

Well Being KINESIOLOGY & CHIROPRACTIC
916-771-4151

SP PURIFICATION PROGRAM (3 WEEK DURATION)

WEEK 1 INSTRUCTIONS

1. Take 7 SP Cleanse Capsules 3 times per day for a total of 21 capsules per day (for 1st week only).
2. Take 7 Sp Green Food 1 time per day (all 3 weeks)
3. Take 3 Gastro-Fiber Capsules 3 times per day for a total of 9 capsules per day (on empty stomach).
4. Drink SP Complete shake at least 2 times per day (2-3 times per day is normal frequency). See RECIPE at bottom of 2nd page.
5. Eat raw fruits and vegetables. Eat more vegetables than fruit. See list of acceptable fruits and vegetables attached
6. Drink at least 75 ounces of filtered water per day (buy water bottle that shows ounces and use as guide).
7. Avoid all other foods, except raw fruits and vegetables. No bread, pasta, rice, meat, eggs, etc. are allowed for the 3 weeks.
8. Avoid all beverages except water and SP Complete shake that you make.
9. Do some exercise everyday (at least 20 minutes of walking).
10. If you have access to a gym, utilize their sauna. Sweating is high recommended with this program.

WEEK 2 INSTRUCTIONS

1. Take 7 SP Green Food Capsules 1 time per day (take with one shake).
2. Take 3 Gastro-Fiver Capsules 3 times per day (on empty stomach).
3. Drink SP Complete shake at least 2 times per day.
4. Eat raw fruits and vegetables.
5. Allowed: 2 pieces of "Sprouted Grain" bread or 1 "Sprouted Grain" tortilla per day (can find at whole Foods Market, Sandy's Produce Market, and some regular grocer stores).
6. Drink at least 11 ounces of filter water per day.
7. Raw nuts are ok in small amounts- $\frac{1}{2}$ cup per day (almonds, cashews, walnuts, brazil, pecans are good choices).
8. Avoid all other foods and beverages, except the ones mentioned above.
9. Exercise at least 20 minutes per day (walking ok)
10. Use of sauna is still recommended.

WEEK 3 INSTUCTIONS

1. Take 7SP green food Capsules 1 time per day (take with shake).

2. Take 3 Gastro-Fiver Capsules 3 times per day (on empty stomach).
3. Drink SP complete shake at least 2 times per day.
4. Eat raw fruits and vegetables.
5. "Sprouted Grain" bread and tortillas ok in amount listed in WEEK 2.
6. Drink at least 100 ounces of water per day.
7. Raw nuts ok (same as WEEK 2).
8. Avoid all other foods and beverages, except ones listed above.
9. Exercise at least 20 minutes per day.
10. Use of sauna is still recommended.

After completion of 3 week SP Purification program

1. Continue SP complete shake 1-2 times per day. For example, drink shake for breakfast and lunch and eat a light dinner or have shake for breakfast and dinner and eat light lunch.
2. IDEAL: Add one type of food at a time; wait 3 days before adding second type of food. Track how you feel.
3. For improved digestive function add 2 SP Zypan (digestive enzymes) and 2 last-Enz (acidophilus and bifidus for normal gut flora) per meal.
4. It is best to eat lean protein and vegetables with small amount of other carbs (pasta, rice, potato, etc.). For great health benefits and continued weight loss (besides using shake 2 meals per day), never eat more carbs (by amount) than the quantity of the protein or the vegetable. For example, if you are having a fist-sized piece of fish and a good portion of a vegetable (asparagus of example) then only eat a fist-sized amount of less of the carb(pasta, rice, potato, etc.). For even better results, eat your lean protein and vegetable before you eat any other carbs.

TIPS/MODIFICATIONS FOR COMPLIANCE

1. Fresh ground pepper and sea salt are allowed to season vegetables. No other seasoning/condiments are allowed during the 3 weeks.
2. Occasionally, allow yourself some lightly steamed vegetables to break up monotony

(raw is always best). Try purchasing a steamer from local store. Follow instructions for proper steaming.

3. Since Avocados are ok, try making you own guacamole (peel, remove pit, and smash avocado thoroughly, add some diced tomatoes, diced onions, squeezed lime juice, finely chopped cilantro, and sea salt and pepper.
4. Allowed: extra virgin olive oil and balsamic vinegar. Mix together and use as salad dressing or salad dip. No other packaged salad dressings are allowed. Can substitute apple cider vinegar, raspberry vinegar, or red wine vinegar for the balsamic vinegar. In restaurants, ask for oil and vinegar.
5. Buy a variety of vegetables and fruits .
6. Cut up different kinds of vegetables for snaking throughout the day. Cut up some carrots, celery, re/green/yellow peppers, broccoli, cauliflower, cucumbers, tomatoes, and onions. Put into separate Tupperware containers or zip lock bags for easy access.
7. Make a gigantic salad with romaine, green leaf, or red leaf lettuce: add some tomatoes, cucumbers, onions, peppers, or other vegetables that you enjoy. Take a small amount as needed, add some oil and vinegar, and eat away.
8. Cut up different varieties of fruit for easy access, such as cantaloupe or watermelon. Most other fruits are ready t eat after a thorough rinsing.
9. When eating out try salad bar or a restaurant that has a decent salad. Order salads without meat, croutons, eggs, cheese, corn, and corn chip pieces. Vegetable plates are ok but make sure they are not cooked In butter or fried. Just ask the waiter for a steamed vegetable medley, even if it is not on the menu.
10. An occasional baked potato is ok, but without butter, cheese, sour cream, and bacon bits, a little olive oil, sea salt, pepper, and chives are ok.
11. Refer to enclosed sheet for ideas of what vegetables and fruits are good choices.
12. Most vegetables and fruits can be purchased at most grocer stores. Organic variety is you best choice. Whole Foods Market and Sandy's ar3e your best choices for organic. Whole Foods Market has certified organic, whereas Sandy's does not the certified version. The certified version is more expense, but the best health choice.

Sp Complete shake recipe per serving: (you will need blender)

1. Add 1 cup of filtered water to blender.
2. Add 2 level scoops (provided in bottle) of SP complete to water.
3. Add 1 tablespoon of refrigerated flaxseed oil.
4. Add ½ to 1 cup of fresh fruit (use variety of fruits, half banana, 1 small orange, with a few blueberries is good combination). During the off-season, it is ok to use some frozen fruit with some fresh fruit Add different kinds of fruit and amount until it tastes good to you
5. OPTIONAL: add 2 tablespoons of ground flaxseed to shake. This will add about 6 extra grams of fiber and 5 extra grams of fiber. You will need a coffee grinder for grinding the flaxseeds.

IMPORTANT

1. Keep SP Complete powder in refrigerator after opening it
2. Keep flaxseed oil in refrigerator.
3. Wash all produce thoroughly before consuming.
4. If you are hungry then eat some veggies or some fruit.

COMMON BENEFITS/EFFECTS OF THE SP PURIFICATION PROGRAM

1. Weight reduction (if you have little to no weight to lose, then you will probably lose minimal weight)
2. Increased energy/vitality
3. Improved health
4. Improved digestion
5. Less bloating
6. Improved physical appearance
7. Clearer thinking
8. improved elimination
9. Removal food addictions
10. Clearer skin
11. Shinier hair
12. disappearance or lessening of past conditions (PMS, digestive problems, etc.)

OTHER CHANGES YOU MAY NOTICE DURING THE PURIFICATION PROGRAM

1. For some people, frequency and quantity of urination increases. This is a normal reaction as the body begins to burn fat and natural insulin levels drop. This usually levels out in a few days.
 2. Some people also notice an increase in the quantity of bowel movements. This too is normal as the fiber intake for most people significantly increased.
 3. In some instances, some people experience a throbbing sensation in the head, generalized aches, itchy skin, and/or fatigue. These are normal occurrences as the body detoxifies and usually subsides after a day or two. If you normally consume lots of refined foods, coffee and other caffeinated items, alcohol, medications, lots of artificial sweeteners, and foods that have high amounts additives and preservatives before starting this program then you have more of a chance of feeling the above symptoms.
- NOTE: the above symptoms are not side effects for the program but the result of your body detoxifying and normalizing its digestive function, liver/gall bladder function, and kidney function.

PURPOSE OF PROGRAM

1. Detoxify the liver and improve overall function of the liver and gallbladder. The effects you may see include fewer headaches, more energy, better digestion (especially with fats), less pain, lower cholesterol, triglycerides and other liver enzymes, and weight loss.
2. Improve digestion, heal overall digestive system lining, and improve intestinal environment. The effects you may see include less indigestion, acid stomach, stomach ache, heartburn, gas, bloating, and weight loss
3. Improve kidney function. The effects you may see include less water retention and normal urination.
4. To show patients the importance of what they eat effects how they feel and their health, see that they may make some lifelong changes in what they eat beyond the 3 weeks.

Acceptable Vegetables

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Broccoli
Cabbages
Cauliflower
Celery
Chards
Chicory
Collard Greens
Cucumbers
Endive
Escarole
Garlic(not salt of powder)
Kale
Kolrabi
Lettuces (iceberg worst choice)
Mushrooms
Mustard Greens
Parsley
Radishes
Raw Corn Cob
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress

Yellow Squash
Zucchini Squash
Bell Peppers
Bok Choy
Chives
Eggplant
Green Beans
Green Onions
Okra (not Fried)
Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

Acorn Squash
Artichokes
Avocado
Beets
Brussel Sprouts
Butternut Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squash

*Not allowed: fried or canned
*Potato (russet, new)-ok baked on an occasional basis

Acceptable Fruits

Apples
All Berries
Grapes
Papaya
Pears
Cantaloupe
Honey Dew Melon
Watermelon
Oranges
Lemons
Limes
Tangerines
Nectarines
Peaches
Plums
Kiwi
Banana

*Frozen ok for shakes
*Not allowed: canned or pies
*Some fruits on salad bars are canned variety (peaches)