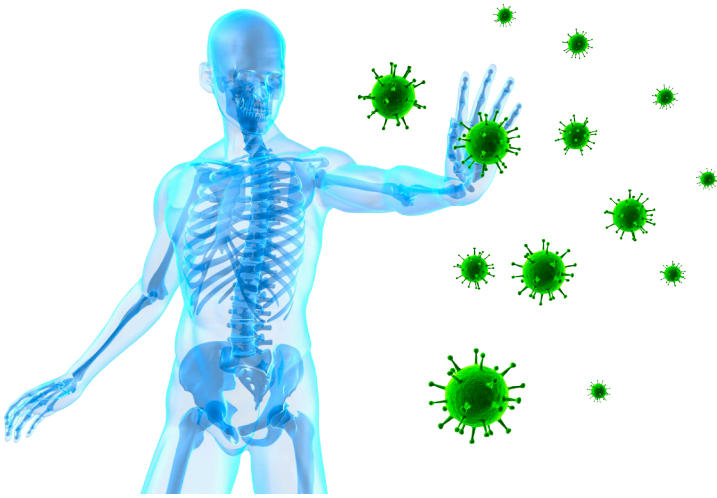


THE 21-DAY
PREMIER
CLEANSE

Premier Research Labs • "Nutrition That Really Works"

The 21-Day Premier Cleanse

Get Started on Your 21-Day Challenge



We now live in an age of ever increasing environmental stress from known sources (such as our air, water and food) but also from hidden, lesser known sources (such as skin care products, cleaning products and much more).

Exposure to environmental carcinogens can occur in the workplace and the home as well as the general environment. Exposure to high levels of certain chemicals, as seen in various occupations, is well known to cause health concerns. However, growing scientific evidence shows that exposure to even low levels of chemicals can contribute to overall risk of many health concerns.

Environmental factors including exposure to carcinogens such as tobacco smoke, poor nutrition and physical inactivity are estimated to be responsible for up to 75-80% of health concerns in the U.S.

The wise choice is to adopt a periodic internal cleansing program, once or twice a year, using premier quality products to cleanse the body at the quantum level.

8 KEY AREAS OF SUPPORT

During the 21-Day Premier Cleanse

1. Optimize the pH

5. Encourage Lymph Chi

2. Promote Cell Energy Health

6. Clean up the Liver

3. Optimize Digestive Health

7. Promote Healthy Stress Support

4. Support Kidney Health

8. Jumpstart: The TransFORM Diet

*Supercharge your body
with premier quality nutrients and experience
the premier difference!*

1. How Do You Rate Your pH (your mineral status)?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **Coral Legend**

4: Keep up the good work! To stay on track, consider **Coral Legend**

3: Not bad! To take the next step, consider **Coral Legend** and **Premier Greens**

2: Let's get to work! To make a difference, consider **Coral Legend**, **Premier Greens** and **Premier Pink Salt**

1: Time to make a change! Start today and consider **Coral Legend**, **Premier Greens**, **Premier Pink Salt** and **Polar Mins**

Optimize the pH*

*As indicated by a first morning urine pH of 6.4 to 7.0

The first goal on the way to great health is to attain and maintain a first morning urine pH in the alkaline range of 6.4 -7.0. The foundation of great health requires good mineral nutrition. Without it, the body can become acidic due to the gradual depletion of its mineral reserves. When mineral levels are low, many types of health stress can occur.

Some people have so depleted their mineral stores, the body is unable to use minerals to buffer internal acidity. Instead it must make ammonia on an emergency basis to buffer the urine. In most of these cases, the pH of urine will be greater than 7.0 (a serious situation requiring immediate intervention).

Your goal is to keep the urine pH in the ideal alkaline range of 6.4 – 7.0 as measured by the first morning urine pH.

Key factors that may affect pH:

- A diet high in animal protein
- Immune stress
- Heavy metal burden
- Parathyroid stress
- Poor digestion
- Kidney stress
- Nutrient deficiencies
- Poor mineral intake



Boost Your Nutrients!

*Top Choice



Coral Legend this natural mineral product provides 100% pure Sango marine coral powder (no fillers), delivering premier calcium and magnesium minerals with an impressive 2:1 ratio for **superb mineral support**.

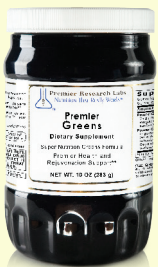
This powder concentrate is a top seller due to its legendary mineral support for the bones, joints, teeth and in promoting a healthy alkaline pH for whole body health and vitality.



Premier Pink Salt is a blend of two premium, untreated, unheated, **solar-dried sea salts** which delivers critical trace elements.

Use Premier Pink Salt daily in place of regular table salt to add robust flavor to foods and drinks for the whole family.

Other Biocompatible Formulas



Premier Greens is nature's amazing super nutrition formula for optimal health and wellness.

Our prized greens blend features our pristine **organic Power Grass-Plus Blend™** (with organic barley grass and organic oat grass) coupled with **Power Greens Blend™** for optimal effect. This product contains no undesirable sweeteners, additives or fillers.



Polar Mins is a broad spectrum liquid concentrate of **raw oceanic minerals**. It contains an electrochemically charged source of minerals obtained from pure Australian Ocean water.

Minerals are essential for good health since the body cannot produce them. You can only get your minerals from your diet.

2. How Do You Rate Your Cell Energy Health?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider the **PQQ Complex with CoQ10**

4: Keep up the good work! To stay on track, consider **PQQ Complex with CoQ10**

3: Not bad! To take the next step, consider **PQQ Complex with CoQ10** and **Medi-Clay-FX™**

2: Let's get to work! To make a difference, consider **PQQ Complex with CoQ10, Medi-Clay-FX™** and **Premier DHA**

1: Time to make a change! Start today and consider **PQQ Complex with CoQ10, Medi-Clay-FX™, Premier DHA** and **Premier Glutathione Complex**

==== Promote Cell Energy Health ====

Although many factors can play a direct role in health concerns, mitochondrial stress and its revival is critical to the proper detoxification and health of the cell. The extreme vulnerability of the mitochondria can be seen during oxidative stress.

Two forces that interact at the cellular level which affect the mitochondria are: a) free radicals (these are formed by the

reactive oxygen species and reactive nitrogen species) and b) excitotoxins (neurotransmitters that can cause cell death when their actions are prolonged). Examples of excitotoxins are MSG (monosodium glutamate) and aspartame.

The cell's mitochondria can be elegantly supported by targeted nutraceutical agents such as CoQ10.

Key factors that may affect cell energy health:

- A diet high in animal protein
- Inadequate stomach acid
- Poor digestion and assimilation of nutrients
- Poor sleep (get at least 5 hours straight sleep nightly)
- Acid urine pH
- Immune stress
- Poor antioxidant levels



Boost Your Nutrients

*Top Choice



PQQ Complex with CoQ10 This formula features **PQQ** (pyrroloquinoline quinone) which is a unique B vitamin-like nutrient, which offers nerve, cardiovascular and cognitive (learning and memory) support.

This is coupled with natural source, fermented **CoQ10** (trans isomer form). This product promotes cellular energy and premier antioxidant support.



Premier DHA (docosahexaenoic acid) is a premier breakthrough that is **derived from micro-algae** (not fish), making it suitable for everyone, including vegetarians and vegans.

Feed your brain with plant-source DHA, a key omega-3 fatty acid that is important for the **brain, kidneys, nervous system, eyes and cardiovascular health.**

Other Biocompatible Formulas



Medi-Clay-FX™ is a unique calcium bentonite clay that is believed to be the only known bentonite sourced from the site of an ancient underwater volcanic eruption that was flushed with fresh water for millions of years.

Numerous analytical studies have been performed on this particularly unique smectite form of bentonite clay showing its **powerful adsorptive and absorptive detoxification** properties.



Premier Glutathione Complex contains **glutathione GSH** (the premier reduced form) that delivers effective antioxidant support and broad spectrum free radical quenching.

It also supports the **detoxification process and promotes liver and immune system health.**

3. How Do You Rate Your Digestive Health?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **Medi-Clay-FX™**

4: Keep up the good work! To stay on track, consider **Medi-Clay-FX™**

3: Not bad! To take the next step, consider **Medi-Clay-FX™** and **Premier Digest**

2: Let's get to work! To make a difference, consider **Medi-Clay-FX™**, **Premier Digest** and **Premier Probiotic**

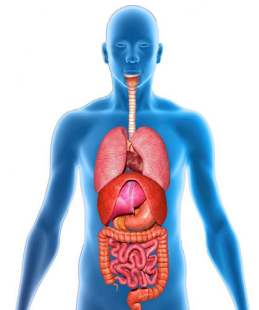
1: Time to make a change! Start today and consider **Medi-Clay-FX™**, **Premier Digest**, **Premier Probiotic** and The HCL Support Program (using both **Premier HCL** and **Premier HCL Activator**)

Optimize Digestive Health

You've probably heard the saying: "You are what you eat." But this concept is only partly true – even if you have a healthy diet, you must be able to properly digest and absorb nutrients so they can be used. That's why poor digestion is often at the root of food reactions or food allergy concerns since it can lead to the absorption of undigested food particles through the colon wall, called "leaky gut". These particles can then pass into the blood stream and cause distress to distant organs.

Over time, these unwanted byproducts of poor digestion can help create a stagnant colon with smelly, foul debris.

To help detoxify the body, calcium bentonite clay is an excellent choice. To support digestive health, consider HCL and digestive enzymes. Supplementing with premier probiotic bacteria supports healthy intestinal ecology.



Key factors that may affect digestion:

- A diet high in animal protein
- Acid urine pH (poor mineral status)
- Poor diet with junk foods
- Eating fried or highly heated foods
- Low stomach acid
- Liver stress
- Immune stress
- Heavy metal burden

Boost Your Nutrients!

*Top Choice



Medi-Clay-FX™ is a unique calcium bentonite clay that is believed to be the only known bentonite sourced from the site of an ancient underwater volcanic eruption that was flushed with fresh water for millions of years.

Numerous analytical studies have been performed on this particularly unique smectite form of bentonite clay showing its **powerful adsorptive and absorptive detoxification** properties.



Premier Digest contains a **broad spectrum profile of vegetarian digestive enzymes** that support the digestion of proteins, carbohydrates, fats, fiber and dairy.

This formula offers protease enzymes that help breakdown proteins. Lipase enzymes promote the breakdown of fats. Amylase enzymes promote polysaccharide breakdown of starch and glycogen. Invertase and lactase enzymes support digestion of carbohydrate disaccharides, including dairy. Cellulase enzymes help break down plant fiber.

Other Biocompatible Formulas



Premier Probiotic is a broad-spectrum formula (with "good bacteria") promotes healthy intestinal ecology with **12 different viable strains of beneficial flora** to support health-promoting intestinal bacteria.

Our unique fermentation process uses 95 different natural herbs and barks, cultured for 3 years to produce healthy, mature flora and highly bioavailable nutrients.



The HCL Support Program (using both **Premier HCL** and **Premier HCL Activator** together) is an effective digestive support combination.

Get your digestive power back on track with this amazing digestive support combination. Enjoy the added benefits of premier quality nutrients without added magnesium stearate (an undesirable excipient).



4. How Do You Rate Your Kidney Health?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **RenaVen™**

4: Keep up the good work! To stay on track, consider **RenaVen™**

3: Not bad! To take the next step, consider **RenaVen™** and **Premier DHA**

2: Let's get to work! To make a difference, consider **RenaVen™**, **Premier DHA** and **ImmunoVen™**

1: Time to make a change! Start today and consider **RenaVen™**, **Premier DHA**, **ImmunoVen™** and **Adaptogen-R3™**

Support Kidney Health

In ancient classical oriental wisdom, the kidneys are said to be the "ocean of the body" where all the essences and fluids of the body's various pathways cycle through the kidneys in a bioenergetic process.

Your kidneys are vitally important organs with many key functions. To help create a great foundation for kidney health, follow a few simple rules:

✓ Adopt a delicious, healthy diet which includes organic fresh fruits, veggies, whole grains, beans, nuts and seeds.

- ✓ Decrease red meat and dairy intake.
- ✓ Limit or eliminate alcohol intake.
- ✓ Find a favorite exercise to do daily. A daily walk is excellent.
- ✓ If you smoke, now is the time to quit. Yes, you CAN do it!
- ✓ Take a premier quality, **broad spectrum botanical kidney support formula daily.**

Key factors that may affect kidney health:

- A diet high in animal protein or junk foods
- Acid urine pH (deficient mineral intake)
- Frequent alcohol intake
- Immune stress
- Heavy metal burden
- Inadequate water intake



Boost Your Nutrients!

*Top Choice



RenaVen™ is a premier quality, broad-spectrum formula that supports **optimal kidney health.**

It features two key botanical blends: **Rena-Prime™** and **Rena-Bolic Support™**, the perfect support blend.



ImmunoVen™ is a premier quality nutraceutical formulation featuring **Olea-Pro™**, a potent olive leaf extract coupled with a supportive phytonutrient blend, **Olea BotaniBlend™.**

This unique formula offers exceptional benefits for the **immune system and cardiovascular health.**

Other Biocompatible Formulas



Premier DHA (docosahexaenoic acid) is a premier breakthrough that is **derived from micro-algae** (not fish), making it suitable for everyone, including vegetarians and vegans.

Feed your brain with plant-source DHA, a key omega-3 fatty acid that is important for the brain, kidneys, nervous system, eyes and cardiovascular health.



Adaptogen-R3™ is a premier, invigorating formula that **promotes the entire adaptogenic process, including whole body stress support.**

This product features several key, nutraceutical blends. **Rhodiola Pro Blend™** features the famous botanicals: **Rhodiola Rosea** root, **Eleuthero** root, **American Ginseng** and **Opuntia**, the perfect adaptogenic blend. **CordyPro Blend™** complete the "Premier Quality Effect" of this dynamic formula.

5. How Do You Rate Your Lymph Chi?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **Medi-Body Bath®**

4: Keep up the good work! To stay on track, consider **Medi-Body Bath®**

3: Not bad! To take the next step, consider **Medi-Body Bath®** and **Coral Legend**

2: Let's get to work! To make a difference, consider **Medi-Body Bath®, Coral Legend and Premier Pink Salt**

1: Time to make a change! Start today and consider **Medi-Body Bath®, Coral Legend, Premier Pink Salt and RenaVen™**

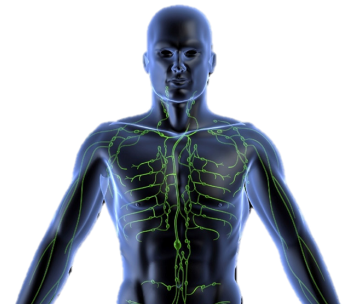
Encourage Lymph Chi Flow

The lymphatic system is important in nutrient delivery and waste removal for the entire body. In contrast to the blood circulation which has a pump (the heart) to move blood flow, the lymph system must rely on physical activity to maintain its full-body circulation.

The lymphatic system is responsible for drainage and clearance of toxins from the body. The stagnation of the lymphatic system can contribute to unwanted health concerns. People who are sedentary may have stagnant lymphatic flow due to inactivity alone.

Key factors that may affect lymph chi:

- A diet high in animal protein
- Acid urine pH (deficient mineral intake)
- Heavy metal exposure
- A diet with poor quality food (pesticide residues, preservatives, contaminants, hormones)
- Liver and kidney stress
- Poor digestion
- Sedentary lifestyle



Boost Your Nutrients!

*Top Choice



Medi-Body Bath® is the ultimate cleansing bath of the 21st century! It contains premium quality cleansing agents, including organic sea wrack, minerals, clay and essential oils, used for centuries by other cultures to promote skin cleansing and beauty.

This bath is the premier generation in cleansing excellence. Experience the power first-hand for yourself. Our specialized formula initiates the "thermal effect," which is a deep, intrinsic cleansing effect.



Premier Pink Salt is a blend of two premium, untreated, unheated, solar-dried sea salts which delivers critical trace elements.

Use Premier Pink Salt daily in place of regular table salt to add robust flavor to foods and drinks for the whole family.

Other Biocompatible Formulas



Coral Legend this natural mineral product provides 100% pure Sango marine coral powder (no fillers), delivering premier calcium and magnesium minerals with an impressive 2:1 ratio for superb mineral support.

This powder concentrate is very popular due to its legendary mineral support for the bones, joints, teeth and in promoting a healthy alkaline pH for whole body health and vitality.

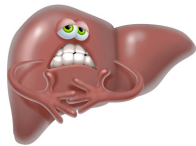


RenaVen™ features two key botanical blends: Rena-Prime™ and Rena-Bolic Support™, the perfect support blend.

This premier quality, broad-spectrum formula offers support for optimal kidney health.

6. How Do You Rate Your Liver Health?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **HepatoVen™**

4: Keep up the good work! To stay on track, consider **HepatoVen™**

3: Not bad! To take the next step, consider **HepatoVen™** and **Max B-ND™**

2: Let's get to work! To make a difference, consider **HepatoVen™**, **Max B-ND™** and **Max B-ND™**

1: Time to make a change! Start today and consider **HepatoVen™**, **Max B-ND™** **Max B-ND™** and **Premier Glutathione Complex**

==== Clean up the Liver ====

The liver is a major support organ that is responsible for the metabolism of fats, protein and carbohydrates, which helps the body to assimilate vital nutrients. The liver helps to eliminate wastes from food and environmental toxins.

It works hard to excrete bilirubin, cholesterol, unwanted hormones and drugs. If the liver becomes stressed, the functions

of the liver can become stressed.

To maximize liver function, kick out "junk" oils from your diet and take a premier quality multi-nutrient formula with key liver support herbs such as milk thistle seed and artichoke leaf.

Key factors that may affect liver health:

- A diet high in animal protein
- Acid urine pH (deficient mineral intake)
- Eating "junk" oils (fried foods, hydrogenated oils)
- Poor digestion
- Frequent alcohol intake



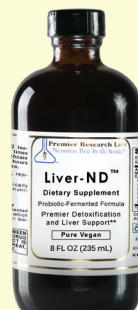
Boost Your Nutrients!

*Top Choice



HepatoVen™ is a key nutraceutical liver formula that contains two key blends: Liver Pro Blend™ and Detox Synergy Support™.

It offers an effective, broad-spectrum phytonutrient complex that promotes **optimal detoxification, and healthy liver support.**



Liver-ND™ is a first-of-its-kind, probiotic-fermented formula that delivers **optimal detoxification and liver support.**

ND Technology™ (Novel Micro-cultured Delivery): Our premier-quality formula is fermented into bio-available particles via unique multi-strain probiotic colonies. This allows rapid cellular delivery and superior biofield resonance dynamics. Many people say they can feel the effect of this product *the very first time* they take it.

Other Biocompatible Formulas



Max B-ND™ is a nutritional industry first - with never before available **probiotic-fermented B vitamins.**

This product contains a high-energy B vitamin complex that delivers premier nutritional support. It supplies high energy vitamin B forms including B5 as pantothenic acid, folate as folinic acid and more. This B vitamin-rich formula offers advanced support for the liver, the immune system, adrenal glands, mood balance and energy levels.



Premier Glutathione Complex contains glutathione GSH (the premier reduced form) that delivers effective antioxidant support and broad spectrum free radical quenching.

It also **supports the detoxification process and promotes liver and immune system health.**

7. How Do You Rate Your Handling of Stress?

Please circle a number from 1-5: 1 = poor; 3 = average; 5 = excellent



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If you rated yourself as:

5: Congratulations! To continue excellent support, consider **Adaptogen-R3™**

4: Keep up the good work! To stay on track, consider **Adaptogen-R3™**

3: Not bad! To take the next step, consider **Adaptogen-R3™** and **AdrenaVen™**

2: Let's get to work! To make a difference, consider **Adaptogen-R3™**, **AdrenaVen™** and **NZ-Red Velvet Deer Antler**

1: Time to make a change! Start today and consider **Adaptogen-R3™**, **AdrenaVen™**, **NZ-Red Velvet Deer Antler** and **Coral Legend**

Promote Healthy Stress Support

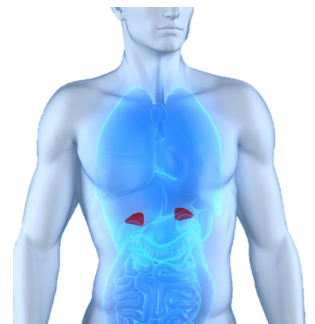
Nutritional stress support is critical to ensure optimal health, including adrenal support and detoxification nutrients. Exposure to environmental toxins is one of the most important factors that can impact whole body health. During times of stress, your body's capacity to adapt may be reduced

without sufficient nutritional support.

To optimize adaptogenic support in today's stressful environment, **taking a daily botanical formula** with premier quality nutrients as well as whole body detoxification nutrients are highly recommended.

Key factors that may affect stress:

- Low pH (deficient mineral intake)
- Immune stress
- Liver stress
- Poor sleep (get at least 5 straight hours of sleep)
- Poor diet (fried, refined or highly cooked food)
- Toxic body burden (xeno-estrogenic compounds, such as pesticides, plastic residues)



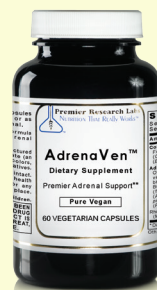
Boost Your Nutrients!

*Top Choice



Adaptogen-R3™ is a premier, invigorating formula that promotes the entire adaptogenic process, including **whole body stress support**.

This product features several key, nutraceutical blends. Rhodiola Pro Blend™ features the famous botanicals: Rhodiola Rosea root, Eleuthero root, American Ginseng and Opuntia, the perfect adaptogenic blend. CordyPro Blend™ complete the "Premier Quality Effect" of this dynamic formula.



AdrenaVen™ is a premier quality, nutraceutical formula designed to **support healthy adrenal glands**. This formula features Cordyceps (fermented mycelial extract), Rhodiola Rosea Extract and Eleuthero root (also called Siberian Ginseng). Rhodiola Rosea may help with occasional fatigue and may support energy levels.

In addition, this formula showcases Adrenal Pro™ Support, a comprehensive, multi-nutrient support blend.

Other Biocompatible Formulas



Coral Legend this natural mineral product provides 100% pure Sango marine coral powder (no fillers), delivering premier calcium and magnesium minerals with an impressive 2:1 ratio for **superb mineral support**.

This powder concentrate is a top seller due to its legendary mineral support for **the bones, joints, teeth and in promoting a healthy alkaline pH for whole body health and vitality**.



NZ-Red Velvet Deer Antler. Deer antler ranks as one of the most important nutrients in traditional Eastern medicine, used for centuries to **nourish jing essence** (overall health and vitality).

This "clean source" deer antler is humanely harvested from New Zealand deer on a private ranch, without harm to the deer and without the use of questionable anesthetics that can taint the product. Get the true benefits of deer antler without compromised nutrients.

Discover the Healthiest Diet Plan on Earth!

The Biofield Diet Plan

The Perfect Dietary Foundation for a lifetime
Try it for 21 days and feel the difference



What a privilege it is to learn the dietary plan that can transform your life. Not only can it help you maximize the cleansing process for 21 days, it can help TRANSFORM your body, your energy and your life! Feeling great is not just a "given" any more – you have to work for it.

Certain foods can act as hidden stressors or food intolerances that play havoc with your body. Often, people may not realize that they are reacting to/are intolerant of certain foods

or food ingredients (as listed below). By taking action on the Biofield Diet, you may find you are in a TOTALLY different place in 21 days with your overall wellbeing as well as your target weight, energy levels, bloating, cravings and more.

So let's get started on YOUR 21-day BODY METABOLIC VACATION – a complete HOLIDAY from the top food stressors as well as "junk" sugars & "junk" fats! Wow – you'll be enjoying delicious, hearty meals with real foods and NO junk.

Now that's a plan for YOUR best success!

Clear the Food Stressors: It's as easy as 1-2-3!

- 1 **Clear out the Top 6 Food Stressors:** Move these top food stressors (allergens/intolerant foods) out of your diet:
 - Dairy
 - Eggs
 - Wheat (gluten)
 - Soy
 - Corn
 - Peanuts

- 2 **Clear out "Junk" Sugars:** Kick out refined, white sugar & artificial sweeteners from your diet. Be sure to read labels to avoid these hidden sugars.
- 3 **Clear out "Junk" Fats:** "Bad" fats CAN stress your liver and up your weight. So clear out trans fat, canola oil and hydrogenated oils. (Avoid fried foods and fats/oils heated over 212 degrees F.)

The "Take Action" Points: Get on Target!

- ◆ **Eat more plant-based foods.** Include more "top choice" fruits, veggies, beans/legumes, grains, nuts and seeds in your diet.
- ◆ **Eat more starch.** Eat at least 50% of your calories daily as complex starch (grains, potatoes, beans, etc.) - the same thing that the long-lived cultures do.
- ◆ **Add a daily shake:** Add one multi-greens shake to your morning routine. Add 1 teaspoon of Premier Greens to your daily shake.
- ◆ **Nutritional Supplements:** Take your daily supplements as prescribed by your practitioner. If you have not been given a specific supplement program, then the following products are recommended for your 21-day diet experiment. Please check the label for specific dosage recommendations.
 - ✓ Premier Greens
 - ✓ Premier DHA
 - ✓ Coral Legend Plus
 - ✓ Premier Digest
 - ✓ D3 Serum
 - ✓ Adaptogen-R3™

- ◆ **Daily Super Salad:** Include one large, daily salad with at least 3 or more ingredients (such as a mound of green lettuce & baby kale topped with avocado, onion & tomato slices; Creamy Lemon Tahini dressing). A daily salad provides a big dose of soluble fiber to benefit colon health.
- ◆ **Meatless Meals:** Go "meatless" at least 5 days/week; instead, thrive on plant-based meals on these days. This helps give the digestive tract a rest and allows the body to detox more efficiently.
- ◆ **The 212 Rule:** Eat foods that have been cooked only at boiling temperature (or less). Acrylamides are carcinogenic chemicals that are formed when foods are cooked at high temperatures (over 212°F.).
- ◆ **30-Minute Mojo:** Up your mojo by going for a 30-minute walk daily. Yes - just do it!
- ◆ **The 7 pm Cutoff:** For best results, finish eating solid foods by 7 pm each day. When you stop eating solid food within 2-3 hours of bedtime, you give your digestion a rest so your body can focus on getting better sleep.

You Can Do It!

During this 3-week process, follow the Biofield Diet Plan at 100%! You need this precious time to give your overworked digestive system a break to calm down and optimize.

DON'T pick and choose from the above Take Action Points. Do it ALL! Often, the very foods you want to keep are the PROBLEM in stressing your body. Yes, you really CAN do it 100% – it's only 21 days! Stick with it and you may be able to reap ALL the amazing rewards.



TOP FOOD CHOICES

Select foods from the list below to include in your daily meals.

Top Protein Options	<ul style="list-style-type: none"> Plant-Based (unlimited): Organic pea protein, rice protein, sweet potato protein (esp. used in protein smoothies) Fish (1-2 x/wk): Cold water fish with scales. Top choices: wild-caught salmon, halibut, sole, sardines. Avoid farm-raised fish and shellfish (such as shrimp); avoid bottom feeders (such as catfish). Red Meat (1 x/month or less): lean red meat (steak, buffalo, lamb) (Must be grass fed, hormone-free) Chicken (none): If occasionally eaten, use organic only; local raised (avoid turkey, including organic) Eggs: None Dairy: None 												
Top Fat Options	<ul style="list-style-type: none"> Raw nuts & seeds. Top choices: organic almond, cashew, pecan, pine nut, sesame seeds, tahini (roasted sesame seeds), walnut (no peanuts) Veggies: Avocado (guacamole) Fermented nuts/seeds (for example, check out the recipe for Walnut Oregano Pate) 												
Top Vegetable Options	<p>Top Choices: Organic asparagus, beet, bell pepper, carrot (orange, purple, white, yellow), cucumber, broccoli, broccolini, brussel sprouts, cabbage (green & purple), fennel, jalapeno peppers, kale, lettuce (except iceberg), onions (red, white, yellow), mushrooms (top choice is crimini; avoid shitaki & portabella), parsley, red potatoes, spinach, sweet potatoes, tomatoes, zucchini</p>												
Top Grain Options	<p>(Avoid whole or refined wheat, including organic. Farro wheat, an ancient grain, is recommended.)</p> <p>Top Choices: Organic amaranth, brown rice, brown rice pasta, farro pasta, quinoa, quinoa pasta, teff</p>												
Top Bean/Legume Options	<p>Top Choices: Organic garbanzo beans (hummus), pinto beans, black beans, navy beans, cannellini beans, peas</p>												
Top Fruit Options	<p>Top Choices: Organic apple, apricot, avocado, berries (blueberries, blackberries, raspberries, strawberries), black cherry, grapefruit, lemon, lime, pear, orange, peach, persimmon, plum, pomegranate, raisin (dark and green), tangerine</p>												
Top Nut & Seed Options	<p>Top Choices: Organic almond, brazil nuts, cashew, coconut, pecan, pine nut, pistachio, sesame seeds, sunflower seeds, tahini (toasted sesame seed paste), walnut (no peanuts). Ideally, all nuts & seeds should be soaked for 10 minutes in purified water first before consuming.</p>												
Top Spice Options	<p>Top Choices: Organic basil, cayenne pepper, chipotle, oregano, rosemary, thyme, turmeric</p>												
Fermented Veggie Options	<p>Homemade fermented veggies: see our easy "overnight" recipes such as Creamy Walnut Pate, fermented carrot/onions and more.</p>												
Top Sweetener Options	<p>Top Choices: Organic date sugar (which is just powdered whole dates), organic maple syrup (grade B only- which does not contain formaldehyde), raw, unpasteurized honey, organic molasses. (Avoid agave syrup and stevia.)</p>												
Oil Options	<p>Avoid all refined oils. If occasionally eaten, use only small amounts of organic olive oil, sesame oil, flax oil (No canola oil). Tahini (made from whole sesame seeds) blended with a small amount of lemon, water, spices and salt makes a delicious, creamy salad dressing – without refined oil.</p>												
The Dirty Dozen List	<p>Buying organic is the best; buying locally farmed is the next best. But conventional produce may be heavily tainted with pesticide residues. The following list shows the 12 most pesticide-contaminated, conventionally-grown fruits and vegetables (from the EWG 2016 Dirty Dozen guide). Always purchase these twelve as organic to avoid the heavy hit from pesticide residues.</p> <table border="0"> <tr> <td>1. Strawberry</td> <td>4. Peaches</td> <td>7. Cherries</td> <td>10. Sweet bell peppers</td> </tr> <tr> <td>2. Apples</td> <td>5. Celery</td> <td>8. Spinach</td> <td>11. Cherry Tomatoes</td> </tr> <tr> <td>3. Nectarines</td> <td>6. Grapes</td> <td>9. Tomatoes</td> <td>12. Cucumbers</td> </tr> </table>	1. Strawberry	4. Peaches	7. Cherries	10. Sweet bell peppers	2. Apples	5. Celery	8. Spinach	11. Cherry Tomatoes	3. Nectarines	6. Grapes	9. Tomatoes	12. Cucumbers
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Make it easy! When preparing food, fresh is best of course, but another great option is to stock your freezer with some delicious, ready-made options. Sometimes, a quick and easy option for a meal entrée is to simply load some frozen, pre-made veggie burgers

into your toaster oven and you are eating in 7 minutes flat. For smoothies, organic, frozen fruit keeps well in the freezer and is available for immediate use. Please see our resource list for delicious, organic food items and entrees.

Sample Meal Ideas

Days	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Hearty amaranth cereal with pecans, dates & maple syrup	Smoothie: Almond milk blended with raspberries, pine nuts and 1 tsp. Premier Greens	Large salad with baby greens, avocado & tomato; topped with sunflower seed/lemon dressing Brown rice with steamed veggies and hummus	Organic apple; homemade raw nut-fruit cubes	Dinner salad with greens, tomato, onion, avocado; splashed with spicy tomato avocado dressing Cooked crimini mushrooms over brown rice; drizzled with lemon tahini sauce Cooked purple carrot/broccolini side dish
Tuesday	Potato Grande (boiled red potatoes, sweet onions, scallions); topped with spicy salsa	Smoothie: Almond milk blended with one apple, walnuts, maple syrup, 1 tsp. Premier Greens	Homemade coleslaw Bean and Veggie Stew Creamy Tomato Soup	Warmed rice tortilla topped with fermented almond spread	Pan-cooked salmon with Super Salsa garnish Cooked sweet potato cubes Dinner salad
Wednesday	Hot rice cereal Cooked red potatoes with spicy topping	Smoothie: Walnut milk blended with fresh kale, date sugar, 1 tsp. Premier Greens	Brown rice/bean wrap (brown rice tortilla layered with black beans, tomatoes, onion & avocado slices with fermented sunflower seed sauce); Broccoli soup	Organic almonds and golden raisins	Pan-cooked lamb chops Farro pasta topped with chopped onion and carrot; dinner salad
Thursday	Berry Bowl (blueberries, raspberries, blackberries), almond milk	Smoothie: Spinach, blueberries, apple, walnut, 1 tsp. Premier Greens	Veggie burgers with hot sauce Steamed mixed veggie side dish Spinach Salad with tangy tomato dressing	Rice tortilla with quacamole	Brown rice, quinoa and veggie salad Dinner salad
Friday	Sweet Potato Forte (sweet potatoes and onions with bean sauce)	Smoothie: Almond milk blended with fresh berries, 1 tsp. Premier Greens	Brown rice/ garbanzo bean salad Mushroom soup Lunch Salad (baby greens, spinach, tomatoes, parsley; walnut spice dressing)	Hummus dip with carrot sticks	Sweet Potato Stew (with beans & veggies) Dinner salad
Saturday	Hot rice cereal Mashed potatoes	Smoothie: Apple, walnut, maple syrup, 1 tsp. Premier Greens	Hearty Quinoa Chowder (quinoa, potatoes, onions, jalapeno peppers & spices) Cooked asparagus and carrots Hearty Lunch Salad (greens, veggies & spicy mango dressing)	Dried fruit/nut cubes	Pan-cooked sole with lemon dressing Brown rice and Brussel sprouts combo Dinner salad
Sunday	Breakfast tacos (rice tortilla, black beans, onion, tomato, cilantro) with avocado sauce	Smoothie: Pecan milk blended with mango, 1 tsp. Premier Greens	Quinoa pilaf Mixed veggie side dish Large Lunch Salad	Sweet cherries/pine nut smoothie	Veggie burgers with cashew gravy Mushroom/onion side dish Dinner salad

A vibrant blue flag is captured in mid-air, flowing and billowing against a clear, deep blue sky. Below the flag, the ocean's surface is visible with gentle waves and white foam. The foreground shows a sandy beach. The overall scene is bright and serene, suggesting a sense of freedom and achievement.

*We wish you great success in achieving
your own optimal detoxification
and health goals!*