

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9 Deadline to Register!	10	11
12	13	14 Cleanse Class #1	15	16	17 Begin Cleansing!	18
19	20	21 Cleanse Class #2	22	23	24	25
26	27	28 Cleanse class #3	29	30	31	1
2	3	4 Cleanse Class #4	<u>Supplement Regimen</u> Days 1-7 <ul style="list-style-type: none"> ❖ 2-3 SP Complete Shakes/ day (2 scoops/shake) ❖ 7 SP Cleanse capsules – 3 times/day ❖ 3 Gastro Fiber capsules- 3 times/day or 1 Tbsp Whole food fiber/SP Complete shake ***If constipation occurs, increase water & raw veg. intake; you can also eat one beet daily. Days 8-21 <ul style="list-style-type: none"> ❖ 2-3 SP Complete Shakes/ day (2 scoops/shake) ❖ 3 Gastro Fiber capsules- 3 times/day ❖ 5 SP Green Food capsules – 2 times/day 			