



WHEN IN TAO

ACUPUNCTURE & HERBS

Why Detox?

- Purification is “spring cleaning” for your insides!
- Learn how to make new, healthier choices. You’ll learn to refrain from eating fast foods and sugar-laden snacks, which place a heavy load on your body.
- Learn to turn whole, unprocessed and preservative-free foods into delicious meals and snacks.
- Detoxification gently nudges the body to shed both pounds and toxins, supporting the body to ensure the weight is not gained back.
- Our program uses whole food supplements to help your body purify and rebuild itself naturally, from the inside out.
- Detoxification improves your immune function and your ability to cope with environmental toxins.
- Feel healthy, alive and vital, and help your performance reach its peak!

Detoxification

For Body and Mind

overcome recurring health issues and solve troubling symptoms including:

Stress Management

Joint Pain & Inflammation

Weight Loss

Headaches

Fatigue & Sleep Problems

Immune Function

Food Cravings

Food Allergies

Mental Clarity

Digestive Trouble

Low Libido

Skin Problems

Depression

Detoxification has been in use for over a century. The issue of toxicity has arisen because of our increasing exposure to toxins in our water, air, and food. Simply adding this with a poor diet that does not support optimal cellular functioning, and the impact upon health can become devastating.

The Standard Process purification program is a gentle program that feeds the body, specifically the liver, the nutrients it needs so it can perform the actions normally required of it. At the same time, the program requires that you make lifestyle changes to aid in the removal of the majority of toxins you are exposed to and modify the diet to stabilize insulin levels.

The following Standard Process products are used as important components of the detoxification program: SP Cleanse®, SP Complete™, Gastro-Fiber®, and SP Green

SP Cleanse®

SP Cleanse enlists the detoxifying properties of over 20 different whole foods and botanicals in this vegetarian nutritional supplement. The phytonutrients from these ingredients help the body eliminate exogenous toxins along with the end products of cellular metabolism. The vitamin complexes, minerals, and phytonutrients in SP Cleanse support the body's elimination routes by:

- Maintaining healthy liver detoxification function
- Encouraging healthy kidney function
- Promoting efficient gastrointestinal elimination
- Supporting lymphatic system function
- Helping to maintain healthy blood

SP Complete™

SP Complete is a whole food and botanical supplement that can be blended with water, veggies and fruit to make a nutritious supplement shake. It offers a balance of essential macro- and micronutrients from plant sources in a highly bioavailable form. The natural whole food ingredients used to formulate SP Complete deliver powerful antioxidant components that promote cellular health and support healthy cardiovascular, digestive, and nervous system function. Whether taken alone or with meals, a supplement shake made with SP Complete provides essential vitamins and minerals during the purification process.

Gastro-Fiber®

Dietary fiber comes from the cellular walls of plants and has specific effects on different aspects of gastrointestinal function. Gastro-Fiber contains phytonutrients from psyllium, Collinsonia root, apple pectin, fennel seed, and fenugreek seed. These whole-food factors function synergistically to:

- Help cleanse and lubricate the intestines
- Encourage regular elimination
- Promote pH balance throughout the gastrointestinal tract

- Supports short chain fatty acid production

SP Green Food

Made up of five organically grown whole food concentrates: Brussels sprouts, kale, alfalfa, buckwheat, and barley grass. In addition to their natural bioavailability, these foods contain vitamins, minerals, and other unknown synergistic cofactors that support detoxification.

- Promote healthy liver function
- Support the body's normal toxin-elimination function*

The Three Week Plan

Our detoxification program consists of eating vegetables, small amounts of fruits and protein. These whole foods support all the major organ systems during purification.

For the first three weeks, you should consume only the items listed here in addition to your supplements. Use organic fruits and vegetables if available.

- 2-3 Green Drinks with SP Complete Protein per day
- Follow your green drink recipe and try to keep tropical fruit intake to a minimum

- If making a fruit shake, it is best to use berries or fruits low on the glycemic index
- 3-4 oz. of unseasoned meat, fish or poultry twice to three times daily (eggs are ok)
- Unlimited fresh vegetables
- Salads with unlimited fresh vegetables

How to Take the Supplements

Week One

- 7 SP Cleanse capsules 3 times daily without food/but with green drink or water
- 3 Gastro-Fiber capsules 3 times daily without food/but with green drink or water

Weeks Two & Three

- 3 Gastro-Fiber capsules 3 times daily without food/but with green drink or water
- 5 SP Green Food capsules 2 times daily without food/but with green drink or water