

A Clinician's Guide to the 21 Day Purification Program

Objective

The 21-Day Purification Program may be one of the most successful clinical tools ever used in practice. It offers patients a chance for a new life. Some will find this experience so life changing they will make diet and lifestyle changes only dreamed of by their clinician, others will make small changes that make them happier and promote better health.

NEW: There is some wonderful new support to help support your patients during the 21 days. A timed email goes out daily to the patient where they get tips, suggestions, ideas and recipes as well as personalized support from a Purification Specialist all 21 days. This service, along with the "Patient Purification DVD", can really help take the pressure off of the clinic by allowing for better patient compliance and ease the load on the doctor.

There are two websites you will want to be familiar with;

1. The website for the Clinician to register patients for email support the 21 days is found at www.purificationpractice.com
2. The website you can direct patients to is www.purificationsupport.com this is where the patient will find helpful recipes, video clips with FAQ's and more.

Materials and Pre-Testing

Patient Booklet: You, or the patient, can download the 21 day Purification Booklet from the second website. It is in electronic form and can be viewed on screen or printed. Remember however that this booklet can be obtained in hard copy form from Standard Process at no charge. It is good to give the patients the hard copy when they purchase their kit. The "Toxicity Questionnaire" can be downloaded and printed from there as well. It is highly recommended to demonstrate results to patients by utilizing pre and post testing.

Here are some suggestions:

- Toxicity Questionnaire (Minimum recommended)
- Symptom Survey (Optional, but pre and post testing is highly recommended. Patients often have "Symptom Amnesia and this helps put things in perspective)

- Weight and measurement. (Especially waist to hip ratio)
- Vital Signs; Blood Pressure, Pulse, Respiratory rate and body temperature
- CBC Blood Panel is important where possible. An inexpensive Lipid panel may help ascertain whether cholesterol medication are necessary after the program.
- As you progress in your skill and expertise, you may want to support patients with more chronic issues and include the following Blood Chemistries:
 - Complete Metabolic Panel (14)
 - Lipid Panel (w/LDL/HDL ratio)
 - CBC w/ Differential and Platelets
 - GGT
 - Glycohemoglobin (A1C)
 - LDH
 - Sed Rate
 - T3/T4
 - Uric Acid
 - Phosphorus
- I highly recommend giving your patients the “Patient DVD” that outlines the 21 Day Program and explains more about detoxification. You can order them from Carol at 214-519-1130.

Overview of the 21 Day Purification Program

Days 1-7 Products

Generally, the patient will be instructed to take the following Standard Process/MediHerb products. (All of this is outlined in their 21 Day Purification Program Booklet as well)

- **SP Complete** 1 serving (2 scoops) twice per day (up to 5 shakes per day if desired). There will be enough SP Complete to last about 21 days depending on scoop size. Don't worry if they only have enough through days 19/20.
- **SP Cleanse Capsules** 7 capsules 3 x/day. This will cover roughly 7 days and then require no more SP Cleanse Capsules.
- **Tuna Oil Omega 3** 2 capsules 2x/day.
- **Whole Food Fiber** 1 Level Tablespoon 1 time per day. (There are 30 servings in a container. It is acceptable to have 2 servings per day just let the patient know the bottle will only last the first 15 days.)
- **Note:** Originally “Gastro-Fiber” was the source of fiber recommended during the Purification Program, however in some women especially it seemed to increase cases of constipation and required more troubleshooting. For this reason “Whole Food Fiber” is the preferred fiber in most cases. That being said, both are excellent products and can be used interchangeably.
- **TIP:** For those patients who want to swallow less pills they can simply dump the contents of all the above capsules into the shake with the exception of the “SP

Cleanse” capsules due to the cayenne powder which makes it pretty spicy. Once they finish the SP Cleanse Capsules on day 7 it is easy to add everything to the shake thus eliminating swallowing pills. For great shake recipes visit www.purificationsupport.com

Days 8-21 Products

- **SP Complete** 1 serving (2 scoops) twice per day (up to 5 shakes per day if desired).
- **SP Green Food Capsules** 5 capsules 2 x/day.
- **Tuna Oil Omega 3** 2 capsules 2x/day.
- **Whole Food Fiber** 1 Level Tablespoon 1 time per day.

The following products may also recommended during the program:

- **Whey Pro Complete** 1 scoop in each shake. (This is to ensure they get enough protein during the first 10 days especially. For those who are sensitive to whey protein another acceptable protein can be used or they can have roughly 3 ounces (size and thickness of their palm) of cold water fish, turkey or free range chicken twice per day.
- **Gymnema Tablets** 1 tablet 3x/day. This is especially important for those who crave carbs and to support healthy blood sugar levels.

Dietary Directions for the 21 Day Program-Key thoughts for Clinician.

Days 1-10 Diet (All of this is outlined in their 21 Day Purification Program Booklet as well. More detail and specifics are outlined there as well)

- **Fruits and Vegetables the first 10 days.** It is important for the patient to eat twice as many vegetables as fruit. Excellent recipes and video clips are available from www.purificationsupport.com

Days 11-21 Diet

The only thing that changes is the addition of meat back into the diet. The amount should be the size and thickness of their palm (roughly 3-5 ounces) 1-2 times per day. Excellent recipes are available from www.purificationsupport.com

Special discussion:

- If the patient is desiring to lose weight, or has blood sugar issues then the fruit can be minimized and limited to berries. The high water/high fiber vegetables like cruciferous vegetables are best to support healthy weight. A great list of these choices is sent via email on Day 1 of the 21 day email support. There will be a link mentioned where they simply click and then can print the list in PDF form.
- The 21 Day Purification Booklet mentions 1/2 cup “Rice” as an option during the 21 days. If a patient is desiring to lose weight or has blood sugar issues and carb cravings this may not be recommended. Often, once a patient starts to eat the rice a

cup quickly turns into much more and may interfere with the program design. The "Lentils" mentioned as an alternative are a better choice for most!

- Make sure to emphasize that corn is not a vegetable (a grain) and should not be consumed on the program.
- "Reactions" during the program can occur and are generally a good thing. Now when we say reactions we are not referring to the presence of disease or anaphylaxis but rather to a natural movement of toxins from in to out. An example of this might be increased sweating, urination and bowel movements. It may come in the form of flulike symptoms or old injuries that seem to recur after many years. Of course any concern should be evaluated by their physician.
- FAQ's will be available on both websites listed above.

Weight loss discussion:

- Some patients entire motivation to enter the program will be to lose weight. In fact, this is the most successful program I have seen to support healthy weight. That being said, some patients will not lose weight on the program and this can be especially discouraging. We try to help trouble shoot this with the Purification Support however the plain fact is not everyone will lose the desired weight. We have often seen the patient who did not lose weight the first time reenter the program a second time 6 months later and then begin to lose weight. It will be important for you to help emphasize that a healthy body wants to reach healthy weight levels and that focusing on getting healthier is the best way to support their weight loss desires.
- Another inhibitor of fat loss is extreme stress and adrenal weakness. You may want to support this system post detox until their next Purification Program. This may prove helpful in supporting their weight loss goals.
- **Post Purification & Weight Loss Support:** We have observed that a number of patients have able to maintain the weight they lost on the program by continuing to take 2 scoops of SP Complete in the morning upon completing the program. In addition, some patients staying on the diet from days 11-21 of the program along with 2 scoops of SP Complete are reporting 1-2 pounds of continued weight loss average per week. Again, this will not apply to all patients and is a general observation. Your patients can receive some basic but helpful information right now at www.purificationsupport.com

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You should not use the information in this article for diagnosis or treatment of any health problem or for prescription of any medication or other treatment.

You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem.