



The Weekly Purification Warrior Journey

Week 1

BY Dr. Kimberly Besuden



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Kimberly Besuden, DC

Kimberly Besuden, DC, is a doctor of chiropractic and certified functional medicine practitioner. She has created several curriculums with innovative techniques to help not only her patients but also her colleagues better understand nutrition and its impact on well-being. The Standard Process 21-day purification program is a passion of hers, and she has been teaching the program to health care professionals and patients for more than a decade.



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Welcome to the start of your wellness journey.

For the next 21 days you'll follow a program designed to support your body's ability to be in a state that allows for toxin release. Your mission is:

Modify your current lifestyle to a new normal.*

- Learn how the supplements taken during the first week of the purification program enhance your body's ability to release toxins.
- Discover how to use the purification cookbook to plan enjoyable vegetarian menus for the first seven days.
- Understand the importance of selecting organic fruits and vegetables.
- Become a master at making the best-tasting SP Complete® shake.
- Understand how exercise can help with your journey.*

Week One:

Keep Calm and Eat Clean



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21-Day Purification Program



Clearer. Brighter. Lighter.

Tired? Weight loss challenges? Poor digestion?

Purify your body. Transform your life.



Clearer. Brighter. Lighter.

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Why Purification?

- There are approximately 80,000 chemicals registered for use in the U.S.
- Some research shows that certain chemicals may affect our immune, nervous and reproductive systems

Centers for Disease Control and Prevention. Fourth National Report on Human Exposure to Environmental Chemicals. Atlanta (GA): CDC, 2009.

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Toxins May Affect Your Health



- Fatigue or difficulty sleeping
- Digestion and gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Low libido

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Why Do I Need Purification?

- Air and water pollutants
- Cigarette smoke
- Personal care products
- Heavy metals
- Household cleaning products
- Pesticides
- Preservatives and additives
- Trans fats
- And many more ...



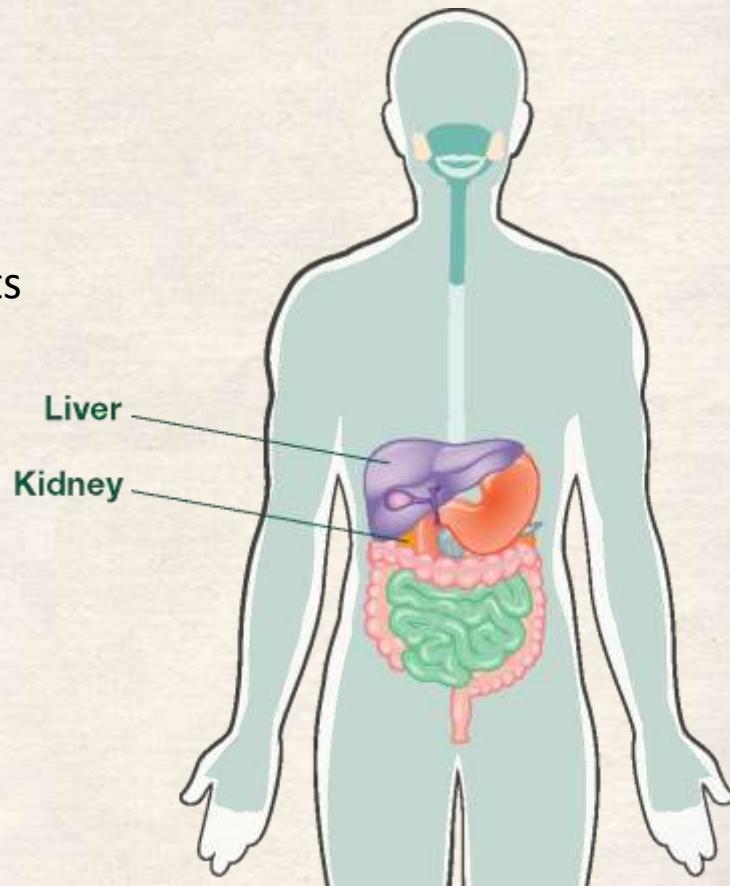
How do Internal Organs Assist in Purification?

Liver

- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform some toxins into harmless agents

Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly



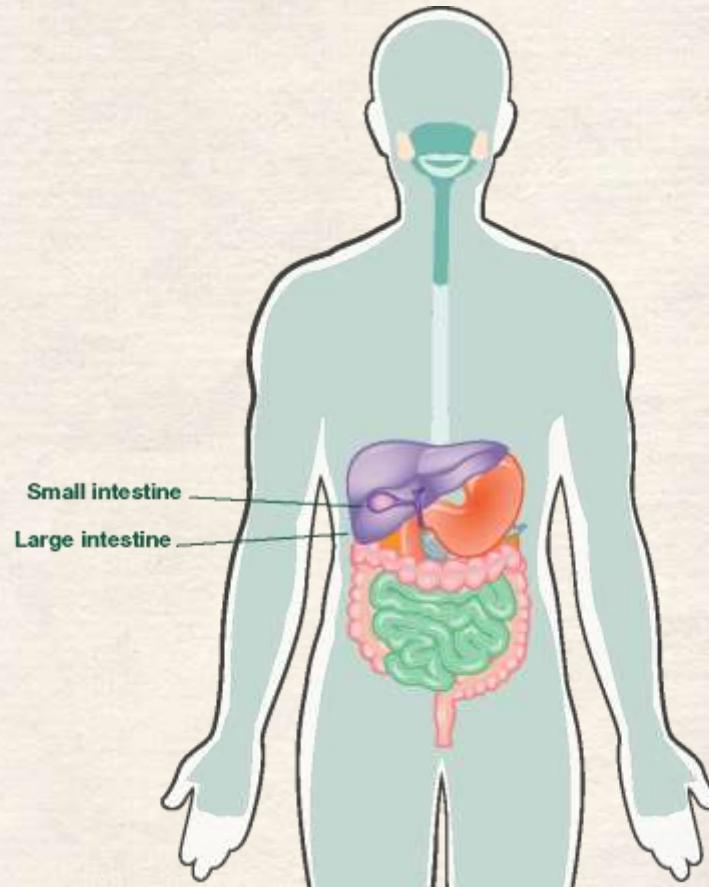
How do Internal organs assist in purification?

Small Intestines

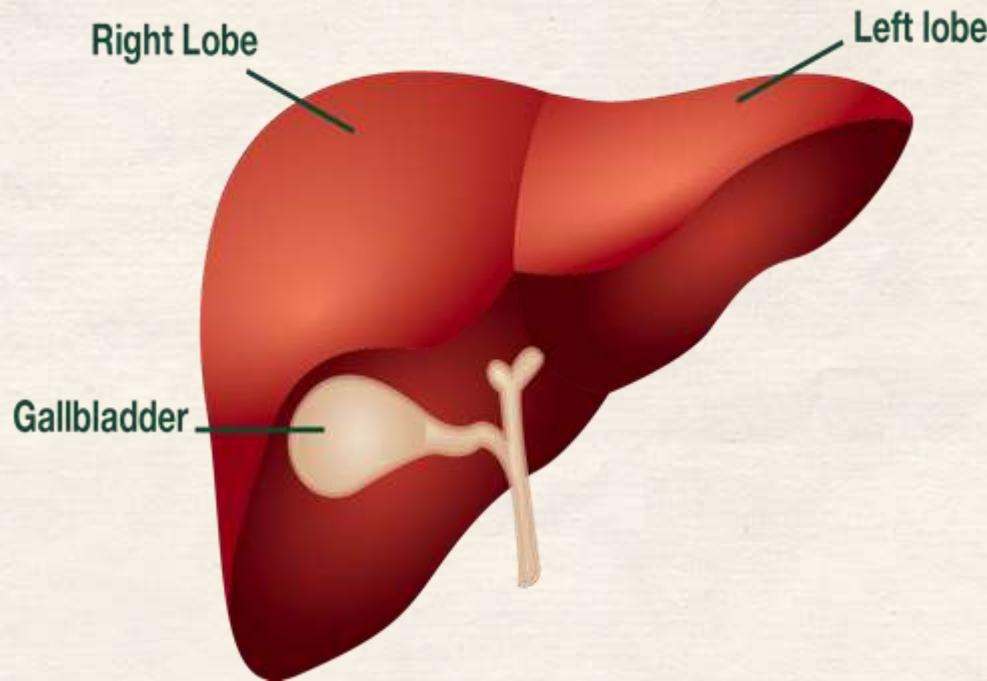
- Digest food so that nutrients can be absorbed into the blood and transported to the liver
- Provide a barrier that blocks toxins from the rest of the body

Large Intestines

- Absorb water and electrolytes, forming waste that is excreted from the body
- Produce antibodies for gastrointestinal health
- Contain bacteria that create fatty acids and some vitamins for extra nutritional support



Liver: Primary Organ of Detoxification



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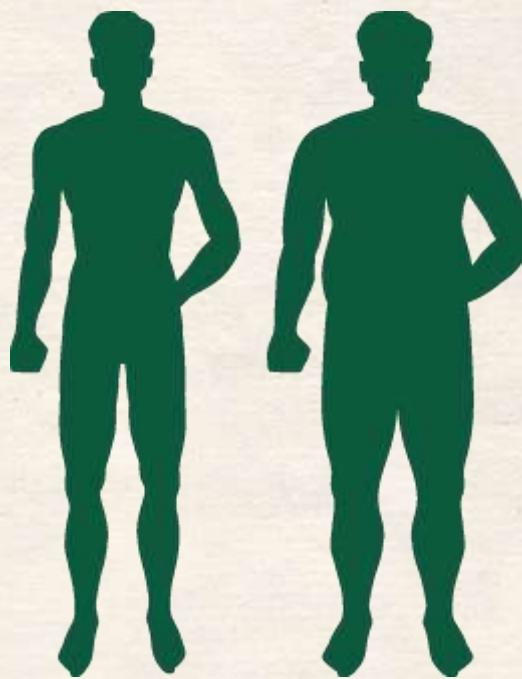
How Do I Determine My Toxic Load?

- Do you or have you eaten processed foods?
- Do you eat nonorganic fruits and vegetables?
- Do you eat meat that is not organic?
- Do you or have you ever used artificial sweeteners?
- Do you drink soda?
- Do the foods you eat have preservatives, additives, dyes or sweeteners added?
- Do you eat fast foods and/or eat out regularly?
- Do you charbroil or grill foods?
- Do you drink coffee regularly?
- Do you drink alcohol?
- Do you drink tap water?

If the majority of your answers are “yes”, then it is likely that your diet contributes significantly to your toxic load.



Do you know?



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How to calculate **BODY MASS INDEX (BMI)**:

$BMI = (\text{weight} \times 703) \div (\text{height} \times \text{height})$

Important: weight in pounds, height in inches

For example,
if you weigh **120 pounds** and are **5 ft. 3 in.**
(or **63 in.**) tall:

$$BMI = (120\text{lbs} \times 703) \div (63\text{in} \times 63\text{in})$$

$$BMI = 84,360 \div 3969$$

$$\mathbf{BMI = 21.3}$$



Normal Body Weight

BMI is 18.5 to 24.9

Overweight

BMI is 25 to 29.9

Questionnaire

Front side is indicative of the challenges to various organs

Back side is indicative of the person's risk of exposure in his environment

*Free Tool –
In paper and Digital Format*

www.standardprocess.com/TQ

Name: _____ **Date:** _____

Toxicity Questionnaire | The Toxicity Questionnaire is designed to aid the practitioner in assessing a patient's or client's potential need for a purification program.

Section I: Symptoms

Rate each of the following based upon your health profile for the past 90 days.

Circle the corresponding number.

0 Barely or Never Experience the Symptom
1 Occasionally Experience the Symptom, Effect is Not Severe
2 Occasionally Experience the Symptom, Effect is Severe
3 Frequently Experience the Symptom, Effect is Not Severe
4 Frequently Experience the Symptom, Effect is Severe

1. DIGESTIVE

a. Nausea and/or vomiting	0 1 2 3 4
b. Diarrhea	0 1 2 3 4
c. Constipation	0 1 2 3 4
d. Bleated testing	0 1 2 3 4
e. Belching and/or passing gas	0 1 2 3 4
f. Heartburn	0 1 2 3 4

Total: _____

2. FEARS

a. Baby ears	0 1 2 3 4
b. Strabismus or eye infections	0 1 2 3 4
c. Dizziness from ear	0 1 2 3 4
d. Ringing in ears or hearing loss	0 1 2 3 4

Total: _____

3. EMOTIONS

a. Mood swings	0 1 2 3 4
b. Anxiety, fear, or nervousness	0 1 2 3 4
c. Anger, irritability	0 1 2 3 4
d. Depression	0 1 2 3 4
e. Sense of despair	0 1 2 3 4
f. Uncaring or disinterested	0 1 2 3 4

Total: _____

4. ENERGY / ACTIVITY

a. Fatigue or sluggishness	0 1 2 3 4
b. Hypotension	0 1 2 3 4
c. Bradycardia	0 1 2 3 4
d. Insomnia	0 1 2 3 4
e. Started awake at night	0 1 2 3 4

Total: _____

5. EYES

a. Watery or itchy eyes	0 1 2 3 4
b. Swollen, reddened, or sticky eyelids	0 1 2 3 4
c. Dark circles under eyes	0 1 2 3 4
d. Blurred or tunnel vision	0 1 2 3 4

Total: _____

6. HEAD

a. Headaches	0 1 2 3 4
b. Faintness	0 1 2 3 4
c. Dizziness	0 1 2 3 4
d. Nausea	0 1 2 3 4

Total: _____

7. LUNGS

a. Chest congestion	0 1 2 3 4
b. Asthma or bronchitis	0 1 2 3 4
c. Shortness of breath	0 1 2 3 4
d. Difficulty breathing	0 1 2 3 4

Total: _____

8. MIND

a. Poor memory	0 1 2 3 4
b. Confusion	0 1 2 3 4
c. Poor concentration	0 1 2 3 4
d. Poor coordination	0 1 2 3 4
e. Difficulty making decisions	0 1 2 3 4
f. Shivering, shivering	0 1 2 3 4
g. Stuttered speech	0 1 2 3 4
h. Learning disabilities	0 1 2 3 4

Total: _____

9. MOUTH/THROAT

a. Chronic coughing	0 1 2 3 4
b. Gagging or frequent need to clear throat	0 1 2 3 4
c. Swollen or discolored tongue, gums, lips	0 1 2 3 4
d. Canker sores	0 1 2 3 4

Total: _____

10. NOSE

a. Stuffy nose	0 1 2 3 4
b. Sore problems	0 1 2 3 4
c. Hay fever	0 1 2 3 4
d. Snoring attacks	0 1 2 3 4
e. Excessive sneezing	0 1 2 3 4

Total: _____

11. SKIN

a. Acne	0 1 2 3 4
b. Hives, rashes, or dry skin	0 1 2 3 4
c. Hair loss	0 1 2 3 4
d. Flushing	0 1 2 3 4
e. Excessive sweating	0 1 2 3 4

Total: _____

12. HEART

a. Skipped heartbeats	0 1 2 3 4
b. Rapid heartbeats	0 1 2 3 4
c. Chest pain	0 1 2 3 4

Total: _____

13. JOINTS / MUSCLES

a. Pain or aches in joints	0 1 2 3 4
b. Rheumatoid arthritis	0 1 2 3 4
c. Osteoarthritis	0 1 2 3 4
d. Stiffness or limited movement	0 1 2 3 4
e. Pain or aches in muscles	0 1 2 3 4
f. Recurrent back aches	0 1 2 3 4
g. Feeling of weakness or tiredness	0 1 2 3 4

Total: _____

14. WEIGHT

a. Binge eating or drinking	0 1 2 3 4
b. Craving certain foods	0 1 2 3 4
c. Excessive weight	0 1 2 3 4
d. Compulsive eating	0 1 2 3 4
e. Water retention	0 1 2 3 4
f. Underweight	0 1 2 3 4

Total: _____

15. OTHER

a. Frequent aches	0 1 2 3 4
b. Frequent or urgent urination	0 1 2 3 4
c. Leaky bladder	0 1 2 3 4
d. General itch, discharge	0 1 2 3 4

Total: _____

Section I Total: _____

Total: _____

Questionnaire

The higher the score, the more concern for the person.

If any individual section total is 6 or more, or if the grand total for sections 1 and 2 is 40 or more, then the person may benefit from the Clinical Purification program.

- Complete this form before and after the program
- New digital version on Standard Process website
www.standardprocess.com/purification

Section II: Risk of Exposure

Rate each of the following situations based upon your environmental profile for the past 120 days.

16. Circle the corresponding number for questions 16a-16f below:

0	Never	1	Rarely	2	Monthly	3	Weekly	4	Daily
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a. How often are strong chemicals used in your home? (disinfectants, bleaches, oven and drain cleaners, furniture polish, floor wax, window cleaners, etc.) 0 1 2 3 4
b. How often are pesticides used in your home? 0 1 2 3 4
c. How often do you have your home treated for insects? 0 1 2 3 4
d. How often are you exposed to dust, overexposed furniture, tobacco smoke, mothballs, incense, or varnish in your home or office? 0 1 2 3 4
e. How often are you exposed to nail polish, perfume, hairspray, or other cosmetics? 0 1 2 3 4
f. How often are you exposed to diesel fumes, exhaust fumes, or gasoline fumes? 0 1 2 3 4

17. Circle the corresponding number for questions 17a-17b below:

0	No	1	Mild Change	2	Moderate Change	3	Drastic Change
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a. Have you noticed any negative change in your health since you moved into your home or apartment? 0 1 2 3
b. Have you noticed any change in your health since you started your new job? 0 1 2 3

18. Answer yes or no and circle the corresponding number for questions 18a-18d below:

a. Do you have a water purification system in your home? No Yes
b. Do you have any indoor pets? 0 2
c. Do you have an air purification system in your home? 0 2
d. Are you a dentist, painter, farm worker, or construction worker? 0 2

Section II Total: _____
Total: _____

Grand Total (Section I & Section II): _____

Add up the numbers to arrive at a total for each section, and then add the totals for each section to arrive at the grand total. If any individual section total is 6 or more, or the grand total is 40 or more, you may benefit from a purification program.

Adapted with permission from the author of *Clinical PurificationTM: A Complete Treatment and Reference Manual*, Dr. Gina L. Nick.

What can be achieved in 21 days?

- Address toxins
- Maintain a healthier weight
- Live a healthier lifestyle
- Have more energy
- Improve digestion



Research Points to Success

- Standard Process® Purification Program
- The results from 28 chiropractic patients strengthened the theory that a calorie-restricted whole food diet along with nutritional supplements can support healthy serum lipids and weight when administered under the guidance of a trained health care professional.

"A nutritional program improved lipid profiles and weight in 28 chiropractic patients: a retrospective case series." James P. Powell, Joseph S. Leonard. (September, 2008)
Journal of Chiropractic Medicine.



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Purification Products

- SP Cleanse®—supports the body's normal toxin removal process
- SP Complete® or “New” SP Complete® Vanilla or SP Complete® Dairy Free—provides essential nutrition
- Gastro-Fiber® or Whole Food Fiber—provides fiber support
- SP Green Food®—promotes healthy liver function



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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SP Cleanse®

- Combines 20 unique whole food and botanical ingredients
- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body's natural toxin-elimination function
- Promotes healthy elimination



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SP Cleanse®



Proprietary Blend

- Juniper berry powder
- Red clover powder
- Collinsonia root
- Apple pectin
- Burdock root powder
- Barley grass powder
- Dandelion leaf
- Beet root
- Spanish black radish root
- Oregon grape root powder
- Cayenne pepper powder
- Fenugreek seed powder
- Choline
- Inositol
- Globe artichoke leaf
- Fennel seed
- Milk thistle
- Mushroom powder
- Broccoli powder
- Kale powder
- Carrot root
- Sweet potato

Days 1-7: Seven capsules, three times per day

*Do not use during pregnancy or lactation.

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SP Complete® Flavors



- NEW vanilla and chocolate flavor
- Convenient: Just add water, shake, and go!
- Gluten free
- Great taste

Days 1-21:
Four rounded tablespoons (scoops)
in 8 oz water, two shakes per day



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SP Complete® or SP Complete® Dairy Free

- Essential nutrition in a convenient powder
- Supports intestinal, muscular, and immune health
- Provides antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle



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SP Complete®



Proprietary Blend

- Whey Protein Powder
- Flax Meal Powder
- Rice Protein Powder
- Calcium Citrate
- Magnesium Citrate
- Buckwheat Leaf
- Brussels Sprouts Powder
- Kale Powder
- Choline
- Inositol
- Alfalfa Juice Powder
- Sunflower Lecithin
- Grape Seed Extract
- Carrot Powder
- Red Wine Extract



Days 1-21: Two rounded scoops per shake, one to three shakes per day

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Gastro-Fiber® or Whole Food Fiber

- Supports healthy elimination
- Encourages a healthy GI tract pH
- Maintains healthy lipid and blood glucose levels already in normal ranges



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Supportive Products

- **Whey Pro Complete** —supports weight management, muscle tissue, immune system function, and GI health
- **Tuna Omega-3 Oil (perles)**—provides omega-3 fatty acids (serving size 2 perles) *or* **Calamari Omega-3 Liquid** (serving size 1 teaspoon)
- **Gymnema** (MediHerb®)—maintains healthy blood sugar levels already within a normal range when combined with a healthy diet
- **ProSynbiotic** —supports gut flora and overall intestinal health
- **Linum B₆**—contains flaxseed oil to help maintain healthy skin, nerve tissue, and blood fat levels



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The Journey Begins

Days 1-10

- Unlimited raw, organic (if possible) fruits and vegetables, particularly green, leafy vegetables
- Twice as many vegetables as fruit—very important
- Lentils, quinoa, raw seeds
- Spring water
- High-quality oils
- Exercise (30-45 minutes) at least four days per week

Days 11-21

- Same as above plus protein (fish and lean meat)



Days 1-10 Dietary Regimen

Unlimited fresh vegetables and fruits

Average serving size = $\frac{1}{2}$ cup

Eat twice as many veggies as fruits

Eat organic as much as is available

Eat raw, stir fried, or lightly steamed

No dried or canned veggies;

frozen is alright

Eat the rainbow for more nutrients

Eat high water/high fiber foods
for best results

Try new foods you haven't
eaten before



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Why I choose organic veggies and fruits

- I buy local and seasonal.
- The produce is fresher because it hasn't been transported.
- Local organic farmers are passionate about what they grow.
- Farmers use compost and use natural predators for insects maintenance.
- I use a hydroponic tower to grow my own lettuce, kale, green beans and herbs.
- I grow citrus fruit and bananas without pesticides.
- I have a beehive at my house to increase pollination (and for honey after the Purification!)
- And drumroll....they taste better to me!

Days 1-10 Dietary Regimen

Salads:

- Salads with unlimited fresh vegetables
- No pre-made salad dressings
- Can mix 1 tablespoon olive oil, with lemon juice and spices for dressing

Vinegars:

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar



Days 1-10 Dietary Regimen

Fruits: 1 cup = 1 serving

- Eat twice as many veggies as fruit
- Eat organic as much as possible
- No canned or dried fruits,
frozen is alright
- Diabetic considerations:
limit to only low GI fruits; berries,
apples, pears
- No bananas: unless $\frac{1}{2}$ of medium
in a shake



My #1 Rule: Eat twice as many veggies as fruit!

This assists in a successful weight management program.



:



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Days 1-10 Dietary Regimen

Lentils and Quinoa: $\frac{1}{2}$ cup cooked = 1 serving

- 1-2 servings of lentils or quinoa per day
- Organic broth or butter may be used in preparation



Days 1-10 Dietary Regimen

Oils and Fats

- Serving size = 1 teaspoon
- 4-7 teaspoons per day of good oils
- Cold-pressed and unprocessed
- Good oils to use: extra-virgin olive oil, coconut oil, fish oil, flaxseed oil, and grape seed oil
- Butter from organic, pasture-fed cows is best!
- Avoid margarine, spreads, corn oil, canola oil, all hydrogenated oils, shortening and trans fats!



Remember, Butter is Better!

Days 1-10 Dietary Regimen

Beverages:

- Water: spring/mineral water (good sources)
- Better: drink 64 ounces of water per day
- Best: drink $\frac{1}{2}$ your body weight in ounces
- Herbal tea: will naturally be decaffeinated
- Choose organic sources



Purify your body. Transform your life.



“One Degree of Change: A Guide to the 21-Day Purification Program”

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Sample Week 1 Meal Plan

- **Breakfast:** Make a shake with blueberries, strawberries and organic vanilla extract and supplement the shake with whey protein
- **Snack 1:** Carrot chips and guacamole (recipe pg 45)
- **Lunch:** Strawberry spinach salad with homemade fig-infused vinaigrette
- **Snack 2:** Mango/avocado whey protein shake
- **Dinner:** Sweet potato with roasted broccoli and sautéed yellow squash with side salad



Roasting and sautéing veggies!

Try roasting your veggies, instead of steaming.

- Pre-heat your oven to 450 degrees.
- Cut your organic veggies into the desired bite size pieces.
- Put veggies into large steel mixing bowl.
- Drizzle 1-2 tsps. of EVOO (extra virgin olive oil) over the veggies.
- Use a large serving spoon to turn the veggies until coated with EVOO.
- Cover large baking sheet with parchment paper.
- Pour veggies onto the parchment paper and spread out.
- Sprinkle seasonings on the veggies. (We use garlic powder and a little cayenne pepper with salt & pepper to taste.)
- Roast in oven for 10 min, turn once and roast for 5 more minutes.
- This works great on broccoli, cauliflower, Brussel sprouts and zucchini!
- We make more servings than needed for dinner, to have for lunch the next day.



Sautéing your veggies!

Try sautéing your veggies too!

- ❑ Slice a yellow onion and dice 2 cloves of garlic
- ❑ Slice yellow squash into $\frac{1}{4}$ inch round pieces.
- ❑ Place 2 Tbsps. of real butter into a skillet.
- ❑ Melt the butter and add the onions & garlic, cook until translucent.
- ❑ Add the yellow squash and sauté until desired tenderness.
- ❑ This works well with yellow squash and zucchini.

You can roast the veggies while you sauté your other veggies.



Veggie Soups to warm you in the winter!

Page 47 in the Cookbook for more soup recipes

Recipe for Dr. B's Broccoli/Asparagus Soup:

1 head of Broccoli

1 bunch of Asparagus

1 cup of organic chicken stock

1 small yellow onion

3-4 cloves of garlic

(Optional) 1 small jalapeno, remove seeds and finely chopped,

Salt and pepper to taste

1. Chop all veggies in big pieces.

2. Steam until really bright green and tender but not mushy.

3. Place all veggies in blender (may have to do in batches)

4. Add 1/2 cup of chicken stock, add more if you want a thinner soup.

5. Blend till well you have a smooth puree.

6. Reheat to desired temperature.

7. Top with Nutritional Yeast and enjoy!

Calories: approximately 120 for the whole recipe. Be careful when blending hot items, steam will build and create pressure in the container, so open carefully.



First task: Learning to master making a nutritious & delicious shake*

This is my personal favorite! I call it the *Green Goddess!*

The Green Goddess Shake

- ½ cup coconut milk, unsweetened
- ½ cup water (add more water if you like a thinner shake)
- 2 scoops of SP Complete Regular or Vanilla
- 1 tsp. hemp hearts
- 1 tsp. chia seeds
- 1 tsp. flax seeds
- ½ cup frozen organic mango
- ½ small frozen banana
- Handful of frozen kale

(I freeze my kale when I can't eat it before it goes bad)

I put all the ingredients into the blender in the above listed order
(I use a Nutribullet) and blend till smooth. Enjoy!

(*More shake recipes on Page 35 in the One Degree of Change Cookbook)

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What to Avoid:

When in doubt, avoid anything not listed in the program guide. This is vitally important to your success.

- Margarine, spreads, corn oil, vegetable oil, safflower oil, sunflower oil, and ALL hydrogenated oils and trans fats
- Caffeine and alcohol
- Coffee, tobacco, or other stimulants
- Soft drinks
- Nuts, beans, dairy, and grains
- Processed or refined foods
- Dried/canned vegetables and fruit
- Cured, smoked, or luncheon meat

Supplements for Week One

- **Days 1-7**
- 2-3 SP Complete® or SP Complete Dairy Free® shakes/day
- 7 SP Cleanse® capsules 3 times per day
(One bottle lasts a week.)
- 3 Gastro-Fiber® capsules 3 times per day
or 1 tablespoon Whole Food Fiber
per SP Complete shake

Note: Supplements can be added to the SP Complete shakes
if swallowing capsules is not preferred.



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Free Patient Centered Tool—Complimentary from Standard Process



EXERCISE, EXERCISE, EXERCISE!

Did I say "*Exercise*"?

Moving the body is another key way to support your body during these 21 days.

For cardio: Walking is simple and safe, with minimal equipment required. My recommendation is to get a Pedometer, you probably have one on your smart phone. The pedometer will help keep you accountable.

Goal: 10,000 steps per day, everyday!

For muscle tone: I highly recommend some type of strength training. You can use machines, free weights, bands or your own body weight for exercise. This is important to maintain muscle and at the same time to burn body fat.

Goal: 3-4 times per week!

Other Tips to Make the Most of a Purification Program

- Lymphatic Drainage
- Massage
- Yoga, Breathing, Meditation
- Epsom Salt Baths,
- Infrared Sauna Therapy
- Sleep
- Hydration



Join us next week!

To support you as a Purification Warrior, I have designed four webinars for the 21 day SP Purification Program:



Week 2: January 16th - Supplementation changes, addition of protein and discussion of how sugar effects you!

Week 3: January 23rd - Supplementation protocol and a discussion of how trans fats effect you!

Week 4: January 30th - Discussion of New Normal, why we eat organic and future supplementation recommendations!

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Your Purification Plan of Action!

1. Your start date is January 10, 2017, tomorrow.
2. Read the program guide, again.
3. Download the Purification app and enter your information.
4. Go to the website and take the Toxicity Questionnaire: <https://www.standardprocess.com/tq>
5. Mark your calendar for the Webinar support dates: 16th, 23rd, & 30th, 2017,
same time, same station!
6. Purchase or download the *One Degree of Change Cookbook*.
7. Make a list of questions for next week.
8. Make sure you have some type of blender for shakes.
9. Purchase 3-4 days of veggies at a time, buy some fresh and some frozen!
10. Prepare chopped veggies and fruit for snacks ahead of time.

See you next week!

Register at www.standardprocess.com/purification

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IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE WILL YOU LIVE?!



“I really regret eating healthy today.”
- Said, No One, Ever!

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THANK YOU

Send questions to marketing@standardprocess.com

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