

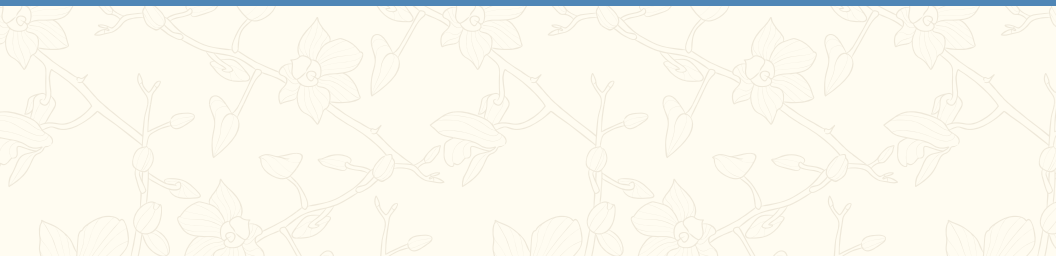


INNOVATION GUIDED BY NATURE, BACKED BY SCIENCE

180TM

Turn Your Life Around

SPECIAL PRODUCT USAGE PROTOCOL
18-DAY DETOX





The Importance of a Detox

Congratulations on your decision to turn your life around with the help of Dynamite 180™!

Detoxifying your body is such an important step to achieving vibrant health. Our bodies are equipped with natural filtering processes that worked much more efficiently prior to modern changes in the environment and food sources. An increase in environmental toxins and our lessened ability to filter them affects every system in the human body. Taking the time to help our bodies rid themselves of this toxic overload will benefit your overall health. Signs of excessive toxins can include constipation, headaches and muscle aches, fatigue, allergies, stubborn weight loss, hormonal imbalances, skin issues, and more.

Following the easy steps laid out in the protocol and your 18-day detox calendar is crucial for success. As with all journeys, the first step is always the most important.

STEP ONE: Make The Choice!

Having a healthy attitude towards your journey to better health is as important as following the protocol. There is power in the positive, so keep your thoughts and speech in line with your goals, not your failures.

STEP TWO: Loading Days (Days 1 & 2 of detox program)

Start taking Dynamite 180 and eat, eat, eat. We recommend good fats and healthy carbs. These two days of eating will replenish your structural (visceral) fat and normal (dermal) fat stores, both of which will send signals of famine if weight loss occurs during the detox. When following the protocol precisely and using 180, the body will naturally "burn" the abnormal fat (the fat which stores toxins), while preserving muscle, normal fat, and structural fat.

STEP THREE: Start Detox (Days 3-18 of detox program)

Read pages 4-6 to learn about what you can eat and what foods to avoid during this time. Also review your detox calendar on page 5 to know which products to take and when to take them.

STEP FOUR: Maintenance

Now is the time to slowly start adding foods back into your diet. It is very important during this time to continue your food journal. Your body will let you know which foods might not work for you by showing on the scale the next day. See page 7.

STEP FIVE: Share Your Success

Dynamite's vision is to improve lives by empowering people with the truth and knowledge about health. Share your success. Your discipline and hard work, combined with your new knowledge, can literally change the lives of those around you.



Need some extra support?

Check out the Dynamite 180 Support group on Facebook. Post your questions, concerns, and triumphs to share with others.

Important Points

CONSULT YOUR DOCTOR BEFORE STARTING THIS OR ANY DETOX PROGRAM.

MEDICATIONS Continue taking all medications and talk to your doctor about how detox and diet changes might affect the dosage of your medications. If you are diabetic, or are taking thyroid or blood pressure medicine be especially sure to seek guidance from your doctor as weight loss from this detox could affect which medications you take and the dosage as well.

What Makes 180 So Different?

180 is a combination of homeopathic and herbal ingredients designed to support your body while it flushes toxins, supports your hypothalamus and creates a feeling of well-being.

LARCH FLOWER ESSENCE supports the feeling of greater potential, confidence, and a release from self-limiting behavior and beliefs.

BORAGE FLOWER ESSENCE supports feelings of encouragement and balance.

ELEUTHERO ROOT supports the reduction of inflammation and the liver as it eliminates toxins.

BURDOCK ROOT supports the body's filtering organs: liver, kidneys, and lungs.

RED CLOVER HERB supports the functions of the heart, lungs, liver, and blood.

GUGGAL GUM supports the thyroid in overall function with respect to metabolism. In Ayurvedic medicine, it is said to aid in cleansing blood vessels, and supports a body's response to inflammation, obesity, joint pain, thyroid problems, and digestive disorders.

L-CARNITINE has been proposed as a therapeutic treatment for many conditions because it plays a role in reducing oxidative stress. In addition, L-Carnitine is a nutrient that helps the body turn fat into energy.

IRVINGIA GABONENSIS decreases leptin in the body. It also promotes blood sugar balancing, regular bowel movements, toxin flushing from the intestinal tract, helps sustain the feeling of fullness, and boosts metabolism.

ASHWAGHANDHA ROOT supports the normalizing of high blood sugar and insulin sensitivity.

GREEN TEA supports metabolism.

DANDELION ROOT supports the liver and gall bladder as they manage the flushing of fat reserves and toxins.

180 works alongside the specially-selected detoxifying Dynamite products (found in the 180 Detox Kit) to help you adjust your food intake while minimizing side-effects.



Mineralization in the Body

Modern farming practices have left the food supply with little or no mineral or trace mineral value, yet the body desires food to fulfill the nutrients it needs. This becomes a devastating losing circle—we eat for nutrients, the food lacks the nutrients, so we crave more and are left with calories to burn without proper nutrition. Most people are chronically mineral deficient as a result.

Along with 180, you will take the Dynamite Daily Foundation products—they all tie together. These supplements help to support the body's vitamin and mineral needs, allowing it to crave less food and properly utilize stored "fuel."

Izmine™ is also very important for the detox support it offers your body, as well as trace and micro-trace minerals. Izmine is also an excellent electrolyte which is important when you are flushing out toxins from your body. After the 18-day detox you can



continue to supplement with IZmine. For prolonged use, take it per label instructions once a day in the morning before eating.

When looking at the supplement facts for IZmine, you will notice that it contains a significant amount of iron. Iron is often misunderstood but it is absolutely critical to our existence. The center of every red blood cell in your body contains iron with a primary function to carry oxygen, so a deficiency of iron results in a lack of oxygen to the tissues. This creates feelings of fatigue and depression commonly known as iron-deficient anemia. Iron is also essential for protein synthesis to build and repair all tissues. It also aids the immune system. Many enzymes in the body need iron as a cofactor to do their respective jobs. But, there is an imperative and misunderstood factor when considering iron supplementation and that is the **form** of the iron. A human body cannot absorb inorganic iron (ferrous fumarate, ferrous sulfate, ferric citrate, etc.), so there are strict RDA guidelines for consuming this form of iron as it is considered a toxic heavy metal. However, our bodies need iron that has been converted to a body-ready form (think about iron in spinach versus eating iron shavings). Mother Nature makes body-ready iron by first having plants pull the iron from soil into their tissues, the plant then adds cofactors and makes it digestible to the animals and humans who eat the plant. The form of iron contained in IZmine comes from plant material and is naturally body-ready—this means your body will either use the iron, or it will flush it out as natural waste, just like if you ate “too much” spinach.

We highly recommend adding [Mega Botanicals](#) for added energy, lasting hunger management, digestion, detox support, and alkalization. Additionally, as you progress with this protocol you can add other supplements: [Premium Magnesium](#) to regulate bowels and [Miracle Clay™](#) to assist in detoxification.

Additionally, natural trace mineral salt (Dynamite NTM Salt) is a powerful alkaline-forming substance. A natural and improved diet must include NTM Salt. The absence of salt in the daily diet greatly hampers absorption of nutrients contained in foods and it renders them unable to function as natural healing agents. NTM Salt is a living food with its ionic and electrolytic properties profoundly anchored in its grounding crystals. **Note: typical table salt is not advised on the protocol because it contains anti-caking agents and other additives** (see page 7 for more about refined salt).

The Eating Plan

THE FIRST 48 HOURS: Replenish Your Normal (Dermal) Fat Reserves

We like to call the first two days of the protocol “loading days” because they involve replenishing your dermal fat stores. On these days, take 180 as directed on the bottle then eat, eat, eat! We recommend eating healthy fats (avocado, nuts, olive oil, etc.) and good carbohydrates (fruits and veggies that are healthy but that are not on the approved food list on page 6). Consider cutting back on the foods you will soon be stopping altogether on day 3 (soda, artificial sweeteners, caffeine, etc.), just to give your body a heads-up. You will also start taking the Dynamite Daily Foundation Program which includes DM Plus and Tri-Mins.

DAY 3: Begin Detox and Ultra Clean Eating Protocol

Just as during loading days, take 180 as directed—three times per day, 15-20 minutes before eating. Additionally, take 2* capsules of IZmine in the morning at the same time as 180 and 2* capsules in the evening at the same time as 180. Take DM Plus and Tri-Mins as directed to ensure your body has the nutritional building blocks throughout this cleanse. Catalyst water is also recommended as a daily supplement. See additional insert for instructions. **See Detox Calendar for clarification.**

**The IZmine dosage may be adjusted if you have any dietary iron restrictions. Up to 4 capsules of IZmine can be taken with each dosage. Please see information about IZmine and its iron content on follow page.*

Detox and Ultra Clean Diet [\(see page 6 for a list of approved foods\)](#)

BREAKFAST Because there are many different perspectives on this meal and many different results, we are offering two options and suggest you try both to see which one works best for your metabolism:

Option #1: Take 180, then drink a large glass of water or caffeine-free herbal tea, or a large glass of Miracle Clay water (see label instructions) and skip breakfast altogether. The theory behind this is that you are prolonging the overnight fast and allowing your body a few additional hours of cleansing.

Option #2: Depending on your own blood sugar needs and how you function in the morning, many people choose to eat breakfast. For this option, the ideal choice is 1 or 2 eggs. If your blood sugar is being adversely affected, you can consider a slice of gluten-free toast. You may also choose to eat 1 of your allowable fruits. NOTE: If you choose breakfast option #2 and also want to incorporate a glass of Miracle Clay water, wait 30 minutes before eating after drinking the clay water.

SNACK One piece of fruit or one serving of **Mega Botanicals™**.*

LUNCH Salad greens **AND** 3-5 oz. of lean protein. Or try your protein **AND** a cup of veggies. Don't be afraid to mix it up. Keeping your food interesting is key to staying on track.

SNACK One piece of fruit or one serving of **Mega Botanicals™**.*

**Mega Botanicals can be substituted for one fruit per day.*

DINNER A slightly larger portion of protein (5 oz) **AND** one cup of vegetables **AND** a salad.**

***Salads can be so much more than lettuce. Look into mixed greens and experiment with your own blends and add slices of veggies from the list but avoid iceberg lettuce!*

WATER Use the chart for recommended water intake.

Drink more if possible.

The quality of the water you drink can make a big difference. We recommend using distilled water and adding Dynamite **Catalyst Water** to improve the elimination of toxins. See enclosed instructions on label on how to "catalyze" your water.

Your weight	Water per day
120-150 lbs	70 oz
150-180 lbs	80 oz
180+ lbs	90 oz

Drinking enough water is essential to your success!

Herbal, caffeine-free tea, and Miracle Clay water count towards your daily water intake.

18-Day Detox Calendar (see product labels for full instructions)

Before starting any detoxification program, we recommended you consult with your physician.

Please see instructions on all products for proper usage.

DAY 1 & 2 LOADING DAYS Take: 180, DM Plus, & Tri-Mins DATE DATE		DAYS 3-6 180 ULTRA CLEAN EATING PROTOCOL Take: 180, DM Plus, Tri-Mins, Izmine, Catalyst Water, Miracle Clay DATE DATE DATE DATE			
DAYS 7-12 180 ULTRA CLEAN EATING PROTOCOL Take: 180, DM Plus, Tri-Mins, Izmine, Catalyst Water, Miracle Clay DATE DATE DATE DATE DATE DATE					
DAYS 13-18 180 ULTRA CLEAN EATING PROTOCOL Take: 180, DM Plus, Tri-Mins, Izmine, Catalyst Water, Miracle Clay DATE DATE DATE DATE DATE DATE					

MORNING

20 Minutes Before Eating:

180 and Izmine

With or After Eating:

DM Plus and Tri-Mins*

NOON

20 Minutes Before Eating:
180

EVENING

20 Minutes Before Eating: 180 and Izmine

With or After Eating: DM Plus

Before Bed: Tri-Mins (helps with sleep)

**All of your daily Tri-Mins can be taken in the evening.*

Take **Premium Magnesium** as needed for muscle cramps or constipation.

Use **NTM Salt** daily as desired to flavor food.

Approved Food List

NOTE: Amounts of food are limited to allow your body to access toxins in your fat stores. Do your best to consume only the recommended amounts. Should you need additional calories, simply eat more of the protocol-approved foods. Be sure to evaluate what is actual hunger and what may be a possible detox craving. Remember, it is OK to let your body feel hunger.

JUICE OPTION: Any approved fruits and veggies can be fresh juiced.

APPROVED RAW FRUITS - LIMIT 2 PER DAY

Apple	Blackberries	Blueberries	Cantaloupe
Grapefruit	Lemon	Lime	Nectarine
Orange	Peach	Pear	Pineapple
Raspberries	Strawberries	Tomato	

One serving of **Mega Botanicals** counts as one fruit serving and is also an approved vegetable

APPROVED VEGETABLES

Radish	Cucumber	Sauerkraut
Fennel	Cabbage	Celery
Onion	Bean Sprouts	Tomato
Chard or Kale	Asparagus	Lettuce (no iceberg)
Mushrooms	Cauliflower	Spinach
Zucchini	Beet Greens	Other Leafy Greens

OTHER ITEMS

Herbal Tea (as much as you want)
No-Sugar Seasonings
Dynamite NTM Salt
Pickled Vegetables*
Stevia (natural sweetener)
Spices and Fresh Herbs

APPROVED PROTEIN SOURCES

Crab	Veal	Beef	Elk	White-Fleshed Fish
Lobster	Chicken	Pork (lean cuts)	Buffalo	Ahi Tuna (not canned)
Shrimp	Whey Protein		Venison	Eggs

*Use sparingly and be aware of sodium and sugar content.

Things NOT on the list:

CERTAIN VEGETABLES AND FRUITS One of the first questions people have is regarding the missing healthy fruits and veggies from the protocol, for instance, broccoli. Studies have found certain foods commonly cause inflammation. It is for this reason we leave those foods out. Once the maintenance phase begins, these healthy foods are the first non-protocol items we recommend you add back in to your diet. You may find, through journaling and experimentation that certain foods don't work well with your body, while others are actually great for you personally. But while on the 18 day detox, refrain from anything not on the approved list.

DIET SODA In a study at the University of Texas Health Science Center at San Antonio, researchers followed 474 diet soda drinkers, 65 to 74 years of age, for almost 10 years. They found that diet soda drinkers' waists grew 70 percent more than non-drinkers. Specifically, drinking two or more diet sodas a day grew waistlines five times more than non diet soda drinkers. There are also many other studies showing that the chemicals in diet soda can cause cell damage, kidney problems, reproductive issues and more. See "Chemical Additives" for more info on artificial sweeteners. The 180 protocol is a fantastic way to break your diet soda addiction and bring back health.

ALCOHOLIC BEVERAGES Alcohol provides the body with calories that do not contain nutrition. Additionally, it is a known toxin. Do we need to say more?

SALAD DRESSING This is a perfect time to "rethink" what you put on your salad. Many people use dressing to cover up a poorly engineered salad (ranch dressing on iceberg lettuce). Learn to make a nice salad and what you can or cannot put on top becomes less important! Try slicing approved veggies into very small pieces such that each bite has a bit of each and you will not miss the dressings of the past. If you insist on dressing however, try balsamic vinegar alone or mixed with lemon and stevia for a fresh, light dressing that works with the protocol.

COOKING OIL, GREASE, AND COOKING SPRAYS Because various fats react differently in the body and may confuse the detox, they are not included on the approved list.

CHEMICAL ADDITIVES OF ALL KINDS Removing chemicals is important not only during detox but moving forward after the 18 days. Unnatural additives are treated as toxins by our bodies, often being sequestered in unnatural fat deposits. Examples are: MSG; artificial sweeteners such as Splenda® (sucralose), Sweet’N Low® (saccharin), Equal® and Nutrasweet® (aspartame), acesulfame K and neotame; artificial colors and flavors; preservatives; high fructose corn syrup; trans-fats; etc.

REFINED “TABLE” SALT Refinery salt contains chemical additives, such as bleaches, conditioners, and anti-caking agents whose role is to prevent the salt from mixing with water in the box or in the body. This prevents the salt from performing its important functions. You MAY (and really you MUST) use Dynamite NTM Salt which is free of additives (see pages 3-4 for more on salt).

Food Journal

Take a moment each day to document your daily meals and how you feel. By tracking this detox, you can see more clearly how you feel after eating certain foods and how your health has improved by cleaning up your diet. It is not required to weigh yourself, however inflammation can be more quickly observed on the scale and therefore is a good gauge for how your body is reacting to your changes.

Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK		
	LUNCH	WATER INTAKE	
	SNACK	WEIGHT	
	DINNER		
Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK	WATER INTAKE	
	LUNCH		
	SNACK	WEIGHT	
	DINNER		

Use the example above to create your own food journal or download a full version from the Dynamite 180 Support Facebook group page (click on the “Files” tab). To easily find this group go to the Dynamite Specialty Products Facebook page and click on the “180 Support Group” tab.

Exercise

Regular exercise is absolutely imperative to good health so it needs to be incorporated. However, if you were not already exercising regularly before your started this detox, you may want to refrain from starting something highly physically challenging until you’ve completed these 18 days. Instead, incorporate 30 minutes of walking to get your heart rate up and allow your body to sweat without causing muscle inflammation. Your skin is your largest organ of elimination and sweating will help your body slough off toxins. Note: On days of physical work you may need to add a couple ounces of additional protein to one of your meals.

Maintenance

At the end of the 18-day detox, you will be ready to gradually add in foods that are not listed in the protocol. This phase is as important as the detox itself because if you quickly revert to old habits, you will negate the cleanse.

Since this protocol is about cleansing and restoring health, take time in this phase to continue food journaling and start weighing yourself daily, if you weren’t already. The reason weighing yourself during this phase is important is that you will quickly see which foods cause inflammation by the scale going up. You might learn, for instance, that certain foods will never be a good choice for your body. This is the perfect time to observe, journal, and make life-long changes that will help your overall health for the rest of your life.

STORAGE NOTE:

Do not store your drops close to or on any electronic devices (TV, cell phone, computer, etc.).

Love the way you feel?

This program is an 18-day elimination diet and detox, it is not intended for weight loss. If, however, you like how you feel and would like to continue on 180 for weight loss, contact your distributor for additional bottles of 180 and a weight-loss specific protocol.

REFERENCES AND SUGGESTED READING

Bitner, M. *The HCG Diet Cookbook: Helping Weight Loss Happen*. 2010

Boldry, M. *HCG: Phase 2: Weight Loss Today and Forever! 2011*

Fowler, S., Williams, K., Hazuda, H. *Diet Soft Drink Consumption is Associated With Increased Waist Circumference in the San Antonio Longitudinal Study of Aging*. Abstract of oral presentation. June 25, 2011

Grace, H.C. *HCG Diet Made Simple: Your Step-By-Step Guide Beyond Pounds and Inches*. 2009

Harvey, Steven N., *Minerals Right on Target*. 1987

Prinster, L. *HCG Weight Loss Cure Guide: A Supplemental Guide to Dr. Simeons' Pounds and Inches Supporting All Types of HCG*. 2011

Simeons, A.T.W., MD. *Pounds and Inches: A New Approach to Obesity*. Private Printing. 1976

Trudeau, K. *The Weight Loss Cure They Don't Want You to Know About*. 2007



www.DynamiteSpecialty.com

Dynamite Specialty Products, Inc.
310 E. Watertower Street | Meridian, Idaho 83642

Customer Service: 800-697-7434



For more tips check out our Facebook page:
[facebook.com/DynamiteMarketing](https://www.facebook.com/DynamiteMarketing) and consider joining our
Dynamite 180 Support group page on Facebook as well.