

The MediClear® Program

Nutritional Support for Normal Inflammatory Response,
Allergies, Detoxification, and Gastrointestinal Integrity



MediClear®

MediClear Plus®

MediClear-SGS™

PATIENT GUIDE

THORNE RESEARCH

Pure Ingredients, Trusted Results, Worldwide™

The MediClear Program: Patient Guide

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Patient Program Information

Patient name _____ date _____

Health-care practitioner _____ phone _____



Health Questionnaire to be Completed Before You Begin the MediClear Program

1. Please list your primary health concerns.

2. Are you having regular bowel movements?
 - a. 1-3 times per day?
 - b. Well-formed?
 - c. Easily eliminated?
3. How would you rate your energy level?
 excellent good mediocre poor
4. How is your sleep?
 - a. Fall asleep easily?
 - b. Stay asleep throughout the night?
 - c. Wake feeling refreshed?
5. What would you like to accomplish with this program?

Health Questionnaire to be Completed After You Finish the MediClear Program (but before beginning food reintroduction)

1. Please describe how your primary health concerns have changed.

2. Are you having regular bowel movements?
 - a. 1-3 times per day?
 - b. Well-formed?
 - c. Easily eliminated?
3. How would you rate your energy level?
 excellent good mediocre poor
4. How is your sleep?
 - a. Fall asleep easily?
 - b. Stay asleep throughout the night?
 - c. Wake feeling refreshed?
5. Did you accomplish what you had hoped to with this program?

Using MediClear

MediClear products are prepared by mixing one serving (two scoops) of powder into 8-10 ounces of purified (spring, distilled, or filtered) water. As an alternative, your health-care practitioner may approve mixing the powder in fruit or vegetable juice, or rice or nut milk. You can use MediClear to make delicious, healthful smoothies by using your favorite whole fruits, fruit juices, nut milks, and a little imagination!

We suggest using a shaker, mixer, or blender for best results.

Do not pre-mix MediClear. Once it is mixed with liquid you should drink it within 30 minutes for optimum benefits. Discard unused prepared mixtures.

Which MediClear Powder is Right for You?

	Detox Support*	Supports Normal Inflammatory Processes*	No Sweetener or Flavoring	GI Support	Added Vitamins and Minerals
MediClear®	✓✓	✓		✓	✓
MediClear Plus®	✓✓	✓✓	✓	✓	✓
MediClear-SGS™	✓✓	✓✓		✓	✓



Introduction

Due to your particular health concerns, your health-care practitioner has determined that the MediClear program of cleansing and nutrient support will benefit your health.* The MediClear program of recommended dietary suggestions and nutritional supplements will help your body's trillions of cells repair and regenerate.* In turn, this will optimize their function and help you reach a new level of health.* Your choice in a knowledgeable health-care practitioner has brought you this far. Now it is time to take the next step. Follow the program as directed and see how the MediClear program works for you!

Are We All Toxic?

In the last 50 years our environment has become increasingly more polluted. This has resulted in a greater human toxic burden than ever before. Unfortunately, tens of thousands of toxic chemicals have been introduced into our environment. So, no matter how careful we are or where we live, we all have some level of exposure. Add to this the use of alcohol, tobacco, and prescription, non-prescription, and illicit drugs, and you can see that this has created a challenging task for our bodies to get rid of these substances. The liver carries the greatest burden of detoxifying foreign substances, as well as substances our bodies create (like hormones). You can help your liver do its job by providing your body with enough protein and the key nutrients and botanicals involved in liver function.*

The typical American diet is high in fats and sugars. It relies heavily on nutrient-depleted vegetables, grains, fruits, and antibiotic- and hormone-laden meats. This type of unhealthy diet provides inadequate nutrients for many metabolic processes, including detoxification. These dietary habits, and the fact that many of us eat a limited variety of foods, can result in the development of allergies to some of the most commonly eaten foods such as corn, wheat, soy, dairy, and eggs.

Increasingly, we find our food supply contaminated with hormones and antibiotics commonly used in the mass-market farming of animals and in the farm raising of certain fish. Certain types of fish such as tuna and swordfish are also known to be high in mercury.

So, if we are exposed to toxic substances or if we make unwise dietary and lifestyle choices, we can build up many potentially toxic substances in our bodies. Allergies and exposure to toxins in foods, water, and the environment are being increasingly recognized as major contributing factors in many health problems. The MediClear program is designed to do two things: (1) decrease your exposure to toxins and allergens and, (2) help your body cleanse.*



* This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

What are MediClear®, MediClear Plus®, and MediClear-SGS™?



MediClear is a unique formulation containing rice protein, pea protein, vitamins, minerals, and specialized nutrients and botanicals.

MediClear Plus provides all the nutritional benefits of MediClear, PLUS the added advantages of curcumin phytosome, grape seed phytosome, and green tea phytosome; all well-absorbed forms of these plant extracts to help maintain the body's normal inflammatory response.*

MediClear-SGS provides all the elements of MediClear Plus with the addition of advanced antioxidant and phase II liver support from sulforaphane glucosinolate (SGS).* Another difference, MediClear-SGS comes in a great-tasting chocolate flavor!

MediClear is a rice and pea protein powder with added vitamins, minerals, and specialized nutrients and botanicals that aid in the detoxification process.* Rice and pea proteins are used in MediClear because individuals are rarely allergic to them. MediClear contains a high concentration of protein to aid in tissue repair and regeneration.* The amino acids in these proteins also help in detoxification and elimination of harmful substances in the body.* Other beneficial amino acids, including glycine, N-acetylcysteine, taurine, and glutathione, are added to assist in this process.* Green tea extract provides potent antioxidant and liver-protecting activity, and MSM helps detoxification and joint function.* A full spectrum of vitamins and minerals, in their most absorbable forms, are also in MediClear to ensure adequate amounts of these nutrients are available for tissue detoxification and regeneration.*

Medium chain triglycerides (MCTs) in MediClear are easily absorbed and used for energy by the body.* They do not contribute to increased fat in the bloodstream. The added ingredients in MediClear Plus help maintain the body's normal inflammatory response.* Curcumin, the principal ingredient in the Indian spice turmeric, is an efficient antioxidant that also assists the liver's detoxification activities.* Grape seed extract provides potent antioxidant compounds that help strengthen connective tissue and support healing.*

MediClear-SGS contains sulforaphane glucosinolate, which is an indirect antioxidant that provides long-lasting cell protection from free radical damage for as long as several days after being consumed. Each serving of MediClear-SGS contains 30 mg of sulforaphane glucosinolate — equivalent to eating 1.2 lbs of broccoli.



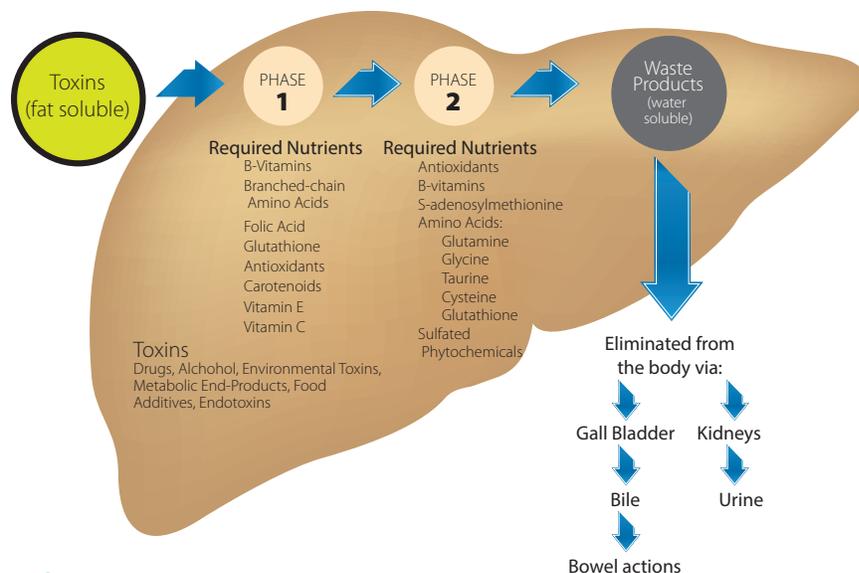
The Liver's Role in Detoxification

The liver plays a major role in the detoxification of numerous substances in the body, whether these substances come from the environment, from food, or from within the body (from hormones and other substances). In order to metabolize and eliminate these potentially harmful toxins, the liver has developed an intricate, two-step detoxification system. Together, these two phases convert toxins into water-soluble molecules that can be excreted from the body in the stool and urine.

Phase I Detoxification

Specific enzymes produced in the liver perform the first step of detoxification. These enzymes, called cytochrome p450 enzymes, help detoxify a number of substances, including medications, caffeine, alcohol, many food constituents, and environmental pollutants. These enzymes cause chemical reactions in the liver that make the above substances more water soluble. Individuals with an intolerance to caffeine, perfumes, or chemical odors often have a dysfunction in this first phase of liver detoxification.

The primary nutrients required during phase I detoxification include B-vitamins, vitamin C, folic acid, copper, magnesium, and zinc; antioxidants including glutathione, N-acetylcysteine, and lipoic acid; and the branched-chain amino acids leucine, isoleucine, and valine.* Phase I detoxification is further enhanced by indole-3-carbinol, found in cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and cauliflower; and flavonoids, including silymarin from milk thistle, curcumin from the spice turmeric, and polyphenol antioxidants from grape seeds and green tea.*



Phase II Detoxification

The substances from phase I, which are partially detoxified, react with other substances in the liver that convert them into water-soluble compounds that can be eliminated from the body in the urine and stool. A number of cofactors are necessary for this phase to occur, including antioxidants, vitamins, amino acids, and other substances the liver needs to have in ample supply to detoxify efficiently.*

Nutrients required to support phase II detoxification include vitamins B5, B6, B12, and C, folic acid, selenium, zinc, molybdenum, glutathione, and the amino acids glycine, cysteine, methionine, taurine, and glutamine.*

MediClear-SGS™ offers enhanced liver support by adding sulforaphane glucosinolate (SGS)* — a natural substance from the seeds and sprouts of select broccoli varieties — for effective up-regulation of the body's natural phase II detoxification enzymes.*

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Other Helpful Detoxification Methods

Exercise is a very important element of any detoxification/cleansing regimen. Exercise increases oxygen delivery to all your tissues and increases your body temperature and metabolism, making your body more efficient at breaking down and eliminating toxins. It increases the flow of lymph fluid, which helps detoxify. Exercise burns fat as well, but be careful when starting an exercise program. Take it easy at first if you are not used to exercising. Take a walk around the block, go for a short swim or bike ride, but start slowly and work up to an intensity level that makes you sweat. If you feel worse after exercise or if it makes you very fatigued, back off. One thing that happens when you exercise is you burn fat. However, toxins are stored in fat, so you can increase the amount of toxins in your blood temporarily when you exercise.

Liver function improves with exercise

Approximately 25 percent of the U.S. population has a condition called fatty liver, in which, as the name implies, there is an increased amount of fat in the liver. Most of the time people with fatty liver have no symptoms; however, high liver enzymes are found on a blood test. Exercise has been shown to improve liver function, reduce the amount of fat in the liver, and decrease liver enzymes – all positive results from a simple lifestyle change! Even if you don't have fatty liver, your liver function will benefit from exercise.

Exercise also improves elimination from the bowels. Most people find they have better, more frequent bowel movements when they exercise. Make sure to increase your water intake if you are exercising, as you will lose water – and toxins – in your sweat.

Another way to increase toxin removal is by using a sauna. The skin is your largest organ of elimination, so every time you sweat you eliminate toxins through the skin. When you start using a sauna, as when you begin an exercise program, start slowly with just a few minutes in the sauna and build up from there.

Be sure to check with your health-care practitioner to make sure you are healthy enough to begin any exercise or sauna program.



How Does the Program Work?

Many of the body's systems, including the digestive system, carbohydrate metabolism, the cardiovascular system, and the immune system can be adversely affected as a direct result of our diet. We are what we eat! You may be sensitive to foods you consume on a regular basis, which can cause an immune reaction that will have a negative impact on your body's normal inflammatory response, as well as causing gas, bloating, diarrhea, sinus congestion, or headache. These symptoms might not happen immediately after eating a food, so it can be difficult to make the connection. However, identifying and eliminating these foods is essential to your long-term health.

The MediClear program is designed to last three weeks and is intended to help your body detoxify by providing essential nutrients and botanicals you need to support efficient cleansing.* The program also gives your body a break from the potential allergens you consume on a regular basis, as well as alcohol, caffeine, and refined sugars. Both alcohol and caffeine are hard on your liver, and this is going to be a vacation for your liver, since it is the organ most responsible for detoxification. Allergenic foods can cause inflammation; therefore, the "elimination diet" portion of the MediClear program removes potentially allergenic foods



from your diet and allows you to choose from a group of healthy foods to which you are less likely to be allergic. The foods allowed are also less likely to contain other substances that could interfere with the cleansing process, putting less stress on your digestive and immune systems. Your health-care practitioner can also modify this program to meet your particular needs.

Sodas and fruit drinks are high in refined sugars, as are many processed foods. Refined sugars contain empty calories that do not offer any healthful nutrients in return, which puts stress on your pancreas and liver, causes significant fluctuations in blood-sugar levels, and robs stored nutrients from your body. Replacing refined sugars with whole foods that contain complex carbohydrates, including fresh fruits, grains, and legumes, is an important part of the elimination diet.

These next few weeks will give you a unique opportunity to read the labels on the foods you consume and to learn how you can continue to make permanent changes to your diet even after this program is over. Being healthy is about making healthful lifestyle choices. Thorne Research's MediClear program is a great way to start on the path to a better, more healthy way of eating.

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How to Get Started on the MediClear Program

To summarize what you have read, you are going to be on the MediClear program for three weeks. During these three weeks you are going to need to diligently watch what you eat and follow the guidelines set out in this Patient Guide. The best strategy is to choose a three-week period when you have no trips planned, no big family get-togethers, no holidays like Thanksgiving or Christmas, and no big events like weddings to attend. This will make staying on the program a lot easier for you.

Whether your health-care practitioner has suggested using MediClear®, MediClear Plus®, or MediClear-SGS™ the diet instructions are the same. It does require some planning and attention to details, as with any diet, but with a positive mental outlook you could be one of the many people who complete the MediClear program with great success and a healthy outcome. In fact, many people find the MediClear diet helps them feel so much better they want to continue it long-term.



Week 1 Diet:



During the first week you will ease into the program and reduce potentially allergenic and toxic foods in your diet. Simply follow the list of foods to eat and foods to avoid on pages 12 and 13. Try some of the sample diets suggested in this booklet and utilize some of the suggestions we have provided to find foods you can eat. Then follow the regimen your health-care practitioner has outlined for you in the section on **“Instructions for the Use of MediClear”** and any other nutritional supplements in your treatment protocol.

Week 2 Diet:



In addition to the foods eliminated in Week 1, meats and fish need to be avoided during this week. You will also be consuming more of the MediClear product—consider this week a great opportunity to experiment with fun and delicious recipes for a tasty variety.

Week 3 Diet:



Now you are in the home stretch! The meats and fish you eliminated during the second week may now be reintroduced.

It is important to drink at least 8-10 glasses of purified water or herbal tea daily – this will help flush the toxins from your system.



How Will I Feel on the MediClear Program?

Many people have a lessening of their symptoms while on the MediClear program. Most feel a greater sense of energy and wellbeing, with better sleep. However, some individuals feel fatigued or have a return of old symptoms. This is not an uncommon occurrence as the body detoxifies. If this occurs, it is important to note that it should be temporary; however, if symptoms become bothersome, check with your health-care practitioner.

If you are used to consuming caffeine, refined sugars, and/or alcohol daily you might experience headaches, anxiety, or a decrease in energy during the MediClear program. If any of these symptoms arise, it is helpful to understand your body is responding to not having substances it has become used to, and is also detoxifying these substances. Be sure to drink plenty of water and to follow the program as directed by your health-care practitioner. You might have better results if you gradually decrease the intake of these substances before you start the program. Consult with your health-care practitioner if you have questions or concerns.

You might feel less energetic on this program, although many feel exactly the opposite. You might need to curtail strenuous physical activity for at least a portion of the three weeks.

Don't give up! Your body has collected toxins for years, so it may take some time to effectively detoxify.

What if I Have More Questions?

This Patient Guide has a section that covers frequently asked questions from many patients like yourself. If you cannot find the answer to your questions there, please discuss your concerns with your health-care practitioner.

The Next Step?

The following pages list foods to include and foods to avoid, meal suggestions, and recipes for both the MediClear powder and your diet. At the end of the program you will gradually reintroduce foods back into your diet and this is discussed in the section called **“Reintroducing Foods.”** Now it's time to begin.

MediClear Program Instructions

Note: One serving of MediClear®, MediClear Plus® or MediClear-SGS™ equals two scoops.

Week 1 (Days 1-4)

One serving of prescribed MediClear product once daily in 8-10 ounces water or juice in the morning just before breakfast. Follow the Week 1 elimination diet, unless otherwise advised by your health-care practitioner.

Week 1 (Days 5-7)

Increase to one serving of prescribed MediClear product twice daily, just before breakfast and dinner and continue on diet.

Week 2

One serving of prescribed MediClear product three times daily in 8-10 ounces water or juice, before breakfast, lunch, and dinner. Follow the Week 2 elimination diet, unless otherwise advised by your health-care practitioner.

Week 3 (Days 1-3)

One serving of prescribed MediClear product twice daily in 8-10 ounces of water or juice, just before breakfast and dinner. Follow the Week 3 elimination diet, unless otherwise advised by your health-care practitioner.

Week 3 (Days 4-7)

One serving of prescribed MediClear product daily, just before breakfast and continue the diet through the end of the week or as advised by your health-care practitioner.



Week 1:

- Follow the instructions as outlined to the left, OR
- Change the instructions as follows: _____
- Follow the elimination diet for Week 1, OR
- Follow dietary instructions outlined by your health-care practitioner
- Follow the additional supplement plan outlined on page 19, OR
- Follow supplement plan outlined by your health-care practitioner

Week 2:

- Follow the instructions as outlined to the left, OR
- Change the instructions as follows: _____
- Follow the elimination diet for Week 2, OR
- Follow dietary instructions outlined by your health-care practitioner
- Follow the additional supplement plan outlined on page 19, OR
- Follow supplement plan outlined by your health-care practitioner

Week 3:

- Follow the instructions as outlined to the left, OR
- Change the instructions as follows: _____
- Follow the elimination diet for Week 3, OR
- Follow dietary instructions outlined by your health-care practitioner
- Follow the additional supplement plan outlined on page 19, OR
- Follow supplement plan outlined by your health-care practitioner

MediClear Smoothie Ideas

Below are some tried and true favorites,
or be creative and design your own recipes!

MediClear Latte

2 scoops MediClear® or MediClear Plus®
6 oz Rice or Nut milk
(or a combination of both)
2 - 4 oz cold water
Pero or Dacopa (roasted dahlia syrup
from California Natural Products – both
coffee substitutes) Option: add ice and
less water for an iced latte – add a
dash of cinnamon. For a MediClear Mocha,
substitute MediClear-SGS™ instead of
MediClear or MediClear Plus.

Peach Cooler

2 scoops MediClear or MediClear Plus
6 oz pear juice
2 oz cold water
½ cup fresh or frozen peaches

Tropical Smoothie

2 scoops MediClear or MediClear Plus
2 oz coconut milk (plain)
4 oz cold water
¼ cup from a combo of
papaya/mango/kiwi or banana
blend until smooth
option: add ice and eliminate water

Very Berry

2 scoops MediClear or MediClear Plus
½ cup fresh or frozen blueberries
½ cup fresh or frozen raspberries
8 oz cold water OR
4 oz cold water and
4 oz rice milk

Tart and Tasty

2 scoops MediClear or MediClear Plus
2 oz pomegranate juice
2 oz pear juice
½ cup fresh or frozen raspberries
4 oz cold water

Orange Standby

2 scoops MediClear or MediClear Plus
6 oz orange juice (fresh squeezed)
2 - 4 oz cold water
option: add ice and eliminate water

Orange Standby - Version II

2 scoops MediClear or MediClear Plus
6 oz orange juice (fresh squeezed)
2 - 4 oz cold water
½ banana
and/or
½ cup fresh or frozen fruit
option: add ice and eliminate water

Apple - Lemon - Double Ginger

2 scoops MediClear or MediClear Plus
6 oz apple juice
½ oz lemon juice (fresh squeezed)
1 tbsp ginger juice (optional)
2 - 4 oz cold water
option: add ice and eliminate water

MediClear Pina Colada

2 scoops MediClear or MediClear Plus
2 oz coconut milk (plain)
6 oz pineapple juice
add ice and blend
option: add 4 oz cold water
and eliminate ice

Banana-Chocolate Smoothie

2 scoops MediClear-SGS
6 oz coconut milk (plain), rice milk, or nut milk
2 - 4 oz cold water
½ - 1 banana
blend until smooth
option: add ice and eliminate water

hint: if you find the drink to be too gritty add 1
tsp flax oil to the smoothie.

Foods to Eat and Foods to Avoid



Food to Include



Food to Avoid

Fruits

strawberries, citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, blueberries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, prunes, raspberries, etc. — fresh is best, or you can have unsweetened dried, frozen, or canned fruit, and limited unsweetened fruit juices

grapefruit (grapefruit can alter detoxification enzyme function for up to 72 hours), sweetened fruits (either in cans or frozen) and sweetened fruit juice

Vegetables

arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, spinach, squash (summer and winter), sweet potatoes, taro, turnips, yams, zucchini, etc. — all fresh raw, steamed, grilled, sauteed, roasted, or juiced

corn, tomato, tomato sauce, and any creamed vegetables

Starch

rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa (a surprisingly tasty grain, somewhat bland on its own, but served with a sauce or gravy — delicious), millet, tapioca, amaranth, buckwheat

corn, plus all gluten-containing products including wheat, spelt, kamut, barley, rye

Breads & Cereals

products made from rice, oat (gluten-free), buckwheat, millet, quinoa, potato flour, tapioca or amaranth

corn, plus all gluten-containing products including wheat, spelt, kamut, barley, rye

Legumes

all legumes including peas and lentils (except soybeans) — beans provide an excellent source of protein

soybeans, tofu, tempeh, soy milk, soy sauce, or any product containing soy proteins



Food to Include

Food to Avoid

Nuts & Seeds

all nuts except peanuts – almonds, cashews, macadamia, walnuts, pumpkin seeds, brazil nuts, sunflower seeds, etc. – whole or as a nut butter

peanuts, peanut butter, and peanut oil

Meat & Fish

fresh or frozen fish (except shellfish) such as salmon, halibut, sole, mahi mahi, cod, snapper, etc., (wild is better than farm-raised fish) – chicken, turkey, lamb and wild game (venison, buffalo, elk, etc.) – organic, hormone-free is always best

tuna and swordfish, shellfish, beef, pork, cold cuts, hot dogs, sausage, and canned meats

Dairy Products & Substitutes

milk substitutes such as rice milk, oat milk, coconut milk, almond or other nut milk, and egg substitutes

milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs

Fats

cold pressed oils such as olive oil, flaxseed, safflower, sunflower, sesame, walnut, hazelnut, or pumpkin seed

margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise

Beverages

filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, or mineral water

sodas and soft drinks (including sugar-free), alcoholic beverages, coffee, tea, or any other caffeinated beverages, sweetened fruit juice

Sweeteners

brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, fruit sweeteners such as LoHan fruit, pure maple syrup, honey, evaporated cane juice sugar

white or refined sugar, high fructose corn syrup, corn syrup

Spices & Condiments

vinegars (except grain source), wasabi, mustard, horseradish, pesto (cheese free) and all spices

ketchup, relish, soy sauce, BBQ sauce, chutney, other condiments

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
1 cup mixed berries AND
3-4 pieces turkey sausage
herbal tea

MID-MORNING SNACK

1 banana

LUNCH

mixed vegetable and romaine salad with your choice of dressing topped with grilled cajun chicken breast

MID-AFTERNOON SNACK

1 handful taro chips

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
sliced roasted turkey roll AND
1 cup cooked rice AND
steamed or grilled asparagus AND
mixed salad with your choice of dressing AND
½ cup applesauce

LATE-NIGHT SNACK

2 rice cakes with nut butter
1 pear
herbal tea

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
wheat-free/gluten-free blueberry pancakes topped with ½ cup mashed sliced peaches

MID-MORNING SNACK

2 apricots

LUNCH

cup of chicken vegetable soup AND
wild rice pilaf* AND
grilled chicken breast with roasted bell pepper sauce* AND
mixed green salad with your choice of dressing

MID-AFTERNOON SNACK

1 small handful raw cashews

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
broiled salmon with lemon and dill OR
grilled salmon fillet with cheese-free pesto AND
steamed cauliflower AND
1 cup beets AND
1 cup mashed potatoes AND
baked apple*

LATE-NIGHT SNACK

2 mochi (a rice pastry available in health food stores)
1 banana
herbal tea

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
whole grain oatmeal with almond or other milk substitute, cooked with raisins and sweetened with applesauce or mashed bananas
herbal tea

MID-MORNING SNACK

1 apple

LUNCH

cup of cream of broccoli soup* AND
leftover roasted turkey roll AND
mixed green salad with your choice of dressing

MID-AFTERNOON SNACK

1 small handful raw almonds

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND
grilled halibut or mahi mahi with fresh fruit salsa AND
1 cup beets AND
1 cup quinoa AND
½ cup melon

LATE-NIGHT SNACK

celery sticks with hummus dip†
herbal tea

*recipe on pages 17-18

†from The Whole Life Nutrition Cookbook

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND baked apple* AND cream of rice with milk substitute

MID-MORNING SNACK

1 pear

LUNCH

mixed vegetable and romaine salad with your choice of dressing AND a bowl of black bean soup

MID-AFTERNOON SNACK

2 rice cakes with spicy black bean dip*

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND stuffed chicken breast* AND 1 cup wild rice pilaf* AND steamed or grilled green beans AND mixed salad with your choice of dressing AND ½ cup pineapple chunks

LATE-NIGHT SNACK

1 small handful walnuts
½ cup fresh blueberries
herbal tea

*recipe on pages 17-18

†from The Whole Life Nutrition Cookbook

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND wheat-free/gluten-free waffles topped with fresh or thawed frozen strawberries and sweetened with brown rice syrup

MID-MORNING SNACK

grapes

LUNCH

cup of chicken vegetable soup AND mixed green salad with your choice of dressing topped with leftover cold salmon, chicken, or turkey

MID-AFTERNOON SNACK

carrot sticks with spicy black bean dip*

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND salmon cake grilled and served on a tapioca bun with alfalfa sprouts AND ½ cup roasted carrots AND garlic mashed potatoes* AND tropical fruit salad OR fresh fruitsicle†*

LATE-NIGHT SNACK

raw energy ball*
herbal tea



REMINDER

There is more to preparing healthy foods than just cooking:

Be sure to read labels thoroughly to find added ingredients.

Wash all fruits and vegetables thoroughly to remove pesticides and contaminants.

Shop for organic produce whenever possible.

There are many foods available in your local health food store or in the health food section of your grocery store that contain ingredients okay to consume during this cleansing diet.



SAMPLE MENU FOR WEEK 2

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND whole grain oatmeal with almond or other milk substitute, cooked with diced apples and a dash of cinnamon and sweetened with brown rice syrup AND herbal tea

MID-MORNING SNACK

1 banana

LUNCH

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND mixed vegetable and romaine salad with your choice of dressing AND 1 bowl cream of mushroom soup*

MID-AFTERNOON SNACK

1 handful taro chips

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND spaghetti squash primavera* AND grilled salad with balsamic vinaigrette* AND ½ cup applesauce

LATE-NIGHT SNACK

2 rice cakes with nut butter
1 pear
herbal tea

SAMPLE MENU FOR WEEK 2

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND 1 cup melon AND 1 cup maple buckwheat flakes with rice or nut milk

MID-MORNING SNACK

½ cup brown rice snaps

LUNCH

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND 1 bowl cream of broccoli soup* AND vegetarian California rolls (no tofu, soy sauce, shellfish, or fish)

MID-AFTERNOON SNACK

1 small handful raw cashews

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND 1 cup steamed rice AND ½ cup cellophane noodles (rice) with stir-fried vegetables (snow peas, mushrooms, carrots, broccoli, onion, bell pepper, and other veggies of your choice, sautéed in olive oil, garlic, and ginger) AND small mixed green salad with your choice of dressing
1 cup sliced peaches

LATE-NIGHT SNACK

1 banana walnut muffin†*
herbal tea

SAMPLE MENU FOR WEEK 2

BREAKFAST

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND banana walnut muffin†* AND ½ cup prunes AND herbal tea

MID-MORNING SNACK

1 apple

LUNCH

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND cup of lentil soup AND baked potato with steamed broccoli with spinach puree* AND mixed green salad with your choice of dressing

MID-AFTERNOON SNACK

watermelon chunks

DINNER

2 scoops prescribed MediClear product in either water, fruit juice or made as a smoothie AND portabello mushroom grilled and served on toasted tapioca bun with avocado slices and arugula AND 1 cup garlic mashed potatoes* AND rice pudding*

LATE-NIGHT SNACK

1 small handful pumpkin seeds
herbal tea

*recipe on pages 17-18

†from The Whole Life Nutrition Cookbook

Banana Walnut Muffin[†]

In a large bowl combine 2 ½ cups brown rice flour, ½ cup tapioca flour, ½ cup date sugar, 2 tsp xanthan gum, 1 tsp baking soda, 2 tsp baking powder, and ½ tsp sea salt. Mix well. Puree about 4 large ripe bananas in a blender till smooth and measure out 3 cups. Place puree in a bowl, add ¼ cup melted virgin coconut oil and 2 tsp vanilla and whisk together. Pour wet ingredients over dry and gently mix together. Do not over mix. Gently fold in 1 ripe banana chopped and 1 cup of chopped walnuts. Spoon into oiled muffin tins and bake at 375 degrees for about 20 to 25 minutes.

[†]from The Whole Life Nutrition Cookbook

Wild Rice Pilaf or Salad

Follow the cooking instructions on a package of “Lundberg Wild Rice Blend” using olive oil instead of butter and vegetable stock instead of water. In a non-stick pan saute 1 cup of sliced mushrooms, 1 minced shallot, ½ cup chopped celery, and 1 clove of minced garlic in 3 tbsp olive oil. When the rice is done, combine with the mushroom mixture and serve.

Turn leftover rice pilaf into a salad by adding ½ cup chopped red and yellow bell peppers, 2 chopped green onions, and half of a peeled, chopped cucumber. Drizzle with Balsamic Vinaigrette and mix well.

Spicy Black Bean Dip

In a blender or food processor put 2 cups cooked black beans rinsed and drained, 2 tbsp fresh lime juice, 2 cloves of minced garlic, a handful each of fresh parsley and cilantro, ¾ tsp cumin, ¼ tsp sea salt. Blend all until just a little chunky. Transfer to a bowl and add cayenne and black pepper to taste. Serve with carrot sticks, rice cakes, or gluten-free crackers

Rice Pudding

Rinse 1 cup short-grain rice, drain and place in a saucepan with 3 cups rice or almond milk. Bring to a boil, cover and reduce to a very low heat - simmer until rice is tender - about 1 ½ hrs. About 1 hour into cooking add 3 to 4 tablespoons pure maple syrup, ½ tsp salt, ½ tsp vanilla, ½ tsp cinnamon, and a small handful of raisins if desired. Finish cooking and season with a touch more cinnamon and perhaps a dash of nutmeg. If too sweet add a little fresh lemon juice to taste. Serve at room temperature with fresh fruit or berries on top.



Spinach Puree

Cook 1 lb of fresh spinach that has been cleaned and stemmed without added water in a covered pot for just a few minutes until tender and bright green. Transfer to a blender or processor and add ¼ cup water. Puree until very smooth and place in a small bowl. Season with 1 clove of minced fresh garlic, sea salt and black pepper to taste. You can add a little more water to get desired consistency. Serve over baked potato, fish, on cold rice pasta, or on steamed vegetables.

Balsamic Vinaigrette

¾ cup balsamic vinegar
¼ cup olive oil
3 cloves garlic (whole but crushed)
1 tbsp Italian spices
salt and pepper to taste
Mix and let stand for 1 hour to develop flavor

Baked Apples

Place 4 medium apples that have been washed and cored in a large glass oven proof bowl (with lid). Place a strip of lemon rind, ¼ of a whole vanilla bean, 1 cinnamon stick, and some currants or raisins inside each apple. Drizzle apples with ¼ cup lemon juice and scatter remainder of currants around them. Bake covered at 350 degrees for 60 to 75 minutes. Serve warm or cold, you can also drizzle with almond milk.

Cream of Broccoli Soup

Steam 1 head of broccoli in 2-3 cups vegetable broth until done. Strain broth into a bowl. Put broccoli and ¼ of the broth (cool first) in blender and blend. Return blended broccoli to stock pot and bring back up to simmer and add balance of the broth. Add ¼ cup rice milk. Salt and pepper to taste.

For asparagus soup – replace broccoli with a large bunch of asparagus spears.

For cream of mushroom soup – replace broccoli with 1 lb of mixed, diced mushrooms.

Grilled Italian Salad

Take 1 whole romaine head, 1 whole escarole head, and 3 whole endive heads and cut all heads lengthwise through center leaving stem attached – drizzle with olive oil and grill on low until wilted. Move to a cutting board, remove stem and chop all heads into bite size chunks. Drizzle with balsamic vinegar or Balsamic Vinaigrette. Add salt and pepper to taste.

Fresh Fruitsicle†

1 - 2 cups fresh strawberries, trimmed
1 ripe banana, cut into chunks
½ cup coconut milk
2 - 4 tbsp agave nectar
Blend all in blender until smooth. Pour into popsicle molds and freeze 6 to 8 hours or overnight.

†from The Whole Life Nutrition Cookbook

Roasted Garlic

Take 20-30 whole peeled garlic cloves, place in ramekin or small pyrex dish and cover completely with olive oil. Bake at 200 for 45 minutes. Let cool and drain the oil into a container (save for cooking). Mash garlic cloves and use to stuff chicken, mix with mashed potatoes, spread on grilled vegetables, etc.

Stuffed Chicken Breast

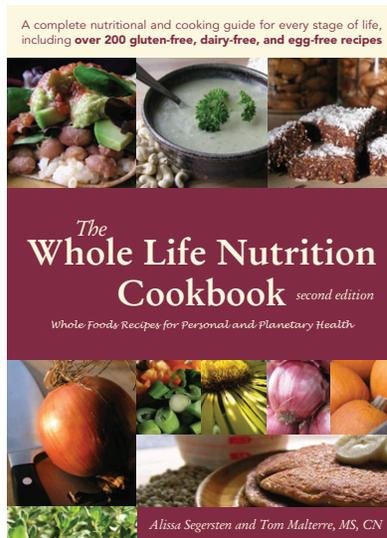
Take 1 boneless, skinless chicken breast per person. Slice lengthwise into the thin side of the breast to make a pocket. Stuff pocket with roasted garlic, cheese-free pesto or roasted bell pepper sauce and seal with a few tooth picks. Sprinkle Cajun spice on both sides of the breast and pan fry in a non-stick pan with olive oil (or the oil from the roasted garlic) for about 15 minutes or until cooked. Remove the chicken to a serving plate with wild rice pilaf or quinoa. Add ⅓ cup vegetable stock and ⅓ cup rice milk to the pan. Over a medium high heat reduce liquid by ½ volume. Pour over the chicken and enjoy.

Spaghetti Squash Primavera

Cook a whole spaghetti squash until done, cool, and scoop out the interior (spaghetti). Put 2 tbsp olive oil, 1-2 cloves crushed garlic, and ¼ cup diced red onion in a non-stick pan on medium and sweat. Add zucchini, chopped mushrooms, and broccoli and saute until fork tender. Add spaghetti squash and ¼ cup roasted bell pepper sauce – toss until warm. Serve with garlic mashed potatoes.

Roasted Bell Pepper Sauce

3 medium red bell peppers – cut in half and remove seeds. On the top rack of your oven place the peppers skin side up on a cookie sheet and broil until the skins are totally black. Remove and cool. Then wash the burnt skin from the peppers. In a blender add the peppers and a splash of balsamic vinegar and puree. Add salt and pepper to taste. Can be spread on roasted or grilled zucchini or eggplant, or on grilled or pan seared chicken breast.



for more great recipes we highly recommend “The Whole Life Nutrition Cookbook” by Alissa Segersten and Tom Malterre, MS, CN this cookbook can be found at www.wholelifefood.com or on Amazon.com or from your health-care practitioner.

Your health-care practitioner has determined you need nutritional support for the stomach and intestines because of symptoms of occasional gas, bloating, or constipation, and suggests you take:

GI-Encap®: _____ capsules, _____ times daily.
Perma-Clear®: _____ capsules, _____ times daily.
Meriva-SR®: _____ capsules, _____ times daily,
OR
Meriva-500®: _____ capsules, _____ times daily.
L-Glutamine Powder: _____ scoops, _____ times daily
added to the **MediClear** beverage.

For nutritional support for tendons and muscles, your health-care practitioner suggests you take:

Phytoprofen®: _____ capsules, _____ times daily,
OR
Meriva-SR: _____ capsules, _____ times daily,
OR
Meriva-500: _____ capsules, _____ times daily.
Super EPA or Omega Plus™: _____ gelcaps, _____ times daily.

For extra joint support, add:

Moducare®: _____ capsules, _____ times daily between meals.
AR-Encap®: _____ capsules, _____ times daily,
OR
Meriva-SR: _____ capsules, _____ times daily,
OR
Meriva-500: _____ capsules, _____ times daily.
Glucosamine Sulfate: _____ capsules, _____ times daily,
OR
Glucosamine & Chondroitin: _____ capsules, _____ times daily.

Because you are not having regular bowel movements (at least one well-formed, easy-to-eliminate stool daily), your health-care practitioner suggests you take:

Medibulk®: _____ scoops, _____ times daily in 8-10 oz water
or dilute juice,
OR
FiberMend™: _____ scoops, _____ times daily in 8-10 oz
water or dilute juice.

Because you have occasional runny nose, sneezing, watery eyes, or chronic cough, your health-care practitioner suggests you take:

Quercetone®: _____ capsules, _____ times daily.
Moducare: _____ capsules, _____ times daily between meals.
QC Nasal Spray™: 2 sprays in each nostril, _____ times daily
or as needed.

Your health-care practitioner has determined you need nutritional support of the intestinal lining and suggests you take:

Perma-Clear: _____ capsules, _____ times daily.
Meriva-SR: _____ capsules, _____ times daily,
OR
Meriva-500: _____ capsules, _____ times daily.
L-Glutamine Powder: _____ scoops, _____ times daily
added to the **MediClear** beverage.

Your health-care practitioner has determined you need nutritional support of liver function and suggests you take:

T.A.P.S.®: _____ capsules, _____ times daily,
OR
Siliphos®: _____ capsules, _____ times daily.
Lipotrepein®: _____ capsules, _____ times daily.
Phosphatidyl Choline: _____ gelcaps, _____ times daily.

Your health-care practitioner has determined you need digestive enzyme support and suggests you take:

Betaine HCl/Pepsin: _____ capsules, _____ times daily.
Dipan-9®: _____ capsules, _____ times daily,
OR
Bio-Gest®: _____ capsules, _____ times daily,
OR
B.P.P.: _____ capsules, _____ times daily,
OR
Plantizyme®: _____ capsules, _____ times daily.

Your health-care practitioner has determined you need nutritional support for the normal bacterial flora of the gastrointestinal system and suggests you take:

Medibulk: _____ scoops, _____ times daily in 8-10 oz of
water or dilute juice,
OR
FiberMend: _____ scoops, _____ times daily in 8-10 oz
water or dilute juice.
Formula SF722®: _____ gelcaps, _____ times daily,
OR
Undecyn: _____ capsules, _____ times daily,
OR
Berbercap®: _____ capsules, _____ times daily,
OR
Artecin®: _____ capsules, _____ times daily.
FloraMend Prime Probiotic®: _____ capsule daily,
OR
Bacillus Coagulans: _____ capsules, _____ times daily,
OR
Sacro B: _____ capsules, _____ times daily, between meals.

Reintroducing Foods to Your Diet After the Three-Week Program

Once the three-week MediClear program is finished you will gradually reintroduce certain foods back into your diet. In addition to foods you know you are allergic to, some of the common allergens you have eliminated from your diet over the past weeks might cause you problems once you begin to eat them again. Therefore, it is important that you introduce no more than one food item at a time from the list below, and that you allow three days before introducing another food item.

Be especially careful when reintroducing caffeine. Many people experience a strong reaction, including heart palpitations.

Each newly introduced food should be eaten during at least two of the three meals daily for three days. If you begin to react before the three days is up, stop eating the offending food. If you have no reaction after three days, then you can introduce another food. However, if you react to an introduced food, it is important to wait until the reaction subsides before introducing another food.

Begin by making note of how you feel before you start the program, list your major complaints as well as what you would like to accomplish with this program by completing the questionnaire on page 1 of this Patient Guide.

Then follow up by making note of how you feel while completing your last day of the diet. Have you accomplished your goals? What has happened to the list of complaints you had before you started the MediClear program?



Food Reintroduction List

- Dairy
- Wheat/Gluten
- Tomatoes
- Corn
- Coffee
- Soy
- Shellfish
- Peanuts
- Eggs



Response Chart for Food Reintroduction

	Day 1 thru 3 Food introduced:	Day 4 thru 6 Food introduced:	Day 7 thru 9 Food introduced:
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			
	Day 10 thru 12 Food introduced:	Day 13 thru 15 Food introduced:	Day 16 thru 18 Food introduced:
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			
	Day 19 thru 21 Food introduced:	Day 22 thru 24 Food introduced:	Day 25 thru 27 Food introduced:
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			

THORNE ORGANICS *Dermal Matrix System™*

Pure and gentle personal-care products that are specifically designed to support detox and let your skin breathe

The Thorne Organics Dermal Matrix System™ was built on our passion to create organic products for the skin and hair that contain no harmful chemical ingredients or additives.

To support your detox program, we go to great lengths to ensure the ingredients in our products are “Content Verified” so they contain absolutely no hidden chemical substances. Two examples: (1) Lecithin can be made with butylated hydroxytoluene (BHT), a material we will not allow, so we source 100-percent certified organic, non-GMO lecithin; (2) We use pure grapefruit seed extract that is not suspended in propylene glycol or hydrogenated oils.

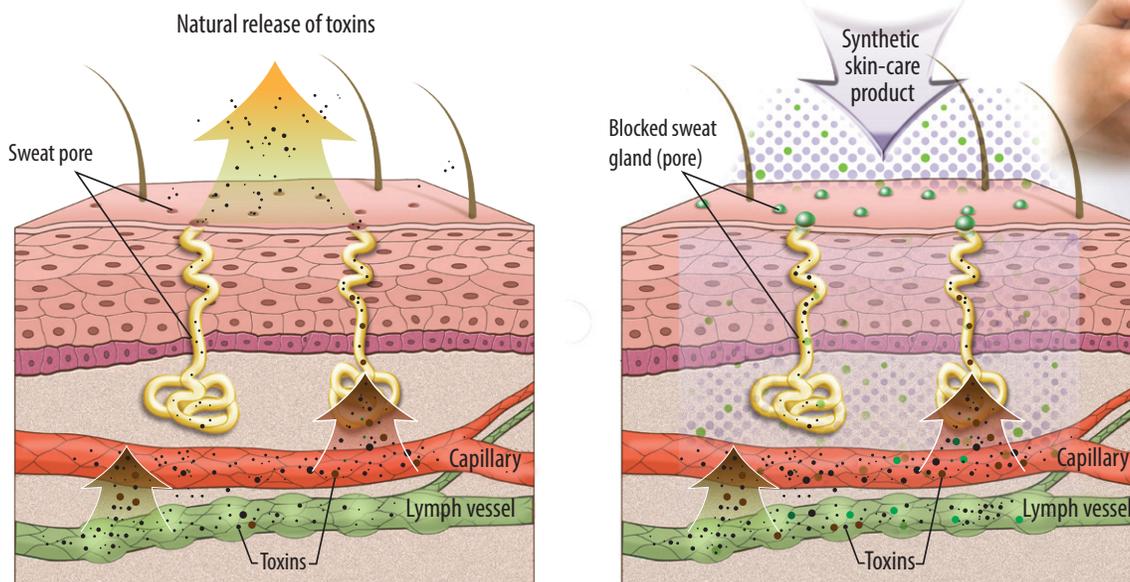


Did you know your personal-care products matter when detoxing?

Improving your body's ability to transform toxic substances into non-toxic substances that can then be eliminated is the primary goal of the MediClear program. The first step in a detoxification regimen should be to identify potential sources of toxins, then eliminate these sources, and lastly to provide nutrients and botanicals that can support the detoxification and elimination processes.

One potential source of chemicals in our environment is the personal-care items we use — shampoos, lotions, conditioners, shower gels, soaps, etc. Most commercial personal-care products, and quite a few purported “natural” products, contain chemicals such as phthalates, parabens, sulfates, formaldehyde, petrolatum, and more. These chemicals can be absorbed through the skin and stored in our tissues, which can have an adverse impact on health. For instance, one study showed a significantly increased amount of phthalates in the urine of women with breast cancer, compared to a group of women without breast cancer. Another study of breast cancer patients demonstrated significantly higher levels of parabens (used as preservatives) in surgically-removed breast cancer tissue.

Detoxification via the skin



The human body's detoxification organs include the lungs, kidneys, liver, bowels, and skin. The skin releases one-fourth of the body's toxins daily, specifically via the sweat glands.

Ingredients in many skin-care products can not only introduce new impurities into the body via the skin, but can also block pores and hinder the natural detoxification ability of the skin.

Safe, natural, organic detoxification support for all skin and hair types

Thorne Organics personal-care products help you get the most out of your detox program while maintaining routine personal hair and skin care because Thorne Organics products are made without the use of more than 25 commonly used harsh or potentially problem-causing ingredients that are included in the “NO” list on our product labels (see NO list below), and do NOT contain estrogenic activity/xenoestrogens. Xenoestrogens are man-made compounds that mimic the effects of natural estrogens in the body. Excessive levels of the hormone estrogen are associated with disrupting the natural processes of human growth, development, and metabolism, and might affect cancers of estrogen-sensitive tissues.

Each Thorne Organics product is specifically formulated from a select group of certified organic essential oils, extracts, and resins, combined with natural organic bases that can support the most sensitive skin types and leave skin and hair clean and healthy.

The difference is in the ingredients



NO List — ALL OUR PRODUCTS EXCLUDE

- | | |
|-----------------------|--|
| Animal Testing | MEA-, DEA-, or TEA (Triethanolamine) |
| Animal By-Products* | Mineral Oil |
| Artificial Colors | Parabens |
| Artificial Fragrances | Petrolatum |
| Benzene | Plastics/Phthalates |
| Bisphenol A | PVC |
| Dimethicone | PEGs or 1,4-Dioxane |
| EDTA | Propylene Glycol |
| Formaldehyde | Silicates |
| Gluten | Silicones |
| GMOs | (SLS) Sodium Lauryl Sulfates or Laureth Sulfates |
| Hydrogenated Oils | Wheat |

*With the exception of goat milk and/or beeswax in select products.

Frequently Asked Questions

Can I use the MediClear products if I am pregnant or nursing a baby?

Since they have not been tested in these situations, we recommend that you consult your health-care practitioner before using MediClear®, MediClear Plus®, or MediClear-SGS™.

Can I continue the program for more than three weeks?

The diet and MediClear program outlined for weeks 1 and 3 is well-balanced and can be continued if you and your health-care practitioner determine they are suitable for your needs. But the MediClear program is not a meal replacement program.

Is it safe for children to use the MediClear products?

The MediClear program is designed for adults and youth older than 12 years under the supervision of a health-care practitioner. Your practitioner may deem it necessary to use this product for someone younger than 12, with supervision, although it should not be the sole source of nutrition.

I'd like to lose a few pounds. Will the MediClear program help me do this?

Although the MediClear program is not designed as a weight loss program many people find they lose a few pounds while doing a cleansing regimen. Sometimes with increased water intake, and the more efficient processing of toxic substances, individuals lose a few pounds of water weight. Others find their body's metabolism works more efficiently, causing them to burn calories better, resulting in some weight loss.

Can I take the MediClear products if I have diabetes?

The MediClear program is nutritionally well-balanced. Therefore, it can be used if you have diabetes. However, as with any dietary or supplement changes you make, careful and frequent monitoring of blood sugar is a must!

Why do I avoid dairy and beef?

During a cleansing program you want to avoid putting any extra burden on the body. Unfortunately, the dairy and beef industries inject hormones into the animals and add antibiotics to their feed. These substances can end up in the milk and meat of the cattle, and ultimately they end up in you. Also, many individuals can be allergic to dairy products, which include milk, cheese, cottage cheese, yogurt, butter, buttermilk, cream, sour cream, ice cream, and casein.

If I am allergic to rice or peas, can I take the MediClear products?

Since MediClear, MediClear Plus, and MediClear-SGS contain rice and pea protein, if you are allergic to either, then MediClear might not be the product for you. Talk to your health-care practitioner. He or she might suggest trying one of the MediClear products for a time, or the use of Thorne Research's Whey Protein Isolate.

Can I use the MediClear products without the program?

Yes, MediClear, MediClear Plus, and MediClear-SGS are an excellent source of well-assimilated protein and other nutrients and can be used indefinitely as a gentle cleanse or as an addition to the daily diet.

What if I am constipated?

To properly do a cleansing program you need to be having regular (daily or more often) bowel movements. If you are not eliminating well, then your health-care practitioner might want you to take a fiber supplement, such as Thorne Research's FiberMend™ or Medibulk®, as you use the MediClear program. Be sure to communicate any elimination problems to your health-care practitioner.

What if I am gluten or dairy sensitive?

No problem, MediClear, MediClear Plus, and MediClear-SGS contain no dairy or gluten.

What if I have soy sensitivities?

MediClear contains no soy. MediClear Plus and MediClear-SGS contain three plant phytosomes — plant extracts combined with phosphatidylcholine, which is derived from soy. However, since phosphatidylcholine contains no soy protein, most soy-sensitive people tolerate it just fine. Talk to your health-care practitioner.

Should I expect my symptoms to get better while on the program?

Many patients experience a lessening of symptoms while on the program. However, some do experience a temporary increase of symptoms while their body is cleansing. If your symptoms get worse and are troublesome, contact your health-care practitioner.

Can I exercise while on this program?

During this program it is recommended that you do mild exercise daily and get adequate sleep. If possible, take a vacation from extra tasks and stresses. At the very least, take an hour per day to relax: breathe deeply, listen to a meditation CD or the music you love, relax in a hot bath, take a yoga class, or enjoy a walk in the park.

If you are used to a strenuous exercise routine, such as daily runs, you can continue as usual. However, do not do this program if you are increasing your exercise routine in preparation for a competitive event. If you have a competition planned, wait at least 10 days after the event to start this program, and listen to your body's guidance. Don't push it — work with it. If you find yourself overly tired one day, take a break. If you are feeling high energy, go for it. Your body will tell you what it needs. Most athletes find a detoxification program has lasting results and improves their stamina and endurance. Just don't overdo it when your body is working hard cleansing toxins.

What should I do about non-prescription and prescription medications while on this program?

First of all make sure your health-care practitioner has a complete list of every prescription and non-prescription medication you are taking. This includes any dietary supplements you might have started taking on your own. Keep in mind MANY products, including supplements, can contain allergens.

Are all ingredients in all Thorne Organics personal-care products organic?

Every product states on the label the percentage of organic ingredients it contains; most of the products are over 85-percent organic and all the soaps, lip balms, and our Stress Relief Therapy roll-on are 100-percent organic.

How do you choose which ingredients to use in your personal-care products?

We only use ingredients from renewable resources, and we do not use any ingredients that could be harmful or harsh to the skin or hair. The founder of Thorne Organics has extensive experience in personal care products formulation and has researched the commonly used ingredients in the standard personal care industry and "natural" personal care products. The Thorne Organics "No" list comes from her vast knowledge and experience.

Do any of your Thorne Organics products contain xenoestrogens?

We test all our ingredients and packaging for estrogenic activity, and we do not use ingredients or packaging that has estrogenic activity in the body.

Do any of your Thorne Organics products contain gluten?

All Thorne Organics products are gluten free.

Do you use any Genetically Modified Organisms (GMOs) in manufacturing your Thorne Organics products?

No. None of our Thorne Organics products contain genetically modified organisms.

Do Thorne Organics products contain artificial preservatives, plasticizers (Bisphenol A [BPA], polyvinyl chloride [PVC]), silicones, or phthalates?

No they do not.



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THORNE RESEARCH
Pure Ingredients, Trusted Results, Worldwide™