

Lentini Chiropractic Purification Program

We live in a toxic environment, and the majority of the population is malnourished and poisoned. For better health, we need to detoxify our bodies.

How do toxins enter the body?

Eating: Food additives, poor quality foods, processed grains, Trans fats, high fructose corn syrup, processed dairy, food sensitivities, soft drinks, etc.

Through your Skin: Perfumes, lotions

Breathing: Exhaust, toxic fumes, smoking and second-hand smoke, industry gases

How do our bodies process toxic chemicals?

The body has only three options when dealing with these toxic chemicals:

1. Bury them in body fat
2. Deposit them in the tissues
3. Detoxify and remove them

The long-term exposure of low-level toxins may lead to disease.

Toxins and Detoxification

- How well our body detoxifies itself determines our susceptibility to disease
- If we take in toxins quicker than our body can get rid of them, we are in trouble
- Toxic overload is a silent killer
- Toxins affect many parts of your body

Getting Real

- The ideal society is one with plenty of fresh organic food, free of pollution, free of drugs, and free of stress it does not exist!
- People rarely take enough time for exercise
- We, as a society, are not aware of the toxins we are exposed to in our lives, and the effects those toxins ultimately have on our bodies
- A toxic over-load in the body causes it to not function well and affects our health
- Most people are dehydrated

The Liver – “The liver works in the body like an oil filter works in a car.”

- The liver converts and stores carbohydrates
- Affects thyroid hormones
- Processes the body's stored sugar
- Converts the sugar you eat into usable energy
- Creates bile to aid in the digestion of fats
- Removes hormones (estrogens, epinephrine)
- Has many other functions...

When too many carbohydrates are consumed, your liver becomes unable to eliminate, store, and

process those carbohydrates.

The excess carbohydrates are then converted into triglycerides –a fat in the blood – which, in elevated levels, can cause hardening of the arteries, poor circulation, and heart disease.

“When any organ is overloaded, the whole system is affected.”

Detoxification Program

Purpose:

To support the function of the liver, gut, and kidneys as they filter foreign toxins (xenobiotics) from the body.

Procedure:

Provide supplements and meal replacement to support detoxification processes.
A 21-day program that will support the elimination of chemical and environmental toxins.

“Think Spring Cleaning”

What are some signs that you need to “de-toxify”?

- Unable to lose weight
- Generalized fatigue
- Chronic allergies
- Hormonal dysfunction
- Poor circulation
- Recurrent infections
- General malaise
- Fatigue, headache, joint and muscle pain
- Immune weakness
- Skin rashes
- Chemical sensitivity
- Chronic sinus or respiratory problems
- Digestive problems

Our Purification Program Helps Your Whole Body

- It supports the complex liver functions
- Aids in digestive, skin, kidney, and lung detoxification
- Helps to manage a proper weight range appropriate for your frame

Implementing the 21-Day Purification / Detoxification Program

What you can expect from this Program:

- Improve your weight, digestion, and elimination
- Enhance your overall health
- Increase your energy
- Improve your overall appearance and feel younger

Weight Loss

An ideal weight loss program needs to be:

- Gentle
- Reduce excess fat
- High in fiber
- Low in trans-fats
- Increase muscle
- Ensure the amount of energy being used is greater than the amount of energy (calories) consumed. This all needs to occur without the loss of muscle
- Once the ideal weight is reached, maintaining it requires that the energy demand of the body and the energy intake are balanced
- Diet changes must be a life-style change to ensure permanent ideal weight loss

Purification Program – The Products

SP Complete®

- Provides multiple nutrients in a highly bio-available form
- Strong antioxidant protection to promote cellular health
- Supports healthy liver function

Benefits of SP Complete®:

- Whey Protein that has one of the highest “Biological Values” (BV). BV measures how efficiently protein is utilized, as well as its digestibility
- It is a complete source of amino acids
- Increases glutathione levels
- High in tryptophan

SP Cleanse

- Promotes healthy liver detoxification functions
- Encourages healthy gastrointestinal elimination
- Promotes healthy kidney function
- Supports blood purification processes and lymphatic system function

Ingredients of SP Cleanse:

- | | |
|------------------------------|-----------------------------------|
| • Juniper Berry Powder: | Natural diuretic |
| • Red Clover Flower: | Promotes cleansing of the blood |
| • Apple Pectin: | Excellent source of natural fiber |
| • Burdock Root Powder: | Promotes healthy kidney function |
| • Barley Grass Powder: | Great source of chlorophyll |
| • Spanish Black Radish Root: | Supports phase II detoxification |
| • Oregon Grape Root Powder: | Good source of antioxidants |
| • Fenugreek Seed Powder: | Cholesterol metabolism |

Gastro-Fiber

Ingredients:

- **Psyllium Husk Powder:** Helps cleanse and move the bowels, plus acts as a probiotic (Helps create good bowel flora)
- **Collinsonia Root Powder:** Stimulates and tones mucosal membranes
- **Apple Pectin:** Binds fat and cholesterol
- **Fennel Seed:** Contains essential oils, vitamin A & C complexes
- **Fenugreek Seed Powder:** Contains essential oils, vitamin A & C complexes

SP Green Food

Ingredients:

- Buckwheat Juice Powder
- Barley Grass Juice Powder
- Brussels Sprout Powder
- Kale Powder
- Alfalfa Sprout Powder
- Cereal grasses, including barley and alfalfa, which are very high in chlorophyll
- Excellent source of minerals.
- Source of vitamins like A, C, E, K and B12
- Good amino acid source

Greens First

- 1 Scoop is equivalent to 10 servings of the phytonutrients of land and sea vegetables
- Is vegetarian, vegan and gluten free, and contains no wheat, dairy, soy or preservatives
- Increases energy levels without stimulants, boosts the immune system and improves digestion

Tuna Omega

High valued source of Omega 3 oils

The Shake: 2-3 shakes per day

- 1 – 1 ½ cups of water
- 2 rounded scoops of SP Complete® Powder
- 1 scoop Greens First
- May add a variety of vegetables and/or fruit

What do I eat on the Purification Program?

- Shake (2-3 per day)
- Vegetables and fruit
- Water (may be flavored with fruit) and green tea
- Salads containing unlimited fresh vegetables and seasoned with herbs, olive oil, balsamic vinegar or lemon juice
- Quinoa or brown rice (no more than a ½ cup serving)
- For dinner, steam or sauté vegetables are recommended, along with the mixed green salad or leafy greens (not iceberg!)
- “1 Degree of Change” contains a plethora of recipe ideas

Purification – The Program

Week One

Food Intake:

- Eat fresh, raw, organic fruits and vegetables, particularly green, leafy vegetables
- Quinoa, brown or wild rice – 1 cup per day (no instant rice!)
- Steam or sauté kale, red beets, swiss chard, asparagus, cabbage, spinach, carrots, mushrooms, bok choy, cucumbers, celery and broccoli
- Drink at least 2 SP Complete® shakes/day (3 at most). Each shake is made by combining 2 scoops SP Complete and 1 scoop Greens First in water and your choice of fruits and vegetables

Supplement Intake:

- SP Cleanse – 7 capsules 3x/day without food but with shakes or water. This is only for 1 week. (One bottle lasts 7 days.) You may blend the capsules, whole, in the shake
- Gastro-Fiber – 3 capsules 3x/day without food but with shakes or water. This is taken for the entire 3 weeks. You may blend the capsules, whole, in the shake
- 1 Tuna Omega perle – 3x/day. Not advisable to blend in the shake

Exercise and sweat daily, and drink plenty of water – at least 64 oz. per day

Weeks 2 and 3

Food Intake:

- Continue eating unlimited raw, organic fruits and vegetables, particularly green, leafy vegetables
- Add quinoa, brown or wild rice – 1 cup per day (no instant rice!) to your dinner menu
- Steam or sauté kale, red beets, swiss chard, asparagus, cabbage, spinach, carrots, mushrooms, bok choy, cucumbers, celery, zucchini and broccoli
- Drink at least 2 SP Complete shakes/day (3 at most) (2 scoops SP Complete/1 scoop Greens First)
- On Day 11, add 3-4 oz. (size of a deck of cards) of meat, fish or poultry, twice daily

Supplement Intake:

- SP Green Food – 5 capsules 2x/day without food but with shakes or water
- Gastro-Fiber – 3 capsules 3x/day without food but with shakes or water
- 1 Tuna Omega perle – 3x/day; do not mix into the shake

Exercise and sweat daily, and drink plenty of water – at least 64 oz. per day

Water

- I can't emphasize it enough ... drink water
- The amount is 1 liter (1 quart) per 50 lbs. of body weight, per day ... minimum
- More with hot weather and with exercise

What You May Add to Your Meals

- Use fresh herbs, such as basil, oregano, etc.
- Fresh garlic, onions and chives
- Olive oil with fresh lemon juice or balsamic vinegar, as a dressing, for vegetables and salads

- Sweet potatoes that are baked or steamed (serving size is ½ a sweet potato)
- Sea salt is okay, but keep black pepper to a minimum
- Add fresh lemons or other citrus to water

Exercise

- Exercise is important to get your lymphatic system and vascular system moving
- Walk at least 4 times a week for 30 to 45 minutes straight. (Short interrupted walks don't count)
- Strenuous exercise should be put on hold during this period, as it produces more waste products for the liver to detoxify. Talk with Dr Lentini about what exercise is right for you

Journal

- It's important to keep a journal of your program
- In the journal, capture what you eat, what you drink, and how you feel
- Use the journal that comes in the kit, a notebook, or a personal blog on the internet
- The journal keeps you aware of the changes in your body

Reintroducing Foods

When you have completed the Purification Program, your digestive system is starting fresh.

- This is an excellent time to determine your food sensitivities (allergies)
- You will now be able to identify which foods are a problem for you

Start reintroducing foods you want, ONE at a time. This is provocative testing.

- Each day add a single food, write it in your journal, and record how you feel after a few hours. If you are sensitive to the food, you will know. Remove that food from your diet for 6 months
- Keep a list of those foods you are sensitive to, so that you can avoid them

Timing is Everything

- Immediately upon waking: Have 16 oz. water and supplements
- After wakeup chores: Have the shake, fruit, etc.
- Mid-morning: Have supplements and 16 oz. water
- Lunch: Salad, vegetables and 16 oz. water
- Mid-afternoon: Have supplements and 16 oz. water
- Dinner Shake, salad, steamed vegetables and 16 oz. water
- In-between meals: Have fruit or cut-up vegetables, or the shake
- Just before going to bed, have 16 oz. water
- Total water is 3 quarts, per day

Possible Detoxification Effects

People with severe toxicity and/or reduced detoxification capacity may experience some of these symptoms as they start the program and cleanse their systems.

- Headaches
- Nauseous
- Weakness and dizziness
- Muscular and or joint aches
- Skin irritation

- Constipation (Must drink at least 64 oz.)
- Awakening after a few hours' sleep

Don't worry. It is OK. It gets better!

For Continued Weight Loss and Improved Health:

Continue this New, Healthy, and Optimal Way of Eating. This is a Life-Style Change!

- Avoid adding simple carbohydrates or processed foods
- Continue with two SP Complete shakes per day with one scoop Greens First
- Take Tuna Oil (Omega 3) or EPA –DHA, 1 perle 3x per day
- Continue with Gastro Fiber, 3 capsules 3x per day
- Use Gymnema to help curb your desire for sweets and carbohydrates
- As a multi-vitamin supplement, take Catalyn, 3 tablets 2x per day
- Length of time on this regimen will depend on what you need to loose

All supplements are available at Dr Lentini's office, or ask for the code to order direct, on line.

To Maintain Your New, Healthy Weight

- Have no more than a 4-5 oz. (size of a deck of cards) of protein for lunch and dinner
- Restrict adding legumes, grains, starchy vegetables (squash, pumpkin, potatoes, roots, etc.), back into the diet
- Use foods that have less than a 50 glycemic index. There are many tables online that can give you the glycemic index of foods. Ask Dr Lentini.

What You Can Add, or Continue To Use in Your Diet

- Squeeze the juice of one lemon, and add to an 8oz glass of warm water, to begin the day's digestion process
- Butter – never use margarine or any trans fatty acids
- Meat / Poultry / Fish – Cut off excess fat, and purchase leaner, grass-fed meats
- Nuts and seeds – almonds, pecans, macadamia, walnuts, and pistachio are okay. Remember that portion size is important
- Extra-virgin olive oil, coconut oil, avocado oil
- Vegetables, both land and sea
- Whole grains only and whole grain breads
- Apple cider vinegar (2 tsp. in a glass of water before meals helps acidify the digestive system)

Time to Start IS NOW!

- It is only 21 days
- Anyone can do anything for 21 days
- Initially, and after the program, you will be evaluated for your Weight, Body Fat %, Height, Toxicity Score, Blood Pressure and Pulse
- Dr Lentini needs to screen you prior to starting the program, as each individual is different and some modifications to the program may be necessary for you