



Healthy Inflammation Response Program

Reshape Your Life in Just 10 Days





10 DAY

Healthy Inflammation Response Program

Welcome to Renewal

Congratulations on starting the 10-Day Healthy Inflammation Response Program.

This wellness journey will help you realize how your lifestyle habits can affect the way your body addresses challenges. Diet, nutrition, and exercise can all impact your body's natural inflammation response.

This program will help jump-start your body's normal natural inflammation response process. After just 10 days, you'll have started habits that can put you on the fast track to living a healthier, more active life.*

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***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.**

■ What will the next 10 days be like?

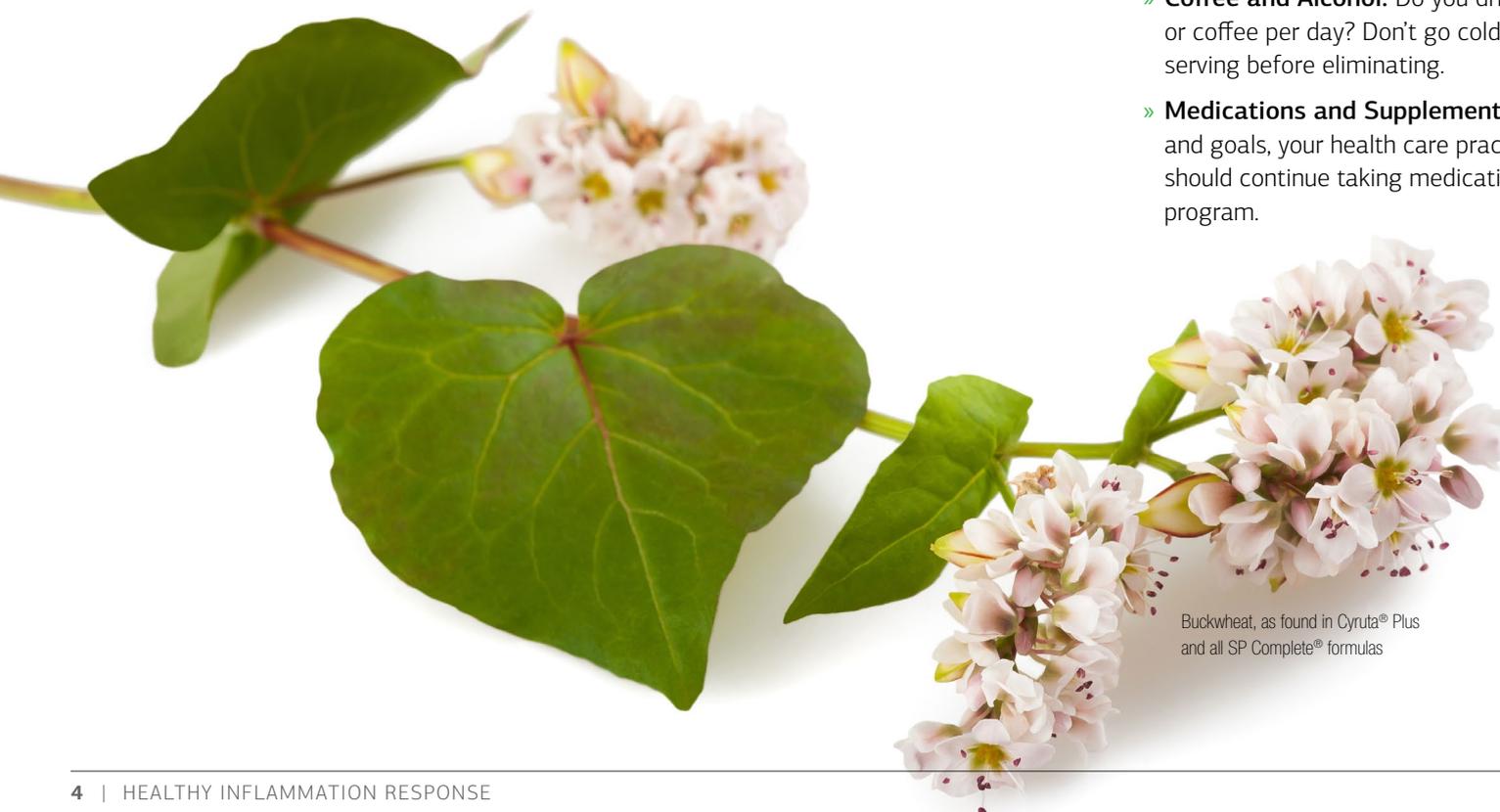
When you start the 10-Day Healthy Inflammation Response Program, you begin a new way of life. You will:

- » Follow eating guidelines that focus on whole, unprocessed foods like vegetables, fruits, and lean protein.
- » Avoid refined carbohydrates, artificial sweeteners, sugar, chemical additives, processed meats, fried foods, caffeine, and soft drinks.
- » Drink supplement shakes with whole food ingredients.
- » Take a simple protocol of supplements throughout the day.

■ Getting Ready

Before beginning your 10-day program, here are some steps you can take to make the transition easier:

- » **Evaluate your kitchen:** Clear out the foods that are not on your food list. Remove any foods high in refined sugar, fats, and carbohydrates.
- » **Stock your pantry:** Go shopping for vegetables, protein, fruit, and other items on your food list. Be prepared with a few days' worth of meals on hand.
- » **Make simple lifestyle changes:**
 - Get more sleep.
 - Don't sit for long periods. Take stretching breaks.
 - Be more active. Do yoga, take a brisk walk, or enjoy a meditative stroll.
- » **Coffee and Alcohol:** Do you drink more than one serving of alcohol or coffee per day? Don't go cold turkey. Reduce intake to one daily serving before eliminating.
- » **Medications and Supplements:** Based on your health history and goals, your health care practitioner can help you decide if you should continue taking medications or other supplements during this program.



Buckwheat, as found in Cynruta® Plus and all SP Complete® formulas



■ Tips for Success

Try the suggestions below to help complement your program and help achieve optimal health benefits.

Food

- » Make sure to eat frequently throughout the day to help maintain energy and avoid hunger.
- » Eat more vegetables to help increase fiber and antioxidant activity levels.
- » Add a mixed green salad with your lunch and dinner.
- » Try different vegetables with a variety of color; each color category provides different nutrients.

Water

- » Water is cleansing! To better determine how much water you need each day, divide your body weight in half. The result is the approximate number of water in ounces you should drink daily.
- » This total can vary depending on the climate you live in, the environment, your physical activity level, or other factors. The Institute of Medicine determined an adequate daily intake for men is roughly 3 liters (about 13 cups) of total liquid a day. For women the total is 2.2 liters (about 9 cups) of total liquid a day.

Refrain from consuming:

- » Processed or refined foods.
- » Soda, diet soda, fruit juice, energy or sports drinks, alcohol, coffee, non-herbal teas, and caffeinated drinks.
- » Processed meats like sausage, canned meat, cold cuts, and frankfurters.
- » Foods if you have known allergy or you have received other nourishment guidelines from your healthcare practitioner.

Program Products

The products in the program kit support the organs and glands that help maintain a healthy inflammation response. These include supplements made with whole food and other ingredients to help fill nutritional gaps in your diet. Your health care professional has recommended your kit based on the best protein choice for your individual needs.*



SP Complete[®], SP Complete[®] Chocolate, SP Complete[®] Vanilla (all with whey protein), or SP Complete[®] Dairy Free (with rice protein)

- A convenient powder that offers essential whole food nutrition with protein, fiber, and calcium to support immune system, intestinal, and muscular health*



SP Cleanse[®]

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes*



Turmeric Forte (MediHerb[®])

- Contains a combination of Fenugreek seed dietary fiber and Turmeric rhizome extract which are used traditionally to maintain and support healthy joints*



Cyruta[®] Plus

- Supports capillary integrity and function while also helping to support healthy peripheral circulation*



Black Currant Seed Oil

- Supports the body's normal tissue repair process, normal blood flow, and healthy immune system function*

Your Daily Supplement Schedule

SUPPLEMENT	AMOUNT	FREQUENCY
SP Complete [®] or SP Complete [®] Dairy Free	2 tablespoons per shake	2-3/day
or SP Complete [®] Chocolate or SP Complete [®] Vanilla	4 tablespoons per shake	2x/day
SP Cleanse [®]	5 capsules	3x/day
Turmeric Forte	1 tablet	2x/day
Cyruta [®] Plus	3 tablets	3x/day
Black Currant Seed Oil	2 softgels	3x/day

The suggested uses for products in this 10-day program are different than those on the individual product labels. You will have some products leftover. Talk to your health care practitioner about continuing these products after the program.



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■ Shakes

To prepare a shake with SP Complete Chocolate or SP Complete Vanilla, simply mix the powder with water. Or substitute either flavor for original SP Complete, as detailed in the basic shake recipe below.

Basic Shake Recipe

- » 1 cup water
- » ½ to ¾ cup fruit (allowed only in shakes) and/or vegetables, as listed on pages 15-16
- » 3-4 cubes ice, more for a thicker shake
- » 2 rounded scoops SP Complete/SP Complete Dairy Free or 4 rounded scoops SP Complete Chocolate/SP Complete Vanilla
- » 2 teaspoons flaxseed oil

Thoroughly blend all ingredients together, adding water and ice cubes until the shake reaches the desired consistency. You may make a large enough batch to last you through the day, but make sure to keep the shake refrigerated and remix as needed before pouring.





Your Plate During the 10-Day Program

Your diet for the next 10 days will provide you with vitamins, minerals, and antioxidants. Focus on nourishing yourself with a variety of nutrient-rich foods.

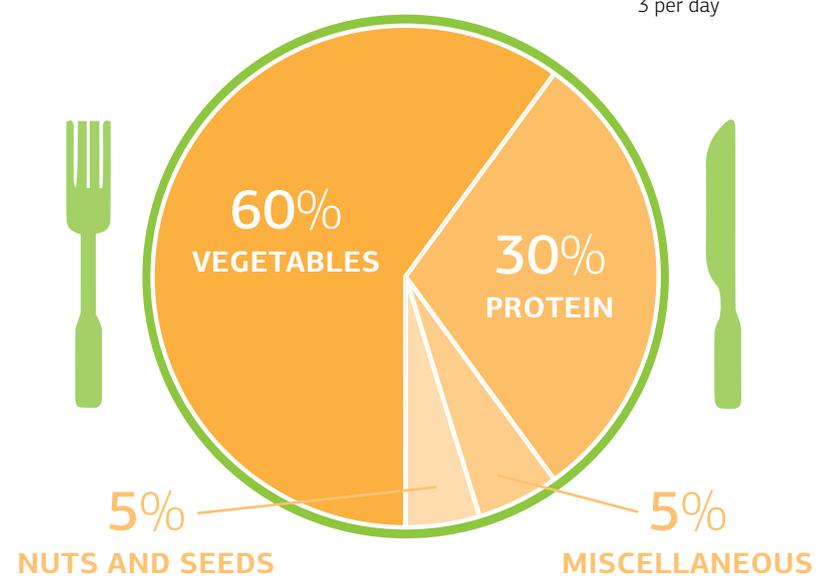
This is what your main meals should look like while on this program.



Water/tea



Shake
3 per day



See pages 15-16 for a list of the foods you can eat while on this program.



■ 10-Day Program Food List

For the next 10 days, focus on nourishing yourself with a variety of nutrient-rich foods. Eat frequently throughout the day to maintain a level blood sugar range.

Vegetables

Serving size is $\frac{1}{2}$ cup. Target is 13-15 servings per day.

- › Fresh juices made from vegetables allowed
- › Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- › Fresh herbs and spices optional

- | | | |
|-------------------------|--|--|
| ▪ Artichokes | ▪ Eggplant | ▪ Olives |
| ▪ Asparagus | ▪ Garlic | ▪ Onions |
| ▪ Avocados | ▪ Green beans | ▪ Parsley |
| ▪ Bamboo shoots | ▪ Green leafy vegetables: beet greens, bok choy, chard, chicory, collards, endive (escarole), lettuce, mustard greens, spinach | ▪ Pimentos |
| ▪ Bean sprouts | ▪ Green onions | ▪ Radishes |
| ▪ Beets | ▪ Horseradish | ▪ Rhubarb |
| ▪ Bell peppers | ▪ Kale | ▪ Rutabagas |
| ▪ Broccoli | ▪ Kohlrabi | ▪ Squash |
| ▪ Brussels sprouts | ▪ Leeks | ▪ Summer squash (yellow summer squash, zucchini) |
| ▪ Cabbages (sauerkraut) | ▪ Mushrooms | ▪ Tomatoes |
| ▪ Carrots | ▪ Okra | ▪ Turnips |
| ▪ Cauliflower | | ▪ Water chestnuts |
| ▪ Celeriac | | ▪ Yams |
| ▪ Celery | | ▪ Winter squash (acorn, butternut) |
| ▪ Chives | | |
| ▪ Cucumbers | | |

Starchy Vegetables

Serving size is $\frac{1}{2}$ cup. Limit of three servings per day.

- | | | |
|--------------|--------------|------------------|
| ▪ Chickpeas | ▪ Lima beans | ▪ Pumpkins |
| ▪ Green peas | ▪ Parsnips | ▪ Sweet potatoes |
| ▪ Lentils | ▪ Plantains | |

■ 10-Day Program Food List

Fruit (for Shakes Only)

Average serving size is ½ to ¾ cup

Use only in shakes (three servings per day). Refer to the shake recipe on Page 11.

- | | | |
|------------|-----------|---------|
| ▪ Apples | ▪ Grapes | ▪ Pears |
| ▪ Berries | ▪ Papayas | ▪ Plums |
| ▪ Cherries | ▪ Peaches | |

Protein

Average serving size is 3 ounces (size of a deck of cards or palm of hand). Two or three servings per day.

- | | | |
|---|---------------|--|
| ▪ Poultry (chicken, turkey, duck, or other) | ▪ Cod | ▪ Lentils |
| ▪ Lean red meat (beef, venison, buffalo, wild game, or other) | ▪ Sea bass | ▪ Lima beans |
| ▪ Salmon | ▪ Tuna | ▪ Peas (green or yellow) |
| | ▪ Black Beans | ▪ Red kidney beans |
| | ▪ Fava beans | ▪ Black-eyed peas |
| | | ▪ Eggs (organic, free-range if possible) |

Nuts and Seeds

Average serving size is ¼ cup for nuts and 1 tablespoon for seeds or spreads. Strive for one to two servings per day in this category.

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|---|--|
| ▪ Nuts (raw and unsalted), such as almonds, walnuts, cashews, Brazil nuts | ▪ Seeds, such as flaxseeds, chia seeds |
| | ▪ Fresh nut spreads |

Miscellaneous

Serving size is 2 teaspoons. Three or four servings per day.

- | | |
|--|------------------------------------|
| ▪ Oils: olive, flaxseed, coconut, sesame seed, macadamia nut (healthy, cold pressed) | ▪ Butter |
| | ▪ Dressing: oil/cider vinegar only |

Beverages

- Filtered or spring water (See Page 7 for serving recommendations)
- Herbal (non-caffeinated) tea and/or green tea
- Nut Milk (unsweetened, plain, or vanilla)





Let's do this.

■ Daily Journal

Record your experiences to allow your health care professional to determine how the program is working for you.

DAY 1

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 2

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 3

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 4

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 5

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 6

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 7

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 8

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 9

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:

DAY 10

What did you eat today?

Breakfast _____
 _____ Supplements

Lunch _____
 _____ Supplements

Dinner _____
 _____ Supplements

Other _____

How are you feeling?



Exercise:



You did it!

Congratulations on completing the 10-Day Healthy Inflammation Response Program!

You've worked hard to follow a healthy meal plan and take supplements with whole food and other ingredients. You can continue your journey toward maintaining a healthy inflammation response by following the post-program recommendations.

■ Post-Program Food Additions

Whole Grains

Serving size is ½ to 1 cup. Limit of two or three servings per day.

- Brown rice
- Quinoa
- Sprouted grains
- Wild rice

Fruit

Two or three servings per day in shakes or as a snack

Miscellaneous

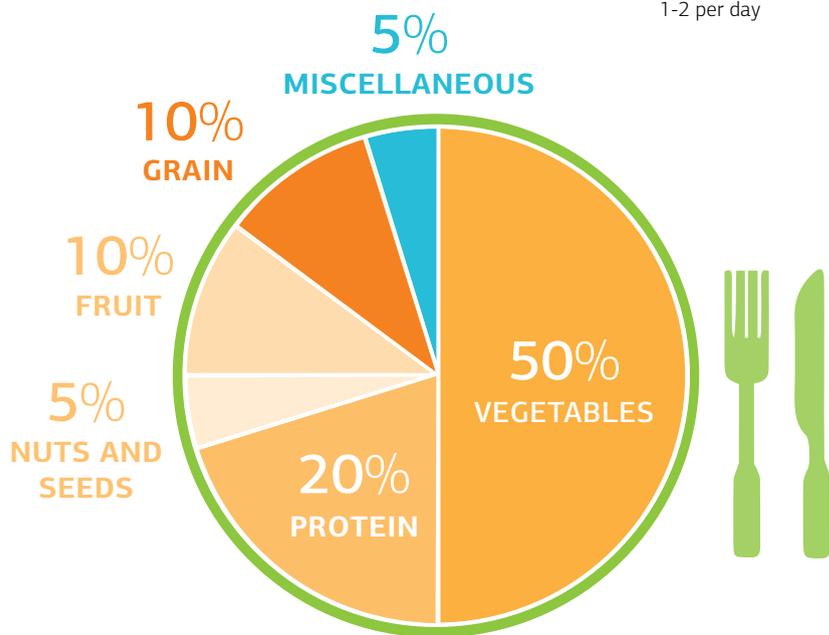
Serving size is 1 cup. One or two servings per day.

- Cottage cheese
- Milk (dairy or non-dairy alternative)
- Honey (raw), 1 or 2 teaspoons
- Yogurt (plain, unsweetened) or kefir per day



Your Plate After the 10-Day Program

Continue to focus on nourishing yourself with a variety of nutrient-rich foods.



Daily Supplement Schedule After the 10-Day Program

Ask your health care practitioner which supplements are right for you.

SUPPLEMENT	BREAKFAST	LUNCH	DINNER



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WHOLE FOOD NUTRIENT SOLUTIONS
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