

Fun and Easy Tips for Supporting Detoxification



MENO CLINIC

Detoxification Program Guidebook

1

Drink 1 cup of hot water with 1/4 lemon and 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!

2

Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally, you may rub on the salt with a warm, wet washcloth in bath or shower – very invigorating.

3

Try your own 'hydrotherapy' in the shower by alternating hot/cold water. This stimulates circulation and your immune system. You can also alternate sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! Sauna and cold showers are also beneficial on their own as they stimulate metabolic processes and support several aspects of bodily health.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



14 DAY program

Helps Reset the Metabolic
Detoxification Process*

Why Meno Cleanse Plus Program?

Food sensitivities often underlie some of the unpleasant symptoms people have come to accept as “normal,” such as occasional brain fog, low energy, and digestive discomfort. However, unless you’ve eliminated problematic foods from your diet for some period of time, you might not even realize you’re sensitive to them. Identifying food intolerances can save time, money, effort and frustration trying to address individual symptoms without resolving their underlying cause. A detox program that follows a Paleo template is ideal because a strict Paleo diet is free of grains, legumes, dairy, and refined sugars. Therefore, it eliminates the most common food allergens and irritants, such as gluten, dairy, corn, soy, and peanuts. This makes it a convenient template for a detoxification program intended to promote healing.

A Paleo diet consists of high-quality animal proteins and seafood, seasonal vegetables and fruits, and healthy fats from pastured or grass-fed animals, and high-fat plants (such as coconut, avocado, and olive oils, and nuts and seeds). Even though Paleo diets allow for fruit and higher carbohydrate vegetables such as sweet potatoes and beets, the elimination of grains and refined sugars means that the glycemic load of the diet is significantly less than that of a standard, carbohydrate-heavy North American diet. This is important for supporting proper blood sugar and insulin levels. Keeping blood glucose and insulin within a healthy range may facilitate fat loss, steady energy levels, and a normalized appetite.



Frequently Asked Questions (FAQs)

Will it be uncomfortable?

There are bound to be differing opinions about the change in diet, but this detox is designed to be gentle and easy to follow. Remember, it is not a prolonged fast, nor is it a colon cleanse, both of which can be very harsh on your system. You will be eating plenty of food and the shakes are pleasant-tasting. You may feel slight withdrawal symptoms in the first few days if you are giving up a lot of caffeine or sugar. This is a comprehensive formula which is meant to assist you through the challenging days. Be patient, the symptoms will pass, and it will all be worth it!

Will I be in the bathroom all day?

It is very important to consume extra water while on this program to help support healthy elimination. Therefore, most people urinate more often than usual on this program.

Will I lose weight?

This program is not designed to be a weight loss program. However, many people do lose weight during the course of this detox program. Some reasons for weight loss include: lower than usual caloric intake due to replacing meals with shakes, removing sugar from the diet, releasing toxins from fat stores, and decreasing consumption of allergenic foods such as wheat and dairy.

Will I get headaches?

Some people experience headaches during the first few days of their detox due to sugar and caffeine withdrawal. You may want to gradually decrease the intake of these substances one week prior to detoxification to minimize discomfort. The Paleo drink mix powder is designed to assist your body in this process as quickly and efficiently as possible.

Can I exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching, yoga, etc.

Should I continue with my regular vitamins?

These formulas contain a variety of vitamins and other nutrients to help meet your daily requirements. You may suspend other natural supplements during the detox under the guidance of your health care practitioner, but continue to take any medically-prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

Should I choose organic produce?

Organic is preferred, but not mandatory, to obtain the benefits of this program. When possible, choose the organic variety of the following fruits and vegetables:

- Celery
- Apples
- Peaches
- Blueberries
- Strawberries
- Nectarines
- Bell Peppers
- Spinach
- Cherry Tomatoes
- Kale/Collard Greens
- Potatoes
- Grapes (Imported)

If organic varieties are not available, the following fresh fruits and vegetables consistently have the lowest levels of pesticides and are the safest choices for conventionally grown produce:

- Onions
- Avocado
- Pineapple
- Mangos
- Sweet Peas
- Asparagus
- Kiwi
- Cabbage
- Eggplant
- Watermelon
- Grapefruit
- Sweet Potato
- Honeydew Melon

The Paleo Difference

Featuring Pure Bone Broth Protein Isolate

This paleo drink single serving drink mix packet

Meno Cleanse Plus Plus contains a highly concentrated, pure beef protein. It is produced through an exclusive proprietary process that allows it to be easily absorbed and assimilated by the body. This highly effective powder provides 18 grams of protein to help maintain muscle during your detoxification program, and to fuel the liver enzyme systems that drive the detoxification process.*

Dose: Take 1 single serving drink mix packet twice daily

Capsule packet

Each capsule packet contains formulations that are designed to support effective phase II liver detoxification, which is essential to prevent the production of intermediate metabolites that could cause symptoms or sensitivity reactions during a detoxification program.* Providing nutritional support for phase II detoxification helps transform toxins and prepare them for safe elimination from the body.*

Dose: Take 1 capsule packet twice daily. This may be taken along with the shake.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Program Guidelines

14 Day Detoxification Program

Follow these guidelines throughout the 14 Day Detoxification Program

This program is designed to be compliant with a Paleo diet. During this program, focus on whole and seasonal foods, such as high quality animal protein, vegetables, fruit, nuts, and seeds, while eliminating grains, dairy, legumes, sugar, and alcohol. Also, avoid processed and packaged foods. A complete list of Paleo food options is located on page 7.

Eliminate

- All grains: avoid wheat, oats, corn, rice, quinoa, rye, couscous, barley, buckwheat, millet, amaranth, spelt, kamut, and bulgur
- All dairy products: milk, yogurt, cheese, conventional butter, cottage cheese, sour cream, half & half
- All legumes: soy, beans, lentils, and peanuts
- Sugar in all forms, including sucrose, fructose, high fructose corn syrup. Natural low-impact sweeteners such as stevia, allulose, & polyols (e.g., xylitol & erythritol) are allowed. Natural sugars from options such as honey and maple syrup are allowed in small amounts.
- Artificial sweeteners (sucralose, maltodextrin, saccharin, aspartame, Sweet 'n' Low, Splenda, Equal)
- All alcohol and caffeine-containing beverages including coffee, tea and soda
- Desserts (chocolate, candy, cakes, cookies)
- Fried foods, hydrogenated oils, margarine, vegetable oil spreads

Important:

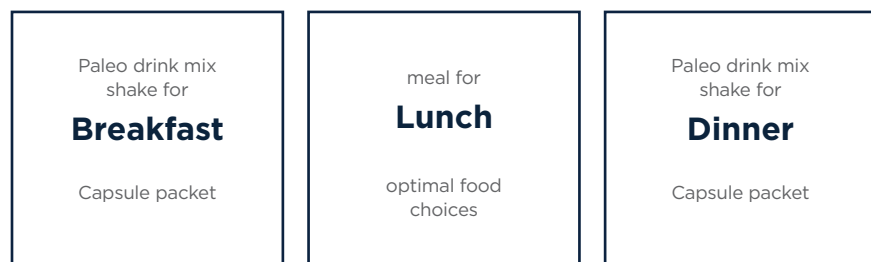
Drink ½ oz. per pound of body weight of purified water each day for the entire 14 day program.

14 Day Simple Schedule

Directions:

Consume two Paleo drink mix shakes per day and one healthy meal that is most convenient to your daily schedule.

An example if you choose lunch as your meal:



Breakfast

Paleo shake

Mix one single-serving drink mix packet in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative.

Take one capsule packet

Lunch

Regular Meal: Choose Paleo food options suggested from the optimal food choices on page 7.

Dinner

Paleo shake

Mix one single-serving drink mix packet in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative.

Take one capsule packet

Snacks

This is not a calorie restrictive program. If you feel hungry between meals, you can snack on healthy whole foods in moderation. However, tune in to your body and make sure that you are truly hungry and not just bored, tired, or stressed!

Healthy Food and Snack Options

Follow for the entire 14 day detoxification program

Optimal protein choices:

- Grass-fed beef and lamb
- Game meat (venison, bison, pheasant, rabbit)
- Organic, hormone-free poultry
- Organic, cage-free eggs
- Wild caught, cold water fish (salmon, cod, sardines, Pacific flounder/sole, butterfish, and trout)

Optimal fat choices:

- Coconut oil
- Grass-fed butter
- Avocado
- Flaxseed oil
- Walnut oil
- Extra virgin olive oil
- Hemp seed oil
- Raw, sprouted, or dry roasted nuts and seeds

Low glycemic index fruit choices:

- Berries (blueberries/raspberries/strawberries)

Moderate glycemic index fruit choices: (fresh or frozen):

- | | |
|------------|--------------|
| • Cherries | • Grapefruit |
| • Pears | • Apples |
| • Apricots | • Prunes |
| • Melons | • Kiwi |
| • Plums | • Nectarines |
| • Oranges | • Tangerines |
| • Peaches | |

Beverages:

- Herbal teas
- Naturally decaffeinated green tea
- Spring water
- Vegetable juices
- Coconut water
- Bone broth

Vegetable choices:

You can eat an unlimited amount of vegetables from the list below.

- Leafy greens
- Cruciferous veggies
- Mushrooms
- Carrots
- Cucumbers
- Sweet peppers
- Raw sauerkraut

Limit starchy veggies such as potatoes.

Condiments:

- Lemon
- Lime
- Cayenne pepper
- Sea salt
- Garlic
- Fresh herbs and spices
- Flax/olive oil & raw apple cider vinegar for dressings

Misc. snack choices:

- Nuts (raw are best)
- Hard-boiled eggs
- Raw or steamed vegetables
- Low glycemic fruit
- Apple slices with almond butter



Alkaline broth – a great way to add vegetables to your program

Choose a combination of the following vegetables equaling approximately 1 ½ - 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want during the 14 Day Detoxification Program with a minimum of 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive GI system you may purée the vegetables and broth together in a blender and consume as a heartier soup.

Sample Paleo Detox Menus

Paleo Breakfast Options

- 2-3 hard boiled eggs with 1/2 grapefruit
- Sulfur Detox Scramble: 2-3 eggs scrambled with onion and/or garlic and/or broccoli
- Add leftover salmon from night before to sautéed veggies, stir to heat up, add condiments/spices
- 2 to 3 poached eggs over a bed of fresh spinach and sliced tomato
- 2 to 3 slices turkey bacon with leftover veggies from night before or sliced tomato and avocado

Paleo Lunch and Dinner Options

Option one

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, ½ cup red onion, add ½ cup capers (drained), ¼ cup fresh cilantro, ½ tsp. cumin, ⅛ tsp. cayenne and 2 tablespoons lime juice

Option two

- 1 cup vegetable soup (no beans)
- Chopped cabbage with chicken and apple cider vinegar (can use leftover grilled chicken)

Option three

- Organic vegetable broth
- Shrimp and vegetables: Sauté fresh tail-on shrimp and chopped garlic in a pan with coconut oil, over moderate heat. Roughly chop 5-10 different vegetables and lightly stir-fry with freshly grated ginger and 1/2 cup of cauliflower rice, lightly drizzle sesame oil.

Option four

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts

Option five

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)

Option six

- Mixed greens salad with extra virgin olive oil or lemon flavored flaxseed oil
- Broiled chicken with peppers: Roughly chop: green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic
- 1/2 cup cauliflower rice

Option seven

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steamed.
- Baked cod topped with tomato pesto

Option eight

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 cup riced cauliflower

Option nine

- Baked sole with lemon
- 1/2 cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Option ten

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

Option eleven

- 1 cup hearty vegetable soup
- Grilled salmon
- Steamed artichoke with lemon

Option twelve

- 3-4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggies of your choice.

Option thirteen

- Large mixed green salad with veggies of your choice, 3-4 oz grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs your of choice.



7



8



Paleo Snack Options

- Organic chicken breast or grass-fed steak, sliced into strips, eaten cold
- Canned sardines (in water or olive oil)
- 1 piece of fruit and 10-12 almonds, walnuts or pecans
- Cut up carrots, celery, bell pepper or sliced radishes with guacamole or tahini
- Apple slices or celery sticks with 1 Tbsp almond butter
- Turkey Roll Up: Chop up tomato, cucumber, and 1/4 avocado, grate a carrot, and add to the middle of a slice of nitrate free turkey. Roll the turkey around the ingredients and you have a turkey roll up. Variation: add salsa



Living a Detox Lifestyle

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. This program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.



Notes on Plastic

Never heat food in plastic, as this process releases harmful chemicals that can seep into your food. Use glass or ceramic instead.



Skin Brushing

To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub, using circular motions toward your heart.



Clean Water

Drink and cook with pure, filtered water and consider adding a filter to your shower.



Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass, which helps you burn more calories at rest. Consider brisk walks, yoga, or gentle stretching as part of your physical activity regimen. Sweating also releases toxins.