

NORTH CENTURY PHARMACY

7-DAY DETOX

REMOVE. RESTORE. REVITALIZE.

WHY DETOX?

I've been incorporating detoxes into my wellness regimens for years. Why? They never fail to deliver one overarching, impactful thing - a reset.

I've learned the very word "detox" is a trigger for many. I get it. They think about water-only fasts or crazy laxative-driven approaches when they hear the word. Those methods typically create a fast track to headaches and muscle loss. However, that's not what this is.

As you'll see, there are no calorie restrictions or methods creating a situation where you'll need to suddenly and awkwardly waddle to the bathroom at the most inconvenient of times. That's never good!

This 7-day program provides clear, straightforward guidance to optimize your innate detoxification pathways which can ultimately lead to improvements in gut health, hormone balance, sleep, energy, and mental clarity. Dropping a few pesky pounds is practically a given as well.

Toxins are everywhere. They're bad actors and accumulate inside of us as the years come and go. It's time to do some house cleaning. Note the mind-body connection as you work to elevate your wellness game over the next seven days. You're going to do great!



All my respect,

Easton

YOUR TOOLS to help along the way



Vitality Mix

is a comprehensive, fructose-free, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Vegan Protein Blend, North Century Pharmacy's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Vitality Mix addresses GI and liver function while lowering inflammation and supporting the immune system. This formula is suitable for vegans.*

Move Along

is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

3 components

hydration



Water is essential for adequately hydrating cells and ensuring a successful cleanse. You should drink at least two quarts of water daily, preferably filtered through an absolute 1 micron water filter or by reverse osmosis for the best purity. A good rule to thumb to follow is to take your weight, divide it in half and consume that number in ounces of water per day. So, a 150 pound person should drink 75 ounces of water daily.

exercise



Exercise is an important component of a healthy cleanse. If you don't already have an exercise routine, you should work with us to develop one that works for you. Not only can exercise help you control weight and combat a variety health problems, exercise can also help improve your mood and energy levels, and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise, as this can hinder the success of your cleanse.

rest




Your body's cells go into "repair mode" at night, which is why it's essential to get seven to nine hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbs and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases.

supplement schedule



two days before starting the diet and shakes...

Swallow two capsules of Move Along with water at bedtime. If your GI tract is experiencing optimal elimination, take only one capsule of Move Along with water at bedtime or as directed by your provider.

formula	dose	when	notes
Move Along 	2 capsules daily with water	bedtime	If good bowel regularity and stool consistency, may use one capsule.

during your cleanse...

1. Continue to take one or two capsules of Move Along at bedtime as above, or as directed by your provider.
2. Consume Vitality Mix shake(s) according to the shake schedule on page 8, or as directed by your provider.

formula	dose	when	notes
Move Along 	1-2 capsules daily with water	bedtime	Dose based on bowel regularity and consistency.
Vitality Mix 	2 shakes daily	see page 8	See shake calendar. May sub for meals occasionally.*

*Make note of the specific guidelines regarding Vitality Mix in the Sensitive Patient section and adjust if applicable (Page 9).

3

easy steps

choose your foods

design your menus

make your shakes

A large part of your cleanse involves eliminating certain foods from your diet that are commonly seen allergens or sensitivities, or may interfere with your body's natural detoxification processes. Even though some of your favorite foods might not be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself, it's about making small improvements in your diet to improve your health. These guidelines focus on good, whole foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.

step 1 choose your foods

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce, non-GMO, grass-fed, free-range protein sources, and wild fish from cold, deep waters, using the options listed in the "Eat This" section of the Modified Elimination Diet (page 6). If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained in the tables below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

ONLY organic...

Apples	Nectarines (Imported)
Celery	Peaches
Cherry Tomatoes	Potatoes
Cucumbers	Snap Peas (Imported)
Collards	Spinach
Hot Peppers	Strawberries
Kale	Sweet Bell Peppers

OK if non-organic...

Asparagus	Mangoes
Avocados	Onions
Cabbage	Papayas
Cauliflower	Pineapple
Eggplant	Sweet Corn
Grapefruit	Sweet Peas (Frozen)
Kiwi	Sweet Potatoes

step 2 design your menus

Choose foods from the "Eat This" section on the Modified Elimination Diet to arrange three meals per day. You may also add the occasional snack. Unless your provider has made specific recommendations regarding the amount and distribution of carbohydrates, proteins and fats for each meal, select at least one source each of protein, carbohydrate and fat per meal. Examples of these macronutrients are below.

proteins

animal sources, poultry or fish, nuts, nut butter, beans

carbohydrates

fruits, vegetables, beans, grains

fats

oils, coconut, nuts, nut butters, avocado, naturally found in protein sources

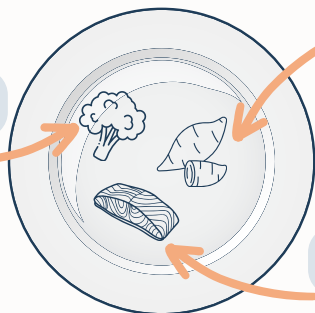
Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources, as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.

Select a variety of colorful foods at each meal - your plate should look like a rainbow. Now is a great time to experiment and try new foods, and don't forget to make use of leftovers. The goal is to try and eat as wide a variety of foods, but not just over the course of your cleanse, try to maintain these habits for life.

healthy eating

1/2 plateful

non-starchy
vegetables



1/4 plateful

starchy vegetables/
whole grains

1/4-1/3 plateful

proteins

MODIFIED ELIMINATION DIET

EAT THIS

fruits

Raspberries
Strawberries
Blueberries
Bananas
Apples
Any other
fresh or
frozen fruit

spices/ condiments

Turmeric
Garlic
Ginger
Rosemary
Cocoa
Pink
Himalayan
salt

vegetables

Broccoli
Cabbage
Cauliflower
Brussels
sprouts
Sweet
potatoes
Watercress
Arugula
Kale
Bok choy
Radishes
Turnips
Beans and
lentils
Garlic
Onion
Other fresh/
frozen
vegetables

sweeteners

Stevia
Xylitol
Erythritol

grains

Wild rice
Brown rice
Quinoa
Gluten-free
oats
Millet
Amaranth
Buckwheat
Tapioca

proteins

Wild-caught
fish
Organic or
pasture-
raised
chicken and
turkey
Grass-fed
beef
Lamb
Rabbit
Bison
Venison

nuts/seeds

Almonds
Cashews
Walnuts
Sunflower
seeds
Sesame
seeds

plant proteins/ legumes

All except
soy. Canned
beans are
acceptable as
long as the
can states
"BPA-free."

milks

Non-dairy
milks such as
unsweetened
coconut,
almond or
hemp milk

beverages

Purified
water
Sparkling
water
Organic
herbal or
green tea

fats/oils

Extra virgin
olive oil
Flaxseed oil
Coconut oil
Sunflower oil
Sesame oil
Nut oils
(other than
peanut oil)

The foods on this "Eat This" page were chosen because they are: nutrient dense, easy to digest, non-fermented, non-refined, low-glycemic, have a low allergenicity and are low on the food intolerance/sensitivity spectrum, and are also free of gluten, nitrates, MSG, high-fructose, trans/hydrogenated fats, hormones and antibiotics.

MODIFIED ELIMINATION DIET

DON'T EAT THIS

fruits

Canned fruit packed in syrup
High-sugar or artificial berry juices
Oranges

spices/ condiments

Ketchup
Mustard
Relish
Soy sauce
Barbecue sauce
Chocolate

vegetables

Corn
Other potatoes
Canned vegetables in sauces
Soybean and soy-based foods

sweeteners

White or brown sugar
Honey
Agave nectar
Maple syrup
Corn syrup
Sucralose
Aspartame
Saccharin
Artificial colors, flavors and preservatives

grains

Refined flours
Gluten-containing:

- Wheat
- Spelt
- Kamut
- Rye
- Barley

proteins

Conventional beef
Pork
Luncheon meats
Hot dogs
Sausage
Bacon
Eggs
Shellfish

nuts/seeds

Peanuts
Peanut butter

plant proteins/ legumes

Soybeans
Tofu
Miso
Edamame

beverages

Coffee
Black tea
Soda
Alcohol
Energy drinks
Sweetened beverages

milks products

Cow dairy:

- Milk
- Cheese
- Ice cream
- Frozen yogurt

fats/oils

Margarine
Butter
Hydrogenated oils
Cooking sprays
Mayonnaise
Shortening
Corn oil
Canola oil
Vegetable oil

FOOD SENSITIVITIES

Most people do not realize they have food sensitivities. Dramatic effects, like a swollen tongue, hives or anaphylaxis may not present, but the body reacts in more subtle ways. These reactions occur when small changes in the intestinal tract allow food particles to enter our bloodstream and be exposed to the immune system. The body then creates inflammation, which can cause the symptoms you may have experienced before starting the program.

step 3 make your shakes

The functional food shake we have recommended is a vital part of your detox program. Consume it in the amount and frequency noted, or as directed by your provider. To maximize your enjoyment, mix it up by trying some of the shake recipes below.

A Berry Delicious Shake

2 scoops Vitality Mix
 10 oz. cold, filtered water
 1-2 oz. crushed ice
 5 medium frozen blackberries
 5 medium frozen blueberries
 7 pecans
 Combine in blender; mix until smooth.

Chai Tea Shake

2 scoops Vitality Mix
 1/2 cup liquid Chai tea
 (Such as Third Street or Tazo)
 1/2 cup water
 5 or 6 ice cubes
 Combine in blender; mix until smooth.

Cherry Vanilla Shake

2 scoops Vitality Mix
 8 frozen cherries
 1 cup water
 3 to 4 ice cubes
 Combine in blender; mix until smooth.

Pumpkin Pie Spice Shake

2 scoops Vitality Mix
 1 1/2 cups ice and water (or cold decaf coffee)
 1/8 tsp pumpkin pie spice or to taste
 Combine in blender; mix until smooth.

shake schedule

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	⚡	⚡	⚡	⚡	⚡	⚡	⚡
Lunch	⚡	⚡	⚡	⚡	⚡	⚡	⚡
Dinner	*	*	*	*	*	*	*

* The lunch shake may be used at dinner if preferred.

Note: You may find you have a few extra servings of shake mix in the canister. You can use these for a quick nutritious breakfast or a snack even after you have finished your detox.

GUIDELINES FOR SENSITIVE PATIENTS

If you are considered a reactive or “delicate” person, it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support or a genetically altered ability to detoxify. Sensitive patients are like “weather vanes.” Any gust or change in the wind may affect them—from foods to perfumes and household cleansers to cosmetics—because they are already overburdened.

Using the rule “START LOW, GO SLOW” is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of the Vitality Mix shake, you will need to take things slowly, and in small steps. These responses are not from the product, but rather from the release of toxins from your cells as your body works to eliminate them. The body wants toxic compounds to be released so that the metabolism of the cell can work as it should.

Sensitive patients should follow the modified dietary supplement schedule below.

Move Along

One or two capsules taken at bedtime allow the bowel to evacuate gently and more completely. NEVER DETOX if you are constipated. The goal is to get the toxins out. Begin taking Move Along two nights BEFORE starting Vitality Mix shake to ensure a functioning bowel.

Vitality Mix

The comprehensive pea/rice protein in this formula allows gentle detoxification while it supports gastrointestinal comfort and function. Free of reactive ingredients, like gluten, soy, GMOs, artificial compounds, and more, the Vitality Mix shake can assist you in ridding your body of troublesome toxins. You can enjoy better health and vitality, while reducing your sensitivity to a toxic world. If sensitive, start the Vitality Mix at one scoop daily for two to five days. The increase to one scoop two times per day should happen after the assurance that there will be no uncomfortable detox response. Each increase should be maintained for two to five days before advancing to the higher dose. Ultimately, dosing should cap at two scoops twice daily.

If you experience any instance of discomfort, return to the previous dose for two days, then increase again. Stay optimistic, your patience will be well-rewarded!

DAILY GUIDE

LEADING UP...

Start getting mentally and physically prepared. This 7-Day Detox truly isn't difficult to complete, but dialing in your willpower only makes it even easier. If you're a soft drink drinker, go ahead and start cutting those way down, and ramp up your hydration if you need to improve there. Same goes for sugar. Meal planning helps as well. A little preparation each day makes a huge difference.

DAY 1

So what's really going on?

We're chronically exposed to toxic substances like industrial chemicals, pesticides, endocrine disruptors like BPA, toxic metals and, most of all, food additives and preservatives. A growing body of literature suggests an association between toxin exposure and the etiology of a number of chronic conditions, and symptoms including debilitating fatigue, myalgias, arthralgias and cognitive dysfunction are a common theme.

The majority of toxins are fat-soluble, so they can sequester in tissues and remain there for many years. Because of this, they accumulate and our bodies are exposed to much higher doses than environmental concentrations would suggest are present. Therefore, detoxification is a key piece to a comprehensive wellness regimen!

In order to push out these toxins, our bodies have a complex system designed to convert these fat-soluble toxins into water-soluble molecules which can be directly excreted through renal or biliary routes. We're kicking this system into gear and supporting it nutritionally throughout these seven days.

Consider taking a probiotic formula as part of your supplement regimen. Look for a product with at least 20 billion units of healthy strains of bacteria. *Saccharomyces boulardii*, a healthy form of yeast, is also beneficial to the GI tract. These combinations of microorganisms have been shown to support healthy digestion, promote healthy gut flora, protect intestinal integrity and boost immune function.

DAY 2

On Day 2, let's talk No. 2 as it relates to bathroom business.

I've got to bring up this subject early on because it's a key to detox success. In the past, I've had some patients who have seen so-so results only to find out that they didn't "go" for the entire 7 days!

As Phases 1 & 2 prepare the toxins for exit, exit has to actually happen, to state the obvious. Some will exit via urine, but that's not enough. This is why Move Along is such an important component to this program.

Indeed, it takes some willpower to complete the program, so be sure you're getting the full payoff for the diligent work you're putting in. If they're not excreted, toxins sitting in the bowels ready for exit will be resorbed and nestle right back into your tissues, and that's the last thing we want.

Most Americans consume less than half of the daily recommended amount of high-quality fiber. Fiber is an essential macronutrient that helps increase regularity. Try adding a scoop of fiber to your Vitality Mix shakes every day.

DAY 3

Things start getting a little more serious today and you may not be feeling your all-time best. But hang in there. Believe it or not, this is a good thing!

As Phase 1 activation takes place, the result is the generation of reactive intermediates that are often more reactive - and potentially more toxic - than the parent molecule. These need to be converted to non-toxic, water-soluble molecules as soon as possible. This happens in Phase 2 and requires a lot of energy from your body.

I say this is a good thing because your body is working hard to remove toxins and feeling a little junky around Day 3 is just proof of that. Patients who aren't aware of this give up too often at this point. If you're starting to feel a little run down, stay the course and know that better rewards are ahead!

DAY 4

High-intensity workouts should be avoided. This is for two reasons: By eating this clean, your caloric intake is certainly down. Also, your body needs lots of energy to do its thing during this process.

During Phase 2 conjugation, tons of energy is used up in the form of adenosine triphosphate (ATP). Because ATP is vital for adequate biotransformation, it shouldn't all be used up in strenuous exercise. Generation of adequate ATP requires healthy, nutrient-supported mitochondria and that's a big part of what your shakes are doing.

I'm not suggesting you be sedentary! I firmly believe we were made for daily movement and I don't want you to give that up if you're in a good routine. Just tone it down.

DAY 5

You're well over the hump and also feeling you're past the hardest part, am I right? Each time I complete this, it reminds me of how easy it is to let junk food taint our relationship with real food.

When we stop eating for reward and chasing those hits of dopamine, we realize how it doesn't really take that much food to truly be fulfilled.

Stay the course. It's more than worth it!

DAY 6

By the way, this is your guide book, not your rule book. If your willpower seems particularly tested, don't forget that you're in control. I've completed detox programs several times and I've done them every way you could imagine - exactly by the book and at times I've allowed sensible substitutions when life happens.

As long as you're steering clear from processed foods, alcohol, dairy, flours, and sugars, you're still hitting your mark!

DAY 7

Now, that wasn't so bad, was it?! I'm sure you've got some foods in mind you've been missing just a tad, but I encourage you to take it slow. If you reintroduce a food and immediately experience effects like bloating or GI disturbances, it's probably a good idea to stay away from it indefinitely!

FAQs

How do I know this is good for me?

While this program is safe for the vast majority, we suggest you get the go-ahead from your provider. He or she knows your medical history the best and has your medical records to help you make an informed decision on whether you should start this program.

Can I continue with my meds/supplement schedule?

Every patient has a different medical history and may have a different medication and/or supplement schedule. Your provider should help decide if you should modify the detoxification protocol to fit your needs. He or she will also know of potential interactions that may occur between the products in this kit and other medications and/or supplements you currently take.

Is this also a heavy metal detox?

It is not intended to be a heavy metal detoxification program, although a small amount of heavy metals may be released from your body. Heavy metals are more difficult to remove from the body, as they are stored in adipose tissue, muscle and bone marrow. If this type of detoxification is needed, it often requires a more invasive treatment protocol with oral and intravenous (IV) therapy.

What if I don't feel better once I'm finished?

There are a small minority of people who, despite adhering to this program, may still not feel much better. This is an indication that there is a deeper issue to address, one that can be uncovered and addressed with the help of your provider.

Why can't I consume oranges or eggs while detoxing?

Oranges are a common food allergen in the general population and eggs, especially whites, tend to be allergenic. Avoid eggs unless approved by your provider.

Can I complete this program while pregnant or nursing?

We strongly recommend consulting your provider before using any nutritional supplement while pregnant or nursing and we do not recommend this program in those situations. It can wait!



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If pregnant or lactating, please consult your healthcare practitioner before using any nutritional supplement.