

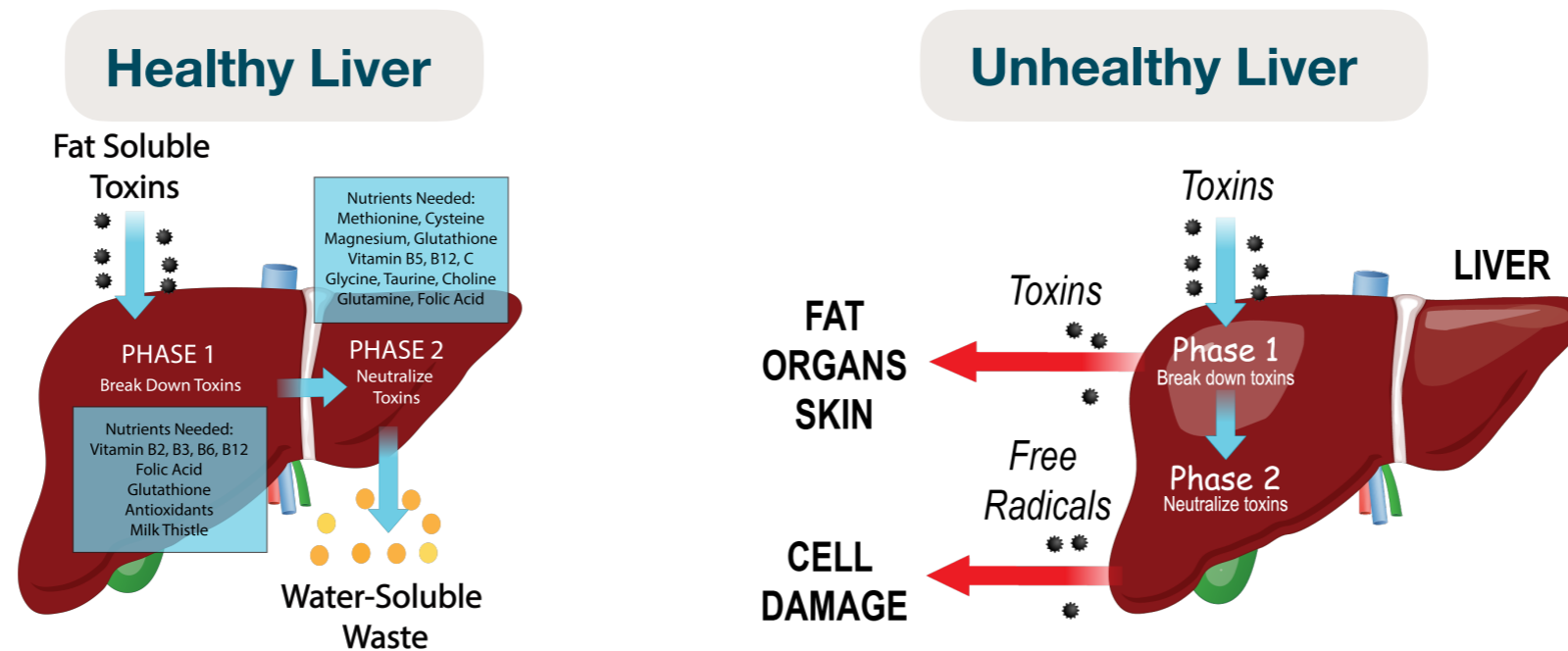


Cleanliver Protocol

The Cleanbody Program

What is the Cleanliver Protocol?

The Cleanliver protocol focuses on supporting the liver to transform harmful toxins into less toxic water-soluble toxins that can be excreted out of the body. It also supports the body's ability to protect your cells from free radical damage.



Before You Get Started



1. Purchase Cleanliver Supplements

Purchase supplements listed below from Cleanbody.

- Cleanliver Kit
- Bile Flow (if indicated)
- Complete Liquid (Optional, for CB Drink)
- Complete Powder (Optional, for CB Smoothie)



2. Purchase Ingredients for daily drinks

Your daily Cleanbody Lemonade and CleanLiver 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
- Other optional ingredients



3. Slowly Introduce Supplements

Introduce supplements into your daily regimen as described on the next page

Introducing Your Supplements

Introduce supplements one at a time in the order described below. You may already be consuming the Cleanbody Smoothie. This smoothie contains many of the co-factors you need for optimal detoxification and can also be used as a meal replacement during your Cleanliver Protocol.

For each supplement, start with the lowest dosage and increase up to the final dosage over the course of three days. For example, for Cellular Health, you can start with 1 pump on Day 1 and then increase to 2 pumps on Day 2.

If there are no significant reactions, introduce the next new supplement and continue all the supplements you have already introduced.

Days 1-2	Days 3-6	Days 7-10
Cleanbody Smoothie	Cleanbody Smoothie	Cleanbody Smoothie
Cellular Health (1-2 pumps)	Cellular Health (1-2 pumps)	Cellular Health (1-2 pumps)
	Cleanbody Drink ADD Cleanliver Formula (1-4 Dropperfuls)	Cleanbody Drink ADD Cleanliver Formula (1-4 Dropperfuls)
		Tox Clear (2-6 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

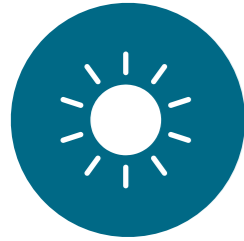
Ingredients

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

Instructions

Blend ingredients in a blender and enjoy!

Daily Regimen



Morning Regimen Before Breakfast

- Take Tox Clear (3 Capsules)
- Take Cellular Health (2 pumps)

Breakfast

- Drink **Cleanbody Drink** add the following to your drink:
 - Complete Liquid (2 Tbsp)
 - Cleanliver Formula (4 dropperfuls)
- Drink the **Cleanbody Smoothie**



Daily Meals

Meals and snacks should consist of allowable foods from the Cleanbody Diet and at least **3 Detox Foods per day**.



No red meat. Fish and poultry are allowed during the protocol



Evening Regimen

Before Bed

- Take Tox Clear (3 Capsules)

See FAQ section for alternative options for supplements regimen

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

Fruits

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

Vegetables

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

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	

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***	

*Avoid if you have high inflammation

**Avoid for Cleangut Moderate

***Avoid or limit quantity for Cleangut Severe

Treatments

Required



Infrared Sauna (IR Sauna) or Other Sweating Activities

IR Saunas stimulate fat cells to release stored toxins and waste through sweat. Daily sweating is an important detox mechanism during this protocol. If you cannot sweat daily, then make sure to sweat at least three times per week.

Highly Recommended



Colon Hydrotherapy with Cleanmetals Implant

A colon hydrotherapy treatment with a Cleanmetals Implant (coffee) implant to support increased bile release. Recommended every 1-2 weeks.



Cleanbile Protocol

Complete a bile flush to support flushing the toxins out of your system. Recommended every 3-4 weeks.

Other Recommendations



Intravenous Therapy

Recommended if you have high inflammation and high detoxification reactions, every 2-4 weeks.



Ionic Foot Cleanse

Recommended if you are highly sensitive and you are doing the Cleanmetal Hypersensitive Protocol, every week.



Bio-Electric Lymphatic Drainage

Recommended if you have skin issues or bodily pain, every 1-2 weeks.



Pulsed Electromagnetic Field Therapy (PEMF)

Recommended if you have high bodily pain, 1-7 times weekly.

Please schedule these treatments at your local wellness center or purchase an IR sauna, PEMF, or enema tools for at-home use.

Cleanbile Protocol



Add on the Cleanbile Protocol

If you are an adult and are NOT having significant detox symptoms. If you are having symptoms, consult with Dr. Fong or your local ND, or continue the Cleanliver Protocol until symptoms improve.



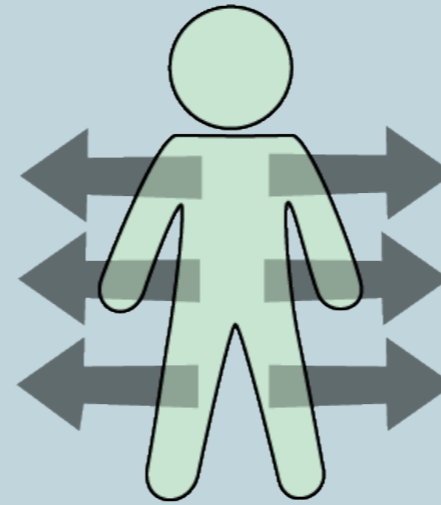
Do not add on the Cleanbile Protocol

If you are a child, or if you are having significant detox symptoms. Children under 18 years old should not complete the Cleanbile Protocol.



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 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

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.

If you Cannot Tolerate Lemon

Use an equivalent amount of lime or grapefruit juice in your lemonade or leave the citrus it out of your Cleanbody Drink.

Do I need to drink the Cleanbody Drink and Smoothie?

During the Cleanliver protocol, it is recommended that you consume one or both of the these drinks to optimise detoxification.

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, and may even prevent some detox symptoms.

I am already taking a Multivitamin. Should I switch to Complete Liquid?

Yes! Complete Liquid is a comprehensive, food-based multivitamin. But if you are allergic or intolerant to any of the ingredients in the Complete Liquid, you can continue your multivitamin. Dr.Fong recommends choosing multivitamins that are food based.

Alternative Supplement Regimen

Tox Clear

As directed in previous pages, this supplement can be taken as 3 capsules, twice a day. Or, Tox Clear can taken as 6 capsules, once a day before bed.

Cleanliver Formula

As directed in previous pages, this tincture can be administered as 4 dropperfuls once a day. Or, you can split up the dose and take 2 dropperfuls of Cleanliver Formula, twice a day.

Cleanliver Formula can also be administered directly into your mouth, in war water, or in Cleanbody Drink

Cleanbody Shot

If you prefer to take your liquid supplements all at once, you can create a Cleanbody Shot: in a shot glass, combine Cellular Health, Complete Liquid, and Cleanliver Formula.

Why IR Sauna and not steam or other types of saunas?

IR Saunas are typically less toxic and can stimulate the fat cells more effectively than other sauna methods. Since toxins are stored in fat cells, the breakdown of the fat cells from the IR saunas are great for detoxing.

Learn more at <https://www.cleanbody.health/infraredsauna>

How many times can I repeat this protocol?

You can repeat this 4 week cycle until your symptoms subside. If you are not improving, you may need to schedule a Discovery Consultation with Dr.Fong (www.cleanbody.health/dc) or your local ND.

Where to Purchase the supplements

You can purchase this at <https://www.cleanbody.health/store>

Where to do Treatments

You can find a local wellness center to do the treatments or purchase your own PEMF and IR Sauna machines here:

- **PEMF:** www.cleanbody.health/pemf
- **IR Sauna:** www.cleanbody.health/infraredsauna.

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:

$$60/150 = 0.4 \text{ the adult dosage}$$

Cleanliver Formula Example:

$$1 \text{ Dropperful (~15 drops)} \times 0.4 =$$

$$0.4 \text{ Dropperful (~6 drops)}$$

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.