



Welcome to
cleanbody™



Getting Started

Welcome!

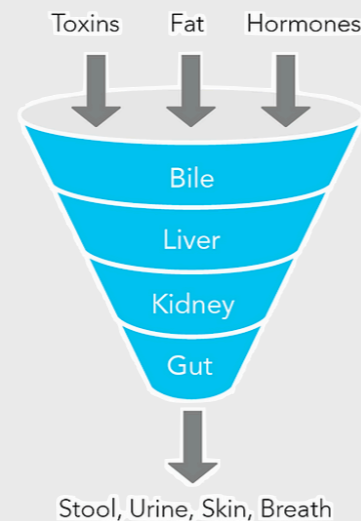
Congratulations for taking the step forward and making the commitment to cleaning up your health! This program is designed to give you all of the tools you need to clean your Detox Funnel and achieve Cleanbody health. Before you know it, your health transformation will be complete, you will be SYMPTOM-FREE, and you will feel lighter, healthier, and happier.

This Program has two phases:

- Phase 1: Implementing the Pillars of Cleanbody Health



- Phase 2: Optimizing the Detox Funnel



You can think of this program as an educational course to become an expert to YOUR health. The goal is to get you feeling better and empower you to feel that you have clean up your health for the rest of your life!



Your Cleanbody Program Portal

www.cleanbodyprogram.com

This is your one stop shop for all that you will need in the program with links to all the helpful tools you will need:

1. Your Cleanbody Roadmap

www.cleanbodyprogram.com

- View your customized plan for the program with links to helpful educational modules and documents.

2. Healthie App (only available through the Complete and Complete Medical Programs)

www.getthehealthie.com

- Your coaching tool to view care plans, journal, and chat with your Cleanbody Team.

3. Cleanbody Dispensary

www.cleanbod.health/cleanbodydispensary

- Purchase all your supplements for your protocols here.

4. Cleanbody Wellevate Dispensary

www.wellevate.me/Cleanbody

- Additional quality supplements that are not exclusive to the Cleanbody program.

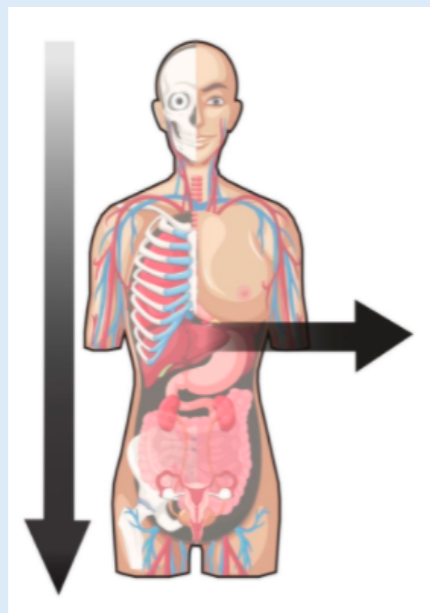
What to Expect

Herring's Law of Cure

During this program, you will be learning more about your body than you could ever imagine. You will be evaluating all aspects of your life and making changes that might be challenging for you and your family. You will be putting in the work to REVERSE the imbalances in your body, and in turn, your body will be responding by healing your body, one organ at a time.

Herring's Law of Cure is a law that explains how you might expect your symptoms to heal during this program. It states that:

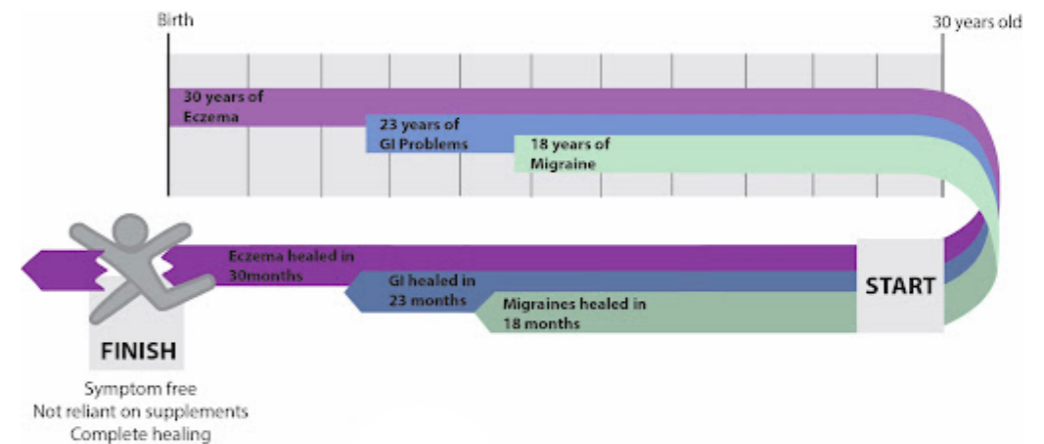
1. symptoms of chronic disease disappear in a definite order, going in reverse and taking about one month for every year the symptoms have been present,
2. symptoms move from the more vital organs to the less vital organs,
3. symptoms move from from the interior of the body towards the skin, and
4. symptoms move from the top of the body downward.



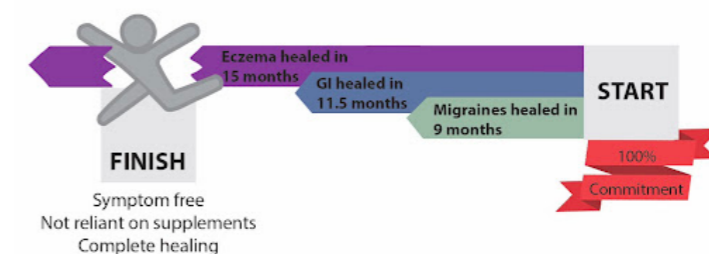
Healing Timeline

You can calculate how long you might need to go through this program by estimating one month of healing for every year the symptom has been present. For example:

- Experienced severe eczema for 30 years = 30 months
- Experienced gastrointestinal problems for 23 years = 23 months
- Experienced migraines for 18 years = 18 months



Your commitment to this program also plays a big role in how fast you heal. If you are committed to this program and willing to make the sacrifices and changes that it takes to transform, then you can cut this healing time by **25-50%**!



Keys to Success

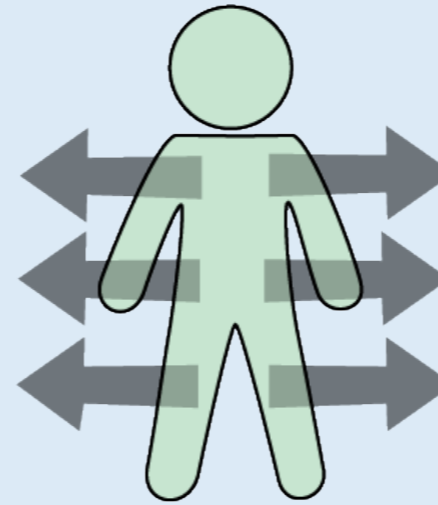
In order to ensure your 100% commitment to this program, you need to make sure you set up your Keys to Success by filling out the worksheets in Phase 1 worksheets found in the Phase 1 handout.

Healing Crisis



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. These reactions can be an **Immune Response**, **Toxic Dump**, or an **Allergic-type reaction**. Although rare, common symptoms you may experience are listed to the right. Continue reading below to find ways to alleviate these symptoms. To Learn more, go to the Welcome to Cleanbody Modules.



- 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

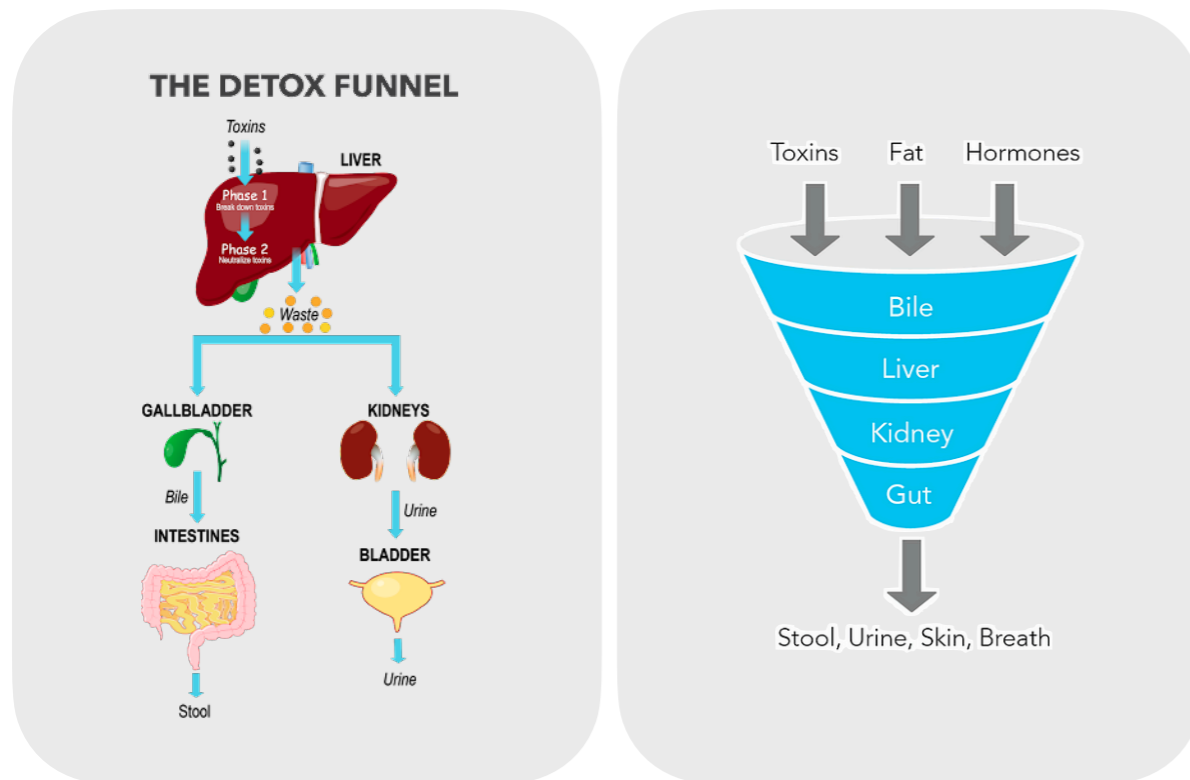
- **Tox Bind**
If you experience detox symptoms, take 2-4 capsules on an empty stomach 1-3 times per day for up to 3 consecutive days, as needed.
- **Nux Vomica 30c**
If you experience detox symptoms, take 3-5 pellets under the tongue every 15 minutes for one hour, then every 1-2 hours as needed until 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.

The Detox Funnel

What is the Detox Funnel?

The Detox Funnel is my analogy for the liver and all the detox pathways. All toxins need to pass through this funnel, in addition to fat and hormones. The funnel then empties out through the colon via stool and the kidneys via urine. Below is a simplified diagram showing the Detox Funnel. When all the funnel components are working well, there should be no “alarm systems” going off or symptoms in the body.

The Detox Funnel Breakdown



A Healthy System

In a healthy system, as depicted above, toxins get broken down and neutralized in the liver and then exit out of the body either via the intestines or the urinary system. The chart below details the steps involved in a healthy system.

Detox Funnel Component	Organ(s) Involved	Healthy System	Unhealthy System
What Fills the Funnel	Nose, Mouth, Skin, Respiratory Tract	Inhale toxic gases, vapors, and airborne particles through the nose, mouth, and respiratory tract, ingest food toxins through the mouth and absorb toxins through the skin.	
The Funnel	Liver- Phase 1	Toxins are transformed into intermediate substances. Harmful free radicals are formed, but are neutralized or transformed to water by antioxidants	Fat-soluble toxins are not completely transformed to intermediate substances. Harmful free radicals are not neutralized and disrupt/ damage cells
	Liver- Phase 2	Intermediate substances are transferred into water-soluble substances to be excreted out of the body.	Intermediate substances are not transformed and exit the liver. Toxins get stored in fat tissues (fat, brain, nervous system).
The Exits	Kidneys	Water-soluble substances are excreted via the urine.	Kidney filtration is compromised, and the water soluble substances may not be excreted via the urine.
	GI Tract	Fat-soluble toxins are excreted through bile, which travels from the liver through the bile duct to the small intestine. The toxin-laden bile binds to fiber and is excreted out of the body via stool.	If the gastrointestinal tract is “leaky,” toxins and other harmful chemicals leak through the unhealthy intestinal wall and are transported back to the liver for detoxification.

The Detox Funnel (Continued)

An Unhealthy System

In an unhealthy system, either the funnel is being overburdened with toxins, or the exits and/or the funnel is not functioning optimally. When this happens, symptoms can arise. Let's go through each problem that can cause the Detox Funnel pathway to dysfunction.

Problem 1: High Toxic Exposure



In today's toxic world, we are constantly being exposed to toxins in our environment and diet. Toxins can include chemicals, food toxins, sugar, pesticides, bad fats, heavy metals, biotoxins from microbes, alcohol, cigarettes, recreational drugs, medications, and more. If we choose to consume or expose ourselves to an increased level of toxins, then the detox funnel can get burdened.

Problem 2: Unhealthy Exits



The Gut Exit: The gut lining provides a barrier from the outside world. In an unhealthy intestine (**Leaky Gut**), however, the tight junctions become "leaky" and these large molecules, which can include unprocessed proteins, toxins, and pathogenic organisms can slip into circulation. The toxins that leak in are sent to the liver for detoxification. The unprocessed proteins and pathogenic organisms can activate an immune and inflammatory response.

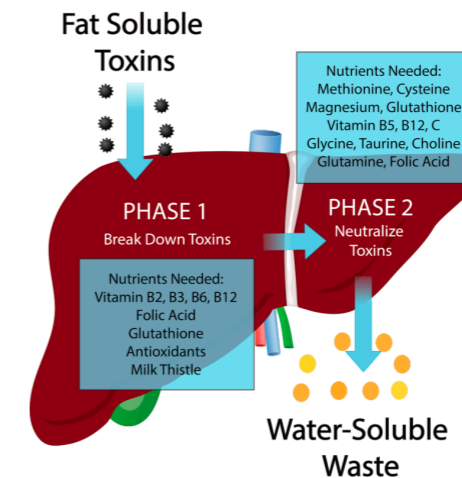


The Urinary Exit: Kidney stones are a common problem that develop in about 1 in 10 people (13% in men and 7% in women). They can affect the Detox Funnel because they can cause kidney damage and block the flow of urine.

When both the gut and urinary exits are not functioning optimally, toxins leak back into the body through the "leaky" gut lining or recirculate back into the blood if the kidney is not filtering properly. The toxins then make their way back to the liver. This may cause the liver to get burdened with an overwhelming amount of toxins, which leads to our next problem, an unhealthy funnel.

Problem 3: Unhealthy Funnel

The funnel is made up of your liver and detox pathways. Once toxins are circulated to the liver, they undergo two phases of detoxification.



Liver Damage. If your liver gets damaged because of increased free radicals and/or your liver is taxed because of high levels of toxins, this can cause a number of problems in the body. This is because your liver is not only in charge of detoxification; it wears many hats in the body, having over 500 vital functions!



Bile. One of the most important functions of the liver is to produce bile. Bile is a complex secretion that is produced by the liver cells and then is stored in the gallbladder, until it is delivered to the small intestine in response to fat intake in the diet.

When the pathway between the liver and gallbladder are blocked, bile cannot be released and toxins cannot exit the body, and the Detox Funnel is truly clogged. Symptoms of gallstones include nausea, vomiting, belching, jaundice, increased body temperature, flatulence, pain under the right rib, muscle weakness, heartburn, and itchy hives. Because

The Detox Funnel (Continued)

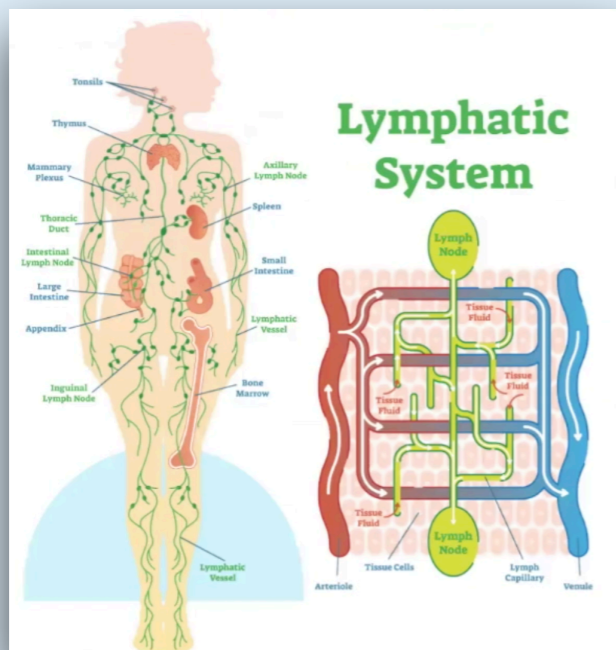
The Body's Garbage Disposal System

Last, but not least, the body's garbage disposal is called the lymphatic system, working around-the-clock to clean up and properly dispose of waste left behind by other body systems. It is like a second circulatory system, with a complex network of lymph ducts, capillaries, and vessels flowing throughout the body, connecting lymph organs, lymph nodes, and tissues throughout the body, as depicted below in the education modules

The Lymphatic System's Functions:

1. Removes toxins and impurities from body.
2. Manages fluid in body.
3. Filters lymph
4. Fights infection

Exercise is one of the main ways the lymphatic system gets stimulated. Lack of exercise, stress, improper diet, lymphatic system



Symptoms are an Alarm System

When the Detox Funnel is full, these alarms are typically going off for two reasons:

1. A high level of toxins and other accumulated waste has damaged the liver and affected its essential functions. See Table 2.
2. Toxins cannot exit the body and instead, they circulate throughout the system, wreaking havoc in the tissues and organs.

When the Detox Funnel is full, toxins cannot exit the body, so instead they circulate throughout the body, first trying to exit through the skin, then getting soaked up by fat, muscles, and joints, then causing problems in the more important organs. The end result of having a full Detox Funnel for decades is cancer, which can show up anywhere in the body.

Unlike conventional medicine, we do not want to mask your symptoms with medication without addressing the root cause (a Full Detox Funnel). In this program, we will work on achieving a clean Detox Funnel by limiting the amount of toxins in the body and creating an optimal funnel. This approach is the key to achieving a symptom free and healthy body.

