



10 Day Biotics Cleanse

When our car's engine is dirty and clogged up, it has no pep or getup-and-go. You can put in the very best gasoline and oil, but the speed and performance just isn't there. The sensible and logical thing to do is to take the car into the mechanic and have the engine cleansed of the buildup and carbon and to get a tune-up. After that is done, what happens? The car seems like new again and has better performance.

Just as we take our cars into the shop to clean the engine and get a tune-up, so do our bodies need to be cleansed and tuned-up.

Our bodies have accumulated toxins and need maintenance just like a car; especially with all of the environment toxins and processed foods now days. When the cells, of which you have millions, are clogged up with acid, sugar, mucus, toxins, etc., you may have no pep, a poor complexion, dull eyes, suffer from aches and pains, or be nervous and irritable. You could be carrying around toxic waste that has been with you for years that is robbing you of your vitality.

This is your sacred time for healing and cleansing, and should be seen as a time of regeneration and rejuvenation.

As with any new changes to your health or body, please consult your doctor or health practitioner to make sure that this cleanse is appropriate for you and your health needs. I encourage you to be a smart consumer and do your research. Having said that, this is the #1 cleanse that I know of that is recommended by doctors. This is the cleanse that I do most often myself.

Instructions:

The kit for this cleanse can be purchased through Biotics Research by calling (800) 231-5777. Please use the customer account number **05TD9354** when ordering. Also, be sure to request the Rice Protein kit (not the whey protein).

Breakfast: 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water, 1 pack of the supplements that are provided in kit

Lunch: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

Afternoon snack: 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water, NO supplement pack

Dinner: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

The key is to not eat or drink anything except for water or herbal tea during the 10 Day Cleanse except for the four meals.

Try to eat 1/3 less food than you normally eat when you eat your 2 clean meals. Just eat until you are comfortable, not full.

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Other Helpful Cleanse Tips

- Still take all cream and liquid supplements, and the Betaine & Super DigestZyme (if you are taking them) with each of the four meals. You can also take any other supplements you are up for taking, but if it seems like too many to take then just wait to resume your normal regime after the cleanse.
- A massage, sauna, dry skin brushing or colonic would be great during your cleanse.
- It's a good idea to not take any over the counter medications that is not absolutely necessary.
- If you are taking a prescription medication, please use your own discretion when deciding if you are going to stay on it during the cleanse or not.
- During your cleanse, you should refrain from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a cleanse. Please use your own discretion here.
- This is a time for rejuvenation and healing, so if you feel like taking a nap, take a nap. Don't push your body beyond what it is telling you it wants.
- It's much easier to do a cleanse or cleanse with a buddy, but don't make waiting around for someone else to start be your excuse for not starting yourself. If you don't have someone to do it with it's a good idea to tell the people around you so that they can support you on your journey.
- Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse.
- Doing a cleanse is a time of great self discovery. How you do a cleanse is a direct reflection of how you do everything in your life. If you cheat or give up on your cleanse, you are giving up on yourself. This can be absolutely devastating for your self esteem and trust in yourself. So have integrity and be ready to "play full out".
- There will never be a perfect time to do a cleanse. There will always a million rationalizations to not start, so it is best just to jump right in with both feet.

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What Foods To Eat During the Cleanse

Good Foods:

Make as many of these organic as possible

All Herbs
[All Sea Vegetables](#)
All Vegetables, Except Potatoes
Avocado
Beans
[Bee Pollen](#)
Beets
Brown Rice
Carrots*
[Raw Chocolate \(Unsweetened & Dairy-free\)](#)
[Clearvite-SF](#)
Coconut
Coconut Oil

Corn*
Eggs
Fish
Ghee (Clarified Butter)
Goji Berries
Grape Seed Oil
[Green Life Smoothie Mix](#)
[Hemp Seed Protein/Powder](#)
[Incan Berries \(Golden Berries\)](#)
Irish Moss
Lemon and Lime
Lentils
[Maca](#)
[Miracle Noodle Brand Pasta](#)

[Nut/Seed Butter](#)
Nuts
Olive Oil
[Organic Free-Range Chicken](#)
[Organic Free-Range Turkey](#)
[Organic Grass-Fed Beef](#)
[Organic Grass-Fed Lamb](#)
Quinoa
Sashimi
Seeds
Tomatoes
[Wild Caught Salmon](#)
Yams*

**Limit to ½ cup per serving*

Foods to Avoid:

Agave Nectar
Alcohol
All Fried Foods
All Fruit not on Good Foods list
All Grains not on Good Foods list
Artificial Sweeteners
Breads
Breads
Buckwheat
Candy
Cereal
Cheese
Cream Sauces
Dairy
Evaporated Cane Juice

Exekiel Bread
Flour
Flour Tortillas
French bread
Fructose
Fruit Juice
Fruits
Grade B Maple Syrup
High Fructose Corn Syrup
Honey
Hydrogenated Oils
Millet
MSG: Monosodium Glutamate
Oatmeal
Potatoes

Raw Cane Sugar
Seitan
Soy
Sucrose
Sugar
Tortillas
Trans Fats
Vinegar
Wheat Bread
Wheat Pasta
White Bread
White Flour
White Rice
Yogurt

Symptoms Of Cleansing And What You May Feel During And After A Cleanse

Most Commonly Reported Positive Effects

DURING The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Positive Effects

AFTER The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Negative Effects

DURING The Cleanse:

(these symptoms pass after a day or two)
Headaches
Flu / Cold-like symptoms / Chilling
More emotionally sensitive
Lethargic / Low energy
Diarrhea/ Constipation
Gas / Bloating
Body odor / Bad breath
Skin breakouts / Rashes
Irritable
Sporadic sleep
Old memories / emotions resurfacing
Mucus drainage
Allergies
Sinus Issues
Excess Mucus

Most Commonly Reported Negative Effects

AFTER The Cleanse:

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.

Sometimes feeling worse means you are actually getting better.

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out. Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

HAPPY CLEANSING!

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