

# 21-DAY DETOX PROGRAM

HOLISTIC HEALTH ASSOCIATES



## ABOUT OUR PROGRAM

After offering this Detox to our patients for over 10 years, the one thing we can say with confidence is that – it will make you feel better! Maybe that is in the form of better sleep, improvement in your bloodwork, losing weight, taking away your aches and pains, or for a lot of folks, all of the above and more! This three-week program gives your body a chance to rest and reset while enjoying nutritious, whole foods, and taking out the things that commonly cause inflammation, fatigue, weight gain, pain, etc. The group dynamic combined with support from our Detox Facilitators will set you up for success while you learn what foods to eat to help you live your best life!

Never let your health limit your life!

## FOOD & SUPPLEMENTS

### FOODS WE EAT DURING DETOX

- Fruits & Vegetables (excluding corn, tomatoes & grapefruit)
- Meats - chicken, turkey, fish, lamb, venison, elk, grass fed beef (week 2 is vegan)
- Drinks -water, herbal tea
- Potatoes, legumes, nuts, seeds & whole grains like oatmeal, rice & quinoa
- Sweeteners/Spices - honey, maple syrup, all spices

### SUPPLEMENTS

- Ultraclear Renew - Medical Food Grade Protein Powder
- Advaclear - Detox support capsule for Liver support
- Herbal Digestive - to support healthy digestion



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## PRE-TOX (1 WEEK)

- "Why Detox?" - Virtual meeting on the value of detoxing
- Access to our Private Facebook Group for detox participants.
- Meeting #1 - "How to Detox" - Virtual meeting with details of the program via a Zoom call
- Food prep

## DETOX BEGINS - WEEK 1

- 1-2 shakes a day
  - 3 scoops of herbs, 2 scoops of Ultraclear Renew Medical Food, 1 Advaclear capsule
- Follow foods to include and foods to avoid listed in the detox packet provided
- Meeting #2 - Supermarket Sweep - In-person meeting at local grocery store

## WEEK 2 - VEGAN WEEK

- 3 shakes a day
- Vegan week
- Meeting #3 - online via Zoom call

## WEEK 3 - HOME STRETCH

- 1-2 shakes a day
- Meeting #4 - Potluck - meet in-person at the Holistic Health Frederick office and bring your favorite detox friendly dish to share
- Prep for reintroduction to non-detox eating

## WHY DETOX?

Reduce Aches & Pains

Lose Weight   Increase Energy   Clear Skin

Boost Immune System   Prevent Disease   Lower Cholesterol

Improve Hormonal Health, Digestion & Cardiovascular Function