

Kim Evans, MA

PaleoCleanse™ Plus Detoxification Program

Featuring Certified Organic Pea Protein



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THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

A woman with dark hair is sleeping peacefully, her eyes closed. She is wearing a dark blue, textured sweater. A white ceramic mug is placed on her forehead. The background is a plain, light-colored wall. A vertical dashed line runs down the center of the image. On the left side, there is a teal circular graphic containing the text 'Why Detox?'.

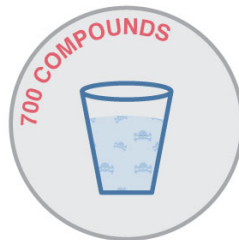
**Why
Detox?**

Prevalence of Environmental Toxins



More than **80,000 CHEMICALS** are in existence in the US, with approximately 2,000 being added annually

Source: US Dept. of Health & Human Services



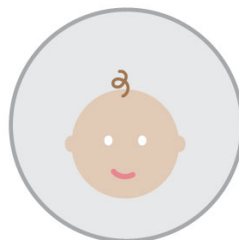
More than **700 SYNTHETIC ORGANIC COMPOUNDS** have been identified in various US drinking water supplies

Source: Cornell Univ. Pesticide Safety Education Program




An indoor environment is roughly **TWICE AS POLLUTED** as an outdoor environment

Source: US Consumer Product Safety Commission



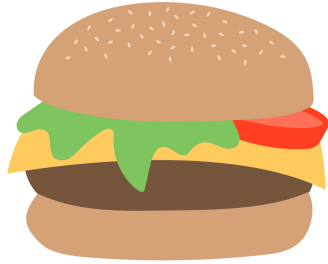
The average infant is born with more than **200 TOXINS**

Source: Environmental Working Group



The *CDC's Fourth
National Report on
Human Exposure to
Environmental Chemicals*
**tested 212 chemicals
and found ALL to be in
blood and urine of
most Americans!**

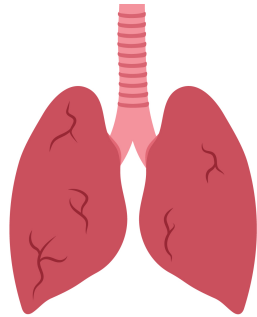
How do toxins enter the body?



the food we eat



the water we drink



the air we breathe



the products we use

Sources of Environmental Toxins

1

FOOD

- Pesticides, herbicides, fungicides
- Genetically-modified organisms (GMOs)
- Preservatives
- Artificial coloring and flavoring
- Hormone-injected animals
- BPA from can lining
- Processed meat containing nitrites/nitrates
- Carcinogens formed from cooking meat

Sources of Environmental Toxins

2

DRINKING WATER

- Fluoride, chlorine, arsenic, lead
- Pesticides, herbicides, fungicides
- Pharmaceuticals (disposed in toilet)
- Industrial compounds
- Disinfection byproducts

Sources of Environmental Toxins

3

INDOOR AND OUTDOOR POLLUTANTS

- Tobacco smoke
- Household products: air freshener, detergent, disinfectant, cleaners, stain retardant, flame retardant, scented candles, dry cleaning chemicals
- Natural sources: dust mites, mold, pet dander, pollen
- Building materials (paint, insulation, carpet, glue): asbestos, lead, formaldehyde, radon, carbon monoxide
- Industrial and car exhaust

Sources of Environmental Toxins

4

PERSONAL CARE PRODUCTS

- Makeup
- Antiperspirant and deodorant
- Lotion
- Nail polish
- Perfume
- Hair products
- Sunscreen
- Pharmaceuticals

5

HOUSEHOLD PRODUCTS

- Cleaners
- Non-stick pans
- Plastic wrap
- Food storage containers
- Water bottles

How does the body deal with toxins?

The body has three options:

1. Remove them
2. Hide them in body fat
3. Deposit them in other tissues

The long-term ingestion and accumulation of low-level toxins may lead to what we label as a 'disease.'

Common Signs & Symptoms of Toxic Overload

- Chronic fatigue
- Constipation
- Gas & bloating
- Poor digestion
- Bad breath
- Inability to lose weight
- Bloating and puffiness
- Recurring headaches
- Mood swings
- Irritability
- Brain fog
- Problems with memory
- Joint pain/stiffness
- Sensitivity to odors from perfume, cigarettes, auto fumes, etc.
- Frequent colds
- Chronic infections (sinus)
- Skin rashes, hives

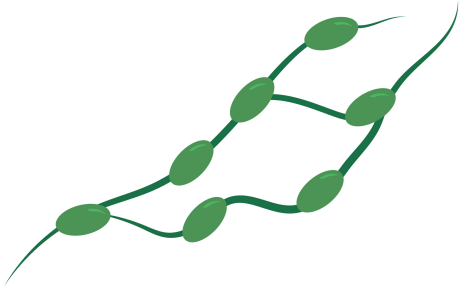
Possible long-term effect of toxins on the body

- **Reproduction**
 - Fertility issues
 - Birth defects
- **Development**
 - Delayed learning
 - Delayed motor skills
- **Brain Function**
 - Early onset dementia
 - Memory loss
 - Cognitive decline
- **Weight Loss Resistance**
- **Behavior**
 - ADD/ADHD
 - Autism
- **Endocrine/Hormones**
 - Type II Diabetes
 - Metabolic Syndrome
 - Hormone imbalances
- **Immune Function**
 - Autoimmune conditions
 - Suppressed immune function

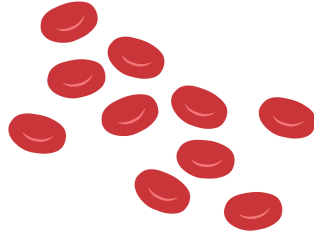
Weight Loss Resistance

- Toxins are stored in fat cells
- Body “guards” toxins in body fat as a protective mechanism – the body doesn't want harmful compounds circulating around in the blood
- A plateau in weight loss may indicate toxicity
- Detoxification can help jumpstart weight loss – fat loss may occur *after* the body is able to safely and effectively eliminate these toxins

Organs of Detoxification



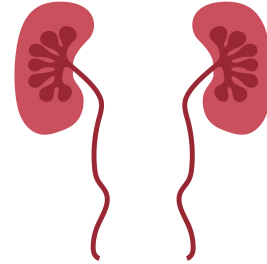
Lymph



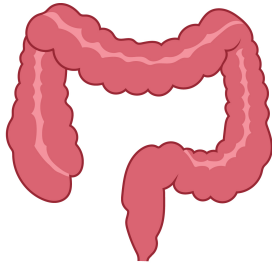
Blood



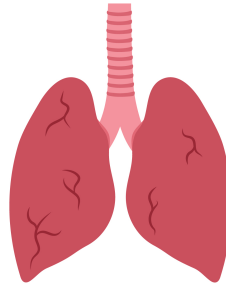
Skin



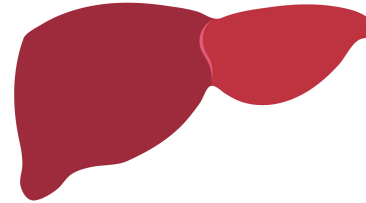
Kidney



Colon



Lungs



Liver

The Liver

The liver is the body's **primary detoxification organ**.

It works in the body like an oil filter works in a car.

Functions of the liver include:

- Detoxifying chemicals and metabolizing drugs
- Filtering the blood
- Converting the sugar you eat into usable energy
- Processing the body's stored sugar (glycogen)
- Creating bile to aid in the digestion of fats and elimination of cholesterol
- Regulating sex hormones
- Eliminating excess hormones

The Detoxification Process

- Detoxification (or “detox”) is the process that the body uses to convert toxic substances into non-toxic, water-soluble compounds that can be readily excreted through the urine or feces
- Most toxins are fat-soluble, causing the body to store them in high-fat tissues and organs
- Fat-soluble toxins must be converted into water-soluble forms before they can be excreted
- This is done in a two-step process referred to as phase I and phase II detoxification

Toxins

(fat-soluble)

Metabolic End Products

Micro-Organisms

Contaminants/Pollutants

Insecticides

Pesticides

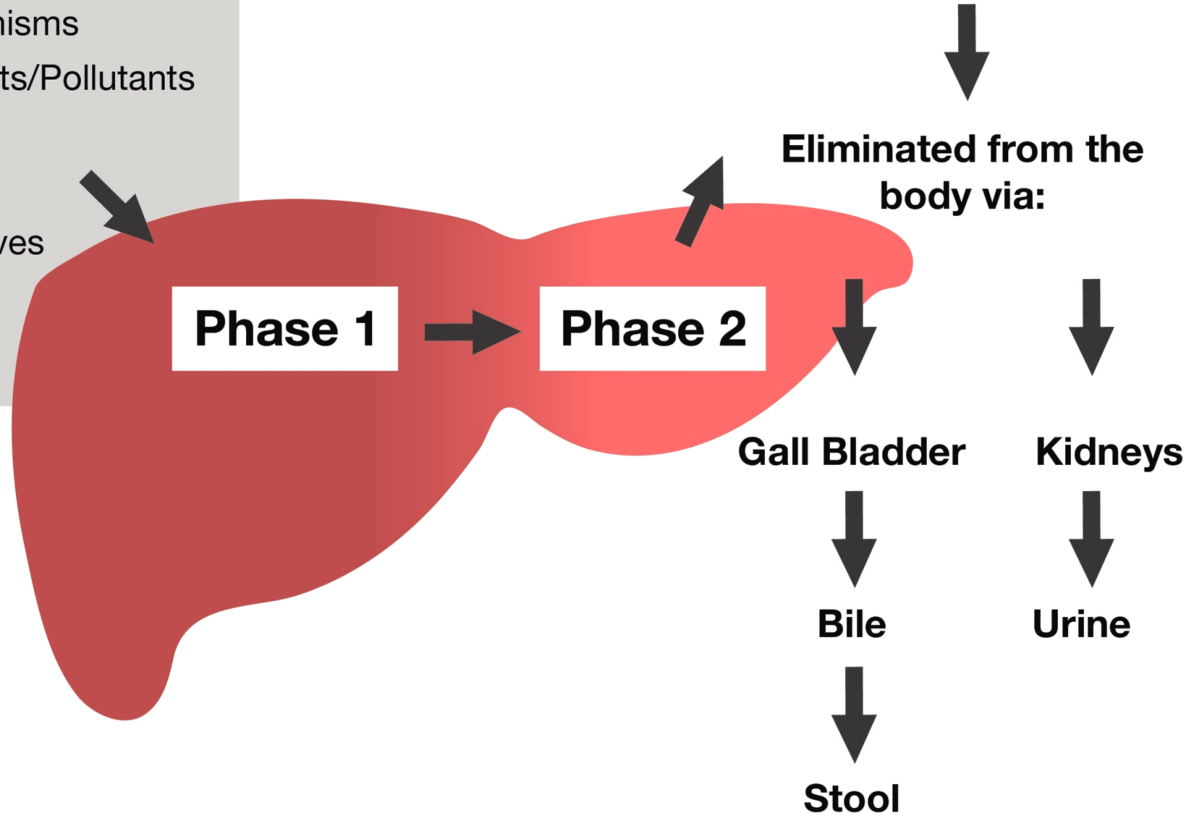
Food Additives

Drugs

Alcohol

Waste Products

(water-soluble)



When does detoxification become imbalanced?

- A congested or sluggish liver indicated by low bile flow
 - Toxins are released into the bile, which is secreted into the GI tract and eliminated from the body via the feces
 - Diminished bile flow reduces the excretion of toxins from the body
- Phase I detoxification is greater than phase II detoxification
 - Phase I detox produces more toxic intermediate than phase II can handle, causing toxicity problems
- Impaired liver detoxification function
 - Reduced phase I and/or phase II enzyme activity

A photograph of a woman with blonde hair tied back, wearing a yellow and white striped shirt over a yellow tank top, sitting on a white rug and looking down at a young child. The child, with blonde hair, is wearing a white tank top and looking up at the woman. The background is a bright, out-of-focus indoor space with large windows. A blue circular graphic with a white border is overlaid on the right side of the image, containing the text "What Can You Do?".

**What Can
You Do?**



**Reduce Your
Toxin Exposure
&
Detoxify
Your Body**

PaleoCleanse Plus™ Detoxification Program

Reset the Metabolic Detoxification Process



- Simple
- Convenient
- Effective

PaleoCleanse Plus™ Detoxification Program



- Highly effective and targeted detoxification formulation
- Convenient, easy-to-use individual powder and capsule packets
- Simple food plan
- Step-by-step 14 & 21 day guides that include simple food plans

PaleoCleanse Plus™ Detoxification Program

Each kit provides:

- Single serving drink mix packets containing PaleoCleanse Plus™ functional food powder
- Individual capsule packets containing:
 - 3 - Amino-D-Tox™ capsules
 - 1 - Hydrolyzyme™ capsule



PaleoCleanse Plus™

Single-serving drink mix packets

- 18 g protein from **certified organic**, non-GMO North American grown yellow peas
 - Low allergenic protein source
 - Excellent amino acid profile
 - Specific multivitamin/mineral for detoxification enzyme support
- Nutrients for Phase I & II detoxification support and balance
- Specialized nutrients to promote bile flow and improve gallbladder function
- Therapeutic antioxidant levels for tissue protection
- Glucomannan and fiber to improve satiety
- Alkalizing veggie & fruit blend for added antioxidant and metabolic support
- Pleasant taste & texture

Why Use Organic Protein?

- The use of organic pea protein supports the overall goal of detoxification by providing a clean and nutrient dense protein to optimize results
- While other detoxification programs recommend organic foods, their formula is not organic

PaleoCleanse Plus™

Detoxification Support Packets

Each capsule packet contains:

- 3 Amino-D-Tox™ capsules to support the detoxification process
- 1 Hydrolyzyme™ capsule for efficient protein digestion



Amino-D-Tox™

Recommended Use: As a dietary supplement, take six capsules per day with meals, or as directed by your health care practitioner.

Supplement Facts

Serving Size 6 capsules

Servings per container 15

Amount Per Serving		% Daily Value
Glutamine	500 mg	*
Glycine	500 mg	*
Methylsulfonylmethane (MSM)	400 mg	*
N-Acetyl-Cysteine	250 mg	*
Taurine	250 mg	*
Alpha-Ketoglutarate	200 mg	*
Glutathione	200 mg	*
Methionine	200 mg	*
Ornithine	200 mg	*
Calcium-D-Glucarate	200 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearate.

- Supports Phase II liver detoxification
- Ensures toxin are safely eliminated from the body
- Helps reduce “detox” symptoms (will address these in later slide)

Hydrolyzyme™

Recommended Use: As a dietary supplement, take one capsule just before or with each serving of any protein supplement, or as directed by your health care practitioner. (Not intended for use with rice protein supplements.)

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
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Hydrolyzyme™	200 mg *
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(a proprietary proteolytic enzyme blend from
Bacillus sp and *Ananas comosus*)

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearate.

Contains a unique blend of enzymes that help you properly digest and absorb the protein in the PaleoCleanse Plus™ shakes.

Hydrolyzyme™

Why is it important to include Hydrolyzyme™?

- Shakes and liquid meals pass through the stomach more quickly than solid meals.
- Less time in the stomach means less time for digestion.
- Hydrolyzyme™ helps you combat the incomplete digestion of protein that often occurs with protein shakes.

Program Meal Guidelines



- ✓ Two PaleoCleanse Plus™ shakes per day
- ✓ One detox-appropriate meal that is most convenient to your daily schedule (examples in guide book)
- ✓ Snacks as needed to prevent hunger and provide energy (examples in guide book)

Program Diet Guidelines

Follow a low-allergen, elimination diet: remove gluten, (most) dairy, sugar, alcohol and caffeine

- Reduces the amount of allergens entering the body
- Helps to diminish yeast overgrowth in the gut
- Minimizes inflammatory and toxic reactions
- Maximizes the effectiveness of the program

Once the program is completed, these foods are slowly reintroduced to see how the body reacts to them. This will help to identify sensitivities.

Program Diet Guidelines

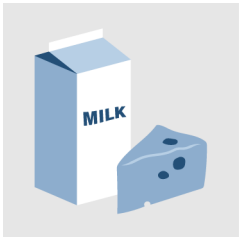
The problem with grains, gluten, soy and dairy



Consumption of gluten by those who are sensitive to it may lead to systemic inflammation, potentially leading to autoimmune conditions of the intestines, joints, thyroid, nervous system and other tissues



Soy and corn are also common food allergens



Bovine dairy sensitivity is common, often causing gut and immune disruption

What Should I Eat?

- Organic, grass-fed meat and poultry
- Organic foods whenever possible (see Dirty Dozen+)
- High fiber fruits & vegetables
- Whole grains, legumes, nuts, and seeds

What Should I Avoid?

- Foods high in pesticides and heavy metals
- Foods containing artificial colors, flavors and preservatives
- Processed foods
- High allergen foods
- Sugar in all forms
- Artificial sweeteners
- Alcohol and caffeine
- Soy protein
- Fried foods, hydrogenated oils, and margarine
- Peanuts/peanut butter (high allergen legumes)

Follow the Environmental Working Group's Dirty Dozen+™ and Clean Fifteen™



Buy Organic



Source: Environmental Working Group

www.ewg.org

Foods lowest in pesticides

Okay to eat conventionally grown

Use veggie wash

A 20% vinegar solution is also helpful



Source: Environmental Working Group

www.ewg.org

Lifestyle Tips During Detoxification

- Get plenty of rest – sleep is when you heal and restore
- Drink lots of water! Drink at least half of your optimal body weight in ounces of water.
(Example: A male weighing 180 lbs. would drink at least 90 ounces of water daily)
- Sweat! Either through exercise, in a dry sauna, or, even better, in an infrared sauna
- Dry skin brush for enhancing circulation and detoxification
- Reduce stress – removing toxins from the body can be a stressor in itself, so keep the stress burden to a minimum
- Choose better products – get tips for avoiding toxins and alternatives to your current products on www.ewg.org

Possible short-term side-effects of detoxification

People with severe toxicity and/or reduced detoxification capacity may experience some symptoms as they start to cleanse their systems:

- Headaches
- Weakness and dizziness
- Muscular aches
- Skin irritation (Rashes should pass quickly. The skin is a major organ of elimination; do not suppress irritations.)
- Awakening after a few hours sleep
- Constipation/diarrhea

If you experience any of these effects for 2+ days, increase water intake and call your detoxification prescribing healthcare provider.

Reported Detoxification Benefits

- Increased energy and vitality
- Loss of “bloat,” especially around the middle
- Improved digestion
- Healthier skin and hair
- Reduction of headaches, body aches, and allergies
- Better sleep, clearer thinking, and improved mood
- Establish habits for improved long term health
- Improved weight management
- Better focus and memory

Congratulations on taking
this detoxification journey...
your first step on the path
to wellness.
