

# 8-DAY DETOX

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## NUTRITIONAL COMPONENTS

### BioCleanse Plus Functional Food - Made with rice, pea, and chlorella protein

A pleasant-tasting, comprehensive cleansing formula that provides biologically active vitamins and minerals with specialty nutrients to support detoxification. This product is a low-allergen base and serves as a balanced meal supplement during the course of the program. Product should be mixed with plain water or another approved liquid, such as almond milk.

### Ultra Fiber Plus

A powdered dietary fiber supplement with soluble fiber, insoluble fiber, and freeze-dried *Lactobacillus acidophilus* to support healthy intestinal function and elimination.

### Ultra Greens pH

Blends vegetables, enzymes, grasses, and blue green algae in a delicious, fruit-flavored powdered beverage.

### Bars (Optional)

Macronutrient balanced, these great-tasting bars support blood sugar control while providing quality nutrition. Contains organic nut butter as a source of healthy, satiating fat.

#### Package 1

1 BioCleanse Plus  
1 Ultra Fiber Plus  
1 Ultra Greens pH

Full Price \$200  
**Your Price \$155**

#### Package 2

1 BioCleanse Plus  
1 Ultra Fiber Plus  
1 Ultra Greens pH  
1 box UltraLean Bars

Full Price \$244  
**Your Price \$188**



  **BIOGENESIS<sup>®</sup>**  
NUTRACEUTICALS. INC

## DIETARY GUIDELINES

| FOOD GROUP             | ALLOWED FOODS  | AVOID THESE   |
|------------------------|--|---|
| <b>Dairy Products</b>  | Milk substitutes only: rice, almond, hemp, cashew or coconut   | Cow's milk or cheeses, cottage cheese, yogurt, ice cream, cream, non-dairy creamers, soy milk, goat's milk  |
| <b>Grains/Starches</b> | Non-grain starches, including sweet potato, yams, winter squashes, beets, carrots  | All grains including wheat, corn, rice, barley, rye, spelt, kamut, oats; roots such as tapioca and arrowroot; legumes including beans, soybeans, lentils and split peas; white potatoes |
| <b>Protein Foods</b>   | Chicken, chemical-free turkey only, lamb, small amounts of beef, wild salmon, mackerel, sardines, trout, halibut   | Beef, pork, cold cuts, frankfurter, sausage, canned meat, tuna, eggs, egg whites, shellfish, soy products and any other legumes   |
| <b>Vegetables</b>      | All vegetables (fresh, frozen, or juiced) except for nightshade  | Creamed vegetables, nightshades (e.g. potatoes, bell peppers, tomatoes, eggplant)   |
| <b>Fruits</b>          | Fresh, frozen, water-packed fruit, dilute fruit juices, no more than 1/2 banana as a serving   | Undiluted fruit juice, fruit drinks, cocktails, tomatoes, strawberries, citrus fruits (e.g. orange, lemon, lime, grapefruit)  |
| <b>Soup</b>            | Vegetable-based broths, vegetable soups, chili soup, made with turkey or chicken   | Canned or creamed soups containing gluten grains/flours<br>Avoid high-salt soups  |
| <b>Beverages</b>       | Pure water, herbal teas (non-citrus, non-strawberry)   | Milk, dairy-based drinks, coffee, black tea, cocoa/chocolate, alcohol, soft drinks, sweetened drinks, citrus or strawberry drinks (decrease caffeine gradually)                         |
| <b>Fats/Oils</b>       | Olive, safflower, coconut, sesame, walnut, flax, avocado; homemade mayonnaise using extra light olive or safflower oils (ask us for a mayonnaise recipe) (add 1-2 tsp. oil to shakes and meals as needed to reduce hunger, minimum 2 tsp. oil per day) | Margarine, shortening, commercial salad dressings, commercial mayonnaise, soy oil, canola oil   |
| <b>Nuts/Seeds</b>      | Almond, cashew, flax seed, walnut, pecans, pumpkin seed, sunflower seed, coconut<br>Nut butters/oils/flours made from above  | Peanuts, peanut butter, pistachios  |
| <b>Sweeteners</b>      | Stevia, raw honey, xylitol, brown rice syrup, fruit sweeteners (pure fruit only), pure maple syrup (limit to 2 tsp. per day)   | White, brown or raw sugar; pasteurized honey, molasses, corn syrup, all artificial sweeteners (e.g. sucralose, saccharin, aspartame, etc. except xylitol); all refined sugars           |

## DETOX PHASE - MEAL PATTERN (Detox speeds weight loss or gets the body ready for faster weight loss when metabolism seems stubborn.)

| Days 1-2   | Days 3-8  |
|--|---|
| <b>Breakfast:</b><br>Mix BioCleanse <i>Plus</i> (1 scoop or alternate medical food, discuss with provider), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency | <b>Breakfast:</b><br>Mix BioCleanse <i>Plus</i> (2 scoops) (or substitute, discuss with provider), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 14 oz. water to desired consistency       |
| <b>AM Snack:</b><br>Fruit (1-2 medium servings, preferably seasonal & low glycemic, limit 1/2 banana) BioGenesis UltraLean Bar (1) or nuts/seeds (2 Tbsp.)   | <b>AM Snack:</b><br>Fruit (1-2 medium servings, preferably seasonal & low glycemic, bananas limited to 1/2)<br>BioGenesis UltraLean Bar (1) or nuts/seeds (2 Tbsp.)                                   |
| <b>Lunch:</b><br>Mix BioCleanse <i>Plus</i> (1 scoop or alternate medical food, discuss with provider), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency     | <b>Lunch:</b><br>Mix BioCleanse <i>Plus</i> (2 scoops or alternate medical food, discuss with provider), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 14 oz. water to desired consistency |
| <b>PM Snack:</b><br>Vegetables (any amount, preferably fresh, frozen OK, raw or cooked)<br>Protein optional (1-2 oz. lean meat, poultry or fish)   | <b>PM Snack:</b><br>Vegetables (any amount, preferably fresh, frozen OK, raw or cooked)<br>Protein optional (1-2 oz. lean meat, poultry or fish)  |
| <b>Dinner:</b><br>Protein (3 oz. or 3/4 c. lentils)<br>Vegetables (any amount, preferably fresh, frozen OK, raw or cooked)   | <b>Dinner:</b><br>Protein (3 oz. or 3/4 c. lentils)<br>Vegetables (any amount, preferably fresh, frozen OK, raw or cooked)  |