



CleanGut Protocol

Vegetarian

Overview

CleanGut Protocol

The minimum time for this program is 4 weeks, but depending on the severity of your condition, this program may need to be continued for up to six months. You will be focusing on these four steps that are necessary to address underlying causes of gut imbalance and restore optimal function:

Remove

Replace

Repair

Restore

Details of each week are described on the next pages.

Before You Begin



1. Review Your Cleanbody Program

Based on your Cleanbody Assessment results or your evaluation by Dr. Fong, Your Cleanbody Program will show if it is recommended for you to complete this protocol.



2. Purchase Cleangut Kit

Purchase your Cleangut Kit and any optional supplements that were suggested in your assessment results.

- Cleangut Kit (Vegetarian)
- Complete Powder (Optional, for CB Smoothie)
- Complete Liquid (Optional, for CB Drink)



3. Purchase Ingredients for daily drinks

Your daily Cleanbody Drink and Smoothie include the ingredients below. Ingredients should be organic and non-GMO.

- Fresh Lemons
- Apple Cider Vinegar
- Stevia
- Flaxseed Oil
- Alternative milk of your choice
- Optional Ingredients

Week 1

Remove

This week, start to identify and remove the factors contributing to your symptoms:



Stress

Eliminate stress and implement Be Calm, Be Happy regimens.



Allergenic and Inflammatory

If you have not already done so, get tested to identify specific foods that affect you. Potential allergenic foods include:

- processed foods
- corn
- peanuts
- sugar
- oranges
- pork
- alcohol
- chocolate
- dairy
- shellfish
- coffee
- gluten
- eggs
- beef
- soda
- Soy



High FODMAP Foods

Eliminate or manage high FODMAP foods by incorporating one of the Cleangut Modifications if you are having gut symptoms.



Pathogens

Antibiotics, high sugar diets, and other problems can cause an overgrowth of pathogenic microbes in the gut. Consider ordering a Gut Zoomer test to help identify possible pathogens causing imbalance in your gut.

Replace

Take **DigestEase V** to support optimal digestion and bile flow.

Repair

Take **Gut Restore** to restore microbial balance to your gut.

Introduce Supplements



If this is your first time going through this protocol, introduce your first supplement on **Day 1** of your protocol. Introduce supplements slowly, and one at a time, as described below:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals
			Gut Restore 1 Capsule Before bed	Gut Restore 1 Capsule Before bed	Gut Restore 1 Capsule Before bed



If you are not already doing so, drink the **Cleanbody Drink** with your breakfast. You will be drinking this every morning during this protocol.

Ingredients

- Juice from half a whole lemon
- 1 Tbsp Flaxseed Oil
- 1 Tbsp Apple Cider Vinegar
- 1 - 2 Cups of Water
- Sweetener to taste (optional)
- 2 Tbsp Complete Liquid (optional)

Week 2

Repair

Introduce **Gut Mend** to repair your gut, as described on the right.

Eat repair foods:

Fermented Foods	Complex Carbs	Fruits & Veggies	Cultured Dairy/ Non-	Healthy Fats	Collagen
Kimchi** Sauerkraut** Tempeh** Miso**	Brown rice Amaranth** Teff Buckwheat Other gluten-free grains	Banana*** Broccoli*** Grapes Citrus Cabbage** Leafy greens Carrot	Yogurt Kefir (Non-Dairy)	Ghee Coconut oil Avocado oil Olive oil	Bone broth

** Avoid for Cleangut Moderate Modifications *** Avoid or limit quantity for Cleangut Severe Modifications

Restore

Eat prebiotic foods:

Oligosaccharides Fructo-oligosac.	Arabinogalactans	Soluble Fiber	Resistant Starches
Leeks*** Onions** Asparagus** Jicama Banana*** Garlic** Jerusalem artichokes**	Carrots Radish Pear** Corn** Wheat** Tomato	Oatmeal** Beans** Apple** Pear** Strawberry Nuts Flaxseed*** Psyllium** Cucumbers Celery**	Cooked and cooled starchy foods: Corn Potato Brown rice Yam Aim for 15/30g/ Day (equiv. To 2-4 Tbsp PotatoS Starch)

** Avoid for Cleangut Moderate Modifications *** Avoid or limit quantity for Cleangut Severe Modifications

Introducing Supplements



If this is your first time going through this protocol, introduce **GutMend** on **Day 7** of your protocol.

You can take this supplement in water or add it into the **Cleangut Smoothie**. The recipe for the smoothie is found below.

You will continue your supplements and slowly add the new supplement as shown in **blue text** in the table to the below:

Day 7	Day 8	Day 9
DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals	DigestEase V 1 Capsule Before meals
Gut Restore 1 Capsule Before bed	Gut Restore 1 Capsule Before bed	Gut Restore 1 Capsule Before bed
Gut Mend 1/3 Scoop or 2 capsules	Gut Mend 2/3 Scoop or 4 capsules	Gut Mend 1 Scoop or 7 capsules



Cleangut Smoothie Recipe

Ingredients

- 1/2 scoop of Complete Powder
- Alternative milk
- 1 Tbsp Flaxseed Oil
- Leafy Greens
- Citrus
- Apple (with skin)**
- Blackberries**,Blueberries**
- Raspberries**
- Strawberries
- Carrot
- Pear (with skin)**

Instructions

Add appropriate supplements with ingredients Blend ingredients in a blender and enjoy!

Week 3 - 4

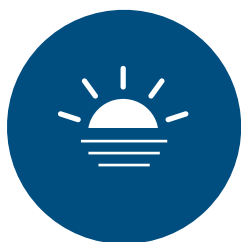
Daily Regimen

Now that you have slowly incorporated all the 4 Rs and supplements, your daily regimen should look as shown below:



Meals & Snacks

- Follow your Cleangut Nutrition Plan with appropriate modifications
- Eat repair and restore foods
- Avoid allergenic and inflammatory foods



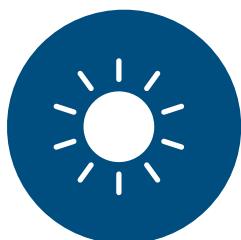
Morning Regimen

Before Breakfast

- Drink **Cleanbody Drink**
- Take **DigestEase V (1 Capsule)**, if eating breakfast

Breakfast

- Drink **Cleangut Smoothie** (Add Gut Mend - 1 tbsp)
- Intermittent Fasting or Eat Cleangut Modified Breakfast



Mid-morning - Afternoon Regimen

Before Lunch

- Take **DigestEase V (1 Capsule)**



Evening Regimen

Before Dinner

- Take **DigestEase V (1 Capsule)**

Before Bed

- Take **Gut Restore (1 Capsule)**

Gut Health Treatments



Colon Hydrotherapy Treatments (CT) are beneficial treatments you can start this week.

CT Implants can be added as an option to add additional nutrients and support to your gut.

If you tolerate the CT well, you can consider these implants below. Always start with Mild implants, before trying other implant options.

Mild/Moderate: Aloe Vera and Gut Protect (3 capsules)

Severe: Aloe Vera and BioClear (Cut softgel and squeeze 2 drops) (try if Moderate implants were tolerated and you scored “severe” or “very severe” in your Cleanbody Funnel Assessment)

Also consider doing a 10 minute **Abdominal Pulsed Electromagnetic Therapy** session to stimulate increased bowel movement and release.

Week 5

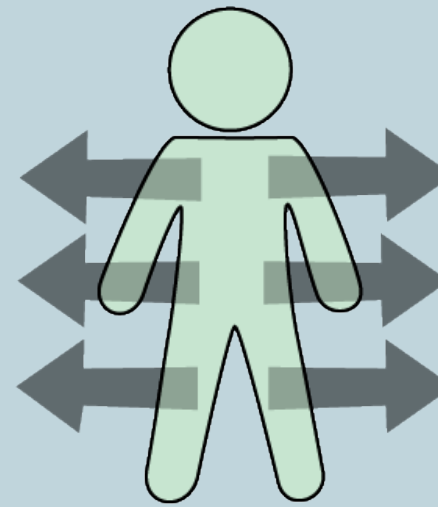
Take the Cleangut Assessment

Go to the “Re-Assess Your Gut Health” module and take the Cleangut Assessment to decide your next steps.



Keep Calm. Breathe. Release.

As you go through this process, toxins will start to release and exit your body. As this release occurs, it is normal for certain symptoms to arise. If you experience these symptoms, stay calm and know that your body is releasing toxins and is making positive changes towards an improved health. Although rare, common symptoms you may experience are listed to the right. Continue reading below to find ways to alleviate these symptoms.



- Headache
- Nausea
- Rash
- Hives
- Canker sores
- Fever
- Fever blisters
- Runny nose
- Irritability/moodiness
- Insomnia
- Thirst
- Weakness
- Lethargy
- Loss of appetite
- Diarrhea
- Nervousness
- Body or muscle aches
- Joint pain

What To Do

If you experience detox symptoms, here are some things you can do:

Rest

Allow yourself to rest. This will be beneficial as your body works hard to push toxins out.

Meditate

Meditation will help you calm and cleanse emotions you may experience during your Flush.

Add Movement & Break a Sweat

Physical activity and sweating are good ways to support detoxification as it helps toxins exit out your body through your sweat.

Increase Your Raw Intake

Raw fresh fruits and vegetables, and fiber can accelerate the removal of toxins.

Drink Lots of Water

Drink at least half your weight in ounces per day and more if you exercise. This helps prevent dehydration symptoms, assists to flush out toxins, and naturally cleanses the kidneys.

Schedule Additional Treatments

The following treatments may alleviate specific detox symptoms by supporting detox pathways and assisting toxins to exit:

- **Bio-Electric Lymphatic Drainage (BELD)**
If you experience muscle pain, joint pain, and skin symptoms.
- **Nutritional IV**
If you experience fatigue, headache, pain, and any inflammatory symptoms.
- **Ionic Foot Cleanse**
If you experience headaches, and lower extremity joint pain.
- **IR Sauna**
If you experience muscle pain, joint pain, and skin symptoms.
- **Colon Hydrotherapy**
If you experience bloating, diarrhea, constipation, and GI symptoms.

Take Supplements

- **Tox Bind**
If you experience detox symptoms, take 2-4 capsules on an empty stomach 1-3 times per day for up to 3 consecutive days, as needed.
- **Nux Vomica 30c**
If you experience detox symptoms, take 3-5 pellets under the tongue every 15 minutes for one hour, then every 1-2 hours as needed until symptoms subside.
- **Electrolytes**
Electrolytes can help replenish some nutrients lost in your detox process. This may alleviate some symptoms.
- **Complete Liquid or Powder**
Our multivitamin liquid or powder may help replenish lost nutrients from your detoxification process.

FAQ

Ingredients for the Cleangut Drink and Smoothies

You will need these ingredients per week:

- 7 Organic Lemons
- 14 Tbsp of Organic Unfiltered Flaxseed Oil, Cold Pressed
- 7 Tbsp Organic, Raw Unfiltered Apple Cider Vinegar
- Organic Stevia Drops (optional)
- Alternative milk
- Berries, leafy greens, other citrus, and other optional ingredients

If you cannot have flaxseed

You can replace flaxseed oil with organic, extra virgin olive oil (EVOO).
1 tbsp of flaxseed oil can be replaced with 1 Tbsp of EVOO.

If you Cannot Tolerate Lemon or Citrus

Use an equivalent amount of lime or grapefruit juice in your Cleanbody Drink. If you cannot tolerate any citrus, then you can just leave the citrus out of your Cleanbody Drink.

Do I need to drink the Cleanbody Drink and Smoothie?

This is your Cleanbody journey and you do not need to do anything that you do not want to do in this process! The Cleanbody Drink supports optimal detoxification, bile flow, and digestion. You can use this drink during your Intermittent Fasting period or before your breakfast to support increased detoxification throughout your Cleanbody journey. The Cleanbody Smoothie is great as a meal replacement or a supplement to your nutrition plan that provides all of the tools you need for optimal detoxification.

Where to purchase supplements

Please visit our Cleanbody website at www.cleanbody.health/store to purchase supplements and protocol kits.

What kit do I purchase?

If you are vegetarian, you will purchase the Cleangut Kit (Vegetarian). The Cleangut Kit (Non-vegetarian) contains bovine-derived products, including bile and immunoglobulins.

Please note: The Cleanbody protocols provided are merely suggestive and are not medical advice, unless prescribed by Dr. Fong in a Medical Evaluation. You should always consult with an appropriately qualified health care professional before using any nutritional, herbal or homeopathic supplement or product or before beginning any exercise or diet program or starting any treatment for a health issue. Individuals are different and may react differently to different products. If you are not a patient of Dr. Fong, Cleanbody does not know your complete health history/current supplements and medications/or pre-existing conditions. You should always consult with an appropriately licensed healthcare professional about interactions between medications you are taking and dietary and herbal supplements and the appropriateness of any supplements for your health condition. If you are not a patient of Dr. Fong, all Cleanbody recommendations are based solely on results from the Cleanbody Assessment - an educational tool to help you uncover the factors that may be causing your detox funnel to get clogged. Cleanbody does not represent or warrant that any particular supplement is safe, appropriate, or effective for you. Additionally you should always read any information provided by the product manufacturer and any product label or packaging prior to use.

Which Cleangut Modification should I do?

You can always start with the Mild Modification, if you are unsure. Then, if you are still having significant symptoms, you can increase to the Moderate or Severe modifications.

Do I need to follow the Inflammation Modification nutrition plan?

If you have significant inflammatory symptoms, you may want to consider also eliminating foods mentioned in this modification. This information can be found in the Optimize Nutrition section of the Phase 1: Cleanbody Pillars Education module section.

Do I need to refrigerate my supplements?

No. Supplements are best stored at room temperature. Supplements with probiotics are specifically designed to activate when it is introduced into the intestine, so no refrigeration is required.

Where to do Treatments

All treatments can be done at our office. You can book online at www.cleanbody.health.

If you do not live near us, here are additional resources:

- Colon Hydrotherapy

Visit <https://www.i-act.org/find-a-therapist> to find a certified practitioner

Pregnant or Breastfeeding

If you are pregnant or breastfeeding, please consult your physician or Dr.Fong before starting any new supplements.

If you are not a patient of Dr. Fong and live in California and certain states, you can book a Discovery Consultation with Dr. Fong (www.cleanbody.health/dc) to discuss your case.

Do I need to add Bile Flow?

You may want to add Bile Flow if: you are constipated, have tan-colored stool, have fatty, floating stools, pain under your right rib, or have a history of gallstones or gallbladder removal.

These symptoms may indicate that your body's production of bile is less than optimal. You Cleanbody Program may indicate if you should add this supplement, based on your Cleanbody Assessment results. Please note, this is a non-vegetarian supplement with bovine-derived bile.

Start with 1 capsule with 1 fat-containing meal daily. Increase to 1 capsule with up to 2-3 fat-containing meals daily, as tolerated. You should feel improved digestion and bowel movements. If gut distress occurs, use a lower dose or discontinue.

Pediatric Dosing

The calculation is the general rule of thumb for pediatric dosing or smaller/ more frail adults. However, you should always consult with your physician or Dr.Fong before giving your child new supplements. Capsules can be opened up and administered if your child cannot swallow pills. Opened capsules and liquids can be administered in apple sauce, yogurt, smoothies, or other beverages.

Calculation:

Weight in lbs divided by 150 lbs = fraction of the full adult dosage

Example for 60 lb child:

$60/150 = 0.4$ the adult dosage

Gut Mend Example:

$1 \text{ Tbsp} \times 0.4 = 0.4 \text{ Tbsp}$ (Pediatric Dosage for 60 lb child)