



# 14 Day Detox Plan

NUTRITIONST GUIDED

PLAN

+

SHAKE & SUPPLEMENT KIT

# RESET FOR A HEALTHIER, HAPPIER YOU!

## The How Clinic Guided Reset Plan

- Two 30 min appointments with Amanda Andrus, CNS
- Email & app support for 14 days + a plan for the week afterwards for full integration.

\$395.00

How can a reset help?

**Digestive problems**, headaches, chronic sinus drainage, **low energy**, depression, mood swings, eczema, **skin irritations**, joint aches, asthma, or **weight gain** can be improved with this nutrition-focused program.

Clean sourced protein options

PaleoCleanse Plus™  
or  
VegeCleanse Plus™



### Each 14-day kit provides:

- 28 - single serving Cleanse Plus functional food powder drink mix packets
- 28 - capsule packets containing:
  - 3- Amino capsules
  - 1- Enzyme capsule
- Program Guidebook - detailed patient guide which includes a supplement schedule, sample menus, and suggested food and snack options
- Shaker Bottle
- App support
- \*Kits are also available for purchase without the Nutrition consultation plan for \$199.00

## Description:

**PaleoCleanse Plus™** is a dairy-free functional food powder that contains a comprehensive combination of nutrients, antioxidants, such as vitamins A and C, herbs, fiber, and fruit and vegetable extracts to support general health, well-being, and effective detoxification.\* In the best of times, the body requires appropriate nutritional support for effective functioning of the liver's detoxification mechanisms. In the modern era of unavoidable environmental pollution, increased mental and physiological stress, and the degraded nutrient density of the food supply, even when following a nutritious, whole-foods diet, the body may require higher amounts of the particular amino acids, minerals, and other factors necessary for detoxification than we can typically absorb from food alone.

PaleoCleanse Plus™ is designed to aid the body's clearance of xenobiotics, pollutants, and other harmful substances, as well as remnants of pharmaceutical drugs, excess steroid hormones, and the byproducts of normal, healthy metabolism. It is specifically formulated to support both phase I and phase II of detoxification in the liver. This is important because detoxification is a two-step process, and some of the products created during phase I may still be somewhat harmful to the body, even though this is a normal, natural process. These intermediate products need to be broken down further during phase II, so if these phases are out of sync, the phase I products may build up and overwhelm the body's capacity to take them through phase II.

The ingredients in PaleoCleanse Plus™ help to balance these two processes.\* PaleoCleanse Plus™ also provides fiber and nutrients helpful for stimulating bile production. These aid in supporting intestinal and colonic function, which facilitates normal excretion, the final step in eliminating detoxified compounds from the body.\*

You may be accustomed to thinking about seemingly "light" foods, such as fruits and vegetables, as being important for healthy detoxification. These are certainly beneficial, but detoxification also requires a generous supply of amino acids derived from protein; amino acids are the building blocks of protein.

PaleoCleanse Plus™ features protein from beef bone broth, a Paleo protein source free of grains, legumes, dairy, gluten, lactose, and soy. This protein comes from animals raised in Sweden without hormones or antibiotics, eating diets free of GMO grains and grasses. This unique protein is produced through a proprietary process that allows the protein to be hydrolyzed or "split" into functional peptides (protein fragments) that are easily absorbed and highly bioavailable.

## Description:

**VegeCleanse Plus™** is a functional food powder that contains a comprehensive combination of nutrients, antioxidants, herbs, fiber, and fruit and vegetable extracts to support healthy detoxification.\*

In the best of times, the body requires appropriate nutritional support for effective functioning of the liver's detoxification mechanisms. In the modern era of unavoidable environmental pollution, increased mental and physiological stress, and the degraded nutrient density of the food supply, even when following a nutritious, whole-foods diet, the body may require higher amounts of the particular amino acids, minerals, and other factors necessary for detoxification than we can typically get from food alone.

VegeCleanse Plus™ is designed to aid the body's defenses against xenobiotics, pollutants and other harmful substances, as well as against remnants of pharmaceutical drugs, excess steroid hormones, and the byproducts of normal, healthy metabolism. It is specifically formulated to support both phase I and phase II of detoxification in the liver. This is important because detoxification is a two-step process, and some of the products created during phase I may still be somewhat harmful to the body, even though this is a normal, natural process. These intermediate products need to be broken down further during phase II, so if these phases are out of sync, the phase I products may build up and overwhelm the body's capacity to take them through phase II.

The ingredients in VegeCleanse Plus™ help to balance these two processes. You may be accustomed to thinking about "light" or plant-based foods, such as fruits and vegetables, as being important for healthy detoxification. And while these are beneficial, detoxification also requires a generous supply of amino acids, which are the building blocks of protein, and thus are derived from protein.

This product features pea protein, which is less allergenic and easier to digest than some other proteins, such as soy, whey or casein. VegeCleanse Plus™ also provides fiber and nutrients helpful for stimulating bile production. These aid in supporting intestinal and colonic function, which facilitates normal excretion, the final step in eliminating detoxified compounds from the body.