
1. Bio Cleanse is the main formulation that will assist your body in removing harmful toxins.

2. Liver Cleanse is a nutrient formulation that supports the liver while your body is detoxifying.



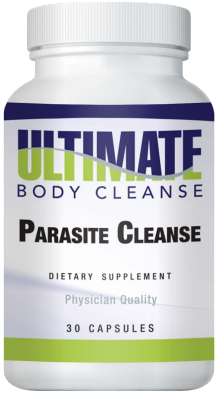
3. Clean Protein is a product that will balance your blood sugar and provide a source of protein during the program. It is a very hypoallergenic (low risk of allergy) calorie source, which will help give your immune system a chance to rest while the body is internally cleaning itself.





4. Gastro Immune Support is a specific combination of nutrients that heals your immune system and repairs your digestive system.

5. The bacteria in **Digest and Protect** are essential in helping us absorb nutrients and fight infection. This product will help to replenish the beneficial bacteria, which will in turn enhance nutrient absorption and strengthen your immune system.



6. Parasite Cleanse is a comprehensive herbal formulation designed to eliminate parasitic organisms from your body.





GETTING STARTED

The Ultimate Body Cleanse is a modified fruit and vegetable fast with intensive nutrient support to help heal the digestive system and enhance the liver's ability to cleanse the body. In addition to enhancing your body's ability to function, this fast:

- **Increases energy levels**
- **Enhances mood and concentration**
- **Clears up your complexion**
- **Normalizes bowel function**
- **Decreases joint pain**
- **Enhances sleep**
- **Alleviates many other symptoms**

It is best to team up with a spouse, family member, or roommate during the program to share your experience and keep each other accountable. Try to relax, meditate, pray, or be with nature during the program, allowing your body to have an internal peace to enhance healing. The bottom line is to listen and respect your body during the program.

**“Don't let the program itself be an added stress,
but a time of peace and love for yourself!”**



TIPS FOR MAXIMUM RESULTS

EATING: Food shop and plan your meals before you begin the program. You will be buying a lot of vegetables over the ten day period of time so make sure you bring the food list when you go to the grocery store so you can try a variety of different vegetables on the food list. Avoid foods to which you know you are intolerant or allergic. Eat slowly and chew well to enhance digestion and absorption and improve detoxification. Choose fresh organically grown vegetables if they are available in your area. The “cleaner” you eat, the better the program will work.

SUGAR/CAFFEINATION: If you consume a significant amount of caffeinated beverages, you may experience withdrawal headaches if you discontinue them all at once. We recommend you gradually stop caffeine consumption so you are CAFFEINE-FREE at least two days before starting the cleanse.

SUPPLEMENTATION: Be sure to take all the recommended supplementation. These products contain critical ingredients to nutritionally support your body’s detoxification process.

PROTEIN POWDER: The purpose of the Clean Protein is to help with low energy levels, excess cravings or other symptoms experienced during the cleanse. If you do not experience these symptoms, you may skip the protein dose. When protein consumption is reduced during a cleanse, a process called autophagy occurs, where the body cleans up all the cellular debris reducing inflammation and helping to maximize tissue repair and overall health.

HYDRATION: Be sure you drink an abundant amount of water during the program. To release toxins from your body, you must be well hydrated. These toxins exit the body through urination, bowel movements and sweating, all of which require adequate hydration. Drink at least 2 quarts (64 ounces) of plain, purified water daily.

SLEEP/REST/RELAXATION: Get adequate sleep, rest and relaxation. Most detoxification occurs in the liver during sleep so quality sleep is imperative. As stated earlier, try to complete the program in a low-stress environment. Meditation, yoga, and low-intensity aerobic exercise are great methods to reduce stress. You should refrain from heavy weight resistance exercises during the program since your protein levels will be reduced.

SAUNAS: It is beneficial to use a sauna during your cleanse. The temperature of the sauna should be between 100 - 130 degrees. If you spend time in a sauna at low temperatures, your body will secrete fat soluble toxins through your sweat, which will enhance the detoxification program. If the temperature is too high, your body will sweat profusely and eliminate water soluble toxins instead of the more toxic fat soluble toxins. Taking a shower afterwards helps to remove the toxins that have been secreted through the skin.

MEDICATION: If you are taking medication, please ask your primary care physician if you are able to stop taking the medication during the cleanse. You may continue to take any supplements you are currently using, however, you may pause supplementation if you are having difficulty with the number of pills taken during the program.

BOWEL MOVEMENT: If you do not have a minimum of one bowel movement per day, you should raise your water intake and add two capsules of Triple Mag twice daily. If no change in two days, see the healthcare practitioner who recommended your program.

MINDSET: In addition to enhancing your health, this program is also designed to help you gain self-awareness of how you have been feeding your body throughout life and how your diet has directly affected your mood, energy, symptoms and overall health. When you understand what your body needs to function optimally and you reflect back on what you were feeding your body, you can create a powerful correlation to understand why your body is expressing the symptoms you currently have.

CONTRAINDICATIONS: Do not go on this program if you are pregnant, have kidney disease or anemia, have an eating disorder or are underweight, and/or recovering from surgery. This program is intended for those 18 years and older. If you are unsure of whether or not you are healthy enough to perform this program, please check with your healthcare provider before beginning the program.

SIDE EFFECTS: As you eliminate foods and increase the nutritional support your body needs, you may briefly experience some reactions. These may include transient sleep disturbances, changes (up or down) in body temperature, light-headedness, mood swings, mild headaches, muscle aches, bloating, changes in body odor or changes in bowel habits. These reactions are generally minor and temporary. Many problems are due to low blood sugar or an excess release of toxins. For more details, refer to the FAQ section on page 31.

FOOD LIST

During this program, please follow the instructions listed each day for the foods you are allowed to consume. Non-starchy vegetables can be consumed raw or gently cooked such as lightly steaming, grilling, baking, or sautéing. Using an air fryer is also acceptable since it cooks food using no additional oils. Canned fruits and fruit juices are not permitted. For added flavor, add unrefined salt (not iodinated) such as Pink Himalyan, Celtic, French Grey, Redmond's or pure sea salt. You can also add lemon, pepper, liquid aminos, apple cider vinegar (diluted in water), and herbs such as basil and ginger. We highly recommend organic fruits and vegetables if you have access to them. Eating organic fruits and vegetables will further decrease the toxic load on your body.

Non-Starchy Vegetables All Days (Except Fast Day)		Fruit (continued) Days 1-3, & 6-10	
<input type="checkbox"/> Artichokes	<input type="checkbox"/> Shallots	<input type="checkbox"/> Orange	
<input type="checkbox"/> Arugula	<input type="checkbox"/> Spinach	<input type="checkbox"/> Peach	
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Sprouts	<input type="checkbox"/> Pear	
<input type="checkbox"/> Bean Sprouts	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Pineapple	
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Plum	
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Watermelon	
<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Watercress	Starchy Vegetables Days 1-2, & 7-10	
<input type="checkbox"/> Cabbage (all)	<input type="checkbox"/> Zucchini		
<input type="checkbox"/> Cauliflower	Protein Days 1-2, & 7-10	<input type="checkbox"/> Beets	
<input type="checkbox"/> Celery		<input type="checkbox"/> Carrots	
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Chicken	<input type="checkbox"/> Parsnips	
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Duck	<input type="checkbox"/> Peas: Green, Sugar Snap, Snow	
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Eggs	<input type="checkbox"/> Radishes	
<input type="checkbox"/> Garlic	<input type="checkbox"/> Fish	<input type="checkbox"/> Rutabaga	
<input type="checkbox"/> Green Beans	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Squash: Acorn, Butternut, Spaghetti, Winter, etc	
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Turkey	<input type="checkbox"/> Taro (cooked)	
<input type="checkbox"/> Jicama	Fruit (1-2 Servings/day) Days 1-3, & 6-10 1 serving = 1/2 cup or 1 small fruit	Fats & Oils	
<input type="checkbox"/> Kale		<input type="checkbox"/> Avocado	
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Apples	<input type="checkbox"/> Avocado Oil	
<input type="checkbox"/> Leeks	<input type="checkbox"/> Apricots	<input type="checkbox"/> Beef Tallow	
<input type="checkbox"/> Lettuce	<input type="checkbox"/> Berries: Blackberries, Blueberries, Strawberries, Raspberries	<input type="checkbox"/> Clarified Butter/Ghee	
<input type="checkbox"/> Mushrooms (all)	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Coconut Oil	
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Cherries	<input type="checkbox"/> Duck Fat	
<input type="checkbox"/> Okra	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Lard	
<input type="checkbox"/> Onions	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Nuts & Seeds	
<input type="checkbox"/> Peppers	<input type="checkbox"/> Honeydew Melon	<input type="checkbox"/> Olive Oil	
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Kiwi		
<input type="checkbox"/> Salad Greens	<input type="checkbox"/> Mango		

Goal Setting

Complete your goal and explain why it is important to you so you can understand why the goal is important to you which will help you stay compliant to the program. Then after the program, come back to this page and complete the "Results obtained" section of each of the goals.

GOAL 1: _____

This goal is important to me because...

Results obtained:

GOAL 2: _____

This goal is important to me because...

Results obtained:

GOAL 3: _____

This goal is important to me because...

Results obtained:

DAYS 1-2

Today, you will begin by paying more attention to what you are eating. Focus on distinguishing food from man-made synthetic compounds (non-foods) as well as highly processed foods you consume on a daily basis. Make a list of the synthetic substances that you eat on a daily basis in the diary section. Then empower yourself to cross out the ones you decide to eliminate from your diet because they no longer serve you.

- You will eliminate all processed foods, fried foods, dairy products, grains, red meat and preservatives and you are able to eat all the foods on the food chart on Page 15.
- You may eat up to two servings of fresh fruit over the first two days. A serving would be a small to medium fruit that fits in the palm of your hands or 1/2 cup of fruit for smaller fruits.
- You can eat all the starchy and non-starchy vegetables you desire. Vegetables can be consumed raw, lightly steamed, grilled, baked or cooked with an air fryer.
- You can consume any of the protein sources listed on the food chart.
- For the first two days only, you can sparingly consume the healthy fats and oils listed on page 15. You can lightly drizzle them on salads or use them on your vegetables. Use organic unrefined and cold pressed oils if possible.

Use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure that you are following the correct schedule.

Day 1 - 2	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--

Here are some of the non-foods I have been eating:

1. _____
2. _____
3. _____
4. _____

LIFESTYLE LESSON:

Go through the foods in your kitchen and identify food with substances that are robbing you of health and put them on your kitchen table. Collect the foods that have sugars listed as the first or second ingredient, foods with hydrogenated oils, high fructose corn syrup, artificial sweeteners, monosodium glutamate (MSG) aspartame, nitrates, nitrites, sodium benzoate, potassium benzoate, nitrites, preservatives, and food coloring. If you want to stay looking young, enhance weight loss, increase energy levels and reduce the risk of chronic disease... make a list of all the foods on your table and cross out the items you are committing to eliminating from your diet. Continue this practice every time you do the cleanse and you will become healthier every year.

Now that you are empowered, start reading the ingredient labels of the foods before you purchase them to see if they are worthy to enter your body.

YOUR Diary

You may use the following space to record feelings, thoughts, and/or physical symptoms you experience as you begin your cleanse.

DAY 3

Today you are going to eliminate all other foods from your diet with the exception of the fresh fruits and vegetables noted on the food chart.

You can eat 1-2 servings of fruit a day but you may eat as many non-starchy vegetables as you desire. Vegetables can be consumed raw or gently cooked by lightly steaming, grilling, baking, or air frying. For added flavor, add unrefined salt (not iodinated) such as Pink Himalayan, Celtic, French Grey, Redmond's or pure sea salt. You can also add lemon, pepper, liquid aminos, apple cider vinegar (diluted in water), and herbs such as basil and ginger.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 3	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--



LIFESTYLE LESSON:

Have you been caught saying that you will begin an exercise program soon or last week or last month or last year or when you get time, when you grow up or when you get older? You **MUST** make exercising a daily ritual just as you have done with brushing your teeth and taking a shower. The difference between a habit and a ritual is that a ritual does not require any thought process. How often do you decide if you should brush your teeth today? Never! You must make your exercise program a ritual starting today! When you fall off your workout program, don't give up! Stand up and get back into the process of exercising. Too often, short hiccups in your workout routine turn into long breaks that ruin your workout ritual. The longer the break, the more of a chance you will completely stop exercising.

“Health is a matter of choice, not a mystery of chance!”

Robert A. Mendelsohn, M.D.



YOUR Diary

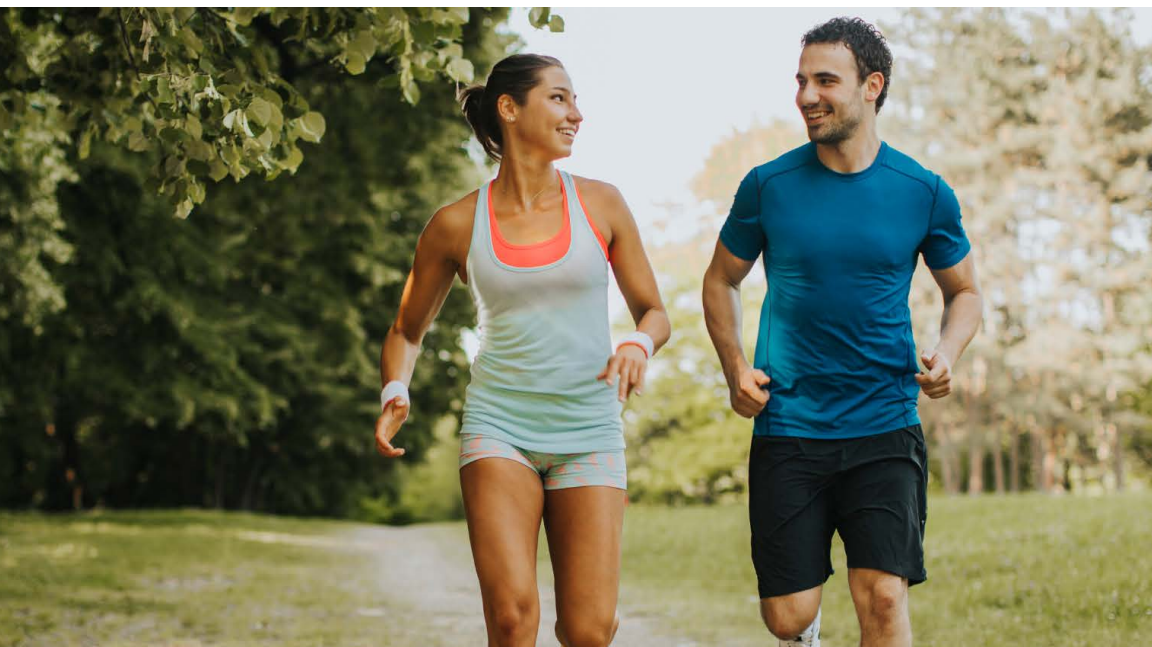
Whether you haven't worked out in a decade or you workout regularly, take the time to refine your weekly workout ritual below. What days are you going to work out? What times are you going to work out? What workout are you going to commit to? Is it at a gym or at home? Using an app, a video or a personal trainer? The more detail you create your workout ritual the more likely you will commit to it.

DAY 4

Eliminate fruit from your diet. You may eat as many non-starchy vegetables as you desire. Vegetables can be consumed raw or gently cooked by lightly steaming, grilling, baking, or air frying. For added flavor, add unrefined salt (not iodinated) such as Pink Himalayan, Celtic, French Grey, Redmond's or pure sea salt. You can also add lemon, pepper, liquid aminos, apple cider vinegar (diluted in water), and herbs such as basil and ginger.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 4	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--



LIFESTYLE LESSON:

How do you breathe? Do you take deep breaths from your belly or short breaths from your shoulders? Though breathing correctly is one of the most health enhancing things you can do, most people have absolutely no awareness of their breathing. Breathing helps in detoxifying, weight loss, digestion, increasing energy levels, reducing depression and muscle spasms and many other conditions.

Sit down and put your hand on your abdomen and begin your breath by pushing your hand away from your abdomen to produce a strong abdominal breath. This deep breath will help in oxygenating your tissues and detoxifying your body. Commit to doing this breathing exercise every morning upon waking and every evening before bed, and watch how your health improves over the next 4-6 weeks.

“In the hand of the physician, nutrition can be the highest and best remedy.”

Paracelsus (1490-1541)



YOUR Diary

Today is the vegetables-only portion of the cleanse. Your metabolism is slowing and your body should be adjusting to eating less. If you're still hungry, eat more vegetables. You may use the following space to record feelings, thoughts and/or physical symptoms you experience on this day.

DAY 5

Eliminate all food from your diet with the exception of the Clean Protein if you need it. Since you have gradually reduced the consumption of food during the first four days of the program, you should not have excessive cravings for food. Consuming only fruits and vegetables for the past two days helped to slow your metabolism and enabled your body to comfortably deal with the cleansing program. Once you reintroduce food, your metabolism will bounce back to its normal rate.

Today is a day of rejuvenation and healing. Your body will not be spending the time, energy and focus on digestion as it normally does so it will have time to focus on healing and rejuvenation. When possible on this day, connect with your spiritual self by spending time in nature, walking, doing yoga, meditating, stretching or anything else that helps you connect to your inner being. It is not recommended to engage in intense physical exercise during this time.

It is very important that you maintain your water intake all day in order to assist your body in eliminating the toxins.

***Extension of the Fasting Portion of the Program**

You can extend this part of the program (no food) for two additional days in order to maximize the cleansing of the body. When your body is not busy digesting, it has more resources and energy to enhance the detoxification process. The longer you are at this stage, the more detoxification will occur. However, if this is your first time doing the UBC, you should be proud to be able to complete one full day without food. On your next cleanse you can try to increase this stage to two or three days. If you do extend the fasting portion of the program, you will run out of some of the nutrients at the original 10 day mark of the program. Running out of the nutrients during the final stages of the program is no problem since the last few days of the program we are slowly easing out of the more intense detoxification process as we reintroduce foods and more of your body's energy is diverted back to digestion.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 5	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--

LIFESTYLE LESSON:

Keep Present Time Consciousness (PTC) at every single moment today. PTC is basically the process of focusing AT the current time ON the current time. In today's society, we focus 90% of our time on the mistakes of the past and the fear of the future. If you allow your subconscious mind to let go of the past and the future and simply focus on the current situation at hand, you will live a healthier and more fulfilling life.

"To lengthen thy life, lessen thy meals."

Benjamin Franklin (1706 - 1790)

**YOUR
Diary**

You should not have excessive food cravings at this point which is great because today, you will not consume any food. Hang in there . . . you're halfway through at this point! You may use the following space to record feelings, thoughts and/or physical symptoms as you take time to reflect and meditate.

DAY 6

Reintroduce the fresh fruits and fresh or lightly steamed non-starchy vegetables you were allowed to eat on Day 3 of the program and noted on the food chart. Again, you are limited to having 1-2 servings of fruit a day and you can have as many non-starchy vegetables as you desire. Vegetables can be consumed raw or gently cooked by lightly steaming, grilling, baking, or air frying. For added flavor, add unrefined salt (not iodinated) such as Pink Himalayan, Celtic, French Grey, Redmond's or pure sea salt. You can also add lemon, pepper, liquid aminos, apple cider vinegar (diluted in water), and herbs such as basil and ginger.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 6	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--



LIFESTYLE LESSON:

Along the lines of living with PTC, as discussed previously, it is important to manage your stress (cortisol) levels. Usually, when you focus on the problems in the past or the fear of the future, you release excess stress hormone. Damaged relationships, pent up anger, jealousy and holding grudges are great ways to secrete excess stress hormone. Today, you need to call someone you have had a long term grudge against, have been angry with or jealous about. When you apologize, or accept an apology, it will set you free, reduce your stress hormone levels and enhance your health. Yes, just go do it.

“To eat is a necessity, to eat intelligently is an art.”

La Rochefoucauld, 1613 – 1680

YOUR Diary

Time to start eating fruits and vegetables again! Eat 1-2 fruits today and as many raw or lightly steamed non-starchy vegetables of your choice. You may use the following space to record feelings, thoughts and/or physical symptoms as you start eating again.

DAYS 7-8

Begin to slowly add back starchy vegetables and protein sources to your diet that are listed on page 15 in addition to the fruits and non-starchy vegetables you consumed on Day 6.

Vegetables can be consumed raw or gently cooked by lightly steaming, grilling, baking, or air frying. For added flavor, add unrefined salt (not iodinated) such as Pink Himalayan, Celtic, French Grey, Redmond's or pure sea salt. You can also add lemon, pepper, liquid aminos, apple cider vinegar (diluted in water), and herbs such as basil and ginger.

Meats such as chicken or fish should be grilled, poached or air fried.

Dairy products including cheese and milk as well as grains are still not allowed during this time.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 7 - 8	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--



LIFESTYLE LESSON:

Most people do not have a healthy lifestyle because they have no time. Do you miss breakfast because you do not have time? Do you miss your workouts because you do not have the time? The first step in managing your time is to organize your life. It is time for "spring cleaning." Clean your office, clean up the pile of paperwork in the kitchen, and clean up all the negative thoughts and excess rationalizations in your mind. Getting organized will enable you to better utilize your time and consequently have more time to improve your health. Then, force yourself to wake up 45 minutes earlier so you can dedicate this time to promoting a healthy lifestyle that you did not have time for in the past. You could choose a 15 minute activity to enhance your mind (ex. reading), a 15 minute activity to enhance your body (ex. exercise), and a 15 minute activity to nourish your spirit (ex. meditation). This promotes a balanced approach to your health. You may be tired at first when you wake up earlier, but eventually, you will have more energy because you will sleep more deeply at night and you will complete more of the tasks that cause the stress hormone release in the first place.

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."

Hippocrates C. 460-377 B.C.



YOUR
Diary

As noted above, when improving your lifestyle most people complain they don't have enough time. Therefore, it is as important to know what you need to stop doing as much as you need to know what you need to start doing. Make a list of the activities, meetings, and habits that you need to STOP doing so you have the time to implement the things you should START doing.

DAYS 9-10

Today we begin the process of breaking out of the controlled diet of the program. You may begin by adding back healthy fat sources including avocado, olives, and healthy oils such as coconut oil, olive oil, and unrefined red palm oil.

Today you may also start to increase your carbohydrate intake but do this slowly so you don't experience negative symptoms. You now have the opportunity to bring in carbohydrate sources outside of the food chart. However, it is important to understand that gluten-containing grains such as wheat, spelt, kamut, semolina, barley and rye as well as dairy products tend to be highly allergic and inflammatory and tend to cause gastrointestinal upset as well as many chronic symptoms such as weight gain, water retention, acne, stomach pain, joint pain, restlessness, anxiety and fatigue.

Many people decide not to reintroduce grains or dairy back into their diet after the cleanse because they experience the reduction or complete elimination of the chronic symptoms noted above when these foods were removed from their diet. Many people's first understanding of their life long food allergies is when they re-introduce these foods into their diet and experience their chronic symptoms return.

If you decide to re-introduce grain and/or dairy, it is advisable to introduce them one at a time. For instance, start introducing dairy products for three days and then introduce grains over the following 3 days to better assess if the re-introduction of these foods causes the chronic symptoms noted above.

Use the space on the following page to keep a diet diary regarding your symptoms over that period of time. Although the cleanse will be over, if you re-introduce these highly allergic foods it is important to continue to monitor symptoms. If you experience symptoms, you may be allergic. Please notify your healthcare practitioner of any foods you suspect are causing you to experience symptoms to see if further testing is needed.

Continue to use the following chart to keep track of the nutrients you need to take today. You may place an "X" in the box corresponding to the nutrient and time of day to ensure you are following the correct schedule.

Day 9 - 10	Upon Rising	Breakfast	Lunch	Dinner	Bedtime
Gastro Immune Support	3	--	--	--	3
Bio Cleanse	--	2	2	2	--
Liver Cleanse	--	2	2	2	--
Digest & Protect	--	2	2	2	--
Parasite Cleanse	--	1	1	1	--
Clean Protein (scoop with 6 oz. of water)	--	1/2	--	1/2	--

LIFESTYLE LESSON:

Spread the word. You are finishing up your Ultimate Body Cleanse. You have learned a lot about your lifestyle and your overall health. Tell others about your experience and your proactive approach to your health. Teaching others will solidify your commitment to your health while helping others learn how they can play an active role in improving their well being.

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease . . . the physician of tomorrow will be the nutritionist of today.”

Thomas Edison 1847-1931



The hard part is over and you're well on your way to better health. Use the following space to comment on how you feel now versus when you began the program. If you are reintroducing dairy or grains into your diet, use this space to notate any symptoms you experience over the six days of reintroduction.



FAQs

1. Are there any contraindications to completing the Ultimate Body Cleanse?

The UBC should not be completed if you are pregnant, nursing, have kidney disease or anemia, or are under the age of 18. If you are unsure of whether or not you are healthy enough to perform this program, please check with your healthcare provider before beginning the program.

2. I didn't feel any different during or after the cleanse. Does that mean it wasn't effective?

Cleansing is a process of removing toxins and allowing the body to maximize its resources for restoration and healing. If your body can manage the elimination of toxins with optimal liver function and adequate elimination you may not have any negative symptoms or positive responses. However that does not mean that cleansing did not occur. If you are healthy and do a cleanse quarterly, we would expect you not to have any symptoms.

3. I feel so good on the Ultimate Body Cleanse, how soon can I do it again?

Depending on your diet and lifestyle, it's best to do the cleanse every 3-6 months in order to maintain optimal health. If you don't eat healthy, organic foods or pay attention to the toxins in your home, environment, etc, your best to do the cleanse every 3 months whereas if you maintain a healthier lifestyle every 6 months is recommended. If you have a chronic health condition or you start experiencing chronic symptoms that went away during the cleanse, that's a sign you need to perform the cleanse again sooner rather than later.

4. On Day 3 I noticed I was light headed and a little dizzy. Is there anything I can do so I can continue to work?

Approximately 10-15% of people may become light headed with the reduction of food intake. There are two primary causes of this symptom. The first is lowered blood sugar and the second is the mobilization of toxins in your body. In regards to lower blood sugar, it is important to understand that your body was accustomed to the amount of sugar and carbohydrates that it normally consumes. Now that your body is not taking in processed carbohydrates or sugars, your blood sugar will initially drop and then your body will regulate it back to normal in response to the new diet. If you feel light headed, add an additional serving of Clean Protein per day. If that does not change the feeling of being light headed, then it may be due to the excess release of toxins. If you are very toxic, your body may be releasing too many toxins too quickly, which is the second potential cause of the symptom. Reduce the dose of Bio Cleanse (the main detoxifier) by 1/3 to 1/2 for two days and then slowly increase the dosage and see how your body responds. This should handle the concern.

5. The nutrients are giving me a mild headache and mood swings. Should I continue the cleanse?

It is common for people to blame the nutrients for milder symptoms they experience during the cleanse, such as headaches and mood swings, because they experienced the symptoms after beginning the nutrients. However, these symptoms are usually NOT caused by the nutrients. Instead, they are usually caused by the toxins that are being released BECAUSE the nutrients were taken. Keep in mind that removing toxins is the purpose of performing a cleanse! If your symptoms are mild, continue on the program so that you can reap the rewards of reducing toxins in your body. You may want to follow the steps in FAQ #4 which consists of first increasing the Clean Protein in case symptoms are due to low blood sugar and then reducing the dose of Bio Cleanse if needed. If you experience severe symptoms, please discontinue the program and notify your healthcare practitioner.

6. Will I have enough nutrients to complete the entire program?

The program was designed with extra product to ensure enough nutrients during the program. After the program is completed we recommend that you continue on the nutrients until they are gone. Your body will continue to receive a healing benefit from the nutrients even after your diet returns to normal. The Clean Protein has an extra servings in the container that can be used if you have low blood sugar during the cleanse.

7. How is the UBC different from other cleanses?

Most cleanses are nothing but a “bowel flush” because they are merely fiber and a laxative that require you to stay next to a restroom for emergencies. This is not a true cleanse. The Ultimate Body Cleanse is the only cleanse on the market that provides five full cleansing systems in one program: Liver Cleanse, Colon Cleanse, Parasite Cleanse, Immune Cleanse and a Digestive Cleanse. Since the Ultimate Body Cleanse does not contain a laxative, you will NOT have issues with excessively loose bowels.

8. Can I complete the UBC if I am diabetic?

It is actually one of the best decisions you can make, but it is advised to discuss the program with your doctor before beginning. You will need to monitor your blood sugar very closely and increase the dose of the Clean Protein to three doses per day during days 4-6.

9. Can I just eat well and exercise in order to eliminate the toxins in my body?

Unfortunately this is not how cleansing works. Our planet is under such a toxic burden that even our healthy foods can be covered in poisonous toxins. Natural vegetation found in uninhabited areas in the Himalayan mountains has been found to have pesticides and other toxins on it because the chemicals, pesticides and other solvents make it to the jet stream and land everywhere on the planet. These chemicals require specific nutrients to bind to them to eliminate them from the body. The excessive toxin load causes most healthy individuals to be deficient in the nutrients necessary to bind to toxins and eliminate them from the body. You may feel very healthy, but once the toxins reach a certain threshold you will eventually experience symptoms and most likely acquire a chronic disease.

10. I have a very busy work schedule. How can I complete the Ultimate Body Cleanse with my limited time?

One helpful strategy is to prepare all your vegetables in advance. Wash and cut them and put them in small storage containers to take to work. Use a small pill box to organize your nutrients so that you remember to take them throughout the day and review your daily life lesson at the end of each day. If you plan correctly, you can manage the Ultimate Body Cleanse with a busy schedule.

11. I am done with the cleanse. I feel great! What do I do now to maintain my health and how I feel?

It is important to move to a foundation nutritional program to ensure you receive the baseline nutrients you need to maintain optimal health. Aceva offers many exceptional foundation nutrients including Daily Balance, Absolute Greens, Omega 3 Plus, Triple Mag and Active D. We have a customer favorite called the "Everyday Basics" bundle that includes two of these products (Daily Balance and Absolute Greens). These are nutrients the average person is missing and are therefore, a great option for a foundational wellness routine. They can be purchased from the health professional who recommended the Ultimate Body Cleanse or online at Aceva.com using your doctor's code. We highly recommend staying on a diet that includes fresh fruits and vegetables, sustainably sourced meat and fish and healthy fats and oils such as avocado, coconut and olive oil while limited grains and dairy. This will keep the inflammation reduced in your body, while keeping you feeling and looking great.

12. I was in chronic pain for the last nine years of my life. After the cleanse, I not only felt pain free – I also lost 12 lbs! Unfortunately, after the cleanse I gained back 9 lbs and all my pain came back. What can I do?

It is evident that your diet is playing a significant role in your pain and your weight concerns. If you end the program and go right back to the highly inflammatory, highly allergenic American diet you will regain all the problems you had before the cleanse. It is important to embrace the food concepts you learned during the cleanse. Keep in mind that dairy and gluten-containing grains often cause gastrointestinal symptoms and tend to be extremely inflammatory, acidic and highly allergenic to most humans. We recommend continuing to eliminate or at least reducing the consumption of these foods after the program. Some people add dairy or wheat back into their diets and gain 5-7 lbs in 48 hours. Then they eliminate those foods again and they lose the weight again. Food allergies, sensitivities and intolerances play a significant role in many chronic health problems. If you decide to reintroduce potentially allergenic foods into your diet, you should only add back one food at a time, waiting 2-3 days before introducing another food, and keeping a food-symptom diary. This helps you clearly identify the effects each food has on your body, which would be harder to do if you are adding multiple foods back at the same time. If you experience symptoms upon introducing a food, it is likely best not to continue eating that food. Please notify your healthcare practitioner of any foods you suspect are causing you to experience symptoms to see if further testing is needed.

CONGRATULATIONS!

You have successfully completed your Ultimate Body Cleanse.

Did you have any different or odd symptoms during the program? What did you learn about your diet? About your water intake? About your cravings? You should have fewer cravings than you had before the program, and this is the time to decide on which of those foods you want to eliminate from your diet for good. You have less physical and mental desire for them after the cleanse and it will be easier to eliminate them now.

If you complete the Ultimate Body Cleanse every 3-6 months, you will have less symptoms and more energy. Take the time to schedule your next cleanse in your calendar within this time frame to set yourself up for success. Keep this book in a health file with your personal records, and reflect on this journal during your next program.

If you are interested in reducing the daily toxic load our bodies are exposed to, then pay close attention to your diet and lifestyle since many toxins are introduced into our food supply and if you aren't mindful, you'll accumulate more toxins in between cleanses. Toxins are also found in your environment such as bromine in flame retardants that make-up furniture, carpet etc. It's simple: the more you avoid these harmful toxins, the happier and healthier you'll be and future cleanses should be easier each and every time.

On the following page are some closing comments and a list of lifestyle changes. Review these changes and check off which ones you will commit to now that you have finished your cleanse. Before your next cleanse, reflect on the lifestyle changes you committed to and make modifications, additions or eliminations. If you could commit to only one lifestyle change a year, it would be a positive step to reaching optimal health.



NEXT STEPS

- Continue taking the nutrients until they are gone. Your body will continue to detoxify slowly as long as you continue taking these products. Even though you are not following the strict dietary recommendations anymore, these products continue to have healing effects.
- Begin the EveryDay Basics, which will give your body the nutrients it needs on a daily basis to maintain health.
- Schedule quarterly coaching sessions with a registered dietitian or qualified healthcare practitioner.

Check the one or two boxes that reflect the changes you will make for the next 12 months:

- | | |
|---|---|
| <input type="checkbox"/> Drink 8 (12 oz.) glasses of filtered water | <input type="checkbox"/> Start a weight resistance exercise program |
| <input type="checkbox"/> Commit to only vegetables one day a week / month | <input type="checkbox"/> Decrease consumption of sweets |
| <input type="checkbox"/> Only eat fast food once a week | <input type="checkbox"/> Take a yoga class |
| <input type="checkbox"/> Eliminate dairy from your diet | <input type="checkbox"/> Add vegetables to every lunch and dinner |
| <input type="checkbox"/> Increase consumption of flaxseed and fish oils | <input type="checkbox"/> Sit in the sauna once a week |
| <input type="checkbox"/> Stop drinking coffee | <input type="checkbox"/> Start eating organic foods |
| <input type="checkbox"/> Start exercising | <input type="checkbox"/> Commit to the Ultimate Body Cleanse in six months. |
| <input type="checkbox"/> Stop drinking soft drinks | <input type="checkbox"/> Other _____ |

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FOR A MORE COMPREHENSIVE CLEANSE

THE OIL CHANGE

The Standard American Diet (SAD) causes a substantial imbalance in the oil composition of our cells, which has many detrimental effects on body function. After the cleanse is over, it is recommended that you begin to consume healing oils such as avocado, coconut, olive, unrefined palm, fish and flaxseed. Some of these oils can be used to cook with and others are used on salads or lightly steamed vegetables.

Most people need to undergo an oil change because the harmful fats in our diet, especially Trans Fats and excess omega-6 fats cause weight gain, increase inflammation, decrease hormonal function and increase heart disease and osteoporosis. These types of harmful fats can cause our cell walls to become rigid. When cell walls are rigid and not flexible, they have a harder time letting good nutrients into the cell and getting the garbage out of the cell. Eventually, cells become toxic and unable to fight disease. The good oils you ingest will do the exact opposite: enhance fat loss, decrease inflammation, increase hormonal function and decrease heart disease and osteoporosis. These good oils will also increase cellular communication and the cells' ability to detoxify.

Completing the oil change requires an elimination of trans fats (fast foods and anything with the words "partially hydrogenated" on the label) while supplementing with 4 softgels of Omega 3 Plus at each meal for a total of 12 softgels a day for a minimum of 5 days. Afterwards, if you change your diet permanently and do not suffer from chronic inflammation, you can take the general recommended dose of 2 softgels daily with food for maintenance.





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DISCLAIMER

Before beginning this program, you should discuss it with your healthcare practitioner. This program is not designed to treat diseases. It is designed to enhance the normal function of the body, allowing the body to enhance its own inherent healing capabilities. If you are taking any medications, check with your doctor before beginning this program. If you are suffering from chronic disease, obesity, are a heavy smoker or drinker or consume excess caffeine on a daily basis, you may want to consider starting with the precleanse program. If you have any questions after reading this guide, you may ask your healthcare provider or call Aceva at 1-877-688-7241.