

## **3 Day Cleanse User Guide**

The *3 Day Cleanse* is designed to assist you revitalize your gastro-intestinal system and to help you get rid of your accumulating and unwanted waste.

The *3 Day Cleanse* is a complete regimen that rests your gut and replaces your meals for three days. To fully enjoy the benefits of the *3 Day Cleanse*, it is best that you follow the instructions in this User's Guide.

The User's Guide gives detailed instructions and tips on how to use the products and assists you in every part of the program. It also has a section on the common questions users ask about the three-day program.

So before you begin the program, it is important that you go through this guide and read the instructions carefully.

Congratulations on your purchase and commitment to a better and healthier life.

### **INTRODUCTION**

There are three phases to the *3 Day Cleanse* Program.

The first Phase or Pre-Cleanse phase prepares your bowels for the process. It is a two-day pre-cleanse regiment to help loosen up the bowels and prepare your GI system for the three-day cleanse-fast regimen. In these two days, it is best that you start eating less and avoiding heavy meals.

The second phase or the *3 Day Cleanse* phase is the THREE-day regimen where you rest your intestinal system and take only the meal replacement products provided by the pack. In the three days of cleansing, you will see the mucoid plaque being removed and discharged. The mucoid plaque is the build up of mucous, dead cells, and impacted waste material that covers the inner wall of your colon and clogs the effective elimination of the fecal waste in your colon.

The third phase or the Post Cleanse phase is a two-day return to normal program. After three days of the cleansing fast, the intestinal system is being prepared to return to normal functioning.

### **CAUTION**

Please take note of those who should not use this program:

- Pregnant or nursing mothers;
- Anyone with an acute infection;
- Anyone recovering from a medical procedure, surgery or therapy;
- Anyone with a bowel obstruction;
- Anyone with extreme weakness or extreme nutritional deficiencies or imbalance should not participate in this program.

### **STEP 1: THE PRE-CLEANSE PHASE**

Two days before the actual program, it is advisable that you start reducing your meal intake in

preparation for the three-day fast.

On each of the three days, you need to decrease your food intake by decreasing the portion size by increments of 25%.

PRE-CLEANSE DAYS	MEAL REDUCTION	RECOMMENDATION
Day One (Pre-Cleanse)	Reduce meal portion size by 50%	Drink a lot of water.
Day Two (Pre-Cleanse)	Reduce meal portion size by 75%	Drink a lot of water.

Besides reducing the portion size, you may also want to change what you eat. Eat more vegetables, fruits, whole grains, and legumes. Avoid packaged and processed food, sugar, alcohol, meat, dairy products, fried foods, and coffee.

It is important that you keep your body hydrated by taking at least twelve glasses of water a day.

## **STEP 2: THE CLEANSING FAST**

This is a three-day cleansing fast that rests your intestinal system, removes the accumulated waste and restores the normal milieu of the gastro-intestinal tract.

This phase allows for the maximum removal of mucoid plaque and retained fecal waste. During these days, you should not feel the physical urge to eat or hunger. There are those who have some craving appearing on the first day because their body is getting used to the cleanse-fast. Be self-controlled and discipline your mind; and stand your ground.

This urge may actually be thirst. If you take in plenty of water (3 liters/day), the urge naturally goes away. By the second day, your body will have already accustomed to the program and so you will not have the urge again.

Some of us have been accustomed to taking many meals and have been used to munching everyday. Some of your craving is psychological. Focus on your commitment to your goal of cleansing your colon.

CLEANSING FAST DAYS (Days 1-3)	PRODUCT	INTAKE	REMARKS
Wake up time or 7:30 a.m.	BIO-WHEATGRASS	1 sachet in 12 oz or 300 ml. water	Dissolve one sachet in 12 ounces or 300 ml of room temperature or cold water.
8:00 a.m./Breakfast	BIO-BALANCE+ BIO-DIET	2 sachets in 12 oz. or 300 ml. water	Dissolve well both sachets in 12-16 ounces room temperature or cold water.

10:00 a.m./Snack	BIO-CELL	1 sachet in 12 oz. or 300 ml. water	Dissolve one sachet in 12 or 300 ml of room temperature or cold water.
12:00 nn/Lunch	BIO-BALANCE+ BIO-DIET	2 sachets in 12 oz. or 300 ml. water	Dissolve well both sachets in 12-16 ounces room temperature or cold water.
3:00 pm/Snack	BIO-CELL	1 sachet in 12 oz. or 300 ml. water	Dissolve one sachet in 12 ounces or 300 ml of room temperature or cold water.
6:00pm/Dinner	BIO-BALANCE+ BIO-DIET	2 sachets in 12 oz. or 300 ml. water	Dissolve well both sachets in 12-16 ounces room temperature or cold water.
9:00pm or before sleeping	BIO- WHEATGRASS	1 sachet in 12 oz. or 300 ml. water	Dissolve one sachet in 12 ounces or 300 ml of room temperature or cold water.

NOTE: Use a shaker jar or bottle and drink immediately after mixing.

## **THE PRODUCTS**

### **BIO WHEATGRASS**

Dissolve one sachet in 12 ounces or 300 ml of room temperature or cold water. Use a shaker and drink immediately upon mixing.

This is the first drink of the day. Wheatgrass gives the body plant fiber that provides bulk to the fecal matter.

Bulk is one of the conditions for an effective elimination of waste. Fecal waste must have the necessary bulk or mass to initiate peristalsis or contraction of the colon smooth muscles. When the fecal matter does not have the required bulk, peristalsis is not initiated and the fecal waste is retained.

Furthermore, wheatgrass is rich in chlorophyll, which is plant nutrient that acts like the red blood cells of our body. Chlorophyll traps oxygen and delivers it to the cells. In the body, chlorophyll augments the function of blood and helps oxygenate the cells.

In the evening, before sleeping, another sachet of BIO WHEAT GRASS is necessary to help replenish the GI enzymes that were used during the day. It also helps restore a normal and healthy gastro-intestinal environment. Wheatgrass is rich in Vitamin K, which is necessary in encouraging a healthy growth of friendly bacteria in the gastro-intestinal system.

### **BIO-DIET AND BIO-BALANCE**

Dissolve well both sachets in 12-16 ounces room temperature or cold water, use a shaker and drink immediately after mixing. Do this according to program schedule.

The combination is a flavored meal replacement. It has the consistency of a shake and is available in three natural flavors: Cocoa, strawberry and cereal.

The primary ingredients of these products are palm oil fiber, fruit and vegetable extracts, soybean extract, guar gum, red rice, and the natural fruit flavor.

- a) **GUAR GUM** is fiber taken from the bark of the GUAR tree. It is rich in polysaccharides or complex carbohydrates that gelatinize and expand in the stomach when mixed with water. Guar gum is great in satiating the hunger by giving us the sense of fullness. As it expands in the stomach it also traps fats and cholesterol, thus, helping reduce cholesterol absorption in the body. Guar gum also provides bulk in the colon that helps move fecal matter.
- b) **PALM OIL FIBER** helps lubricate the inner lining of the colon and assists in dislodging mucoid plaque. The palm oil provides additional moisture necessary for an effective elimination of fecal waste. It facilitates the easy and gentle removal of retained fecal matter with its surfactant effect on the colon lining. On top of this, Palm oil has potent cholesterol-lowering properties and is trans fat free. It is rich in antioxidants, including Vitamin E. Palm oil is rich in tocotrienols that may have the ability to reverse blockage of the carotid artery and platelet aggregation thereby reducing the risk of stroke, arteriosclerosis and other heart disease problems. Animal studies have found that tocotrienols may exhibit activity against tumor promotion. Palm fruit oil increases 'good' HDL, compared to other saturated oils, such as coconut oil.
- c) **RED RICE** is rich in complex carbohydrates that nourish the body while undergoing the cleansing fast. It provides fuel to the cells to continue producing energy to sustain the body. Although rich in carbohydrates, red rice is high in fiber content, thus, providing a steady release of insulin. It is also rich in Vitamin B complexes needed as co-factors in energy production.

Bio Diet and Bio Balance is taken during breakfast, lunchtime, and evening meal times. It is best to use a shaker when mixing the two together with water and it is necessary that you do not leave the mixture for more than TEN SECONDS as the mixture may gelatinize.

## **BIO-CELL**

At mid-morning and mid-afternoon, dissolve one sachet in 12 ounces or 300 ml of room temperature or cold water. Use a shaker, and drink immediately after mixing. This mid-morning and mid-afternoon drink provides the body with a boost of energy needed to star the day.

- a) **CARROTS** are a storehouse of vitamins, minerals and phytonutrients. A goldmine of nutrients and a versatile vegetable, carrots are rich in Vitamin A and beta-carotene, which are great for the eyes; Vitamin B complexes, which helps boost our energy; and Vitamin C, powerful anti-oxidant and a necessary collagen-forming co-factor. These vitamins initiate the chemical reactions needed to create energy in the body and neutralize the free-radical toxins. Carrots have extraordinarily high pectin fiber. Pectin has been shown by the USDA to help lower cholesterol levels in the body. Pectin also helps satiate our hunger because it expands in the stomach making us feel full. Carrots also contain minerals like Calcium pectate, magnesium and potassium which helps alkalinize our body: and copper and iron, which keep our blood energetic.
- b) **SOYA BEANS** contain nucleic acids that help rebuild the cells in the body and repair tissue damage. They have enzymes and raw materials for hormones in the body. They can help move

the chemical reactions forward in the body so as to generate energy needed for the day.

- c) **PASSION FRUIT** contains the nutrient 'Maltol'. Maltol has been studied well in Europe. One of its major benefits is to facilitate a calming effect on the body. Specially in a cleansing fast like this, this fruit will help calm down our nerves, thus, reducing the stress in the body and the hunger associated with it.
- d) **OMEGA-3** fatty acid is great in helping prevent the excess cholesterol build-up in the arteries but increase utilization of the cholesterol and reduction in cholesterol production.

### **STEP 3: BREAKING THE FAST**

After the cleansing fast, start breaking the regimen slowly.

First day after the cleansing-fast, take in fluids and or porridge only. This includes fruit juices like watermelon juice and apple juice, soya milk, and vegetable broth. Avoid processed or canned fruit juices. No coffee, soda or tea on this day.

Second day, start eating light meal, vegetables and fruits with your fluids. Avoid starchy vegetables like potato and corn.

Third day, resume eating normally. Take into consideration that a change of diet is in order for you since your old dietary habits have produced a very acidic constitution that initiated the mucoid plaque build up.

### **WHAT TO EXPECT DURING THE CLEANSING FAST PROGRAM**

The goal of the program is to remove the so-called mucoid plaque and get rid of the stagnating fecal matter. For most, within the three-day program, they are able to eliminate significant amounts of mucoid plaque and retained feces.

#### **Will I have diarrhea or an irritable bowel?**

No. On the contrary, you will be eliminating full and bulky stools, not loose and watery. You should not have an irritable bowel.

#### **Will I have an uncontrollable urge? Will I have cramps?**

No. You will only have your normal or usual urge to move your bowels. This will prompt you to eliminate your stools.

#### **What is mucoid plaque and what does it look like?**

Mucoid plaque is encrusted layers of hardened mucus mixed with retained fecal matter and other waste that clings to the walls of your colon. It is the result of a very acidic colon and clogs the colon passageways.

Outside of the body, it looks like rubbery tube that has the shape of the colon and is dark brown in color. Its texture is like that of a tire truck rubber and can vary in length.

Unlike formed stools that crumble when picked up, mucoid plaque is rather tough to break apart.

#### **Since I will not be eating for the duration of the program, will I be hungry?**

Since you will be receiving full meal replacements, you will not feel hungry. The high fiber content of the meal replacements in the program will keep you satiated.

If ever there is any hunger, it usually is on a psychological level. Many people are attached to food and crave food at this emotional level.

If that happens focus on your commitment and drink some warm herbal tea to soothe the stomach.

### **What if my bowels would not move?**

This usually happens when:

1. The person is dehydrated. So drink plenty of water when you're going through the program.
2. The person does not follow the program correctly. So be sure that you are doing it right.
3. The person is under a lot of stress. On an emotional level, you may feel the pressure to produce the mucoid plaque or move your bowels immediately. Let go and relax. Some people have tight sphincters due to emotional stress.

### **What if I still cannot go?**

It is imperative that you move your bowels daily. People who do not prepare their colon by doing the precleanse phase of the program and eat a lot knowing that they will do the cleansing-fast for the next three days clog up their system within the first days of the program.

So drink a lot of water and massage your abdomen. Some people have hypoactive bowels due to stress. You may use an enema that is available over the counter to facilitate bowel movement.

Furthermore, you may finish a six-day instead of a three-day program (2 *3 Day Cleanse Packs*).

### **Should I stop my medications?**

No. If you are taking prescription medications for daily use, you may use them while undergoing the cleansing fast.

However, if you are taking prescription medications for a prescribed period of time, it is advisable that you finish the course of your prescription before beginning the program.

### **KEEP HYDRATED**

During the cleansing-fast program, be sure to drink plenty of water. Drink 8-12 glasses of pure and clean water to hydrate your body.

You may be thirsty during the program and your thirst may be masked as hunger. Drinking enough water will take the urge out and help cleanse your system.

We suggest that you do not drink any other juice or beverage except the ones indicated in the program.

If you have to, take only freshly squeezed fruits juices or natural fruit juices without processed sugar or sweeteners.

## **HOW OFTEN SHOULD I DO THIS PROGRAM AND WHAT DO I DO AFTER?**

Two to four times a year is ideal, as our bodies need constant cleansing. When the seasons change is a good reminder to do a *3 Day Cleanse*.

## **WHAT IF I WANT TO LOSE MORE WEIGHT?**

Doing the *3 Day Cleanse* program may allow you to shed some pounds with the three-day program. This is due to lost 'Mucoid plaque' and the discharge of retained fecal matter. The program also helps you utilize and burn some stored fat cells.

If you are keen on losing more weight, we suggest that you continue the program and complete a up to a FIFTEEN DAY weight management program (up to 5 *3 Day Cleanse* Packs). This will help you lose as much as ten to twenty pounds in 15 days.

For more information, please visit [www.3DayCleanse.com](http://www.3DayCleanse.com) or call 800-590-6979 to get a quantity discount on your order.

## **MORE QUESTIONS? YOU NEED MORE ANSWERS?**

To know more about the products mentioned in this guide and to purchase more products, please visit [www.3DayCleanse.com](http://www.3DayCleanse.com) or call 800-590-6979.

