



21-Day Purification Program

A Patient Guide to Purifying, Nourishing, and
Maintaining a Healthy Body and Weight



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Clearer. Brighter. Lighter.

Your life in high resolution.

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle.

Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program will help you maintain a consistent healthy weight. When you've completed the 21-day purification program, you'll be amazed at how good you find yourself feeling. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward a clearer, brighter, lighter way of life now and in the years ahead.



This plan is not a fad diet. It's a new way of life, a strategy that you and your health care professional can modify to fit your individual requirements. The plan is a journey of discovery as you try new foods and learn about eating for better health.



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Purify

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins on a daily basis. These include pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel and metabolize these toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin that's not looking its best
- Joint discomfort

There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research has shown that many of these chemicals can disrupt our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins:

External Toxins

- Air and water pollutants
- Cigarette smoke
- Personal care products
- Heavy metals
- Household cleaning products
- Pesticides and herbicides
- Pharmaceuticals
- Preservatives and additives
- Trans fats

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals

Centers for Disease Control and Prevention. *Fourth National Report on Human Exposure to Environmental Chemicals*. Atlanta (GA): CDC, 2009.

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How do I determine my toxic load?

Your toxic load is the amount of toxins that your body must process.

- ☐ Yes ☐ No Do you or have you eaten processed foods?
- ☐ Yes ☐ No Do you eat nonorganic fruits and vegetables?
- ☐ Yes ☐ No Do you eat meat and poultry that are not free-range?
- ☐ Yes ☐ No Do you consume genetically altered food?
- ☐ Yes ☐ No Do you or have you ever used artificial sweeteners?
- ☐ Yes ☐ No Do you drink soda?
- ☐ Yes ☐ No Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- ☐ Yes ☐ No Do you eat fast foods and/or eat out regularly?
- ☐ Yes ☐ No Do you charbroil or grill foods?
- ☐ Yes ☐ No Do you drink coffee regularly?
- ☐ Yes ☐ No Do you drink alcohol?
- ☐ Yes ☐ No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as personal care products, cleaners, and pollution, add to your load. Your health care professional may have you complete a more comprehensive questionnaire to understand your toxic load.

Lighten your toxic load and manage your weight through the Standard Process Purification Program. You're on your way to a clearer, brighter, lighter future!

How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body—the liver, kidneys, and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on purification and weight reduction. This can help you achieve optimal health by cleansing the body from the inside out.

Liver

- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform many toxins into harmless agents

Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine

- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

Large Intestine

- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support





Program Basics

Our 21-day purification program includes eating whole, organic, and unprocessed foods; taking whole food supplements; and drinking plenty of water. You will eat a variety of vegetables and fruit for the first 10 days, with select proteins added on day 11.

What supplements will I use during purification?

SP Cleanse®

This vegetarian supplement combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.

- Maintains healthy kidney and liver function
- Supports a healthy gastrointestinal environment and promotes regular elimination
- Supports the lymphatic system, a major part of the immune system

SP Complete® (with whey protein) or SP Complete® Dairy Free (with rice protein)

Both offer essential whole food nutrition in a versatile powder. Easily mixed in a shake, both:

- Provide phytochemicals with antioxidant activity to support healthy liver function and support the body's normal toxin-elimination function
- Provide essential amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health

Gastro-Fiber® (capsules)

or Whole Food Fiber (powder)

- Gastro-Fiber is a mix of psyllium husk, collinsonia root, fenugreek powder, apple pectin, and fennel seed fiber.
- Whole Food Fiber is a mix of rice bran, carrot, apple pectin, oat, and beet.

Both help:

- Support healthy elimination
- Encourage a healthy intestinal environment to help maintain proper intestinal flora

Your health care professional will determine which product is right for you.

SP Green Food®

Contains organically grown whole food concentrates from Brussels sprouts, kale, alfalfa, buckwheat, and barley grass to:

- Promote healthy liver function
- Provide phytonutrients and ingredients with antioxidant activity

Supplement Regimen

Follow the supplement regimen below or as directed by your health care professional.

Days 1-7

- 2-3 SP Complete or SP Complete Dairy Free shakes per day (2 scoops per shake)
See page 44 and standardprocess.com for some tasty recipes.
- 7 SP Cleanse capsules 3 times per day
- 3 Gastro-Fiber capsules 3 times per day *or*
1 tablespoon Whole Food Fiber per SP Complete shake

Days 8-21

- 2-3 SP Complete or SP Complete Dairy Free shakes per day (2 scoops per shake)
- 3 Gastro-Fiber capsules 3 times per day *or*
1 tablespoon Whole Food Fiber per SP Complete shake
- 5 SP Green Food capsules 2 times per day

Additional Supplementation Your Health Care Professional May Recommend

Whey Pro Complete (powder)

- Supplies 15 grams of protein per serving to support weight management, muscle tissue, immune function and gastrointestinal health

Tuna Omega-3 Oil (perles) or Tuna Omega-3 Chewable

- Provides omega-3 fatty acids

Gymnema 4g from MediHerb®

- Maintains healthy blood sugar levels already within a healthy range when combined with a healthy diet

ProSynbiotic

- Supports healthy gut flora and overall intestinal health

Linum B₆

- Contains flaxseed oil to support healthy skin, nerve tissue, and cognitive function

Calamari Omega-3 Liquid

- Contains a natural concentration of omega-3 fatty acids including DHA and EPA





“Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors ...”
—Dr. Royal Lee, founder of Standard Process

Nourish

Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Focus on Eating Right

- Eat a variety of foods. Choose a rainbow of colors.
- Eat frequently throughout the day to maintain a level blood sugar range.
- Your health care professional may modify this program for your individual health needs.

Look for more delicious recipes specifically designed for the purification program in “One Degree of Change: A Guide to the 21-Day Purification Program,” by Georgia Nab, DC. You can order this book through your health care professional.



21-Day Purification Pantry

Vegetables

You can eat an unlimited amount of vegetables from the list below. (Use organic whenever possible.) Your vegetable intake should be **twice** the amount of fruit intake.

- › Average serving size = ½ cup
- › No dried or canned vegetables; frozen OK
- › Fresh juices made from vegetables allowed
- › Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- › Fresh herbs and spices optional

-
- | | |
|--|-----------------------------|
| ▪ Artichokes | ▪ Jalapeno peppers |
| ▪ Arugula | ▪ Kale |
| ▪ Asparagus | ▪ Kohlrabi |
| ▪ Bamboo shoots | ▪ Leeks |
| ▪ Bean sprouts and any type of sprouts | ▪ Lettuce, any variety |
| ▪ Beets and beet greens | ▪ Mushrooms |
| ▪ Belgian endive | ▪ Mustard greens |
| ▪ Bell peppers, any variety | ▪ Okra |
| ▪ Black radish | ▪ Onions |
| ▪ Bok choy | ▪ Oyster plant |
| ▪ Broccoli | ▪ Parsnips |
| ▪ Brussels sprouts | ▪ Pearl onions |
| ▪ Cabbage | ▪ Pumpkin |
| ▪ Carrots | ▪ Radishes |
| ▪ Cauliflower | ▪ Rutabagas |
| ▪ Celery | ▪ Shallots |
| ▪ Chicory/radicchio | ▪ Spinach |
| ▪ Chives | ▪ Squash, any variety |
| ▪ Collard greens | ▪ Sweet potatoes |
| ▪ Cucumbers | ▪ Swiss chard |
| ▪ Dandelion greens | ▪ Turnips and turnip greens |
| ▪ Eggplant | ▪ Wasabi root |
| ▪ Endive/escarole | ▪ Water chestnuts |
| ▪ Fennel | ▪ Watercress |
| ▪ Hearts of palm | ▪ Yucca root |
| | ▪ Zucchini |

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, not dried or canned. (Use organic whenever possible.)

- | | |
|------------------------------|-------------------------|
| ▪ Apples* | ▪ Limes |
| ▪ Apricots* | ▪ Loquat* |
| ▪ Avocados | ▪ Lychee* |
| ▪ Bananas | ▪ Mango* |
| ▪ Blackberries | ▪ Melon, any variety* |
| ▪ Black currants* | ▪ Mulberries* |
| ▪ Blueberries | ▪ Nectarines* |
| ▪ Boysenberries | ▪ Olives |
| ▪ Cherimoya* (custard apple) | ▪ Oranges |
| ▪ Cherry* | ▪ Papayas* |
| ▪ Clementine | ▪ Passion fruit |
| ▪ Coconut | ▪ Peaches, any variety* |
| ▪ Cranberries, any variety | ▪ Pear, any variety* |
| ▪ Dates* | ▪ Persimmons* |
| ▪ Elderberries | ▪ Pineapple |
| ▪ Figs | ▪ Plums* |
| ▪ Gooseberries | ▪ Pomegranate* |
| ▪ Grapefruit | ▪ Raspberries |
| ▪ Grapes, any variety* | ▪ Red currants* |
| ▪ Guava* | ▪ Rhubarb |
| ▪ Huckleberries | ▪ Sapodillas |
| ▪ Jackfruit | ▪ Sharon fruit |
| ▪ Jujube | ▪ Strawberries |
| ▪ Kiwi fruit | ▪ Tangerines |
| ▪ Kumquats | ▪ Tomato |
| ▪ Lemons | ▪ Watermelon* |

*Fresh fruit can be a healthy and nutritious food with many vitamins, minerals, phytochemicals, and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. But if you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. Therefore for these individuals, fruits with the * by them should be avoided or minimized.



Legumes and Pseudo-Grains

- › Average serving size = ½ cup cooked (measure carefully)
- › 1-2 servings of lentils or quinoa per day

Legumes

- Green beans
- Lentils
- Peas

Pseudo-Grains Gluten-Free

- Quinoa

Oils and Fats

- › Average serving size = 1 teaspoon
- › Servings: 4-7 teaspoons per day
- › Should be cold pressed and unprocessed
- › Use high-quality oils

- | | |
|--|-------------------------------|
| ▪ Avocado | ▪ Grape seed oil |
| ▪ Butter: organic, unsalted | ▪ Olive oil: extra virgin |
| ▪ Coconut oil: organic, unrefined, raw | ▪ Pumpkin seed butter |
| ▪ Flaxseed oil | ▪ Sesame seed oil |
| ▪ Ghee: clarified butter | ▪ Tahini (ground sesame seed) |

Protein Sources

Lean meat and fish can be added on day 11. Servings should be roughly the size and thickness of your palm.

- › Average serving size = generally 3-5 oz. cooked
 - › Total servings: 2-4 per day, with 1-2 servings being fish
 - › Broil, bake, roast, or poach
 - › No cured, smoked, or luncheon meats
 - › Ask your health care professional about adding 2 scoops of Whey Pro Complete, a powdered protein supplement, to each SP Complete shake for additional protein. Whey Pro Complete can be added to shakes starting on day 1.
- | | |
|--|---|
| ▪ Fish: deep-sea (e.g., salmon, cod, or sea bass), not farm raised | ▪ Lean red meats: beef (grass-fed), venison, or other |
| | ▪ Poultry (organic, free-range) |
| | ▪ Wild game, any variety |

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Broths: ready-made, organic

- Beef
- Chicken
- Vegetable

Flours

- Coconut

Dairy-Free Milk

- Coconut milk: unsweetened
- Hemp milk: unsweetened

Miscellaneous

- Baking powder
- Baking soda
- Curry paste
- Mustard, Dijon
- Seaweeds such as arame, nori, or kelp
- Vanilla extract

Raw Seeds

- Flaxseed
- Chia seeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seed



Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro (fresh coriander)
- Cinnamon
- Cloves
- Cumin
- Dill
- Garam masala
- Garlic
- Ginger
- Lemon grass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

Sugars and Sweeteners

- Bananas
- Dates
- Whole-leaf stevia

Vinegars

- Apple cider
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar

Spring Water

Drink more water. One of the most common symptoms of dehydration is feeling tired. When that tired feeling hits you in the middle of the afternoon and you begin to reach for a sugary drink, try drinking more water instead. You might discover that a healthy glass of water eliminates fatigue, makes you feel better, and helps you focus more sharply. The benefits of water are numerous—from cleansing the kidneys and supporting healthy skin to increasing concentration. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion and bowel movements. Ideally you should drink a minimum of half your body weight in ounces of water every day.



Refrain From Consuming or Using

- › Alcohol, caffeine, tobacco, or other stimulants (Taper off before you begin your program to lessen potential headaches.)
- › Nuts
- › Dairy
- › Eggs
- › Grains (wheat, rye, barley, corn, rice, bran, bulgar, couscous, and semolina)
- › Processed or refined foods

For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight-management benefit you can gain from the program.



Postcards From Your Journey

During the next 21 days, you will experience ups and downs, both physically and emotionally, as your body rids itself of toxins. Record your experiences to allow your health care professional to determine how the program is working for you. Below is an example of what you might record:

What did you eat today?

- List the specific items you consumed.

How are you feeling?

- | | |
|------------------------------|--------------------------------|
| ▪ Energetic or sluggish | ▪ Grounded or dizzy |
| ▪ Refreshed or tired/drained | ▪ Clear/receptive or unfocused |
| ▪ Relaxed or tense | ▪ Calm or nervous |
| ▪ Content or depressed | |

Did you experience any physical effects?

- | | |
|---|--|
| ▪ Skin reactions
(itchy, rashes, acne, clearer skin) | ▪ Mild or moderate discomfort |
| ▪ Flu-like symptoms | ▪ Gas or bloating |
| ▪ Headaches | ▪ Allergic reactions |
| ▪ Aching joints | ▪ Constipation or healthy
bowel movements |
| ▪ Weight loss | |

Are you doing any other purification techniques?

Saunas, massages, etc., might help relieve any negative symptoms listed above.

Exercise: List the amount of time and type of exercise.

Perspiring is also cleansing and will enhance the benefits of the purification and weight-management process.



Daily Intake Journal

Day 1 Good luck on your journey toward better health!

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 2

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

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Daily Intake Journal

Day 3

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 4

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 5

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 6

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 7

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 8

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 9

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 10

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 11 You can add protein today.

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 12

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 13

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 14

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 15

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 16

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 17

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 18

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 19

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 20

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 21

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Congratulations on completing the purification program!

Now stay focused!

You've worked hard to follow a healthy meal plan, exercise, and take supplements with whole food ingredients. You can continue your journey toward maintaining your health and supporting your weight-management goals with the post-purification program.



Clearer. Brighter. Lighter.



Post-Purification

Get Back to a 'New Normal'

During post-purification, you'll begin to define your "new normal" with a healthy diet and supplements that will help meet your nutritional and lifestyle needs.

What's different?

Diet

Continue to follow the purification diet (days 11-21).

Food Reintroduction

You'll reintroduce foods you avoided during purification one food group at a time, as described in the next section.

Supplements

Depending on your needs, your health care professional might recommend an individual protocol including these or other specific supplements with whole food ingredients.

SP Complete or **SP Complete Dairy Free** shakes

Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber.

General Health Daily Fundamentals individual convenience packs contain three basic supplements for foundational support:

- Catalyn® contains vital nutrients from whole food sources and is designed to bridge nutritional gaps in the diet.
- Tuna Omega-3 Oil delivers essential omega-3 fatty acids (including DHA and EPA).
- Trace Minerals-B₁₂TM contains a spectrum of minerals that support a healthy body.

Food Reintroduction

Systematically reintroducing foods from one food group at a time allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of the foods in these groups for a few weeks, so you'll want to introduce each new food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel. A complete food experience journal is available for downloading and printing at standardprocess.com.

The Process

You'll follow the daily diet detailed on page 11 of this guide until you and your health care professional decide to reintroduce the foods you want to add back into your diet. You'll reintroduce one food from a food group at a time, but it's important to undertake this process with your health care professional's guidance. You should work together to decide which foods you'll reintroduce and what you should do if you have a reaction.

Let your body be your guide: If you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional. If your symptoms are uncomfortable but not severe, wait a few hours and try the food again, or follow the instructions your health care professional provides you with for reporting any issues. And remember, each person is different, so write down what you feel—different people will have different responses to the same food.



The Difference Between Allergies and Intolerance to Foods

Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy, but some other "highly" allergenic foods are milk, eggs, soy products, and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.



Intolerance

Food intolerance is the digestive system's response to the part of a food or additive that can't be processed or that causes irritation. Sugar intolerance, for example, could be from a biological cause in which the body lacks the enzymes needed to process lactose or fructose. Intolerance could also be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut.

The body's response to food intolerance is usually based on portion: A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.



Reintroducing Foods Eliminated During Purification

Grains

Choose whole grains (the entire grain kernel) instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains containing their original fiber, iron, and B vitamins are a healthier choice. Eat a healthy range of whole grains that includes spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

Dairy

This group includes products like cheese, milk, and yogurt. These foods are nutritionally dense and provide a host of nutrient components, such as calcium and protein.

Nuts (Raw)

Nuts can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful a day is plenty for most people.

Shellfish

Shellfish, like shrimp and mussels, can add important nutrients, such as protein and iodine, to the diet.

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains, so you can have whole-grain toast at the same time.

Or you could hard boil an egg and eat it at breakfast or as a snack.

Look for more delicious recipes specifically designed for the purification program in “One Degree of Change: A Guide to the 21-Day Purification Program,” by Georgia Nab, DC. You can order this book through your health care professional.

An Example of a New Normal

To give you an idea of how rich and complex your diet should be, we've included a single sample day after you have reintroduced all food groups. If weight loss is a goal, keep in mind that most people who cut 300 calories from the daily diet while also getting 30-40 minutes of daily moderate exercise can expect to lose a pound per week. While individual needs are different, ideally you should drink a minimum of half your body weight in ounces of water every day.

Breakfast

SP Complete Shake original recipe	1 serving
Add the following to the shake:	
Water	8 oz.
Hazelnut oil	1 tablespoon
Blueberries frozen, unsweetened	1½ cups
Oatmeal prepared with water	¾ cup
Green tea	8 oz.

Snack

Sunflower seeds	1½ tablespoon
kernels, oil roasted, without salt	

Lunch

Chicken breast roasted	2 oz.
with teriyaki (1½ tablespoon) and celery seeds (1 teaspoon)	
Broccoli cooked, without salt	½ cup
Summer squash cooked, without salt	½ cup
Asparagus	8 spears

Snack

Cottage cheese	½ cup
----------------	-------

Dinner

Walleye baked	3 oz.
Salad	
Greens	2 cups
Chickpeas cooked	½ cup
Green beans cooked	1 cup
Onion sliced	¼ cup
Garlic	1 clove
Kidney beans cooked, without salt	⅓ cup

Snack

Whole milk	1 cup
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Note: The above example contains approximately 1,600 calories and is a general sample of a healthy meal plan.



Health Tips for a Lifetime

Trying to Lose Too Much, Too Fast

The safest way to lose weight is to set a goal of losing 1 to 2 pounds per week. That way you keep weight off and avoid “yo-yo” dieting.

Underestimating the Amount of Calories/Nutrients in Food

Let your body tell you when it's full—never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience.

Preparing for Social Gatherings

Drink water before social events and while you're there so you don't mistake hunger for dehydration. If appetizers will be served, eat a healthy snack beforehand so you're not so tempted by foods high in calories and trans fats. Healthy snacks could include:

- 1 cup of carrots
- Celery sticks with 1 tablespoon peanut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar® (convenient bars in several flavors)
- Avocado or guacamole

Dealing With Feeling Deprived/Bored With the Diet

Depriving yourself all the time of favorite unhealthy foods might lead you back to unhealthy eating habits. It's OK to give in occasionally and eat an appropriate amount of your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before.

Reaching for Processed or Refined Foods High in Sugar, Fat, and Additives

Avoid temptation by keeping these foods out of the house so you won't be tempted. When you eat out, preview the menu and make your selection in advance, if possible, so you can avoid these foods. If sugar cravings are a problem, ask your health care professional about additional supplementation that can help.

Drinking Alcohol or Caffeine

If you consume these drinks, it's best to drink them only in moderation.

Portion Control

Portion control is essential for maintaining a healthy weight. Consider the serving size for the food you are eating.

Reading Labels

As you begin adding new foods to your diet, make sure you read the labels carefully. Avoid additives and unhealthy fats—your well-being depends on it. Ingredients to watch for include:

Monosodium Glutamate (MSG)/Natural Flavoring

MSG is used as a salt substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant-prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Trans Fats (Hydrogenated Oils)

Most dietary trans fats are found in processed foods like cakes, cookies, crackers, and bread. Trans fats are known to raise “bad” cholesterol levels and lower “good” cholesterol levels and might be listed as “hydrogenated” or “partially hydrogenated.”

Artificial Sweeteners

Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain “empty calories”—meaning they don't provide any nutritive value for the calories they add to your diet.

Artificial Colors/Dyes

These are artificial chemicals added to foods to improve appearance. People expect foods to appear appetizing, so these artificial colors are used to provide uniformity in color and make products look as expected based on ingredients. However, some people have physical reactions to these substances. For example, a common yellow dye may cause an allergic reaction in susceptible individuals. Look for natural coloring agents like turmeric, paprika, or saffron instead.

Sodium

Sodium can hide in the most innocent places, like sauces, soups, and baked goods. Eating too much sodium can contribute to long-term health problems, as well as cause you to retain water and feel bloated. Opt for fresh foods and low-sodium products (including condiments like salad dressing, ketchup, and mustard), season with herbs instead of salt, and take the saltshaker off the table. Some people prefer salt that is less processed, like sea salt. Regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.





Frequently Asked Questions

Q Why does my body need to be purified?

A See page 2.

Q What are the benefits of purification?

A A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:

- Improved weight-management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer thinking
- Clearer skin
- Shinier hair
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)
- Better sleep

Q Will this purification program help me lose weight?

A By following the Standard Process Purification Program you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 35-37 for tips on how to continue your success.

Q Is exercise necessary? How much and what type is recommended?

A Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.



Q What Standard Process supplements are taken during the program?

A See pages 6-8.

Q Can I take my regular supplements/medication during the program?

A Your health care professional can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. He or she also might recommend additional supplements to support your body while on the program.

Q How do I stick to the program when eating away from home?

A Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended list (pages 11-14). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

For added convenience, SP Complete and Whey Pro Complete are available in single-serving packets. Ask your health care professional for more details.

Q What physical changes will I experience during purification?

A Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

Q Why can't I substitute different vegetables than what are outlined?

A The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification.

Q What if I want to add more protein or fiber to my diet during or after purification?

A Whey Pro Complete or Whole Food Fiber can be added to shakes or mixed with other beverages or foods. See the Whey Protein or Dietary Fiber brochures on our website for more details.

Q What can I do if I am tired or lack energy while on the program?

A You may be fatigued because your body may require a higher amount of protein during purification and post-purification. Ask your health care professional about adding Whey Pro Complete to your program.

Q What can I do for temporary constipation?

A Remember to drink plenty of water—at least 64 ounces per day. Eat plenty of vegetables and fruits with a high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Q Do the purification products contain gluten?

A A list of gluten-free products is available on our website. Gluten sensitivity is a complex issue. Due to differences in patient sensitivities, nutritional counseling from your health care professional should be individualized, and potential gluten allergies and/or celiac disease should be discussed before you begin the Standard Process Purification Program.

Q Why is there lactose in SP Complete?

A Whey is a protein source found in SP Complete, and lactose is a nutrient found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Q Is the Standard Process Purification Program vegetarian?

A It is vegetarian (lacto-ovo) but not vegan.

Q What if I am allergic to certain foods on the list?

A If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.



Q Is the purification program recommended for pregnant or lactating women?

A No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.

Q How do I keep the benefits after the program?

A The logical next step after purification is the post-purification program. This will allow you to reach your new normal—the healthy way you will eat and live from now on. Your health care professional will recommend that you stay on the post-purification program until you meet your health and weight-management goals. See page 29.

Your health care professional may want you to complete the purification process once or twice a year to maintain your level of health and well-being.



Q How long will I remain on post-purification?

A You'll want to continue the things you've learned as you maintain your quest for better health.

Q What do I do if I have continued health issues?

A You and your health care professional should work together during post-purification. Your health care professional may recommend supplements that are specific to your health concern.

Q What if I am not losing weight during post-purification like I did on the purification program?

A The post-purification program is a way to establish healthy eating habits not a weight-loss program. That said, many people will lose weight during both the purification and post-purification programs because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:

- Eat more vegetables than fruits.
- Have healthy snacks, such as fruits and vegetables, available at all times.
- Be aware of portion size.
- Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

Q What if I am struggling with the program?

A Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!



Recipes

Visit standardprocess.com for additional recipes.

Shakes

Directions for All Shakes

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated and remix as needed before pouring.

Original Recipe

- 1-1½ cups of your favorite fresh or frozen fruit or vegetables (optional)
- 1 tablespoon high-quality oil (e.g., flax oil)
- 2 rounded tablespoons (scoops) SP Complete
- 8 oz. water (increase for desired consistency)

Please note: You may add 2 tablespoons Whey Pro Complete and/or 1 tablespoon Whole Food Fiber to any shake recipe.

Tips for Your Shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick shake.
- Mangos or peaches give your shake a nice zing.
- Peel and slice extra-ripe bananas, and freeze them for easy use.
- Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.
- Consider substituting SP Complete Dairy Free if lactose is a concern.
- If blending vegetables, there is no restriction regarding the quantity, and it is recommended that a high-performance commercial drink blender be used.



Look for more delicious recipes specifically designed for the purification program in “One Degree of Change: A Guide to the 21-Day Purification Program,” by Georgia Nab, DC. You can order this book through your health care professional.

Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots
- 1 tablespoon flax oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Citrus-Berry Splash

- ½ cup blackberries
- ¼ cup blueberries
- ½ cup strawberries
- ½ banana (optional)
- Juice from 2 freshly squeezed oranges
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Flecks o’ Flax

- 1 small or ½ large banana
- Handful of grapes
- ½ ripe pear or apple
- 2 heaping tablespoons organic milled flaxseed (not oil)
- 1 scoop SP Complete
- 1 scoop Whole Food Fiber
- 1 cup water

Banana-Berry Blast

- ½ cup blueberries
- ½ cup strawberries
- ½ banana
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

High-Protein Smoothie

- ¼ banana
- ¼ cup pineapple
- 1 tablespoon high-quality oil (e.g., flax oil)
- 2 rounded tablespoons SP Complete
- 2 rounded tablespoons Whey Pro Complete
- ½ cup water

Apple-Cinnamon Surprise

- 1 cup water
- 1 medium apple
- ½ banana
- ½ teaspoon cinnamon
- 1 scoop SP Complete
- 1 scoop Whole Food Fiber
- Handful of ice cubes

Pumpkin Pie

- 1 tablespoon flax oil
- ½ banana
- ½ cup organic pumpkin
- Few pinches each of ginger and cinnamon
- 1 scoop SP Complete
- 1 scoop Whole Food Fiber
- ½ to 1 cup water (less if adding ice cubes)



Salads

Beet Salad

- 1 lb. beets, peeled and grated
- 4 sticks celery, finely chopped
- 2 tablespoons apple juice
- 1 tablespoon apple cider vinegar
- 4 scallions, finely chopped
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- Celtic Sea Salt and pepper to taste

Mix beets and celery with apple juice. In a separate bowl, whisk together the remaining ingredients. Toss the celery/beets with half of the liquids. Then drizzle the remaining liquid over the salad. Chill for 2 hours and serve.

Cholula Fiesta Salad

- 2 cups mixed greens
- ¼ cup avocado
- 1 carrot, shredded
- ½ cup tomato
- ½ cup jicama
- 1 lime, juiced

Chop tomato, avocado, and jicama. Combine all ingredients in a bowl and top with lime juice.

Carrot-Beet Salad

- ¼ cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons minimally processed honey
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- ¼ teaspoon cayenne (optional)
- Celtic Sea Salt, to taste
- 3 cups shredded beets
- 3 cups shredded carrots
- ½ cup fresh parsley, chopped

Mix all ingredients except beets, carrots, and parsley in a large bowl. Check seasonings. Add beets, carrots, and parsley. Toss to combine. Let marinate 2 hours, if desired.

Cabbage Salad

- ½ head purple cabbage, shredded
- ½ red or purple onion, sliced thinly (soak in cold water for a few minutes if you prefer milder onion flavor)
- ½ cucumber, sliced thinly
- 1 avocado, diced
- 1 medium tomato, coarsely diced
- 1 lime, juiced
- Celtic Sea Salt and fresh cracked pepper

Toss all ingredients with lime juice, salt, and pepper.

Avocado and Papaya With Lime Dressing

- 2 limes, juiced
- 1 tablespoon minimally processed honey
- ¼ teaspoon Celtic Sea Salt
- ¼ teaspoon freshly cracked black pepper
- 4 cups mixed baby lettuce greens
- 2 papayas
- 2 avocados

Combine the lime juice, honey, sea salt and pepper; blend until smooth. Peel the papayas and cut them in half. Remove the seeds. Slice the papaya halves into thin wedges. Cut the avocados in half, and remove the pits. Slice the flesh into thin strips. Arrange the fruit slices on salad plates, alternating between papaya and avocado. Combine the greens and dressing in a bowl and toss well to coat. Mound a portion of the greens in the center of each plate. Drizzle with a few drops of dressing.

Peaches, Basil, and Red Onion

- 3 peaches, sliced
- ¼ red onion, very thinly sliced
- ⅓ cup fresh basil (leaves torn if large)
- ½ lemon, juiced
- ½ teaspoon Celtic Sea Salt
- Freshly ground pepper
- 1 tablespoon olive oil

Toss peaches with red onion, basil, lemon juice, salt, and pepper to taste. Drizzle with olive oil. Can be served over fresh spinach with one of the dressings on page 48 and topped with chicken.

Recipe courtesy of Whole Living at www.wholeliving.com

Salad Dressings and Accents

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add color and flavor to your greens.

Seasonings

The Standard Process Purification Program was designed to allow you to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.

Parsley Garlic Dressing

- ½ bunch fresh parsley, chopped
- 2 garlic cloves, chopped
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon Celtic Sea Salt

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Avocado Dressing

- 1 avocado, peeled and chopped
- ¾ cup olive oil
- ¼ teaspoon fresh lemon juice
- ¼ teaspoon dry mustard
- ¼ teaspoon Celtic Sea Salt
- Pinch of freshly ground pepper

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.



Garlic Flax Oil Dressing

- 2 cloves organic garlic
- ⅛ teaspoon Celtic Sea Salt
- Juice of half a lemon
- ⅓ cup flax oil

Mash garlic with salt. Add lemon juice. If needed, add more salt, garlic, or juice. Mix in flax oil.

Apple Cider Vinaigrette

- 3 tablespoons organic apple cider vinegar
- ½ cup olive oil
- ¼ teaspoon Celtic Sea Salt
- 1 teaspoon oregano
- ⅛ teaspoon pepper

Mix ingredients and refrigerate in a sealed container. Let dressing sit at room temperature a few minutes before using.

Vinaigrette Dressing

- ⅔ cup olive or flax oil
- 1 tablespoon Dijon mustard
- ¼ cup balsamic vinegar or lemon juice
- 1 clove garlic, minced
- ¼ cup water

Mix together and add herbs to taste.

Dips and Snacks

Asparagus Fries

- Asparagus, however much you like
- Celtic Sea Salt
- 1 tablespoon olive oil per pound of asparagus

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a line on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Salsa Fresca

- 2 cups ripe tomatoes, chopped
- 1 cup sweet onions, chopped
- 1 cup green bell pepper, chopped
- 2 tablespoons fresh lime juice
- 1 jalapeno, finely diced
- 1 teaspoon Celtic Sea Salt
- Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno, and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid, gently mix in the cilantro, and season with sea salt to taste.

Heirloom Cherry Tomato Salsa

- 6 cups heirloom cherry tomatoes, sliced into halves
- 1½ cups finely diced celery (save the celery hearts for garnish)
- 1 small bunch parsley (about 2 cups) leaves only, roughly chopped, plus additional sprigs for garnish
- 3 jalapeños, seeded and finely minced
- 4 to 5 scallions: the white part and 1 inch of green, sliced very thin
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon Celtic Sea Salt

Place all the ingredients in a bowl and toss until evenly mixed.

Kale Chips

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon cayenne pepper

Preheat oven to 350 F. Line a noninsulated cookie sheet with parchment paper. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Soups and Stews

Creamy Red Pepper Soup

- 1 red pepper
- 1 cup warm water
- ½ large avocado
- 5 baby carrots
- ¼ cup hemp seeds
- 1 teaspoon onion, chopped
- ½ teaspoon garlic, chopped
- 1 teaspoon minimally processed honey
- ½ teaspoon jalapeño pepper
- ½ teaspoon Celtic Sea Salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth, and slightly warm.

Gardener's Ratatouille

- 4 teaspoons olive oil
- 1 cup onion, chopped
- 3 cups plum tomatoes, chopped
- 2 cups eggplant, chopped
- 2 cups zucchini, chopped
- 1 cup bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon each fresh basil, oregano, parsley, chopped
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon black pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Stir in remaining vegetables and garlic. Cover, reduce heat, and simmer 30 to 40 minutes or until vegetables are cooked through. Stir in remaining ingredients and simmer, uncovered, an additional 5 to 10 minutes.

Recipe courtesy of Cooking Light at <http://community.cookinglight.com>

Lentil Soup

- 1 onion, chopped
- ¼ cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5-ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- Celtic Sea Salt and ground black pepper to taste

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.

Entrees

Herb Salmon

- 4 salmon fillets, about 6 oz. each
- 4 tablespoons fresh lemon juice
- Celtic Sea Salt and ground pepper
- ½ cup Dijon mustard
- 1 teaspoon olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan, and drizzle 2 tablespoons of lemon juice over the top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 tablespoons lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

Garlic-Lemon Chicken Kabobs

- 3 tablespoons olive oil
- Zest of 1 lemon
- 3 cloves garlic, minced or pressed
- 1 tablespoon minced fresh parsley
- 1 teaspoon Celtic Sea Salt
- ½ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch pieces

In a medium bowl, whisk together the olive oil, lemon zest, garlic, parsley, salt and pepper. Add the chicken pieces to the bowl, and mix to coat with the marinade. Cover and refrigerate for 2-8 hours. Prepare a medium fire in a grill. If using wooden skewers, soak them in water for at least 20 minutes before use. Thread the chicken pieces onto skewers, and discard the excess marinade. Lightly oil the grill grates. Place the kabobs on the grill, cover, and cook until the chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking.

Recipe courtesy of Annie's Eats at <http://annies-eats.net>



Entrees

Baked Fish Fillets With Mushrooms and Tomatoes

- 12 ounces Atlantic pollock
- 3 raw celery stalks, about 8 inches long
- 1 cup fresh mushrooms, sliced
- ¾ teaspoon fresh dill or rosemary
- 1 lemon, juiced
- ½ teaspoon black pepper
- 4 medium tomatoes, sliced

Preheat the oven to 375 F. Sautee the celery and mushrooms briefly in a few tablespoons of water. Add the dill or rosemary. Arrange the sauteed vegetables in a baking dish. Sprinkle with about half the lemon juice and freshly grated pepper. Place the sliced tomatoes and then the fish on top. Sprinkle with remainder of lemon juice and pepper. Bake uncovered for 35-40 minutes. If necessary, add a slight amount of water to prevent the fish from drying while it bakes.

Recipe courtesy of SparkRecipes at www.sparkrecipes.com

Stuffed Whole Sea Bass

- 1 medium whole sea bass, scaled with head and tail intact
- 2-3 lemons, thinly sliced
- 1 small red chili pepper, deseeded and chopped
- 1 large handful each of fresh basil, flat-leaf parsley, thyme leaves, and coriander leaves
- 1 clove garlic, minced
- Olive oil for drizzling
- Celtic Sea Salt and freshly ground pepper

Ensure sea bass is clean inside and out. Preheat oven to 400 F. Line an ovenproof dish with a double layer of foil large enough that it overhangs so you can wrap the fish. Drizzle with olive oil, and add a layer of lemon slices. Make several shallow slits on either side of the fish, being careful not to hit the bone. Roughly chop the herbs, garlic, and chili pepper. Place the herbs within the cavity of the fish along with several lemon slices. Top the fish with additional lemon slices, and drizzle with more olive oil. Fold the foil to package the fish, ensuring there is space above the fish for steam to collect. Bake 20 minutes. Remove from bone before serving.

Recipe courtesy of www.bestseabassrecipes.com

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse	7 capsules	3x/day
SP Complete or SP Complete Dairy Free	2 tablespoons per shake	2-3/day
Gastro-Fiber or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon per SP Complete shake	2-3/day

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency
SP Green Food	5 capsules	2x/day
SP Complete or SP Complete Dairy Free	2 tablespoons per shake	2-3/day
Gastro-Fiber or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon per SP Complete shake	2-3/day

Additional Purification and Post-Purification Supplementation

Supplement	Amount	Frequency
Whey Pro Complete		
Tuna Omega-3 Oil <small>(peries)</small> or Tuna Omega-3 Chewable or Calamari Omega-3 Liquid		
Gymnema 4g from MediHerb		
ProSynbiotic		
Linum B ₆		
General Health Daily Fundamentals <small>(Individual packs that contain Catalyn, Trace Minerals-B₁₂, and Tuna Omega-3 Oil)</small>		

SP Complete and Whey Pro Complete are also available in convenient single-serving packets.

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, not dried or canned. (Use organic whenever possible.)

- ☐ Apples*
- ☐ Apricots*
- ☐ Avocados
- ☐ Bananas
- ☐ Blackberries
- ☐ Black currants*
- ☐ Blueberries
- ☐ Boysenberries
- ☐ Cherimoya* (custard apple)
- ☐ Cherry*
- ☐ Clementine
- ☐ Coconut
- ☐ Cranberries, any variety
- ☐ Dates*
- ☐ Elderberries
- ☐ Figs
- ☐ Gooseberries
- ☐ Grapefruit
- ☐ Grapes, any variety*
- ☐ Guava*
- ☐ Huckleberries
- ☐ Jackfruit
- ☐ Jujube
- ☐ Kiwi fruit
- ☐ Kumquats
- ☐ Lemons
- ☐ Limes
- ☐ Loquat*
- ☐ Lychee*
- ☐ Mango*
- ☐ Melon, any variety*
- ☐ Mulberries*
- ☐ Nectarines*
- ☐ Olives
- ☐ Oranges
- ☐ Papayas*
- ☐ Passion fruit
- ☐ Peaches, any variety*
- ☐ Pear, any variety*
- ☐ Persimmons*
- ☐ Pineapple
- ☐ Plums*
- ☐ Pomegranate*
- ☐ Raspberries
- ☐ Red currants*
- ☐ Rhubarb
- ☐ Sapodillas
- ☐ Sharon fruit
- ☐ Strawberries
- ☐ Tangerines
- ☐ Tomato
- ☐ Watermelon*

Protein Sources

Lean meat/fish can be added on day 11. You may eat two to four servings per day with one or two servings being fish. Meat should be broiled, baked, roasted, or poached. Do not eat cured, smoked, or luncheon meats.

- ☐ Fish: should be deep-sea fish (e.g., salmon, cod, or sea bass), not farm raised
- ☐ Lean red meats: beef (grass-fed), venison, or other
- ☐ Poultry: organic, free-range, antibiotic-free, and hormone-free (if possible)
- ☐ Wild game, any variety

Beverages

- ☐ Spring water

Shopping List

Vegetables

You can eat an unlimited amount of vegetables from the list below. (Use organic whenever possible.) Your vegetable intake should be twice the amount of fruit intake.

- | | |
|---|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Jalapeno peppers |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bean sprouts and any type of sprouts | <input type="checkbox"/> Lettuce, any variety |
| <input type="checkbox"/> Beets and beet greens | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Belgian endive | <input type="checkbox"/> Mustard greens |
| <input type="checkbox"/> Bell peppers, any variety | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Black radish | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Oyster plant |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Pearl onions |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Rutabagas |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Chicory/radicchio | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Squash, any variety |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Turnips and turnip greens |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Wasabi root |
| <input type="checkbox"/> Endive/escarole | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Yucca root |
| | <input type="checkbox"/> Zucchini |

Oils and Fats

Should be cold pressed and unprocessed. Use high-quality oils, such as:

- | | |
|--|--|
| <input type="checkbox"/> Butter: organic, unsalted | <input type="checkbox"/> Grape seed oil |
| <input type="checkbox"/> Coconut oil: unrefined, raw | <input type="checkbox"/> Olive oil: extra virgin |
| <input type="checkbox"/> Flax oil (keep refrigerated, do not heat) | <input type="checkbox"/> Sesame seed oil |
| <input type="checkbox"/> Ghee: clarified butter | |

Other

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Fresh herbs, spices, and accents | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Lentils | |



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