



Cleanbody

Cleanbile Protocol

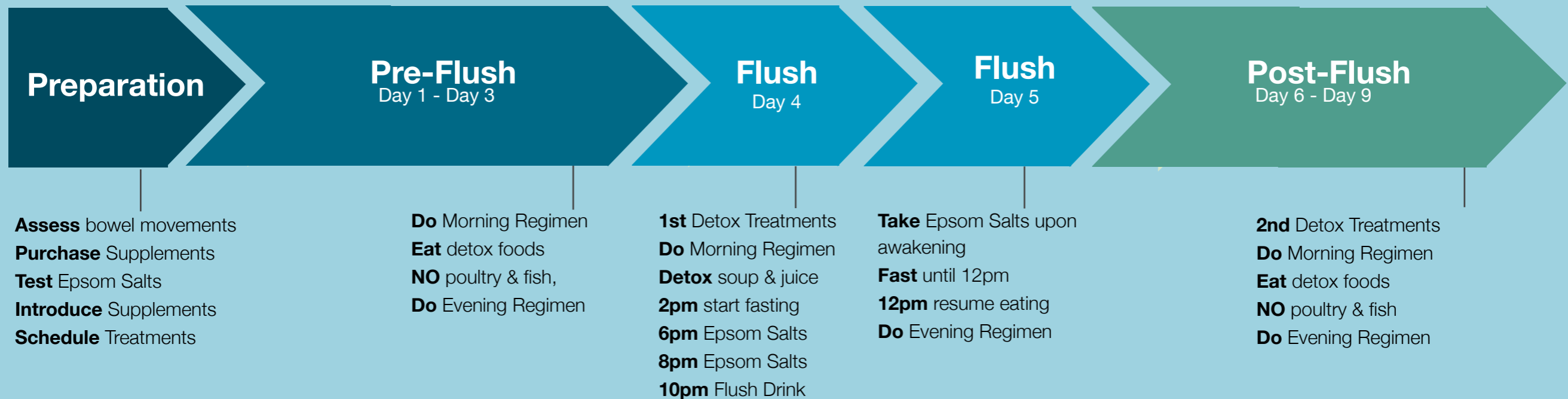
What is the Cleanbile Protocol?

The Cleanbile Protocol is a nine day protocol that focuses on flushing your bile. This is important because toxins are secreted into your bile so that they can be eliminated in your stool. When you flush your bile, you are also flushing out toxins that may be “stuck” in your system.

In addition to eliminating toxins, bile also aids in the breakdown of fats and helps absorb the fat-soluble vitamins (A, D, E, K). If your bile ducts are congested, you have gallstones, or your body is not producing enough bile, then you may have symptoms such as: diarrhea, trapped gas, bad-smelling gas, stomach cramps, acid reflux, erratic bowel movements, pale colored stools, pain under your right rib cage, difficulty digesting fats, hormonal imbalances, skin problems, and other chronic symptoms and diseases.

The Cleanbile protocol is a safe and effective way to flush congested bile from your system, pulling out toxins along with the bile that gets flushed. With this protocol, you can expel stored toxins from your system and restore an optimal Detox Funnel pathway! Let's get started!

Cleanbile Timeline



Preparation Pre-Protocol

There are four main steps to prepare for the CleanBile Protocol.



1. Assess Your Bowel Movements

Before you start the Funnel Flush, you must have daily bowel movements.



2. Purchase Cleanbile Supplements

New supplements needed for this protocol are listed below. You will continue your supplements from your Cleanliver Protocol and may need to refill as needed.

- Epsom salts
- Tox Bind
- Cleanbile Prep
- Electrolytes
- Gut Restore (Veg) or Gut Protect (Non-Veg)



3. Test Your Epsom Salts Dosage & Introduce Cleanbile Supplements

You will continue all of your Cleanliver supplements during the entirety of the Cleanbile protocol. If this is your first Flush, you will need to test your Epsom Salt dosage to ensure the dosage is safe and effective for you. If the Epsom Salt testing goes well, you will begin the CleanBile supplements.



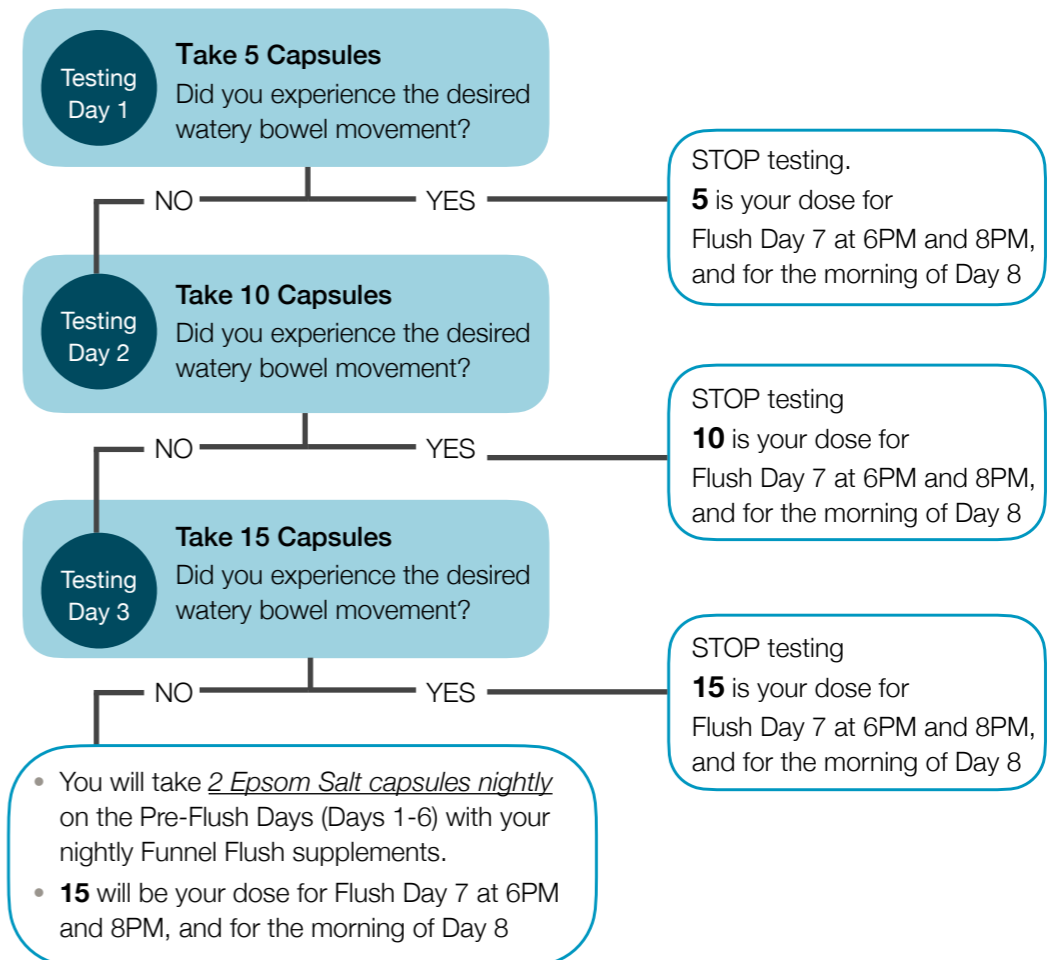
4. Schedule Your Colon Hydrotherapy & other Detox Treatments

These treatments must be scheduled before you begin your Cleanbile Protocol and will help you determine the start date of your Flush.

Testing Your Epsom Salt Dosage (First Time Only)

Testing may take up to 3 days, depending on which dose your body responds to. Here are general points to keep in mind as you are doing the testing:

- Epsom Salts should be taken first thing in the morning, on an empty stomach, or 3 hours after a meal. Take with at least 8 oz of water.
- The goal is to have a comfortable, not painful, “watery” bowel movement within 1-2 hours after taking capsules.
- If you cannot tolerate swallowing capsules, you can open them up into water.
- You **MUST** have a very watery bowel movement with the Epsom salt dosage in order to have a successful flush.
- If you cannot tolerate 15 capsules (pain or cramping, then you should decrease the dosage to a level that is comfortable.



Cleanbile Supplement Introduction

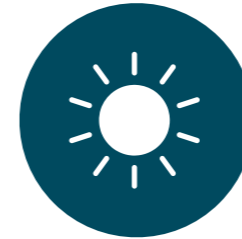
During the Cleanbile Protocol, you will continue the Cleanliver Protocol supplements. Continue taking these supplements during your preparation and throughout the entire Cleanbile Protocol.

The first time you complete the Cleanbile protocol, you will begin by introducing supplements one at a time in the order described below. For each supplement, start with the lowest dosage and increase up to the final dosage over the course of three days. For example, for Cleanbile Prep, start with 1 tablet on Day 1, then increase to 2 tablets on Day 2, and then 4 tablets on Day 3. If there are no significant reactions, introduce the next new supplement and continue all the supplements you have already introduced.

If you have already taken Gut Restore or Gut Protect in your Cleangut protocol, then you do not need to introduce this supplement slowly.

Days 1-3	Days 3-6	Days 7-10
Cleanliver Supplements (Continue)	Cleanliver Supplements (Continue)	Cleanliver Supplements (Continue)
Epsom Salts Testing - 3 days only (5-15 capsules)	Cleanbile Prep (2-4 tablets)	Cleanbile Prep (2-6 tablets)
		Gut Restore (Veg - 1 cap) -OR- Gut Protect (Veg - 3 caps)

Pre-Flush Days Day 1-3



Morning Regimen

Before Breakfast

- Take Cellular Health (2 pumps)

Breakfast

- Drink **Cleanbody Drink** add the following to your drink:
 - Complete Liquid (2 Tbsp)
 - Cleanliver Formula (4 dropperfuls)
- Drink **Cleanbody Smoothie** add the following to your drink:
 - Complete Powder (1/2 Scoop)
- Take Cleanbile Prep (2 Tablets)
- Take Tox Clear (3 Capsules)



Daily Meals

Meals and snacks should consist of allowable foods from the Cleanbody Nutrition Plan and at least **3 Detox Foods** daily.



No red meat, fish, or poultry are allowed during the protocol.



Evening Regimen

Before Bed

- Take Tox Clear (3 Capsules)
- Take Gut Restore (Vegetarian - 1 Capsule) OR Gut Protect (Non-Vegetarian - 3 Capsules)
- Take Electrolytes (30 drops in a glass of water)
- Take Cleanbile Prep (2 Tablets)

Flush Day Day 4



Morning Regimen

Before Breakfast

- Take Cellular Health (2 pumps)

Breakfast

- Drink **Cleanbody Drink** add the following to your drink:
 - Complete Liquid (2 Tbsp)
 - Cleanliver Formula (4 dropperfuls)
- Drink **Cleanbody Smoothie** add the following to your drink:
 - Complete Powder (1/2 Scoop)
- Take Cleanbile Prep (3 Tablets)



Lunch

Beginner:

Detox Soup
(pureed or with whole vegetables)

Avocado w/ Lime and Walnuts

Cleanbody Smoothie

Intermediate:

Cleanbody Drink

Detox Soup
(Liquid only)

Detox Juice

Advanced:

Water

Water w/ Lemon

Water w/ Apple Cider
Vinegar

2:00 pm STOP Eating

6:00 pm Take 15 Epsom Salts (or dosage from Epsom Salt Testing)

8:00 pm Take 15 Epsom Salts (or dosage from Epsom Salt Testing)

9:45 pm Prepare the Cleanbile Flush Drink



1/2 Cup Extra Virgin Olive Oil
1/2 Cup Lemon Juice

Use the restroom one last time for the night.

10:00 pm Drink the Cleanbile Flush Drink

Then, **immediately lie on your right side** with your knees drawn up to your stomach for 30 minutes.

After 30 minutes you can lie down comfortably to sleep.

Flush Day Day 5



Take 15 Epsom Salts upon waking

(or dosage from Epsom Salt Testing)

Any time between 6am and 8am.



Breakfast

Just water until **12pm**. Add electrolytes to your water if you are feeling weak, feeling faint, have a headache, or have muscle aches.



Lunch & Dinner (After 12pm)

Beginner:

Detox Soup
(pureed or with whole vegetables)

Avocado w/ Lime
and Walnuts

Cleanbody Smoothie

Intermediate:

Cleanbody Drink

Detox Soup
(Liquid only)

Detox Juice

Advanced:

Water

Water w/ Lemon

Water w/ Apple
Cider Vinegar

Take **Electrolytes** (30 drops in a glass of water)



Evening Regimen

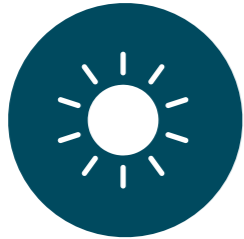
Before Bed

- Take Tox Clear (3 Capsules)
- Take Gut Restore (Vegetarian - 1 Capsule) OR Gut Protect (Non-Vegetarian - 3 Capsules)
- Take Tox Bind (2 Capsules)

General Flush Guidelines:

- Diet on these days will be based on your options of Beginner, Intermediate, or Advanced.
- You will discontinue all of your usual supplements and evening Flush Supplements on **Day 4**.
- You will resume all of your usual supplements and evening flush supplements on the evening of **Day 5**.
- **Take pictures of your release.**

Post-Flush Days Day 6-9



Morning Regimen

Before Breakfast

- Take Cellular Health (2 pumps)

Breakfast

- Drink **Cleanbody Drink** add the following to your drink:
 - Complete Liquid (2 Tbsp)
 - Cleanliver Formula (4 dropperfuls)
 - Electrolytes (30 drops in a glass of water)
- Drink **Cleanbody Smoothie** add the following to your drink:
 - Complete Powder (1/2 Scoop)



Daily Meals

Meals and snacks should consist of allowable foods from the Cleanbody Nutrition Plan and at least **3 Detox Foods daily**.



No red meat, fish, nor poultry are allowed during the protocol.



Evening Regimen

Before Bed

- Take Tox Clear (6 Capsules)
- Take Gut Restore (Vegetarian - 1 Capsule) OR Gut Protect (Non-Vegetarian - 3 Capsules)
- Take Tox Bind (2 Capsules)



Cleanbody Drink Recipe

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)

Instructions

Mix all ingredients together well and divided into two portions. One portion will be for the morning and the other will be for the evening.



Cleanbody 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

Blend ingredients in a blender and enjoy!

Detox Foods

- Focus on having **AT LEAST 3** of these Detox Foods per day.
- Continue your Cleanbody Nutrition Plan and modifications.
- Continue to be mindful of portion sizes, except for unlimited foods.
- Foods should be juiced, steamed, boiled, or raw only.
- *Advanced Detox option:* eat only Detox Foods during the protocol
- *Ultimate Detox option:* only raw Detox Foods during the protocol

Leafy Greens

Beet greens	Kale
Bok choy***	Lettuce, red leaf
Chard	Mustard greens
Collard greens	Seaweed/ Kelp
Dandelion greens	Spinach
Endive	Watercress

Vegetables

Artichoke**	Cauliflower**
Asparagus**	Celery**
Avocado***	Cucumber
Beets**	Daikon radish
Broccoli***	Green beans
Brussel sprouts**	Green bell pepper*/***
Cabbage**	Potatoes*
Carrot	Yellow squash
	Zucchini***

Herbs & Condiments

All herbs are okay, but the following herbs support increased:

Apple cider vinegar	Ginger
Cayenne pepper	Himalayan sea salt
Celtic salts	Onions**
Cilantro	Parsley
Coconut aminos	Sage
Coriander	Tahini
Cumin	Turmeric
Garlic***	

Fruits

Blackberries**	Orange
Blueberries**	Papaya
Grapefruit**	Pear (with skin)**
Green apple (with skin)*/**	Raspberries**
Lemon	Strawberries
Lime	Watermelon**

Protein

Egg (1, hardboiled)*	Chia seed pudding
Almonds*/**	Sunflower butter
Almond butter*/***	Sunflower seeds
Brazil nuts	Walnuts

Oils

Avocado oil	(Best if oils are cold-pressed)
Flaxseed oil	
Olive oil	

*Avoid if you have high inflammation

**Avoid for Clean Gut Moderate

***Avoid or limit quantity for Clean Gut Severe

Recipes

All Ingredients must be organic and non-GMO

Snack Juice

Ingredients

- 1 pint green grapes
- 1/2 large cucumber
- 1 green apple*/**
- Optional: 1 inch piece ginger

Instructions

Wash all ingredients before juicing. Cold pressed juicing is preferred. You can also create juice using a high-power blender.

Detox Juice

Ingredients

- Handful of spinach
- 3 medium stalks of kale
- 2 green apples*/** or oranges
- 1/2 large cucumber
- handful of parsley
- 1 lemon
- Optional: 1 inch piece of ginger

Instructions

Wash all ingredients before juicing. Cold pressed juicing is preferred. You can also create juice using a high-power blender.

Detox Soup

Ingredients

- 2 quarts filtered water
- 3 stalks celery** or bok choy***
- 1 large onion
- 2 cloves garlic, minced
- 1 cup fresh spinach leaves
- Pinch of sage
- 3 carrots
- 1 small beet, peeled**
- 6 small/medium potatoes, unpeeled
- 1/4 cup fresh parsley, finely chopped
- Himalayan salt to taste

Instructions

Wash all vegetables. Do not peel if organic (except beets) Coarsely chop all the vegetables. Cover with water in a non-aluminum pot; add sage. Bring to a boil, reduce heat and allow to simmer, covered, until broth has a rich flavor for about 20 minutes. Strain and drink hot or cold.

For a heartier broth, remove 1/2 veggies, blend in a blender or food processor, and return to soup.

Treatments

Please schedule these treatments BEFORE you begin your Cleanbile Protocol. All of these treatments will improve the success of your Cleanbile Flush. If you cannot find these treatments locally to you, you may purchase a PEMF and Infrared Sauna for your home and do an enema instead of a colon hydrotherapy treatment.

Days 1-3



Pulsed Electromagnetic Field Therapy (PEMF) *Optional*

PEMF therapy can stimulate blood circulation, increasing detoxification and healing.



Intravenous Therapy *Optional*

IV Therapy can support increased detoxification, decreased inflammation, increased cellular energy, and faster healing.

Day 4



Pulsed Electromagnetic Field Therapy (PEMF) *Optional*

PEMF therapy can stimulate blood circulation, increasing release, detoxification, and healing.



Colon Hydrotherapy with Coffee Implant *Required*

A colon hydrotherapy treatment with a coffee implant will clean your colon in preparation for your flush, and stimulate more bile release. An enema can be used, if colon hydrotherapy is not available.

Day 6



Infrared Sauna (IR Sauna) *Optional*

IR Saunas stimulate fat cells to release stored toxins and waste through sweat.



Ionic Foot Cleanse *Optional*

Ionic Foot Cleanses are a great way to gently & safely support toxin excretion with ion therapy.



Bio-Electric Lymphatic Drainage *Optional*

This can be added onto your Colon Hydrotherapy treatment to support lymph drainage.



Colon Hydrotherapy *Required*

To ensure all bile from your flush has been released. Add an aloe vera/probiotic implant to replenish beneficial bacteria.

Re-Assess



Repeat the Cleanbile Protocol

- If you felt increased vitality within a couple of days after the flush and had no intolerable side effects, but continue to have symptoms
- If you still had congealed pieces of bile released on Day 5

Repeat the protocol every 2-4 weeks until you are not releasing any congealed pieces of bile and/or you are symptom-free and feeling great!



Do not Repeat

- If you had intolerable side effects, such as severe vomiting or nausea
- Talk to your CB Coach or schedule a Medical Evaluation



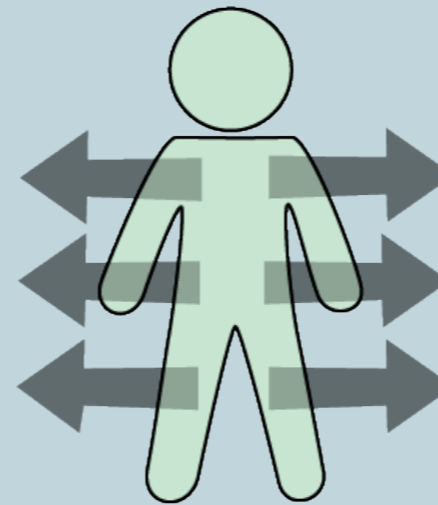
Ready for Cleanbody Maintenance

- If you only had fecal matter with clear liquid
- If you are symptom-free and feeling great!



Keep Calm. Breathe. Release.

As you go through the Funnel Flush, 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 during or after your flush, 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 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**
Unsweetened coconut water, 4000 Volts electrolyte, and any sugar-free electrolyte can help replenish some nutrients lost in your release. This may alleviate some symptoms.

Coconut Oil

Since you will be making multiple trips to the restroom, applying coconut oil may alleviate any skin irritation around your anus.

FAQ

For non-pregnant, non-breastfeeding adults only

This protocol is designed for adults over the age of 18 years old. It is not designed for children, or women who are pregnant or breastfeeding. If you are in this category, please schedule a Discovery Consultation with Dr. Fong to determine the best way to flush your bile and cleanse your liver (www.cleanbody.health/dc).

Do Not Do the Flush (Day 3-4) when:

- **You are sick.** Your immune function will be compromised and you may get more sick from the toxins being released during the flush
- **You are traveling.** You will need to be close to a restroom from 6 PM on Day 3 to 10 AM on Day 4.
- **You are on your menstrual period.** It may be more uncomfortable to do this protocol during your menstrual period, especially if you have menstrual symptoms.

Make sure to test Magnesium Sulfate (Epsom salts)

Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt the Cleanbile Flush. People unable to tolerate Magnesium Sulfate may suffer a negative reaction or Epsom Salt overdose. Symptoms of hypermagnesemia include nausea, vomiting and weakness. If you experience any of these symptoms, discontinue use and contact your doctor immediately. Please note, you are expected to have diarrhea after the epsom salt dosage. This is the desired reaction, Please contact your CB Coach if you do not experience diarrhea during your testing.

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.

If You Don't Have a Gallbladder or if You Have Gallbladder Disease

You can still do the flush. Your bile ducts are likely congested with bile. Make sure that you are taking the Cleanliver supplements and Bile Flow, if it was indicated earlier in your program.

Optional Support Supplements

- Liposomal Melatonin

If you have difficulty falling asleep on Day 3, shake bottle and spray 1-2 sprays under the tongue or on the inside of your cheek, hold for 20 seconds.

*try supplement before Day 3 to ensure you tolerate it well.

Shifting Times on Flush Days

If needed, you may shift the times on Days 7 & 8. You can shift the times by 1 hour, but keep the same time between Epsom Salt doses and Flush drink. For example, the shifted time will be:

Day 3

7:00 PM Epsom Salts

9:00 PM Epsom Salts

11:00 PM Flush Drink

Day 4

7:00 AM - 9:00 AM Wake up time to take last Epsom Salts

If you Cannot Tolerate Lemon

Use an equivalent amount of lime or grapefruit juice in your Cleanbile Flush Drink.

What to Expect

- **Plan to be home** from 6PM on Day 4 to 10AM on Day 5 and have easy access to the restroom, as you'll have watery stools during this time.
- **Your release may include:**
 - Chaff: tan, cholesterol crystals that float to the top
 - Bile sludge: brown, green, or brownish green
 - Cholesterol deposits: green, stone-like, floats to the top
 - Toxins not visible to naked eye that are bonded to sludge, chaff, and deposits.
 - Microbes & Parasites: may not be visible to the naked eye
 - Worms: may be visible to the naked eye

Repeating the Cleanbile Flush

One Cleanbile Flush may not be enough to clear out your funnel completely. You may repeat the Cleanbile Protocol at two to four-week intervals until you are no longer releasing congealed bile OR until you are completely symptom-free.

At-Home Treatments

If you cannot find a wellness center to do the detox treatments, please refer to the At-Home Treatments Module to see how you can accomplish these treatments at home.

Medications

You may not be a candidate for this protocol if you take more than one daily medication. Consult with your physician.