

# 7-DAY CLEANSE KIT

## INSTRUCTIONS

### Essential Greens:

Drink two stick-packs daily. Mix each stick with six to eight ounces of water.

### Power-Cleansing Detox Packets:

Take two packets daily, one in the morning, and one in the afternoon.

## EATING GUIDELINES

Using this kit, you'll combine all-natural herbal supplements with a diet designed to maximize your body's healing potential. The first two days are "prep days" designed to clean up your diet and ensure that you get maximum results throughout the remainder of your cleanse. For days three, four, and five, you'll drink liquids-only, which aids in detoxification and gives your body a rest from digesting solid foods so it can heal. On days six and seven, you'll transition off of the liquid-only cleanse by eating the same types of food that you ate on days one and two. Don't worry about getting too hungry – with the juice and the supplements – your body will have everything it needs. There's no better way to kick-start your body's natural healing potential.

### DAY 1 & 2

**Organic dark leafy greens and brightly colored vegetables**

**One serving (per day) of organic fruit**

**Unrefined, cold-pressed olive and coconut oil**

**Fresh vegetable juices**

Optional:

**Solutions4 Cardio Health Essentials**

**Solutions4 Daily Antioxidant Essentials**

**Solutions4 Nutritional Shake**

### DAY 3, 4 & 5 LIQUID ONLY

**Fresh vegetable juice**

**Detox Lemonade (see recipe below)**

**Solutions4 Essential Greens**

Optional:

**Solutions4 Cardio Health Essentials**

**Solutions4 Daily Antioxidant Essentials**

**Caffeine-free, unsweetened herbal tea**

### DAY 6 & 7

**Organic dark leafy greens and brightly colored vegetables**

**One serving (per day) of organic fruit**

**Unrefined, cold-pressed olive and coconut oil**

**Fresh vegetable juices**

Optional:

**Solutions4 Cardio Health Essentials**

**Solutions4 Daily Antioxidant Essentials**

**Solutions4 Nutritional Shake**

## RECIPES

### Detox Lemonade Recipe – For Women

3/4 cups fresh lemon juice - about 6-7 lemons

4 cups distilled water

\*1/3 cup pure maple syrup

### Detox Lemonade Recipe – For Men

3/4 cups fresh lemon juice - about 6-7 lemons

4 cups distilled water

\*1/2 cup pure maple syrup

\*May add more (to meet their higher calorie needs).

Combine all ingredients. Mix well.

Recipe makes one bottle.

Prep time 2 minutes; Serves 2

## FREQUENTLY ASKED QUESTIONS

### What If I Get Hungry and Don't Have Energy?

If you find that you are always dealing with hunger pangs and have little energy, we recommend increasing your intake of the lemonade mixture or vegetable juice. You may also supplement with the Solutions4 Appetite Appeaser, which is designed to stabilize blood sugar levels and reduce your appetite naturally.

### Why Lemons?

Lemons rid excess toxins from the cells of the body and assist in overall pH balance.

### Why Pure Maple Syrup?

Pure maple syrup contains many minerals and vitamins that provide the body with energy. It is also a balanced, natural sweetener and does not cause an insulin response.

### Why Distilled Water?

Distilled water is pure, which means that it contains no chemicals or bacteria that would interfere with the cleansing process. It also helps to remove toxins from the body.

### Why Don't I Feel Well While Cleansing?

If you aren't feeling well while cleansing, you may be experiencing a healing crisis. A healing crisis is a natural reaction that occurs when the body is cleansing. It is simply the process of your body healing and ridding itself of toxins.

### What if I'm Cleansing to Lose Weight?

If you are looking to lose weight, we recommend replacing one to two meals per day with the Solutions4 Nutritional Shake after you complete the 7-Day Cleanse Kit. You would also benefit by using our incredible Solutions4 Weight Loss Starter Kit.