



10

**DAY  
CLEANSE  
GUIDE**

# Why Detox?

To look and feel  
**AWESOME!**

## GETTING STARTED IS SIMPLE

Use the information in this booklet, along with your practitioner's instructions and supervision, and you will be well on your way toward accomplishing your goals!

Would you like to improve the odds of experiencing greater-

- ☒ -energy?
- ☒ -amount of restful sleep?
- ☒ -joint comfort?
- ☒ -reduction of body fat & bloat?
- ☒ -appearance of health to your skin?
- ☒ -focus & memory?
- ☒ -balance to your detox plan so as to avoid a "crash"?

\*This information has not been reviewed by the Food and Drug Administration. These formulas are not intended to diagnose, treat, cure, or prevent any disease. These benefits may not experience and should not expect the same results as those achieved in other cases.



# FORMULAS TO HELP YOU ALONG THE WAY



**Awesome Protein GHI** is a comprehensive, fructose-free, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features VegaPro™, a proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Awesome Protein GHI addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.

**Awesome Daily Probiotic** is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU† per capsule. Each vegetarian capsule is sealed in nitrogen-purged aluminum blister packs to serve as protection from factors proven to compromise stability of probiotics such as heat, moisture, and oxygen. Awesome daily probiotic provides four researched strains of beneficial bacteria, including the extensively studied HN019® strain of Bifidobacterium lactis. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH.\* To further support resistance to low pH and the delivery of microorganisms to the small intestines, Awesome Daily Probiotic employs DRcaps™ gastro-resistant capsules. These specially designed, innovative capsules help slow exposure of actives to stomach acid and ensure more targeted release.

**Awesome Magnesium Citrate** supports magnesium nutritional Adequacy and numerous metabolic activities of magnesium in the body. It facilitates bowel movement and helps prevent calcium crystallization in the kidneys.

**Awesome Post Workout BCAA Drink** represents a breakthrough in the use of amino acids for muscle protein synthesis. Over 20 human trials have been conducted to arrive at this specific, patented combination of amino acids in the most effective, anabolic ratios. Whether you want to support muscle strength and function or prevent muscle loss associated with inactivity or aging, providing the right amino acids in the right ratios to help you meet your goals and stay healthy.

# THREE IMPORTANT COMPONENTS FOR A SUCCESSFUL CLEANSE



## **HYDRATION**

Water is essential for adequately hydrating cells and ensuring a successful cleanse. You should drink at least two quarts of water daily, preferably filtered. A good rule of thumb to follow is to take your weight, divide it in half and consume that number in ounces of water per day. So, a 150 pound person should drink 75 ounces of water daily.

## **EXERCISE**



Exercise is an important component of a healthy lifestyle, but it is also an important component of a healthy cleanse. If you don't already have an exercise routine, you should work with your practitioner to develop one that works for you. Not only can exercise help you control weight and combat a variety of health problems, exercise can also help improve your mood and energy levels, and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise, as this can hinder the success of your cleanse. Simply walk for 15 minutes per day.

## **REST**



Your body's cells go into "repair mode" at night, which is why it's essential to get seven to eight hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbs and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases.

# THE AWESOME CLEANSE

The Awesome Cleanse is a 10 day cleanse

Included are the following supplements:

- Awesome Protein GHI (1 scoop/shake)
- Awesome Daily Probiotic (2 capsules/day)
- Awesome Magnesium Citrate (2 capsules/ 2x a day)
- Awesome Post Workout BCAA (1 serving/day)

## EXAMPLE AVERAGE DAY ON THE PROGRAM

*A HEALTHY BODY REQUIRES A HEALTHY DIET  
SO, HERE'S THE PLAN...*

BREAKFAST	SNACKS*	LUNCH	SNACKS*	DINNER
EGGS & OR SHAKE	WATER BCAA FRUIT/ VEGGIES	SHAKE OR EGGS OR SALAD	WATER BCAA FRUIT/ VEGGIES	CHICKEN OR FISH W/ VEGGIE OR SALAD & SOUP

\*Snack every two hours between meals

\*Can have 1-2 servings of quinoa, rice, or potatoes each day

## DURING YOUR CLEANSE:

1. Continue to take 2 capsules of Magnesium Citrate at bedtime, or as directed by your healthcare practitioner.
2. Continue to take 1 serving of Awesome Post Workout BCAA once per day, or as directed by your healthcare practitioner.
3. Upon rising and at bedtime, take 1 capsule with water or as directed by your healthcare practitioner.
4. Consume Awesome Protein GHI shake 1 scoop per day, or as directed by your healthcare practitioner.

Formula	Dose	When	Notes
Awesome Magnesium Citrate	2 capsules daily w/ water	PM	Dose based on bowel regularity & consistency. It will help move your bowels.
Awesome Daily Probiotic	1capsule w/ water	AM/PM	Practitioner may recommend increased dose.
Awesome Protein GHI	1 scoop	Breakfast or Lunch	See Ex. of avg. day. May substitute for lunch or dinner protein occasionally.
Awesome Post Workout BCAA	1 serving/day	Snack	Drink in water

# 3 EASY STEPS

1. Choose Your Foods

2. Design Your Menus

3. Make Your Shakes

A large part of your cleanse involves eliminating certain foods from your diet that are commonly seen allergens or sensitivities, or may interfere with your body's natural detoxification processes. Even though some of your favorite foods might be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself, it's about making small improvements in your diet to improve your health. These guidelines focus on good, Whole Foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.

## 1. Choose Your Foods

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce, non-GMO, grass-fed, free-range protein sources, and wild fish from cold, deep, waters, using the options listed in the "Eat This" column of the Modified Elimination Diet. If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained on the table below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

### Buy ONLY Organic

Apples	Nectarines (Imported)
Celery	Peaches
Cherry Tomatoes*	Potatoes*
Cucumbers	Snap Peas (Imported)
Collards	Spinach
Hot Peppers*	Strawberries
Kale	Sweet Bell Peppers*

### OK to Buy Non-Organic

Asparagus	Mangoes*
Avocados	Onions
Cabbage	Papayas
Cauliflower	Pineapple
Eggplant*	Sweet Corn
Grapefruit*	Sweet Peas (Frozen)
Kiwi	Sweet Potatoes

\*These foods are not included within the "Eat This" options of the Modified Elimination Plan

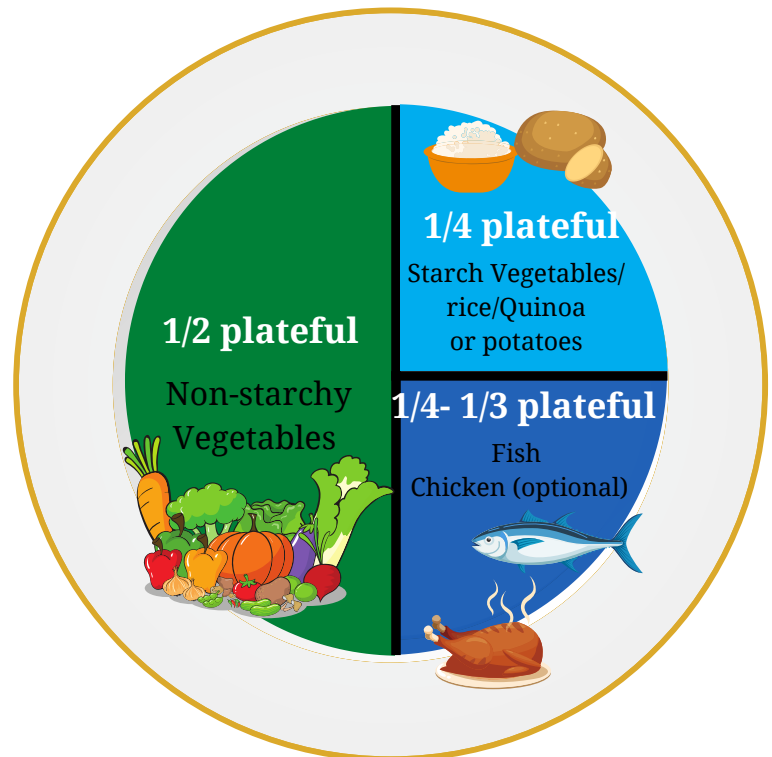
## 2. Design Your Menus

Choose foods from the "Eat This" column on the Modified Elimination Plan to arrange three meals per day. You may also add the occasional snack. Unless your practitioner has made specific recommendations regarding the amount and distribution of carbohydrates, proteins and fats for each meal, select at least one source each of protein, carbohydrate and fat per meal. Examples of these macronutrients are below.

<b>Proteins</b>	Animal sources, poultry or fish, eggs, cheese, nuts, nut butter, beans
<b>Carbohydrates</b>	Fruits, vegetables, beans
<b>Fats</b>	Butter, oils, coconut, nuts, nut butters, avocado, naturally occurring fat in protein sources



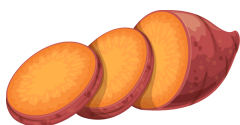


Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources, as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.

Select a variety of colorful foods at each meal- your plate should look like a rainbow. Now is a great time to experiemnt and try new foods, and don't forget to make use of leftovers. The goal is to try and eat as wide a variety of foods, but not just over the course of your cleanse, try to maintain these habits for life.





# Modified Elimination Diet






Food Group	Eat This (preferably organic) Avoid all foods of known allergy/ sensitivity	Don't Eat This
Meat, Poultry, Fish, Legumes 	Poultry, coldwater fish (sardines, salmon, trout, halibut, etc), all legumes, dried peas, beans, lentils	Beef, pork, veal, cold cuts, frankfurter sausage, canned meats, tuna, mackerel, shellfish and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved.
Dairy Products 	Unsweetened milk substitutes such as rice, almond, coconut, hemp milk (only if not allergic/ sensitive to nuts); vegan-style rice cheese; unsweetened cultured coconut milk	Milk, soy milk **, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese**, casein/ caseinate- containing rice cheese
Starches, Breads, Cereals 	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, millet, buckwheat, quinoa, brown/ wild/ basmati rice, beans, and peas	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, "farro", triticale, malt). Avoid soy**, oats**, corn**, and products made from these, unless practitioner approved. Avoid yeast, unless practitioner approved.
Vegetables 	All vegetables (except those in the "Don't Eat" box) fresh, frozen, or freshly juiced, espically cruciferous vegetables, such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, watercress, radish, turnip, turnip greens,; vegetables in the Lily family such as asparagus, chives, garlic, leek, onion, shallot, and yucca	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially- prepared casseroles, vegetables in the nightshade++ family including: eggplant, peppers, potato, tomato, tomatillo
Fruits 	Preferably whole and fresh or unsweetened frozen. Preferably low- glycemic, all berries, apple, plum, apricot, etc.	Overly-ripened fruit, high glycemic fruits (pineapple, raisins, ripe banana, dates, watermelon, etc.) highly allergenic fruits (citrus, mango), sulfite- containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups

\*\*Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oat only if your practitioner approves. Corn has a relatively high glycemic index and is not tolerated by everyone. Use only in small amounts and as tolerated. Avoid peanuts and tree nuts, unless practitioner approved. Use soy only if practitioner approved.

++ Nightshades include pepper (except black and white), pimento, and paprika



# Modified Elimination Diet

Food Group	Eat This (preferably organic) Avoid all foods of known allergy/ sensitivity	Don't Eat This
<p>Soups</p> 	Clear, vegetable- based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient. Any soup containing MSG and/or yeast
<p>Beverages</p> 	Unsweetened, freshly prepared vegetable juices from allowed vegetables, filtered water, caffeine/ citrus-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas
<p>Fats, Oils, Nuts</p> 	Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/ additive free), nuts, unsweetened nut butter made from nuts to which there is not sensitivity or allergy (not >2 tbsp per day)	Margarine, shortening, unclassified butter refined oils, salad dressings and spreads, peanuts, nuts/ nut butters prepared with extra fat and/ or sugar. Dry roasted nuts.
<p>Sweetners</p> 	Stevia, xylitol (as tolerated), and sweeteners present in Awesome Protein GHI food shakes.	Brown sugar, honey, molasses, maple syrup, agave, fructose, all artificial sweeteners
<p>Condiments</p> 	Salt-free herbs and seasonings; for example, basil, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory tarragon, tumeric, iodied sea salt	Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika, cayenne

To ensure optimal detoxification, be sure to stick to foods in the "Eat This" column of this modified elimination diet list. These foods were chosen because they are: nutrient dense, easy to digest, non-fermented, non- refined, low- glycemic, have a lot allergenicity and are low on the food intolerance/ sensitivity spectrum, and are also free of gluten, nitrates, MSG, high- fructose, trans/hydrogenated fats, hormones, and antibiotics.

### 3. Make Your Shakes

The functional food shake your practitioner has recommended is vital part of your detox program. Consume it in the amount and frequency noted, or as directed by your practitioner. To maximize your enjoyment, mix it up by trying some of the shake recipes below

#### DIRECTIONS

Blend, shake, or briskly stir two level scoops (61 gram) of Awesome Protein GHI into 8-12 ounces chilled water and consume as your breakfast or as a snack. Consume according to the schedule in this guide, or use as directed by your healthcare practitioner.

#### A Berry Delicious Shake

10 oz. cold, filtered water  
1-2 oz. crushed ice  
1 scoop Awesome Protein GHI Vanilla  
5 medium frozen blackberries  
5 medium frozen blueberries  
7 pecans  
Combine in blender; mix until smooth

#### Cherry Vanilla Shake

1 scoop Awesome Protein GHI Vanilla  
8 frozen cherries  
1 cup water  
3-4 ice cubes  
Combine in blender; mix until smooth

#### Chai Tea Shake

1 scoop Awesome Protein GHI Vanilla  
1/2 cup liquid Chai tea  
(Such as Third Street or Tazo)  
1/2 cup water  
5 or 6 ice cubes  
Combine in blender; mix until smooth

#### Chocolate Peanut Butter

1 1/2 cup ice & water (or cold decaf coffee)  
1 scoop Awesome Protein GHChocolate  
1 Tbs peanut butter  
Combine in blender; mix until smooth.

#### Shake Schedule

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Breakfast</b>	Shake	Shake	Shake	Shake	Shake	Shake	Shake	Shake	Shake	Shake
<b>Snack+</b>	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout	BCAA Post-Workout
<b>Lunch</b>										
<b>Snack+</b>						Shake	Shake	Shake	Shake	Shake
<b>Dinner</b>										
<b>Snack+</b>			*	*	*	*	*	*	*	*

+An afternoon BCAA drink can be taken if desired

\*The afternoon shake may be used at bedtime if preferred.

# Guidelines for Sensitive Patients

If you are considered a reactive or "delicate" person, it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support or a genetically altered ability to detoxify. Sensitive patients are like "weather vanes." Any gust or change in the wind may affect them- from foods to perfumes and household cleansers to cosmetics- because they are already overburdened.

Using the rule "**Start Low, Go Slow**" is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of Awesome Protein GHI, you will need to take things slowly, and in small steps. These responses are **not from the product**, but rather from the **release of toxins** from your cells as your body works to be released so that the metabolism of the cell can work as it should. Make sure you are eating often and enough food. If you are taking medication you should discuss them with the doctor in advance.

**WANT TO LEARN MORE  
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DIET?**



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