



INTEGRIS

THE CLEANSE™

ENDORSED BY



As we grow older, aging and disease seem to occupy our thinking much more than in our youth. The never ending information overload offers a multitude of reasons as to the source of these conditions and even greater confusion as to the best way of dealing with them. At the end of the day it really isn't that complex. *Aging and disease manifest from two factors; Toxicities and Deficiencies.* It's that simple. These conditions took years to develop and if they go unaddressed, poor health and premature death are assured.

At Integris, the heart of our mission has been to develop nutritional strategies that address these two challenges. *We must begin by cleansing the toxicities and impurities from our body and then restoring our system* with super foods that feed us at the cellular level. Only then can optimal health be obtained.

THE CLEANSE™

Are you ready to feel better look better and have more energy? Instead of waiting around to develop a disease wouldn't you rather take a proactive approach and be in control of your health? Are you willing to take the first step in addressing toxicities that took decades to develop? A commitment to a simple eight-day program could have a profound effect on the quality of your life and health.

"THE CLEANSE™, where optimal health begins"

WHAT IS INVOLVED IN THE CLEANSE™

The Program is eight days in length but is more effective than a 40 day fast because of the use of enzymes without whole protein. During the first four days you eat certain vegetables along with oils and follow a specific supplement regiment. The second four days you add in non-gluten or low gluten grains. Rotating the foods eaten, one grain a day starting with the grains you eat the least, lowers the possibility of an allergic response.

WHY DO THE CLEANSE™

Nearly all symptoms are an indication for going on the cleansing program because it so completely meets a number of needs. The Cleanse™ program has several purposes:

- **Relieving allergies** - The diet involves the use of food and supplements, which are least likely to cause allergic reactions. Allergies take many forms other than obvious sniffles or rashes, and such symptoms as fatigue, irritability, indigestion, difficulty concentrating, any pain, any -itis, or head, neck or backaches may be due to allergens. Eliminating these allergens from the diet often causes a dramatic alleviation of symptoms.
- **Reducing micro-organisms** - Many people have problems with micro-organisms (parasites) such as entamoeba histolytica or yeast (candida), which can cause a variety of symptoms. This diet may reduce the population of these parasites both by removing much of their food supply such as sugars and by setting up a hostile environment for these microbes.
- **Colon cleansing** - The reduction of food intake, the use of non-mucus-forming foods, and the use of oils and a fiber supplement help to clean out the colon.
- **Reducing burden on body** - By reducing the amount of allergens, fungus and parasites in the large and small intestines that the body has to contend with, your body is freed up to deal with other toxins such as chemicals and metals more efficiently.
- **Relieving cravings** - Aloe 7000™ helps to control micro-organisms such as yeast and pathogenic bacteria in the mouth and alimentary tract, thus assisting our body to avoid upper respiratory tract infections and alleviating cravings for sweets. The use of healthful oils can relieve the craving for fatty foods by providing the cells with the fatty acids they need. Taking more Life Solubles® or The Only Whey™ as needed can also help in reducing cravings.
- **Nutrition** - All components of the diet, both foods and supplements, are healthful and provide all of the needed nutritional elements. Although the food intake seems limited, the nutrient content is higher overall than most people are used to consuming. It is important to feed the cells without feeding the micro-organisms.

PRODUCTS INCLUDED IN THE CLEANSE™

E7™ (1 canister) - A "functional food" that was developed to address the seven nutrient groups that are insufficient or missing in the average diet. E7™ combines the wonderful benefits of fiber, minerals, trace minerals, hydrolyzed protein, antioxidants, enzymes, probiotics, essential oils, phytonutrients and vitamins.

Cleanzyme™ (1 bottle) - A gentle but powerfully effective supplement that incorporates a two fold approach of an outstanding digestive aid while at the same time offering solid support to internal cleansing.

Paragon™ (1 bottle) - Contains safe and effective herbs that create an inhospitable environment for fungus, amoebas and other micro-organisms.

Aloe 7000™ (2 bottles) - A whole leaf, cold processed, concentrated aloe. This product creates an inhospitable environment to yeast and other anaerobic micro-organisms. It also provides immune support.

PH test paper (1 packet, 15 strips) - Urine testing is a simple and relatively accurate way to monitor for food fermentation and overall body toxicity.

(See Supplement Program)

THE CLEANSE™ DIET

See *SCHEDULE A* (days 1 thru 8) for permitted foods and *SCHEDULE B* (day 9 and beyond) for recommended foods.

IN GENERAL:

DAYS 1-4 ALLOWED VEGETABLES, OILS, SEASONINGS, AND SUPPLEMENTS.

DAYS 5-8 SAME AS DAYS 1-4, PLUS ADD IN ALLOWED NON-GLUTEN GRAINS* (ROTATE GRAINS).

IT IS IMPERATIVE THAT YOU EAT VEGETABLES ALL 8 DAYS AND GRAINS EVERY DAY FROM DAYS 5-8, EVEN IF YOU ARE NOT HUNGRY.

Only pure foods should be eaten. These should be organic if possible, especially if pesticide poisoning is a possibility, but it is important to use foods without additives, artificial colors, or preservatives to the greatest extent possible. Vegetables and grains should be prepared in purified or bottled water, not tap water.

Oils are necessary nutrients, and they aid in cleansing the colon and removing toxins from the body. Oils should be cold-pressed or expeller-pressed and must not be cooked, so frying foods is not permitted.

Grains should be cooked only until chewy, not crunchy nor soft or soggy. They ferment quickly if overcooked. They must be cooked fresh at each meal or they can ferment.

Lemon juice should be fresh squeezed if possible, as it can ferment, and bottled lemon juice contains preservatives.

Some herb seasonings and teas can contain molds and yeasts which are allergenic and put off toxins. Use only the seasonings and teas listed on The Cleanse™ Schedules.

Drink a lot of water (purified or bottled, not tap water) to help flush toxins from the body. A minimum of eight cups a day is preferable; or 1/2 oz per lb, 100oz/200 lbs in addition to water for powder supplements. Distilled or spring water is fine for The Cleanse™, spring water thereafter.

**The lower the carbohydrate content, the less likely the vegetables are to ferment. Cook only enough for the current meal and either discard or immediately freeze any leftovers. Even properly cooked grains can ferment if left sitting on the stove or more slowly in the refrigerator.*

Fermentation of grains, which can occur when grains are overcooked or allowed to sit after cooking, causes grains to turn into what the food processing industry turns them into: sugar and syrup, vinegar, and alcohol. Wine, syrup, and vinegar release sugars into the bloodstream more rapidly than do brown rice or other complex carbohydrates. This rapid rise in sugar can feed yeast and other micro-organisms in a way that the complex carbohydrates do not.

In addition, a too-rapid rise in blood sugar levels can cause an increase in the secretion of insulin, a hormone which helps to moderate the level of sugar in the blood. This insulin release can lead to food cravings and to the production of triglycerides, which can cause fat to be stored in the body.

FRUIT AND VEGETABLES CLASSIFIED AS TO THEIR CARBOHYDRATE CONTENT

The lower the carbohydrate content, the less likely the vegetable is to ferment. See information on fermentation above.

Carbohydrate content of vegetables should also be taken into consideration when balancing carbohydrates, protein, and vegetables in a 40/30/30 ratio.

- 3% Vegetables-** Asparagus , Bamboo Shoots, Beet greens, Bean Sprouts, Broccoli, Cabbage, Cauliflower, Celery, Chard, Cucumber, Lettuce, Mushrooms, Mustard Greens, Parsley, Radishes, Sauerkraut, Squash(Summer), Turnip Tops, Watercress
- 6% Vegetables-** Beans(Green), Beans(Wax), Eggplant, Leeks, Parsley, Okra, Pepper(Green & Red)
- 6% Fruits-** Cantaloupe, Honeydew, Watermelon, Strawberries
- 9% Vegetables-** Artichokes, Beets, Brussels Sprouts, Carrots, Tomatoes, Onions, Rutabagas
- 9% Fruits-** Blackberries, Cranberries, Currants, Grapefruit, Lemons, Limes, Papaya, Tangerines, Gooseberries
- 12% Vegetable-** Soybeans(Dry)
- 12% Fruits-** Cherries(Sour), Loganberries, Oranges, Peaches, Pineapple, Plums, Raspberries
- 15% Vegetables-** Beans(Red), Kidney Beans(Canned), Peas
- 15% Fruits-** Apples, Blueberries, Huckleberries, Mangos, Nectarines, Pears
- 18% Vegetables-** Horseradish, Potatoes
- 18% Fruits-** Cherries(Sweet), Crabapples, Figs(Fresh), Pomegranates, Grapes, Pumpkin, Squash(Winter), Turnips
- 21% Vegetables-** Beans(Lima,Fresh), Corn(Fresh)
- 21% Fruits-** Banana, Prunes

WHAT YOU CAN EXPECT

Some people, not all, experience a temporary worsening of symptoms, usually on days 1 or 3 and lasting up to three days. You may want to keep this in mind when planning your cleansing diet so as not to interfere with a busy schedule. The worsening of symptoms, if it happens at all, is usually a good sign that the program is doing its work.

When micro-organisms die off, they release toxins that can cause symptoms. The Cleanse™ causes the release of larger quantities of toxins than usual, often resulting in symptom worsening. If you are giving up coffee, withdrawal-type symptoms are possible.

Some of the following flu-like symptoms are not uncommon:

Headache / Nausea / Loss of appetite / Weakness / Fatigue / Brain fog, difficulty concentrating / Aches / Constipation / Dizziness / Weight loss

WAYS TO ALLEVIATE SOME OF THESE SYMPTOMS ARE LISTED BELOW.

Some people will feel normal. In fact, many if not most people, whether or not their symptoms worsened initially, feel better than when they started by about day 4 of the program.

WARNING:

**People with the following conditions should not do The Cleanse™:
Ulcers, Crohns Disease, Digestive Ulcerations or Diabetes.**

THE CLEANSE™ DIARY

Throughout the Program, use the diary to keep track of your daily intake and symptoms. There are a wide variety of symptoms that may or may not be experienced. Some of these symptoms can indicate allergy, yeast or other micro-organisms in the small intestine or large intestine, or other root causes of your symptoms. Even if you have no apparent reaction to the diet, this in itself is useful information.

If there is rapid weight loss on The Cleanse™ program, chemicals or pesticides that are stored in your body fat can be released into your system, which may cause some of the symptoms listed here.

Headaches, nausea in first few days - Ginger root capsules (1-2 for symptomatic relief) can help. Epsom salt baths (1 cup Epsom salts in a tub of very warm water) can also alleviate symptoms. An ice bag on the back of the neck can also help with headache.

Fatigue, shakiness, brain fog - These can be hypoglycemic symptoms. Take more of the E7™ product.

Constipation - take Aloe 7000™, drink more water.

Discomfort - Any of these can be a sign of potassium deficiency; all of them together are a sure sign. Take more of the E7™ and Kona Gold™.

Cold hands and feet, heavy fatigue, thirst even after drinking water, low blood pressure (less than 120/80), nausea - Take sodium dissolving a teaspoon of mineral salt / Real Salt in water.

Fatigue, inability to go to sleep or stay asleep, lack of stamina, loose stools, pain in the elbow, knee, shoulder, or hip - take extra calcium on an empty stomach.

Backache, headache, flu symptoms, bad breath, coated tongue, gas and bloating, skin problems, trouble concentrating, and fatigue - These may be due to the release of toxins into the bloodstream prior to elimination. This is also called a healing crisis and these symptoms are actually a good sign. Most of the time the worse you feel the first three days, the better you will feel by the end of The Cleanse™. These symptoms should be at their worst for no more than 3 days and then improve.

Diarrhea or loose stools, frequent urination - These can cause depletion of minerals from the lower GI tract. Take extra E7™.

Nausea, vomiting - Stop taking all supplements except Cleanzyme™. Reduce to one tablet every three hours. If the nausea or vomiting is really severe, take salted chicken and stop the cleansing entirely.

Other recommendations - Rest when needed and keep your environment as stress-free as possible. Check your first morning urine pH. If the pH is above 6.5 you could be fermenting yeast or bacteria or allergens. pH below 5.5 could be heavy metals, chemicals or mineral deficiency.

FOLLOW-UP PROGRAM

After you have completed the initial Cleanse™ program you are now ready to add foods back into your diet one at a time while monitoring for adverse reactions. **On day 9** begin with the foods listed on **Schedule B**.

URINE TESTING

The pH, or relative acidity, or alkalinity, of the urine offers a clue as to how well your body is responding to certain foods. The ideal range should be between 5.8 and 6.2. A reading that is higher can indicate fermentation or allergy to food. Those foods should be eliminated from your diet until your health and therefore your digestion improves. We suggest your goal to be below 6.5. Increasing the amount of Cleanzyme™ with your meals should help you to reach the desired range if you are above 6.5. A low reading can indicate chemical or metal toxicity or mineral deficiency. We recommend additional Kona Gold™ should this occur.

Test your urine first thing in the morning after sunrise. Briefly dip a 1-2 inch strip of the pH paper into the urine stream toward the end of your first urination (if the sample is taken at the beginning of urination, sediment can give you a false pH reading). Compare the color of the wet part of the strip with the color chart to find out your urine pH. It is a good idea to keep a record of your diet and your urine pH on the following day to establish correlations.

*The statements in this brochure have not been evaluated by the Food and Drug Administration. This program is not intended to diagnose, treat, cure or prevent any disease.

THE CLEANSE™ SUPPLEMENT PROGRAM

Name: _____

Date: _____

INTEGRIS Supplements	UPON WAKING	BEFORE BREAKFAST	DURING BREAKFAST	AFTER BREAKFAST	BEFORE LUNCH	DURING LUNCH	AFTER LUNCH	BEFORE DINNER	DURING DINNER	AFTER DINNER	BEDTIME
E 7™		1 scoop			1 scoop			1 scoop			
CLEANZYME™	1 capsule every waking hour for first eight days.										
ALOE 7000™ NATURAL 1oz water/1oz Aloe				1oz w/ water			1oz w/ water			1oz w/ water	
PARAGON™ for 30 Days		2 caps			2 caps			2 caps			
SALT (take if vomiting or sweating)											

- **Aloe 7000™ Natural:** Mix 1 oz. Aloe 7000™ Natural in cup water. Swish the liquid in mouth (regardless of taste) gargle and swallow. It can be taken more than suggested if necessary to alleviate sweet cravings.
- Sweet cravings should subside in about 5 - 10 days. The Aloe 7000™ Natural also protects against upper respiratory infections, dilute more if taste is too strong.
- E7™ is a combination of 7 missing synergistic nutrient groups, including protein, oils, essential fats, enzymes, vitamins, minerals, probiotics, etc. (Eat more if hungry).
- Drink only water or tea.
- Days 1 - 4: Vegetables, oils, E7™ and follow supplement schedule.
- Days 5 - 8: Add grains (brown rice, millet, quinoa, buckwheat, amaranth), rotating one different grain per day. Test pH 1st urine the following morning.
- Meat protein (chicken, fish, turkey and eggs) can be started once enzymes are finished on day 9 - or if vegetarian, almonds, filberts, pecans, and seeds on a five-day rotation.
- If you experience extreme fatigue, headaches or nausea, soak in 1 cup Epsom salts and hot water every 2 hours. Put a cold icepack on the back of your head.
- Keep a daily diary marking foods eaten each day and any reactions experienced. Eating protein can stop the cleanse at anytime. Take salt if nausea or sweating too much.
- Every part of the program is critical. Do as directed rather than following supplement bottle labels.
- **Disclaimer:** This suggested cleansing schedule should not be construed as medical advise & should not replace the advise of your doctor. This information is a summary and compilation of observations & is provided solely as a communication tool. If you have health concerns contact your doctor.

Warning: People with the following conditions should not do The Cleanse™: Ulcers, Crohns Disease, Digestive Ulcerations or Diabetes.

SCHEDULE A: DAYS 1 THROUGH 8

The Cleanse™ Permitted Foods (As many meals as needed)

FIRST FOUR DAYS

SALADS AND VEGETABLES: Any lettuce, cabbage, spinach, chard, celery, broccoli, squash, (except sweet squashes), green beans, cauliflower, onions, and any other green vegetables not on the "Eliminate From Your Diet" list. All must be eaten raw, steam-cooked, or steam-fried without oil (long enough to still be crunchy). Oil can be added after cooking.

OILS: We recommend the following oils and spices for use on your vegetables (oils must be cold pressed or expeller pressed); vegetable oil, olive oil, sesame, sunflower, flaxseed, safflower.

SPICES: Celery seed, Real Salt or sea salt, dill weed, marjoram, cayenne pepper, garlic, onions, dry mustard, Parsley Patch seasoning, cinnamon. Check labels; NO yeast.

OLIVE OIL SALAD DRESSING RECIPE: 1 cup olive oil, 2 Tbsp. Lemon juice, 2 Tbsp. Water, 1/2 tsp. Italian herbs, 1/2 tsp. Celery salt, 1 crushed garlic clove. Mix in blender.

RECOMMENDED HERBAL TEAS LIKE: Spearmint, desert herb, red raspberry herb, Mr. Thurston blend, Pau de Arco. Drink 6 cups of water plus teas.

DAYS FIVE THROUGH EIGHT (Plus above foods)

Amaranth, quinoa, millet – cook 7 minutes. (1/2 cup grain to 1/2 cup water).

Buckwheat groats – cook 3 minutes. (1/2 cup grain to 1 cup water).

Brown rice or wild rice – cook 25 minutes. (1/2 cup grain to 1 cup water).

(Grain cooking times are after water boils; cook chewy, not crunchy or soggy).

SCHEDULE B: RESTORE FROM 9TH DAY ON

The Cleanse™ Recommended Food List

VEGETABLES (As many meals as needed) Prepare steam fried, steamed, or raw vegetables for 4 minutes: Green vegetables (except peas, lima beans, and bell peppers), cauliflower, onions, garlic.

WHOLE COMPLEX GRAINS (Rotate daily – cook until chewy). Every five days test pH.

Buckwheat: 1 cup of water to 1 cup of grain. Boil 3 – 5 minutes.

Amaranth, Quinoa, Millet, or Teff: 1 cup of water to 1 cup of grain. Boil approximately 12 – 15 minutes.

Brown rice, Wild rice, Oat groats, Barley, or Rye: 1 1/2 cups of water to 1 cup of grain. Boil approximately 35 minutes.

Spelt or Kamut: These are both wheat for 5-day rotation purposes.

Unleavened, yeast-free breads only (e.g. Pacific Bakery brand). No sprouted grains bread, no Manna or Essene bread as they ferment more easily.

FOR THOSE WHO ARE ALLERGIC TO GRAINS Rutabaga, parsnips, potato, carrots, buckwheat, turnips and white radish.

CHICKEN, FISH, AND TURKEY Do not fry or smoke. Broiled or baked is best.

VEGETARIANS: Rotate almonds, pecans, filberts, sesame, sunflower and pumpkin seeds.

DAIRY Eggs (softboiled or poached). If eaten raw, should be held under hot water 1 minute. 2 oz. plain yogurt per meal if not dairy sensitive.

SEASONINGS Sea salt, cayenne, celery seed, dill, garlic, marjoram, dry mustard, cinnamon, Mrs. Dash and Parsley Patch brands are suggested.

OILS - MUST BE EXPELLER OR COLD PRESSED Flaxseed, extra virgin olive, safflower, sunflower, vegetable, 1 oz. butter per meal.

BEVERAGES Clean water, Pero, Roma, Cafix, or Sip (Coffee substitutes); herbal teas (red raspberry, spearmint, desert herb, pau de arco)

NOTE: Amounts of food are not limited but proportions are suggested at: 40% vegetables, 35% grains, 25% meat or eggs. Leftovers are not to be kept unless frozen.

EASY TO DIGEST OIL RECIPE

1 cup olive oil
1/8 cup sesame, safflower or sunflower oil*
1/2 cup flax seed or canola oil
1 1/2 cups water
3 cloves of crushed garlic or 1200 IU vitamin E oil)
1/8 cup liquid lecithin
Coat blender with sesame oil. Add lecithin to bottom as first ingredient. Put total ingredients in a blender and mix thoroughly.

Keep refrigerated at all times. Put on grains - approximately 1-4 Tbsp. per meal (at least). *use up to 1/2 cup to heal stomach.

DRESSING RECIPE #1

1 cup oil recipe (from above)
2 Tbsp. lemon juice
2 Tbsp. water
1/2 tsp. Italian herbs
1/2 tsp. celery salt
1 garlic clove, crushed
Mix all ingredients in a blender.

DRESSING RECIPE #2

1 cup oil recipe (from left)
1 Tbsp. + 1 tsp. lemon juice
1/4 tsp. dry mustard
Dash of salt
Optional spices: cayenne pepper, Mrs. Dash, Parsley Patch seasonings etc.
Mix all ingredients in a blender.

MAYONNAISE

1/8 cup liquid lecithin
1 egg

SCHEDULE A

ELIMINATE FROM YOUR DIET

Alcohol (F)	Margarine (T)
Avocados (F)	Mushrooms (F)
Banana squash (F)	NutriSweet (T)
Beef (C)	Nuts (F,T)
Beets (F)	(especially peanuts and pistachios)
Bread (F)	Noodles (F)
Caffeine (F,T)	Peas (F)
Carbonated drinks (F,T)	Pea soup (F)
Carrots, carrot juice (F)	Peppers of any kind (R)
Corn (A,F)	(except cayenne)
Corn syrup (F,A)	Potatoes (F,R)
Dairy products (A,F,C)	Prepared mustard (F)
(except butter and plain yogurt)	Saccharin (T)
Eggplant (R)	Soda (F,T)
Fried foods (T)	Sorbitol (F)
Fruit of any kind (F)	Sugar (F)
Fruit juices (F)	Sweet potatoes (F)
Granola (F)	Table salt (T)
Ham (C)	Tomatoes (R,F,A)
Honey (F)	Vinegar (F)
Kashi (F,A)	Wheat (A,F)
Ketchup (F,R)	Yams (F)
Lima beans (F)	Yeast (F)

Note: Eat one grain per day, all day, plus vegetables a often as you want. Cook grains and vegetables fresh each time.

SCHEDULE B

ELIMINATE FROM YOUR DIET

Alcohol (F)	Mushrooms (F)
Banana squash (F)	NutriSweet (T)
Beef (C)	Nuts (F,T)
Beets (F)	(especially peanuts and pistachios)
Bread (F)	Noodles (F)
Caffeine (F,T)	Peas (F)
Carbonated drinks (F,T)	Pea soup (F)
Carrots, carrot juice (F)	Peppers of any kind (R)
Corn (A,F)	(except cayenne)
Corn syrup (F,A)	Potatoes (F,R)
Dairy products (A,F,C)	Prepared mustard (F)
(except butter and plain yogurt)	Saccharin (T)
Eggplant (R)	Soda (F,T)
Fried foods (T)	Sorbitol (F)
Fruit of any kind (F)	Sugar (F)
Fruit juices (F)	Sweet potatoes (F)
Granola (F)	Table salt (T)
Ham (C)	Tomatoes (R,F,A)
Honey (F)	Vinegar (F)
Kashi (F,A)	Wheat (A,F)
Ketchup (F,R)	Yams (F)
Lima beans (F)	Yeast (F)
Margarine (T)	

REASONS FOR NOT EATING ABOVE MENTIONED FOODS:
A=allergy, F=fungus, T=toxic, C=cancer, R=arthritis
Anything not on the recommended Food List, should NOT be eaten.

Suggested Reading: Toxic Immune Syndrome Cookbook by Dr. Bill Kellas (888) 244-4420

1/4 tsp. dry mustard (or more)
Dash of onion powder
1 Tbsp. + 1 tsp. lemon juice
Dash of salt 1 cup oil (olive, flaxseed or safflower)
Pour liquid lecithin in bottom of blender. Break egg into blender. Blend on medium high speed for 5 seconds. While still blending, add mustard, lemon juice and salt. Blend 5 seconds. Sometimes it takes more seasoning with oil to get the flavor.

THE CLEANSE™ FOLLOW-UP SCHEDULE - AFTER 9TH DAY

Name: _____

Date: _____

INTEGRIS Supplements	UPON WAKING	BEFORE BREAKFAST	DURING BREAKFAST	AFTER BREAKFAST	BEFORE LUNCH	DURING LUNCH	AFTER LUNCH	BEFORE DINNER	DURING DINNER	AFTER DINNER	BEDTIME
E 7™		1 scoop			1 scoop			1 scoop			
ALOE 7000™ NATURAL 1oz Water/1oz Aloe				1oz			1oz			1oz	
CLEANZYME™				2 capsules			2 capsules			2 capsules	
PARAGON™ for 30 Days	2 capsules				2 capsules			2 capsules			
JOINT & MUSCLE DISCOMFORT											
EVERLASTING					2 capsules						2 capsules
EVERLASTING SUPPORT	1 capsule				1 capsule						1 capsule
FOR WEIGHT LOSS											
CELAGE™	3 capsules						1 capsule				
THE ONLY WHEY™		1 scoop			1 scoop						
FOR HEART											
METHYLATE™	2 capsules							2 capsules			
EVERLASTING SUPPORT	1 capsule				1 capsule						1 capsule
PH TEST: CHECK THE PH TOWARDS THE END OF YOUR FIRST MORNING URINATION USING THE PH PAPER:											
Date or day:											
pH: 1 strip	1 strip										

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THE CLEANSE™ FOLLOW-UP SCHEDULE - AFTER 9TH DAY

Name: _____

Date: _____

INTEGRIS Supplements	UPON WAKING	BEFORE BREAKFAST	DURING BREAKFAST	AFTER BREAKFAST	BEFORE LUNCH	DURING LUNCH	AFTER LUNCH	BEFORE DINNER	DURING DINNER	AFTER DINNER	BEDTIME
E 7™		1 scoop			1 scoop			1 scoop			
ALOE 7000™ NATURAL 1oz water/1oz Aloe				1oz			1oz			1oz	
CLEANZYME™				2 capsules			2 capsules			2 capsules	
PARAGON™ for 30 Days	2 capsules				2 capsules			2 capsules			
JOINT & MUSCLE DISCOMFORT											
EVERLASTING					2 capsules						2 capsules
EVERLASTING SUPPORT	1 capsule				1 capsule						1 capsule
FOR WEIGHT LOSS											
CELACE™		3 capsules					1 capsule				
THE ONLY WHEY™			1 scoop		1 scoop						
FOR HEART											
METHYLATE™		2 capsules						2 capsules			
EVERLASTING SUPPORT	1 capsule				1 capsule						1 capsule
PH TEST: CHECK THE PH TOWARDS THE END OF YOUR FIRST MORNING URINATION USING THE PH PAPER:											
Date or day:											
pH: 1 strip	1 strip										

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