



10 Day Standard Process Cleanse

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CONGRATULATIONS!

Congratulations on taking the steps to better your health with the 10 Day Standard Process Cleanse! Before starting this cleanse, it is important to remember a few things in order to get the best results. Plan out a 10 day period where you do not have a lot planned and you can devote this time to rejuvenating your body and health. Cleansing is a time for your body to rest and recharge so plan on catching up on sleep, meditating, practicing mindfulness and any other stress reducing activities. High intensity exercise during the 10 Day Standard Process Cleanse is not recommended. If you do choose to exercise, walking, pilates, light weights or yoga for 45 minutes per day is not only sufficient, but the preferred methods.

Please follow all the guidelines below for optimal results. Those who deviate from the cleanse guidelines will not experience the best results. It is best to set up a 30-minute consultation with your Nutritionist before and after your cleanse to answer any questions, review your results and create a custom wellness plan to keep your results long lasting after you complete the cleanse.

CLEANSE GUIDELINES

1. Drink 3 to 4 Standard Process SP Complete Shakes a day. It is very important to keep your blood sugar stable and have this protein shake every 3 to 4 hours – do not skip it! If you choose to exercise, have 4 shakes a day instead of 3.

a. **Shake instructions:** blend together 2 scoops of the Standard Process SP Complete Shake, half a scoop of Standard Process Whole Food Fiber, 1 to 2 cups of water or unsweetened almond or coconut milk and ½ cup of any fruit of your choice.

b. **For weight loss:** have 4 servings maximum of fruit per day (serving size is ½ cup or 1 small). **For non-weight loss:** have 6 servings maximum of fruit per day. The fruit can be eaten or mixed into the shakes. Optional to add 1 scoop of Green's First for extra antioxidants and energy boost.

2. With each shake, take 5 Standard Process SP Cleanse supplements.
A total of 15 supplements per day.

3. In between or with the shakes, have at least 6 cups of non-starchy vegetables and a maximum of 2 cups of starchy vegetables per day.
See table for list of non-starchy vegetables and starchy vegetables.

4. Consume 3-5 tablespoons a day of healthy fats per day. See table
for list of healthy fats.

5. Drink half your body weight in fluid ounces of water per day. One
cup of caffeine per day is OK, green tea being the best choice for
detoxification.

WHAT TO EXPECT

The first 1 to 3 days can be challenging for some. You may feel lethargic, have a headache or be hungry. This cleanse is detoxifying your whole body and that takes energy. As toxins are being pushed out of your detox pathways (liver, kidneys, lymphatic system, bowels, blood, etc.) sometimes people experience a “healing effect” meaning they can feel worse before they feel better. Remember to drink extra water and take it easy. By the 4th day, you should feel better.

During the cleanse or after the cleanse, clients have reported feeling less bloating, increase in energy, more regulated digestion, high quality sleep, healthier skin, enhanced mental clarity, better mood, balanced blood sugar levels, less cravings and maintainable weight loss! We recommend slowly incorporating new foods in the first few days post cleanse. As always, we are available for 30 minute consultations in person or virtually to guide you on how to best maintain your results post cleanse!

Happy Cleansing!

HEALTHY FATS

- OILS: OLIVE OIL, COCONUT OIL, FLAXSEED OIL, GRAPE SEED OIL, SESAME SEED OIL (COLD PRESSED)
- AVOCADO
- ORGANIC GRASS FED BUTTER
- NUTS
- SEEDS
- NUT CHEESE (ALMOND/CASHEW)
- NUT & SEED BUTTER
- OLIVES
- ORGANIC MAYO
- CANNED COCONUT MILK
- GHEE (CLARIFIED BUTTER)

STARCHY VEGETABLES

- ACORN SQUASH
- BUTTERNUT SQUASH
- WINTER SQUASH
- BEETS
- CORN
- GREEN PEAS
- TURNIPS
- CARROTS
- SWEET POTATOES
- YAMS
- POTATOES
- PUMPKIN
- CHICKPEAS
- PARSNIPS

NON-STARCHY VEGETABLES

- PEPPERS
- BROCCOLI
- CAULIFLOWER
- ASPARAGUS
- ZUCCHINI
- EGGPLANT
- SUMMER SQUASH
- CUCUMBER
- MUSHROOMS
- CELERY
- CABBAGE
- ONIONS
- KALE
- SPINACH
- LETTUCE
- ARTICHOKE
- GREEN BEANS
- BEAN SPROUTS
- BRUSSEL SPROUTS
- BOK CHOY
- SCALLIONS
- OKRA
- RADISHES
- WATER CHESTNUTS
- GREENS FIRST (AT NWHS)