

# CLINICAL PROTOCOLS

## DETOXIFICATION

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### *A Suggested Nutritional Protocol for Detoxification Support*

#### **Metabolic Rejuvenation – 28 Days**

Metabolic Rejuvenation by Douglas Laboratories is a comprehensive 28-day, 3 phase detoxification support program with nutrients specifically chosen to prepare the body through elimination, support phase 1 and 2 liver detoxification, and repair the body and intestinal tract. One Metabolic Rejuvenation box includes 4 bottles (one for each week) with convenience packs and a patient guidebook. The goal of the first week is to open pathways for elimination and prepare the body to properly detoxify in the next phase. The goal of week 2 and 3 is to support phase 1 and phase 2 detoxification of the liver. The goal of week 4 is to replenish lost nutrients through the detoxification phase and provide specific nutrients to repair the gut.

#### **Suggested usage:**

*As a dietary supplement, adults take as directed or as directed by your healthcare professional.*

**Week 1** - take 2 packs daily (1 in the AM and 1 in the PM before a meal)

**Week 2 and 3** - take 1 AM and 1 PM pack daily with food

**Week 4** - take 2 packs daily (1 in the AM and 1 in the PM)

#### **Metabolic Cleanse**

A unique gastrointestinal formula consisting of beneficial amounts of rice, pea and fish (SEACURE®) proteins synergistically blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract.

**Suggested usage:** *One scoop, one to two times daily before meals. Add scoop to 8 – 10 ounces of water or other liquid such as pineapple or papaya juice.*

OR

#### **DL Detox Pack – 7 Day**

This pack may be useful for those who wish to consume the essential nutrients to enhance natural detoxification systems. This pack is intended to support liver and heavy metal detoxification eliminatory pathways. Each pack contains various nutrients to assist in phase 1 and phase 2 detoxification.

Each Pack Contains 1 Fibre-Plex™, 1 Ultra-D Tox™, 1 Livetox™, 1 De-Mer-Tox™, 1 NAC, 1 Milk Thistle Max-V and 1 BroccoSabi™.

**Suggested usage:** *1 Pack twice daily with plenty of fluids.*

#### **Metabolic Cleanse**

A unique gastrointestinal formula consisting of beneficial amounts of rice, pea and fish (SEACURE®) proteins synergistically blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract.

**Suggested usage:** *One scoop, one to three times daily before meals. Add scoop to 8 – 10 ounces of water or other liquid such as pineapple or papaya juice.*

**Please see below our Nutritional Protocol when on the detoxification program**

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Our modern day lifestyle and environment make a periodic “cleanse” an important part of any wellness program. The GI tract is the site of toxin elimination as well as toxin build up. Without fibre to “sweep out” toxins, waste can linger in the GI tract. Supporting gut integrity also limits the amount of toxins that pass into the bloodstream. Meanwhile, the liver performs a series of enzymatic reactions to neutralize toxic compounds that have been absorbed, including air pollutants, food additives, hormones, pesticides, heavy metals, medications, antibiotics and alcohol. It also synthesizes and secretes bile, which binds to fat-soluble toxins in the intestines so that they may be removed from the body.

## Dietary Recommendations for the Detoxification Programs.

- *Organic Natural Whole Foods* Minimizing exposure to antibiotics, hormones, pesticides, artificial colours/flavours/sugars, high fructose corn syrup or preservatives is the first line of defense.
- *An Alkaline Diet* A diet low in animal proteins, refined carbohydrates and one high in potassium-rich fruits and vegetables maintains the body's stores of calcium, potassium and magnesium. In addition it promotes urinary excretion of estrogen-like compounds.
- *A Hypo-Allergenic Diet* Limiting common allergens reduces stress on the GI tract and immune system. Common allergens are dairy, wheat, peanuts, soy and corn, and caffeine, alcohol and refined sugar.
- *Cruciferous Vegetables* Encouraging healthy liver detoxification by supporting enzyme activities helps neutralized undesirable compounds.
- *Adequate Fluid Intake* Ensuring proper hydration is especially important to facilitate the action of fibre. A minimum of 8-12 oz of water 8 times per day is recommended.

## **VEGETABLES** 5 servings or more daily

Choose dark green leafy vegetables, asparagus, spinach, squash, beets, tomatoes and at least 2 or more servings daily of cruciferous vegetables, including broccoli, cabbage, cauliflower, kale or brussel sprouts.

**AVOID** Corn and potatoes.

## **GRAIN AND GRAIN PRODUCTS** 3-5 servings daily

Choose brown rice, and other products made from rice (such as rice pasta, crackers, cereal), millet, quinoa, amaranth, or sweet potatoes. **AVOID** Refined carbohydrates (white bread, white rice, sugars) corn and gluten-containing grains wheat, oats, barley, rye, spelt, kamut.

## **PROTEINS** 2-3 servings daily

Choose coldwater wild-harvested fish (salmon, sardines or halibut); organic, free-range (pesticide-free, hormone-free) poultry. **AVOID** Eggs, shellfish and red meat (beef, lamb and pork).

## **MILK and DAIRY** 0-2 servings daily

Choose rice milk or nut milk products. **AVOID** Dairy products (cow's milk, cheese and yogurt).

## **BEVERAGES** 8 glasses or more daily

Choose purified water or non-caffeinated tea. **AVOID** Alcohol and caffeine (including caffeinated coffee, tea and soft drinks).

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## **FRUITS** 5 servings or more daily.

Choose potassium-rich fruits like figs, apricots and bananas. **AVOID** Allergenic or acid promoting fruits, including citrus fruits, strawberries, pineapple, cranberries, blueberries and plums.

## **FATS** 2-3 servings daily

Choose unrefined extra virgin olive oil, flaxseed oil or sesame oil. **AVOID** Partially hydrogenated oils (margarine, shortening), and refined vegetable oils (corn, safflower, sunflower, canola, light olive oil).

## **NUTS, SEEDS AND LEGUMES** 1 serving daily

Choose nuts (including almonds, cashews or pecans), seeds (including sunflower or pumpkin seeds) or legumes (including lentils, chickpeas or kidney beans). **AVOID** Peanuts, walnuts, soybeans and soybean products.

## **7-Day Detox Kit Includes**

1 DL Detox Pack, two times daily for 7 days (between meals), in combination with one scoop of Metabolic Cleanse three times daily in water or juice (before meals).

## **28- Day Metabolic Rejuvenation Kit Includes**

1 Metabolic Rejuvenation box, in combination with one scoop of Metabolic Cleanse 1-2 times daily in water or juice (before meals).

*It may also help to include light exercise as part of the regimen. As always, it is imperative to follow the advice of a health care professional when starting any detoxification protocol or changing any eating or exercise habits.*

