



★ *Inner Movement* Chiropractic

3 week Aqua Detox, Diet & Weight Loss Program

“Allopathic science has found between 50 and 170 toxic substances in the blood that weren’t there 50 to 100 years ago.”
“As seen on Oprah Dr. Oz reports that 30 known carcinogens were found in the blood of newborn infants tested in the US.”

Ask Dr. Heidi who specializes in Bio-Detoxification, about this simple, yet effective Detox combining a nutrient packed diet, with a detoxification beverage, weekly detoxifying foot baths and cleansing herbs to help your body eliminate toxins, prevent disease and jump start your weight loss program.

Here’s how it works:

Step 1: The Detoxification Diet: days 1-21+:

Following the diet is extremely important to the success of this program.

The diet consists mostly of lean protein (fish, chicken breast, turkey breast) along with unlimited fruits & vegetables. Increase your water intake to ½ your body weight in ounces per day. A simple shopping list is included and the below menu serves as an example:

Breakfast: *Nutriclear Detoxification Beverage* (step 2) or alternate eggs with lean protein of your choice. Add as much fruit as you like. Breakfast should be within 30 mins of waking.

Mid-morning snack: Unlimited servings fruit or vegetable along with ¼ cup raw Nuts, Seeds or Nut Butter (avoid peanuts). Do not go longer than 3 hours without eating.

Lunch: Lean Protein of your choice along with a large salad dressed with healthy oils (olive or hemp oil) and as much vegetables and fruit as you like.

Mid-afternoon snack: Unlimited servings fruit or vegetable along with ¼ cup raw Nuts, Seeds or Nut Butter (avoid peanuts). Do not go longer than 3 hours without eating.

Dinner: Protein of your choice along with vegetables. Alternate chicken breast, turkey breast, fish and add two types of vegetables steamed or raw. 1 cup of brown rice, quinoa or legumes may be added. Eat fruit for dessert. **OR** Enjoy a bowl of Vegetable/Legume soup with palm size portion of meat or fish and a salad.

Eliminate:

Sugar, Caffeine, Dairy, Wheat, Tobacco & Alcohol, Soy, Sugar substitutes, all processed foods.

Aqua Detox Foot Bath: days 1-21:

2 Detox Foot Bath sessions per week - for a total of 6 foot baths to accelerate the detoxifying process. The Detox Foot Baths aid in removing unwanted toxins, yeast, parasites and bacteria that have been extracted from tissues by the detoxifying herbs.

Step 2: Bio-Detoxification

Detoxifying Herbs: days 7-21:

Take 2 ***Bio-Detox** packets/day consisting of herbs to cleanse the liver, lungs, gall bladder, kidneys, colon as well as kill parasites, bacteria and yeast in the gut. Herb packs also include supplements to reduce systemic pain and inflammation, protect the body from free radical damage and fat storage as well as regenerate the liver to healthy repair.

Detoxification (meal replacement) Beverage: days 7-21+:

Blend 2 scoops of ***Nutriclear Detoxification Beverage** and 1 scoop of ***Whey protein Isolate** blended with 1/3 cup organic frozen or fresh *blueberries, blackberries or raspberries, and 20 – 30 almonds or cashews or 2 teaspoons of sesame seeds or Chia seeds. Additional ½ banana can be added. Use Coconut water or filtered water to thin as needed.

*Berries cleanse the liver, nuts/seeds add healthy fats, Nutriclear replenishes nutrients, heals the gut and helps to convert fats and carbohydrates to energy, Whey protein stabilizes blood sugar and satiates hunger, Water/Coconut water hydrates and banana is for taste.

Step 3: Regeneration & Repair:

BioDoph 7 Plus: Ongoing:

Take 3 ***BioDoph 7 Plus** capsules daily upon rising:

After you've completed your 3 week Detox it is important to replenish your GI tract with good bacteria that may have been lost in the cleansing process. **BioDoph 7 Plus should be taken on an empty stomach, before food.**

EPA/DHA: Ongoing:

Take 2 capsules of *EPA/DHA at breakfast and 2 capsules at lunch:

To ensure that we restore healthy cells and support joint repair, Omega 3 must be taken. EPA/DHA should be taken with food.

Please note: Dr. Heidi recommends 1 *Aqua Detox Foot Bath per month continue the detox process throughout the year.

Healthy Diet/*Nutriclear shakes: Ongoing

Continuing the detox diet as closely as possible as well as continuing 1 *Nutriclear shake per day as a meal replacement is a great way to support healthy weight loss and remain toxin free.

Cost of Detoxification Program:

Step 1:	FREE! There is no excuse not to at least follow the Detox diet.		
	FREE! 1 st Aqua Detox, Add 5 more sessions	(\$210 value):	\$110
Step 2:	Detox Packs, 1 Nutriclear, 1 Whey Protein	(\$196 value):	\$176
Step 3:	Biodoph 7 Plus, EPA/DHA capsules, Add'l Nutriclear	(\$122 value):	\$113
	Total Cost step 1 and 2 (complete detox):	\$286	
	With addition of Step 3 (regeneration/repair):	\$399	

Support: Dr. Heidi is available via email before, during and after the cleanse to answer any questions via to: Innermovementchiro@gmail.com It is also recommended that you continue your Chiropractic Care during the cleanse to allow Dr. Heidi to be of ultimate support during the detoxification process.