



## Keys to Success Worksheet

Now that you have made your commitment, it's time to set yourself up for success.

<p style="text-align: center;"><b><u>Set Your Goals</u></b></p> <p>What are you committed to getting out of this program? Not only for yourself, but for those you care about?</p>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<p style="text-align: center;"><b><u>Know Your WHYs</u></b></p> <p>Why did you make this decision to do this program?</p>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<p style="text-align: center;"><b><u>Get Rid of Your Distractions</u></b></p> <p>Do you have any distractions that will inhibit your healing process? Your cell phone? Social media? Family obligations?</p>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>

<p style="text-align: center;"><b><u>Face Your Fears</u></b></p> <p>Do you have any fears going into this program?</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p style="text-align: center;"><b><u>Take Massive Action</u></b></p> <p>What types of massive action will you need to take during this program, and beyond?</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p style="text-align: center;"><b><u>Change Your Approach</u></b></p> <p>Something about your diet and lifestyle have brought you to the place you find yourself. Changes need to be made. What in your approach will you need to focus on during this program, and beyond?</p>	<p>1.</p> <p>2.</p> <p>3.</p>

I commit to following these Keys to Success!

Signature: \_\_\_\_\_ My Witness: \_\_\_\_\_ Date: \_\_\_\_\_



## **Your Cleanbody Commitment**

Your commitment to this program is as important as any lab finding or supplement that you take. Please write a check next to each statement below to indicate your commitment:

I understand that my body will heal using the principles of Hering's Law of Cure.

I understand that I may experience healing crises as I go through this program.

I will track my progress on my Cleanbody Healthie app and fill out my weekly update form every week during my 4 month program.

I will attend Dr. Fong's Cleanbody For Life Meetings once a month.

If I am in the Coaching or Medical Programs, I will attend my group meetings once a week for 12 weeks.

I will go through all the educational modules indicated in my Cleanbody Program.

I am committed to improving my nutrition and daily regimen.

I will clean up the toxins identified in my Cleanbody Assessment or testing.

I will allow myself to delve deeper, turn inward, and address trapped emotions and traumas that we will identify during this journey.

I am willing to make difficult changes and accept where changes need to be made.

I will be patient as my mind and body release the physical and emotional toxins you are holding on to.

I have suffered from my symptoms for \_\_\_\_\_ years and I understand that it may take up to \_\_\_\_\_ months or more for me to completely heal.

I understand that if I give 100% commitment to this process, then I can decrease this healing time by 25-50%, which decreases my healing time to \_\_\_\_\_ to \_\_\_\_\_ months.

I fully TRUST that my body will heal as long as I am committed to this journey.

If I am in the Cleanbody Program and I need more support, I will join the Coaching or Medical Program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



cleanbody™

Phase 1



# Cleanbody Pillars of Health

In the first two weeks of your program, you will be implementing the foundation for your Cleanbody journey. Now that you have established a foundational knowledge of the program by going through the Welcome to Cleanbody! and The Detox Funnel modules, let's strengthen the foundation of your health by also going through the Cleanbody Pillars of Health Modules.



## Cleanbody Pillars of Health:

1. Optimize Your Nutrition
2. Follow a Regimen
3. Mover Your Body
4. Be Calm, Be Happy
5. Keep it Clean

Use this guide as an on-hand tool for establishing your Phase1 Cleanbody Pillars of Health. Go over the modules in your Phase 1 section of your Roadmap for more details and videos explanation.

**PHASE 1: The Cleanbody Pillars of Health**

In the first two weeks of your program, you will be implementing the foundation for your Cleanbody journey. This includes establishing a foundational knowledge of the program by going through the [Welcome to Cleanbody!](#) and [The Detox Funnel](#) modules. Strengthen the foundation of your health by also going through the [Cleanbody Pillars of Health Modules](#). Below, is a snapshot of Phase 1. Click on the hyperlinks to learn more each of the Phase 1 pillars, or go to the [Cleanbody Pillars of Health Modules](#) for a comprehensive learning experience. After you have successfully implemented the Cleanbody Pillars into your day to day routine, you can move onto the Phase 2 Protocols in the order below.

### Optimize Your Nutrition

**Your Nutrition Plan:**

- [Cleanbody Nutrition Plan](#)

**Modifications:**

If you scored mild, moderate, or severe in the Cleangut section, please add the associated modification:

- [Add Cleangut Modification - Mild](#)
- [Add Cleangut Modification - Moderate](#)
- [Add Cleangut Modification - Severe](#)
- [Add Inflammation Modification](#)

**General Foods to Avoid:**

You will need to avoid these foods during your Cleanbody Program. Click the hyperlinks to learn why.

- [Non-Organic Foods](#)
- [Gluten](#)
- [Dairy](#)
- [Alcohol](#)
- [Cigarettes](#)
- [Caffeine](#)
- [GMO Foods](#)
- [Packaged Foods](#)
- [Luncheon Meats](#)
- [Fast Food](#)
- [Red Meat](#)
- [Excess Fat \(especially trans fat\)](#)
- [Sugar](#)
- [Artificial Sweeteners](#)
- [Refined Carbohydrates](#)
- [Fish High in Mercury](#)
- [Canned Foods](#)
- [Microwave Popcorn](#)
- [Foods with Food Coloring](#)
- [Hormone-Treated Meats](#)

### Follow a Regimen:

**Daily Practices:**

- [Brain Dump Journaling](#)
- [Daily Bowel Movements](#)
- [Daily Gratitude](#)
- [Dry Brushing](#)
- [Good Dental Hygiene & Oil Pulling](#)
- [Hot/Cold Showers](#)
- [Magic Morning Exercise Routine](#)
- [Meditation](#)
- [Rebounding](#)
- [Sun Salutations](#)
- [The Cleanbody Drink](#)
- [The Cleanbody Smoothie](#)

**At Home Therapies (if needed, for increased detoxification):**

- [Lymphatic Drainage Massage](#)
- [Hydrogen Peroxide Bath](#)

### Move Your Body:

- [Move Your Body Modules](#)

### Keep it Clean

**Toxins to Clean Up:**

You will need to clean up these toxic exposures during your Cleanbody Program. Click the hyperlinks to learn how and why.

- [Non-stick Cookware](#)
- [Plastic Containers](#)
- [Unfiltered Tap Water](#)
- [Air Fresheners](#)

# Optimize Your Nutrition

## General Instructions

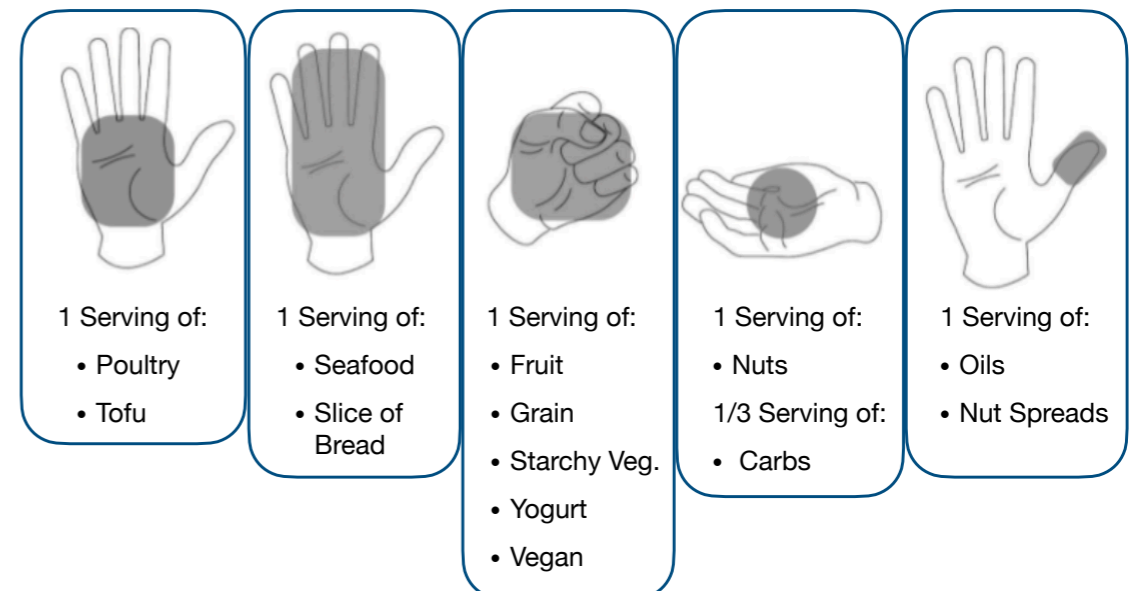
1. Use only fresh organic, non-GMO foods. If fresh food is unavailable, use frozen organic food.
2. Avoid the Dirty 12 (Foods that contain a lot of pesticides, you should buy organic): strawberries, apples, nectarines, peaches, celery, grapes, cherries, spinach, tomatoes, bell peppers, cherry tomatoes, cucumbers
3. Make sure to drink half your weight in ounces of water daily. Drink spring water, mineral water, or filtered water. Tap water contains chlorine, fluorine, organic wastes, and other harmful substances. Consider filtering your drinking and shower water.
4. Avoid any foods that you are intolerant or allergic to.
5. When eating grains, beans, seeds, or nuts, it is best to soak/sprout these products or purchase sprouted products to support easier digestion.
6. Chew your food thoroughly. Never rush your meals. Chewing food thoroughly will reduce stress on your digestive tract and help take the stress off of the immune system.
7. Avoid processed foods, preservatives, food coloring, and other food additives.
8. Eat whole foods and eat the rainbow! The most colorful fruits and vegetables contain the most antioxidants.
9. Use non-toxic cookware and food storage containers. Foods to Avoid

## Foods to Avoid

- Red Meat (Beef, Pork, Lamb, Veal, etc.)
- Excess fat, especially trans fats
- Sugar and all its relatives
- Artificial sweeteners
- Gluten
- Dairy
- GMO Soy
- Soy Protein Isolates
- GMO Corn
- All GMO Foods
- Peanuts
- Caffeine
- Alcohol
- Recreational Drugs
- Packaged or Processed Foods
- Fish High in Mercury (Tuna, etc.)
- Mold from overly ripe fruits
- Conventional, non-organic foods
- Refined carbohydrates, including white rice

## Portions Image Guides

Please refer to your Cleanbody Roadmap for your specific guideline





# Move Your Body

On a weekly basis, in addition to the simple Magic Morning Exercises, you should incorporate a mix of activities throughout the week to get the most out of your exercise routine. This chart below provides a good framework for building a weekly exercise plan.

## Weekly Exercise Plan:

### Aerobic Exercise & Sweating

- 150 minutes (for moderate exercise) OR 75 minutes (for vigorous exercise) total

### Strength Training

- 3 or more sessions/week with 48 hours of rest in between

### Stretching

- At least 15 minutes after every session

Depending on your health goals, your target heart rate should be 50-85% of your maximum heart rate.

### Calculating your Target Heart Rate:

1. Determine your Maximum Heart Rate
  - $220 - (\text{your age}) = \text{your maximum heart rate}$
2. Calculate 50-85% of the maximum heart rate
  - $(\text{maximum heart rate}) \times .50 = \text{low end of your target heart rate}$
  - $(\text{maximum heart rate}) \times .85 = \text{high end of your target heart rate}$

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**MY WHY:** I commit to following this weekly exercise regimen because...



# Be Calm, Be Happy

## Belly Breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out, as if you are inflating a balloon. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out, as if you are deflating a balloon.
5. Do this breathing 3 to 10 times. Take your time with each breath.

## 4-7-8 Breathing

1. Put one hand on your belly and the other on your chest.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count from 1 to 7.
4. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
5. Repeat 3 to 7 times or until you feel calm.

## Morning Breathing

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
3. Hold your breath for just a few seconds in this standing position.
4. Exhale slowly as you return to the original position, bending forward from the waist.
5. Repeat 3-7 times.

## Rolling Breathing

1. Put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
2. Practice filling your lower lungs by breathing so that your "belly" (left) hand goes up when you inhale and your "chest" (right) hand remains still. Always breathe in through your nose and breathe out through your mouth. Do this 8 to 10 times.
3. When you have filled and emptied your lower lungs 8 to 10 times, add the second step to your breathing: inhale first into your lower lungs as before, and then continue inhaling into your upper chest. Breathe slowly and regularly. As you do so, your right hand will rise and your left hand will fall a little as your belly falls.
4. As you exhale slowly through your mouth, make a quiet, whooshing sound as first your left hand and then your right hand fall. As you exhale, feel the tension leaving your body as you become more and more relaxed.
5. Practice breathing in and out in this way for 3 to 5 minutes. Notice that the movement of your belly and chest rises and falls like the motion of rolling waves.

Caution: Some people get dizzy the first few times they try roll breathing. If you begin to breathe too fast or feel lightheaded, slow your breathing. Get up slowly.

In our busy world, feeling stressed is inevitable. Because sometimes we cannot avoid stress and we must learn how to manage it! Over time, when you are in a constant stressed state, or sympathetic mode (fight or flight), this can cause many problems, leading to an eventual "shut down" of the entire system. Here are the abridge versions of some tools we can manage our stress. GO to your Be Calm, Be Happy Modules to learn more.

## Placebo Meditations

Close your eyes and get into a meditative state. Imagine that you have already achieved the goals you set out to accomplish in this program.

What do you see?

How do you feel?

The idea of the positive placebo meditation is that your body does not know the difference between what you imagine to be real and what is actually real. If you imagine the reality of your goal, then your body thinks it is real already. This sets off a cascade of events in your body that causes a shift in how your body acts and reacts. The thoughts of feeling that you have already met your goal will stimulate a biochemical shift in your body that will cause your body to break down the fat more quickly.

## Positive Placebo Meditations



## EFT

The 5-Step EFT Procedure:

1. Identify one issue or fear that you have a negative response to.
2. Identify the intensity of the negative response, from 0 to 10, with 10 being the worst.
3. Set up your EFT session by establishing a phrase that explains what you are trying to address. The phrase has two goals:
  1. Address the Issue
  2. Commit to releasing and letting go the problem
3. Ex: Even though I am afraid of spiders, I am committed to releasing that fear.
4. You will then tap on nine meridian points
  - Side of Hand
  - Under Nose
  - Top of Head
  - Chin
  - Eyebrow
  - Collarbone
  - Side of Eyes
  - Underarm
  - Under Eyes

