



# 10-DAY PROGRAM INFLAMMATION

Below are suggested dietary guidelines that will complement these nutritional supplements to help achieve optimal health benefits during your 10-Day Program.



PROGRAM OVERVIEW

**Congratulations** on starting your 10-Day Inflammation Program! The products selected for you are specific to the organs and glands that will support your body's healthy inflammatory response. This program consists of high quality whole food based and herbal complexes that contain many beneficial nutritional constituents that are essential to our health with their naturally occurring enzymes and complexes. On the Standard Process® labels you will recognize many whole food ingredients such as kale, Brussels sprouts, beets, barley grass, etc. Below is a brief description of the products that will support your 10-Day Program:

## SP COMPLETE®

- Supplement shake made from whole food ingredients that includes amino acids, essential fatty acids, and vegetable concentrates to support the entire range of body systems

## SP CLEANSE®

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin removal process

## BLACK CURRANT SEED OIL

- Contains 47 mg of Gamma-Linolenic Acid (GLA) which has been used for years as a natural inflammatory response system support; this fatty acid is also important for the optimal absorption of Boswellia for additional inflammatory response system effect

## BOSWELLIA COMPLEX

- Combines Boswellia, celery seed, ginger, and turmeric to maintain and support healthy joints, circulation, and response to environmental stresses

## CYRUTA® PLUS

- Supports capillary integrity and function, as well as factors associated with the natural inflammatory response; also helps support healthy peripheral circulation

## FOOD

- Have 3 SP Complete® shakes per day made with 1 -1 ½ cups of fresh or frozen fruits or vegetables, 8 oz of water, and 2 scoops of SP Complete®
- For optimal results, it is suggested that you follow the Phase I Dietary Guidelines during the program and transition to Phase II after the program.
- Eat frequently throughout the day to maintain even blood sugar levels
- Increase your fruit and vegetable intake to increase fiber and antioxidant activity levels
- Eat twice as many vegetables as fruits (organic whenever possible)
- Add a mixed green salad with lunch and dinner
- Eat different vegetables with a variety of colors as each color category provides different nutrients!
- Certain common foods create sensitivities in some individuals; these include Wheat/Gluten, Dairy and Soy. You may want to discuss this with your healthcare practitioner to see if you would benefit from eliminating them during this 10-Day Program.

## WATER

Water is cleansing! To better determine how much water you need each day, divide your body weight in half. The answer is the approximate number of water ounces you should drink daily.

**You should drink half of your body weight in ounces.**

(i.e. If you weigh 200 pounds, you should drink 100 oz, which is eight 12-oz glasses of water a day)

### THINGS TO REMOVE/LIMIT

### BETTER OPTIONS

Alcohol, soft drinks, hot chocolate <i>(limit caffeine intake to 1 per day)</i>	Water, spring water, green tea, herbal teas
Refined carbohydrates found in cakes, cookies, muffins, donuts, ice cream, etc.	Whole Foods in their natural state
Artificial sweeteners, table sugar	Raw Honey
Chemical additives, preservatives, dyes, coloring agents, flavors, etc.	Foods/beverages in their natural state
Meats, chicken, pork, turkey, processed meats, hot dogs, etc.	Small servings* (3 oz.) organic meats, wild salmon
Foods fried in Trans Fats	"Baked" or foods 'lightly sautéed' in organic coconut oil, or butter

\*For optimal weight loss, consider removing all animal protein for the 10-Day Program (your daily protein will be coming from SP Complete® shakes & lentils)

Note: Program not to be used during pregnancy or lactation, unless otherwise directed by a Health Care Practitioner.

See Reverse Side for Recommended Dietary Guidelines  
Contact Your Healthcare Practitioner For More Details.

These statements have not been evaluated by the Food & Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.