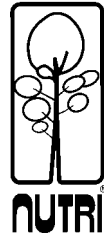


The UltraClear Plus® 10-Day Express Program

The “UltraClear Plus 10-day Express” offers a simple 10-day approach to address targeted conditions associated with increased toxin exposure. For added convenience this program only requires one tub of UltraClear Plus. The first 5 days of the program require a gradual removal of specific groups of foods from the diet in the order indicated. At the same time, you will be slowly introducing UltraClear Plus. Most people are able to carry on with their normal daily activities while on this program and even experience increased energy, so lets get started!



Day 1 (aim to book your colonic on day 1 or day 2 of this programme)

Eliminate all:

- Refined sugars – anything with added sucrose, high fructose corn syrup or alcohol (e.g. cakes, biscuits, sweets, pastries, beer, wine, spirits)
- Caffeinated drinks (soda, coffee, tea)
- Artificial colourings, flavourings and sweeteners and packaged, processed foods
- Flesh foods (beef, pork, lamb, poultry, fish, wild game)

Day 2

In addition to eliminating foods listed for Day 1, eliminate all:

- Dairy products and eggs

Start UltraClear Plus – 1 scoop twice today i.e. a total of 2 scoops per day

Day 3

In addition to eliminating foods listed for Days 1 & 2, eliminate all:

- Gluten grains – wheat, rye, barley, spelt, kamut, oat and corn.
- Note: you may continue to eat quinoa, rice, millet and buckwheat.

Continue UltraClear Plus – 1 scoop twice today i.e. a total of 2 scoops per day

Day 4

In addition to eliminating foods listed for Days 1 –3, eliminate all:

- Remaining grains (quinoa, rice, millet, buckwheat)
- Nuts & seeds
- Note: you should now be eating vegetables, fruits and legumes only

Increase UltraClear Plus – 2 scoops twice today i.e. a total of 4 scoops a day

Day 5-7 (aim to book a colonic on one of those day)

Continue eliminating foods listed for Days 1-4, as well as legumes (beans, peas, lentils). Eat only those fruits and vegetables as listed below:

- Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts)
- Raw greens (red and green lettuce, romaine, spinach, endive)
- Fresh apples, fresh pears and apple or pear juice

Increase UltraClear Plus – 2 scoops four times per day i.e. 8 scoops per day

Day 8

Gently add back fruits, vegetables and rice (only) to the diet.

Decrease UltraClear Plus – 2 scoops three times per day i.e. 6 scoops per day

Day 9

Add back quinoa, millet and buckwheat, nuts and legumes.

Finish last 2 servings of UltraClear Plus left in the pot – 2 scoops twice today i.e. 4 scoops per day

Day 10 (aim to book a treatment within 5 days of completing your programme)

Slowly re-introduce the foods which you have not added back to you diet yet. If you suspect you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction.

Program tips:

1. Purchase organically grown produce or wash conventional produce thoroughly to remove any pesticides.
2. During days 5-7 you may want to curtail some of your more strenuous activities, as you may experience a decrease in energy.
3. If you get light-headed or excessively fatigued it may be a sign of low blood sugar, so keep an apple or pear handy throughout the program.