

# Back In Action Chiropractic

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## Purification Program Outline



### Congratulations and Welcome to your Purification Program!

You'll need to do some preparation **before** you start your program:

- Complete the Toxicity and Symptom Survey Questionnaires and review them with your practitioner
- Food shopping checklists
- 21-day purification nutritional product kit
- SP Complete™ Shake recipe suggestions sheet (see our website for the link on the "Nutrition" page)
- Other nutritional or herbal products as recommended
- Suggested food reintroduction kit

**Before you start, you will need to go shopping** so that everything you'll need will be easily available at home.

**Eliminate** ALL sugars, starches, and simple carbs from your diet, as well as pastas, breads, and cereals to eliminate common allergens and to help manage weight.

### Purification Program: Days 1 - 7

- Consume 3 meals per day**  
2-3x SP Complete™ Shake recipes plus:  
60-70% vegetables and 30-40% fruits on the "Foods to eat" list. You may lightly steam or grill the vegetables (no frying). Try to eat at least ½ of them in the raw state. (Eat all you want of the vegetables/fruits.) Also, 1x 4oz serving of fish or poultry per day
- Drink at least 8x 8oz glasses of water per day**
- SP Cleanse Product** (1st seven days)  
Take 7 capsules 3x/day with meals
- Between meals:**  
3-5 GastroFiber® capsules 2x/day w/ 12oz water, or  
3-6 Okra-Pepsin E3 capsules 2x/day w/ 12oz water
- You may use olive oil for cooking or salad dressing
- You may use 1-2 pats of organic butter on vegetables
- Salad dressing is permissible, but avoid dressings with corn syrup, sugar, and dairy
- Do not use margarine** or partially hydrogenated oils!
- If you have arthritis, avoid vegetables in the nightshade family – tomatoes, potatoes, bell peppers, etc. (See "foods to avoid" chart)
- Avoid caffeine, tobacco, and alcohol. If you are a high caffeine user, taper off usage over a two-week period to avoid headaches.
- If you become constipated, contact your health care practitioner as soon as possible!**

### Purification Program: Days 8 - 21

**Congratulations!** You've made it through the first ten days – they are the most challenging. Now, you're in the home stretch.

- Continue the program started for days 1-7
- Add SP Green Food™ – 3 capsules 2x/day
- Continue the GastroFiber® or use Slippery Elm Powder – 1 Tbsp. in water 2x/day for added fiber. (Drink lots of water, also!)
- Continue to eat fish, chicken, or turkey (organic or free-range) once or twice daily
- You may have organic or free range beef two or three times per week
- With physician's approval, you should begin activity/exercise, such as walking briskly for 20-30 min/day 6 days/week
- If you want to lose weight, you may drink your SP Complete Shake 1 hour prior to meals – you'll reach fullness faster

Some people experience headaches and may have skin rashes while cleansing. This is normal and should pass within the first 10 days. If rashes, headaches, or any other symptoms persist or become severe, see your health care practitioner immediately.