

CLEAN

REMOVE • RESTORE • REJUVENATE

renew manual

Welcome to the Clean Program.

I hope you are as enthusiastic about starting on your detox journey as I am for you! Over the next twenty-one days, it is our goal to help you restore your body's natural ability to heal itself. If you are committed to following this program, willing to try new things, and most importantly, willing to let go of old habits, I can promise you that you won't walk away disappointed.

The Clean Program is exactly what I wish I had found when I was finishing my cardiology fellowship in NY, suffering my own health crisis. Back then, I would ask myself, "Why is my body failing on me?" It took me a few years to finally understand that what I called my "disease" was just my perfectly wise body very intelligently trying to survive something. What was it trying to survive? My modern lifestyle.

As a scientist who seeks proof of theories, but also, a keen observer with an open mind who needs no scientific proof of the obvious, I became aware of Another Inconvenient Truth: the toxicity of our planet. Toxins in our air, water, and food have become obstacles to the proper functioning of our body processes and systems.

The basic premise behind the Clean Program is that by creating the right conditions, our body will begin to naturally heal itself. During these twenty-one days, we will give you the tools to reactivate your detoxification system, support the detox process nutritionally, and enhance elimination.

What can you expect? Your first 3 to 5 days on the Clean Program will be focused on breaking old habits. By the end of the first week, you will experience a surge of vibrant energy and clarity of mind as toxins are released from the cells and tissues, recirculated for neutralization, and ultimately, eliminated from the body. As you complete your second week, you will reap the benefits of unclogging systems that were blocked, and the healing of others that were forced into survival mode as a result of our toxic modern life. The completion of your third week will show you how it feels to slow down and even reverse the aging process.

To date, thousands of people have successfully completed the Clean Program and used it as a launching pad to living Clean for the rest of their lives. I hope that after twenty-one days we can add your name to that list as well.

Here's to your success,



Dr. Alejandro Junger MD

P.S. Be sure to share your before and after photos, check out more Clean resources, and blog about your twenty-one day experience at <http://my.cleanprogram.com>

Get Support

THE CLEAN PROGRAM IS THE MOST SUPPORTIVE CLEANSING AND DETOX PROGRAM ON THE PLANET. EVEN THOUGH THE PROGRAM IS EASY TO FOLLOW, SOMETIMES QUESTIONS AND SMALL CHALLENGES MAY ARISE. IF THEY DO, THE CLEAN TEAM AND THOUSANDS OF OTHERS WILL BE HERE TO SUPPORT YOU!

1. Community Support: My Clean Program is a community site where we have thousands of people doing the Clean Program in unison. It's a great place to stay inspired and have your general questions answered. Sign up for free at [HTTP://MY.CLEANPROGRAM.COM](http://my.cleanprogram.com)

2. Email Support: We have Wellness Coaches of staff who have helped thousands of customers successfully complete the program. If you have a challenge on the Clean Program that needs specific attention, send us an email at [SUPPORT@CLEANPROGRAM.COM](mailto:support@cleanprogram.com)

3. Phone Support: Clean Agents are on call Monday to Friday 9am to 7pm Eastern Standard Time. If you have an urgent question or challenge, please call us at **(888) 497-8417**.

Every time we help you meet your cleansing and detox goals, we are one step closer to achieving our mission. Be sure to reach out to us as soon as questions or challenges arise.

Feel free to call us when things are going great too. We'd love to celebrate with you!

Start Here First...

Getting Started with the Pre-Cleanse.

The more processed foods, coffee, and alcohol you have consumed in the past years, the more toxins your body has accumulated. When the body is full of toxins, it goes into survival mode to protect one from getting sick and this can cause inflammation, mucus formation, and desensitization. Due to this, jumping into the Clean Program too quickly can cause you to have stronger detox symptoms which include headaches, bloating, constipation, or diarrhea.

Here is one thing you can do to maximize the chance of success and minimize symptoms: Before you jump into your 21-day Clean Program, we suggest you get started with the Pre-Cleanse. What is a Pre-Cleanse? A Pre-Cleanse is a three to five day program that will gear you up for the real cleanse.

The Pre-Cleanse consists of eating three square meals a day, exclusively from the Elimination Diet (see page 9). We have two versions of the Pre-Cleanse- a three day Pre-Cleanse and a five day Pre-Cleanse. How do you know which one you should do? Easy. Read the two statements below and see which one best describes you.

Just to review: Step (1) Read the statements below, Step (2) see which one best describes you, Step (3) eat three solid meals a day exclusively from the Elimination Diet for the number of days recommended (either three days or five), Step (4) once you are done your pre-cleanse, you are ready to begin your 21-day Clean Program.

3 Day Pre-Cleanse: "I rarely have coffee or alcohol. I eat fresh fruits and vegetables daily. I watch my sugar, candy and baked goods intake carefully. To be honest, I'm pretty good at watching what I eat." If this is you, eat three meals a day, for three days, from the elimination diet.

5 Day Pre-Cleanse: "I have coffee every other day, sometimes daily. Alcohol a few times a week too. I'd like to eat more fresh fruits and vegetables than I currently do. I'm looking to bring more attention to what I eat." If this is you, eat three meals a day, for five days, from the elimination diet.

The Clean Program: Renew

Shake, Meal, Shake, Light Meal.



Breakfast

Have a shake in the morning + your morning supplements



Lunch

Have your lunch meal following the Elimination Diet + your afternoon supplements



Afternoon Shake

Have a shake in the afternoon. Around 3pm
No supplements with this meal.



Light Dinner

Have a light dinner following the Elimination Diet + your evening supplements

Daily Shakes

EACH DAILY SHAKE CONTAINS TWO INGREDIENTS

1

First Ingredient



1 scoop per shake

Nourish is a brown rice protein powder that contains all the nutrients, vitamins, minerals, antioxidants and calories needed for daily activities. It also supports detoxification and gut repair. Since Nourish does not require much digestion, it is easily absorbed into the bloodstream.

2

Second Ingredient



1 scoop per shake

Move is a natural fiber. It promotes bowel movements, feeds beneficial bacteria, binds to toxins and thus prevents their reabsorption. It also calms feelings of hunger.

Directions: Blend, shake, or briskly stir 1 level scoop of Nourish and one level scoop of Move into 8 to 12 fluid ounces of chilled water. Use only water for optimal weight loss. To improve the flavor of your shake, blend Nourish and Move with coconut water, rice milk, almond milk or hemp milk.

Additionally one can add 4 to 8 ounces of organic blueberries or blackberries for extra flavor.

NOTE: SPICE UP YOUR SHAKES! RECIPES ARE AVAILABLE AT [CLEANPROGRAM.COM/RECIPES](https://cleanprogram.com/recipes)

Daily Supplements

YOUR DAILY CLEAN PROGRAM SUPPLEMENTS



Take 3 times a day. 1 pill during Breakfast, Lunch, and Dinner. Do not take during your afternoon shake.



Take once a day. 1 pill with your morning shake.



Take 3 times a day. 1 pill during Breakfast, Lunch, and Dinner. Do not take during your afternoon shake.

Ease is a plant-derived group of digestive enzymes. It assists the body in digesting food and therefore further eases the workload of our intestines.

Clear 1 features concentrated probiotic factors that help support a healthy balance of intestinal microflora.

Balance helps regulate the secretion of insulin, preventing peaks that lead to the lowering of blood-sugar levels. It help reduces sugar cravings and helps weight loss.

21 DAY ROUTINE OVERVIEW

Breakfast

Make your morning shake with Nourish + Move. Take one pill of Ease, one pill of Balance, one pill of Clear 1

Lunch

Make a meal following the Elimination Diet. Take one pill of Ease and one pill of Balance.

Afternoon Shake (around 3pm)

Make your afternoon shake with Nourish + Move. No need to take any supplements with this afternoon shake.

Light Dinner

Make a light meal following the Elimination Diet. Take one pill of Ease and one pill of Balance.

Elimination Diet

YOUR TWO DAILY MEALS

ELIMINATION DIET: This is a dietary program based on removing all the foods from our diet that are known to cause food allergies, food sensitivities, and cause disruptions in the digestive process. When we generate allergic responses to foods, our body is consuming energy that could be used to detox and repair functions, or simply contribute to our sense of alertness and physical strength.

Those for whom this is a radical change in habits will respond in many different ways. While in the long term most people experience profound benefits, the first few days may be the hardest. Breaking habits is difficult at all levels.

Choose your two daily meals from the list of foods that are allowed. Combine them any way you want. This is not a calorie counting program, but use common sense. Leave the table "80% full."

SNACKING: Snacking is allowed on the Clean Program. Snack on anything on the approved list of foods. Snacks are great when you are truly hungry and not eating out of boredom or habit. Eat slowly and mindfully and never overstuff yourself. Keep your belly slightly empty every time you take in food as this insures optimal digestion and energy levels.

When you are truly hungry any clean food (especially whole/organic/local/in season fruits and vegetables) can be snacked on throughout the day. Some hummus, guacamole (these can be found in health food stores or whipped up in a few minutes) with vegetables, or raw nut butter on some apple slices, a quick soup or fresh green juice are all great options. Just make sure you keep the 12 hour window between evening and morning shake free of food for optimal digestion and cleansing work.

The Elimination Diet

INCLUDE

Fruits	Whole fruits, unsweetened, frozen or water-packed, diluted natural juices
Dairy Substitutes	Nut milks such as almond milk, rice milk, brazil nut milk, hemp seed milk
Non-Gluten Grains & Starch	Brown rice, millet, quinoa, amaranth, buckwheat
Animal Protein	Cold-water fish: salmon & trout, wild game, lean lamb, duck, chicken, turkey
Vegetable Protein	Split peas, lentils, legumes, beans
Nuts and Seeds	Walnuts, sesame, pumpkin, sunflower, hazelnuts, pecans, almonds, cashews, nut and seed butters
Vegetables	Preferably fresh, raw, steamed, sauteed, juiced, roasted
Oils	Cold-pressed olive, coconut, flax, sesame, almond, sunflower, pumpkin, walnut, coconut
Drinks	Filtered water, green tea, herbal teas, seltzer or mineral water, yerba mate, coconut water
Sweeteners	Stevia, xylitol, brown rice syrup, coconut sugar
Condiments	Vinegar, all spices, sea salt, dried pepper, basil, carob, raw cacao, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, turmeric, thyme

EXCLUDE

Oranges, orange juice, grapefruit, strawberries, grapes, banana
Dairy and eggs, milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers
Wheat, corn, barley, spelt, kamut, rye, couscous, oats
Raw fish, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs, shellfish
Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt)
Peanuts, peanut butter, pistachios, macadamia nuts
Corn, creamed vegetables, tomatoes, potatoes, eggplants, peppers
Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads
Alcohol, coffee, caffeinated beverages, soda pop, soft drinks
Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®
Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, other condiments

Do These Daily

SEVEN GUIDELINES TO SUPPORT YOUR DETOX EXPERIENCE

- 1 Plan and prepare your meals. Making your shakes is easy while preparing lunch can sometimes be challenging. Plan and prepare your lunch meals ahead of time with our suggested recipes.
- 2 Follow the Elimination Diet guidelines for everything you consume.
- 3 Leave a twelve-hour window between the last meal of one day and the first meal of the next. Try not to snack in between.
- 4 Make sure you have a bowel movement before the end of the day. If this doesn't happen spontaneously, make it happen with herbal laxatives or castor oil.
- 5 Drink enough pure water to cause you to urinate often. If more than one hour has gone by without urinating, you are not drinking enough water.
- 6 Move. Walk. Take the stairs. Jump. Incorporate more movement into your day, as often and for as long as you possibly can. Park your car two blocks away from your destination. Get off the subway or the bus a stop before you should and walk the rest of the way.
- 7 Rest, get enough sleep, and breathe deeply all day long.

**NOTE: FOR A LIST OF 14 OPTIONAL DAILY ACTIVITIES,
PLEASE VISIT CLEANPROGRAM.COM/DAILY-DOS**

The Key To Success

REGULAR BOWEL MOVEMENTS

BOWEL MOVEMENTS are by far the key to success on your Clean Program. Do not, we repeat, DO NOT let a day of your Clean Program go by without having at least one bowel movement. The bowels are from where most of the toxins will be eliminated so it is very important to empty your bowels frequently and abundantly. This will help avoid the reabsorption of the toxins as well as make you feel lighter and more energetic. Some people will respond to a cleanse by naturally increasing bowel movements. Others will get constipated. If you are in this second category, there are things you can do to resolve it and maximize the beneficial effects of this program. They are the following:

1. DRINK WATER

Increase water intake. Hydration will promote bowel movements by binding with your fiber intake and increasing the bulk in your colon. The increased volume allows for easier elimination.

2. COLONICS

Colon Hydrotherapy is very useful during the process of detoxification, even if you are having regular bowel movements. Get as many as you can during this time. During the detox process you can get up to one colonic a day.

3. EXERCISE

Movement promotes peristalsis within the intestine.

4. CASTOR OIL

This is the oldest trick in the book, and it almost always works. Take one or two tablespoons followed by water with lemon. Make sure you are near a toilet as your bowels may be ready to move at any moment.

5. HERBAL LAXATIVES

These are safe, non-habit forming, and do not irritate your intestines. They act mainly by promoting the contraction of the intestinal muscles that propulse the fecal matter forward. Here are a few examples of really effective herbal laxatives: Swiss Kriss, Intestinal Formula Number 1 by Dr. Richard Schulze, Super II by Harmony Formulas, and Intestinal Movement Formula by HealthForce Nutritionals.

IF YOU NEED ADDITIONAL SUPPORT OR SUGGESTIONS
PLEASE CONTACT US AT SUPPORT@CLEANPROGRAM.COM

Health Disclaimer

It is your right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for your own benefit, and for that of your family. You are the one responsible for your health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by The Clean Program Corp are not intended to be a substitute for conventional medical service. If you have a severe medical condition, see your physician of choice. We do not claim to "cure" disease, but simply help you make physical and mental changes in your own body in order to help your body heal itself.

No material or product included in this program is intended to suggest that you should not seek professional medical care. Always work with qualified medical professionals, even as you educate yourself in the field of detox, cleansing and alternative medicine.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Before undergoing the Clean Program read our full health disclaimer at cleanprogram.com/disclaimer

Clean Program

888.497.8417

www.cleanprogram.com