



Purification Program



*A Patient Guide to Purifying,
Nourishing, and Maintaining
a Healthy Body and Weight*

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For your shopping convenience, use the tear-off shopping list in the back of this guide.

**Are you truly feeling the best your body has to offer?
You may not know how good you could feel until you purify.**

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle.

Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program will help you maintain a consistent healthy weight. When you've completed the 21-day purification program, you'll be amazed at how good you find yourself feeling. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward looking and feeling your best for a lifetime.



This plan is intended as a simple guideline that you and your health care professional can modify to fit your individual needs. You have so many choices that each day can be an adventure in tasting new foods and eating for better health.

purify

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins continually, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- ◆ Stuffy head
- ◆ Fatigue or difficulty sleeping
- ◆ Digestion and other gastrointestinal problems
- ◆ Food cravings and weight gain
- ◆ Reduced mental clarity
- ◆ Low libido*



There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research has shown that many of these chemicals can disrupt our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins.

External Toxins

Air and water pollutants

Caffeine

Cigarette smoke

Cosmetics

Heavy metals

Household cleaning products

Pesticides and herbicides

Pharmaceuticals

Preservatives

Internal Toxins

Ammonia

Carbon dioxide

Free radicals

Centers for Disease Control and Prevention. *Fourth National Report on Human Exposure to Environmental Chemicals*. Atlanta (GA): CDC, 2009.

How do I determine my toxic load?

Your toxic load is the amount of toxins that your body needs to process.

- Yes No Do you or have you eaten processed foods?
- Yes No Do you eat nonorganic fruits and vegetables?
- Yes No Do you eat meat and poultry that are not free range?
- Yes No Do you consume genetically altered food?
- Yes No Do you or have you ever used artificial sweeteners?
- Yes No Do you drink soda?
- Yes No Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Yes No Do you eat fast foods and/or eat out regularly?
- Yes No Do you charbroil or grill foods?
- Yes No Do you drink coffee regularly?
- Yes No Do you drink alcohol?
- Yes No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as perfumes, cleaners, and pollution, add to your load.

How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body—the liver, kidneys, and intestines. With help from these organs, your toxic load will decrease, and your body will concentrate its energy on purification and weight reduction. This will help you achieve optimal health by cleansing the body from the inside out.*

**Lighten your toxic load and manage your weight
through the Standard Process Purification Program.
It will transform your body—and your life.**

The Standard Process Purification Program stimulates specific detoxification organs in your body—the liver, kidneys, and intestines.

Liver

- ✦ Filters toxins
- ✦ Aids the body in metabolizing fat, protein, and carbohydrates
- ✦ Helps transform many toxins into harmless agents

Kidneys

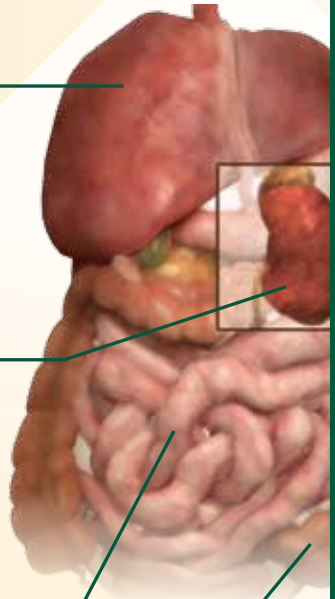
- ✦ Filter waste and excess fluid from the blood
- ✦ Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine

- ✦ Digests food so that nutrients can be absorbed into the blood and transported to the liver
- ✦ Provides a barrier that blocks toxins from the rest of the body

Large Intestine

- ✦ Absorbs water and electrolytes, forming waste that is excreted from the body
- ✦ Produces antibodies for gastrointestinal health
- ✦ Contains bacterium that create fatty acids and some vitamins for extra nutritional support*



Program Basics

Our 21-day purification program includes eating whole, organic, and unprocessed foods; taking whole food supplements; and drinking plenty of water. You will eat vegetables and fruit for the first 10 days, with select proteins added on day 11.

What supplements will I use during purification?

SP Cleanse®

- ◆ Vegetarian supplement containing whole foods and botanicals that helps the body's purifying organs—kidneys, liver, and intestines—eliminate toxins to:

Maintain healthy kidney and liver function

Support a healthy gastrointestinal environment and promote regular elimination

Support the lymphatic system, a major part of the immune system

SP Complete® (whey protein) or

SP Complete® Dairy Free (rice protein)

- ◆ Both offer essential whole food nutrition in a versatile shake that:
Delivers powerful antioxidant protection to support liver detoxification and immune function, as well as combat free radical damage
Provides amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health
- ◆ SP Complete Dairy Free contains rice protein instead of whey and is designed for those who are sensitive to dairy.
- ◆ Your health care professional will determine which product is right for you.





Gastro-Fiber® (capsules) or Whole Food Fiber (powder)

- ◆ Gastro-Fiber provides dietary fiber from botanicals and other whole food sources with more *soluble* fiber (slows digestion).
- ◆ Whole Food Fiber contains whole food ingredients with more *insoluble* fiber (creates a feeling of fullness).
- ◆ Both help:
 - Soften the stool and encourage regular elimination*
 - Promote a healthy gut—provides an environment for beneficial microorganisms*
 - Maintain healthy lipid and blood glucose levels already in normal ranges*
- ◆ Your health care professional will determine which product is right for you.

SP Green Food®

- ◆ Contains organically grown whole food concentrates from Brussels sprouts, kale, alfalfa, buckwheat, and barley grass to:
 - Support detoxification in the liver and combat free radical damage*
 - Provide a good source of phytonutrients, essential amino acids, vitamins, and minerals**



Supplement Regimen

Follow the supplement regimen below or as directed by your health care professional.

Days 1-7

- ◆ 2-3 SP Complete *or* SP Complete Dairy Free shakes per day (2 scoops per shake)
See page 44 and our website for some tasty recipes.
- ◆ 7 SP Cleanse capsules 3 times per day
- ◆ 3 Gastro-Fiber capsules 3 times per day *or*
1 tablespoon Whole Food Fiber per SP Complete shake

Days 8-21

- ◆ 2-3 SP Complete *or* SP Complete Dairy Free shakes per day (2 scoops per shake)
- ◆ 3 Gastro-Fiber capsules 3 times per day *or*
1 tablespoon Whole Food Fiber per SP Complete shake
- ◆ 5 SP Green Food capsules 2 times per day



Additional Supplementation

Your health care professional may also recommend these and other supplements during your program:

Whey Pro Complete (powder)

- ◆ Supplies 15 grams of protein per serving to increase energy and support muscle tissue growth; can be added to SP Complete shakes on day 1

Tuna Omega-3 Oil

- ◆ Provides omega-3 fatty acids

Gymnema 4g from MediHerb®

- ◆ Maintains healthy blood sugar levels already within a healthy range when combined with a healthy diet

ProSynbiotic

- ◆ Supports gut flora and overall intestinal health

Linum B6

- ◆ Contains flaxseed oil to help maintain healthy skin, nerve tissue, and blood fat levels*



nourish

“Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors ...”—Dr. Royal Lee, founder of Standard Process

Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Eating for Success

- ◆ Eat a variety of foods. Choose a rainbow of colors.
- ◆ Eat frequently throughout the day to maintain a level blood sugar range.
- ◆ Your health care professional may modify this program for your individual health needs.





Vegetables

You can eat an unlimited amount of vegetables from the list below. (Use organic whenever possible.) Your vegetable intake should be twice the amount of fruit intake.

- ◆ Average serving size = ½ cup
- ◆ No dried or canned vegetables; frozen OK
- ◆ Fresh juices made from vegetables allowed
- ◆ Can steam or stir fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- ◆ Fresh herbs and spices optional

Vegetables

Artichokes	Celery	Peppers (any color)
Asparagus	Chives	Pimentos
Bamboo shoots	Cucumbers	Radishes
Bean sprouts	Eggplant	Sea vegetables
Beets, red <small>(steam for 20-30 minutes or until soft)</small>	Garlic	Squash <small>(acorn, butternut, spaghetti)</small>
Bok choy	Kohlrabies	String beans
Broccoli or brocciflower	Leeks	Sweet potatoes, <small>½ per day</small>
Brussels sprouts	Mushrooms	Turnips
Cabbage (all types)	Okra	Water chestnuts
Carrots	Onions	Yams, <small>½ per day</small>
Cauliflower	Oyster plant	Zucchini
	Parsley	

Lettuce and Greens

Arugula	Endive	Red/green leaf lettuce
Beet greens	Escarole	Romaine lettuce
Chicory	Kale	Spinach
Collard greens	Mustard greens	Swiss chard
Dandelion greens	Radicchio	Watercress



Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, not dried or canned. (Use organic whenever possible.)

◆ Average serving size indicated

Apples, 1 medium

Apricots, raw 3 medium

Avocados, ¼

Bananas, ½ per shake

Blackberries, 1 cup

Blueberries, 1 cup

Cantaloupe, ½ medium

Cherries, 15

Cranberries, 1 cup whole

Figs, 2

Grapefruit, 1 whole

Grapes, 15

Guavas, 1 whole

*Honeydew melon,
¼ small*

Kiwis, 1 whole

Kumquats, 1 whole

Lemons, 1 whole

Limes, 1 whole

Loganberries, 1 cup

Mangos, 1 whole

Mulberries, 1 cup

Nectarines, 2 small

Oranges, 1 large

Papayas, 1 small

Peaches, 2 small

Pears, 1 medium

Pineapple, ½ cup

Plums, 2 small

Pomegranates, 1 whole

Raspberries, 1½ cup

Rhubarb, 1 cup

Strawberries, 1½ cup

Tangerines, 2 small

Tomatoes, 1 medium



Lentils or Wild/Brown Rice

- ◆ Average serving size = ½ cup cooked (measure carefully)
- ◆ 1-2 servings of lentils or 1 serving of wild or brown rice per day

Please note: *Lentils have a higher protein content and less carbohydrates than rice. For ideal weight and blood glucose management, choose lentils more often than rice.*

Protein Sources *(lean meat/fish can be added on day 11)*

- ◆ Servings should be roughly the size and thickness of your palm.
Average serving size = generally 3-5 oz. cooked
- ◆ Total servings: 2-4 per day, with 1-2 servings being fish
Fish should be deep-sea fish (e.g., salmon, cod, or sea bass), not farm raised.
Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.
- ◆ Broil, bake, roast, or poach
- ◆ No cured, smoked, or luncheon meats
- ◆ Ask your health care professional about adding 2 scoops of Whey Pro Complete, a powdered protein supplement, to each SP Complete shake for additional protein. (Whey Pro Complete can be added to shakes starting on day 1.)

Please note: *Protein sources can be added to the program on day 11, or as your health care professional recommends.*



Spring Water

- ◆ Drink a minimum of 8 glasses (64 oz.) of spring water a day.

Oils

- ◆ Average serving size = 1 teaspoon | Servings: 4-7 teaspoons per day
- ◆ Should be cold pressed and unprocessed
- ◆ Use high-quality oils, such as:
 - Coconut oil*
 - Extra-virgin olive oil*
 - Fish oil*
 - Flax oil* (keep refrigerated, do not heat)
 - Grape seed oil*

Refrain From Consuming or Using

- ◆ Alcohol, caffeine, tobacco, or other stimulants
Taper off before you begin your program to lessen headaches.
- ◆ Nuts/seeds
- ◆ Dairy
- ◆ Grains (except wild or brown rice)
- ◆ Processed or refined foods

For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight-management benefit you can gain from the program.



Enjoy the Journey

During the next 21 days, you will experience ups and downs, both physically and emotionally, as your body rids itself of toxins. Record your experiences to allow your health care professional to determine how the program is working for you.

Below is an example of what you might record:

- ◆ What did you eat today?
List the specific items you consumed.
- ◆ How are you feeling?

<i>Energetic or sluggish</i>	<i>Relaxed or tense</i>	<i>Clear/receptive</i>
<i>Refreshed or tired/drained</i>	<i>Content or depressed</i>	<i>or unfocused</i>
	<i>Grounded or dizzy</i>	<i>Calm or nervous</i>
- ◆ Did you experience any physical effects?

<i>Skin reactions (itchy, rashes, acne, clearer skin)</i>	<i>Aching joints</i>	<i>Gas or bloating</i>
<i>Flu-like symptoms</i>	<i>Weight loss</i>	<i>Allergic reactions</i>
	<i>Mild or moderate discomfort</i>	<i>Constipation or healthy bowel movements</i>
<i>Headaches</i>		
- ◆ Are you doing any other purification techniques?
Saunas, massages, etc., might help relieve any negative symptoms listed above.
- ◆ Exercise: List the amount of time and type of exercise.
Perspiring is also cleansing and will enhance the benefits of the purification and weight-management process.

Daily Intake Journal

Day 1 *Good luck on your journey toward better health!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 2

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 3

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 4

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 5 Week 1 is almost over!

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 6

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 7 *It's your last day of using SP Cleanse.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 8

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 9 Keep up the good work!

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 10

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 11 *You can add protein today.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 12

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 13

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 14 *You're on your way—week 2 is over.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 15

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 16

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 17 *You're right on track. Only four days left.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 18

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 19

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 20

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 21 Congratulations! You've made it through the program!

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

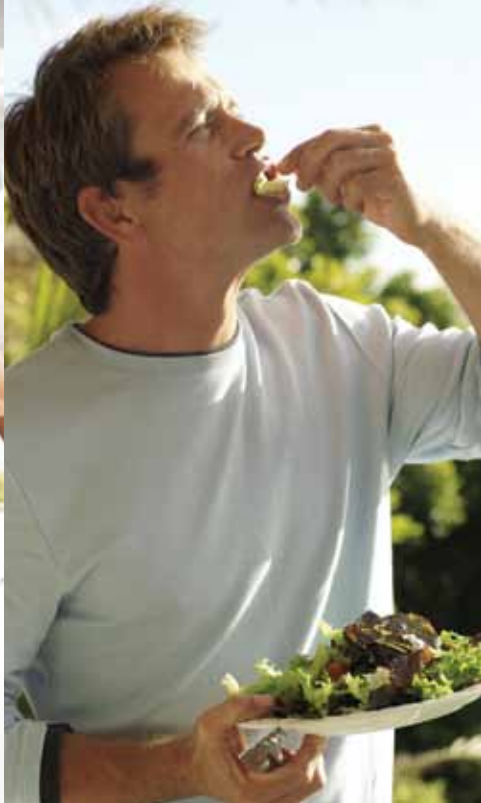
Are you doing any other purification techniques?

Exercise:



Congratulations on completing the purification program!

You've worked hard to follow a healthy meal plan, exercise, and take whole food supplements. You can continue your journey toward maintaining your health and supporting your weight-management goals with post-purification.



post-purification

Get Back to a 'New Normal' to Obtain Optimal Results

During post-purification, you'll begin to define your "new normal" with a healthy diet and supplements that will help meet your nutritional and lifestyle needs.

What's Different?

Diet

Continue to follow the purification diet (days 11-21).

Food reintroduction

You'll reintroduce foods you avoided during purification one food group at a time, as described in the next section.

Supplements

Depending on your needs, your health care professional might recommend an individual protocol including these or other specific whole food supplements.

- ◆ **SP Complete or SP Complete Dairy Free** shakes

Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber.

- ◆ **General Health Daily Fundamentals** are individual convenience packs containing three basic supplements for foundational support:

***Catalyn®** is a whole food multivitamin that bridges nutritional gaps within the diet.*

***Tuna Omega-3 Oil** delivers essential omega-3 fatty acids (including DHA and EPA).*

***Trace Minerals-B₁₂[™]** contains a spectrum of minerals that support a healthy body.**

Food Reintroduction

Systematically reintroducing foods from one food group at a time allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of the foods in these groups for a few weeks, so you'll want to introduce each new food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel. A complete food experience journal is available for downloading and printing on our website.

The Process

You'll follow the daily diet detailed on page 12 of this guide until you and your health care professional decide to reintroduce the foods you want to add back into your diet. You'll reintroduce one food from a food group at a time, but it's important to undertake this process with your health care professional's guidance. You should work together to decide which foods you'll reintroduce and what you should do if you have a reaction.

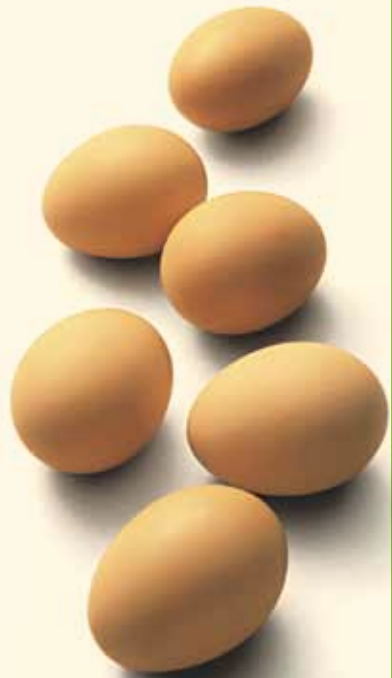
Let your body be your guide: If you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional. If your symptoms are uncomfortable but not severe, wait a few hours and try the food again, or follow the instructions your health care professional provides you with for reporting any issues. And remember, each person is different, so write down what you feel—different people will have different responses to the same food.



The Difference Between Allergies and Intolerance to Foods

Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy but some other "highly" allergenic foods are: milk, eggs, soy products, and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.



Intolerance

Food intolerance is the digestive system's response to the part of a food or additive that it can't process or that causes irritation. Sugar intolerance, for example, could be from a biological cause in which the body lacks the enzymes needed to process lactose or fructose. It could also be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut.

The body's response to food intolerance is usually based on portion: A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.





Reintroducing Foods Eliminated During Purification

Grains

Choose whole grains (the entire grain kernel) instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains containing their original fiber, iron, and B vitamins are a healthier choice. Eat a healthy range of whole grains that includes quinoa, spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

Dairy

This group includes products like cheese, milk, yogurt, and butter. These foods are nutritionally dense and provide a host of nutrient components such as calcium and protein.

Nuts and seeds (raw)

Nuts and seeds can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful a day is plenty for most people.

Shellfish

Shellfish, like shrimp and mussels, can add important nutrients such as protein and iodine to the diet.

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains, so you can have whole-grain toast at the same time. Or you could hard boil an egg and eat it at breakfast or as a snack.



An Example of a New Normal

To give you an idea of how rich and complex your diet should be, we've included a single sample day after you have reintroduced all food groups. If weight loss is a goal, keep in mind that most people who cut 300 calories from the daily diet while also getting 30-40 minutes of daily moderate exercise can expect to lose a pound per week.

Breakfast

SP Complete Shake <i>original recipe</i>	1 serving
<i>Add the following to the shake:</i>	
Water	8 oz.
Hazelnut oil	1 tablespoon
Blueberries <i>frozen, unsweetened</i>	1½ cups
Oatmeal <i>prepared with water</i>	¾ cup
Green tea	8 oz.

Snack

Sunflower seeds <i>kernels, oil roasted, without salt</i>	1½ tablespoon
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Lunch

Chicken breast <i>roasted</i> <i>with teriyaki (1½ tablespoon) and celery seeds (1 teaspoon)</i>	2 oz.
Broccoli <i>cooked, without salt</i>	½ cup
Summer squash <i>cooked, without salt</i>	½ cup
Asparagus	8 spears

Snack

Cottage cheese	½ cup
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Dinner

Walleye <i>baked</i>	3 oz.
Salad	
Greens	2 cups
Chickpeas <i>cooked</i>	½ cup
Green beans <i>cooked</i>	1 cup
Onion <i>sliced</i>	¼ cup
Garlic	1 clove
Kidney beans <i>cooked, without salt</i>	½ cup

Snack

Whole milk	1 cup
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Note: The above example contains approximately 1,600 calories and is a general sample of a healthy meal plan.



Health Tips for a Lifetime

Trying to lose too much, too fast

The safest way to lose weight is to set a goal of losing 1 to 2 pounds per week. That way you keep weight off and avoid “yo-yo” dieting.

Underestimating the amount of calories/nutrients in food

Let your body tell you when it’s full—never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience.

Preparing for social gatherings

Drink water before social events and while you’re there so you don’t mistake hunger for dehydration. If appetizers will be served, eat a healthy snack beforehand so you’re not so tempted by foods high in calories and trans fats. Healthy snacks could include:

- ◆ 1 cup of carrots with ranch dressing
- ◆ Celery sticks with 1 tablespoon peanut butter
- ◆ 1 medium apple or 1 cup of grapes
- ◆ 1 StandardBar® (convenient bars in several flavors)



Dealing with feeling deprived/bored with the diet

Depriving yourself all the time of favorite unhealthy foods might lead you back to unhealthy eating habits. It's OK to give in occasionally and eat an appropriate amount of your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before.

Reaching for processed or refined foods high in sugar, fat, and additives

Avoid temptation by keeping these foods out of the house so you won't be tempted. When you eat out, preview the menu and make your selection in advance, if possible, so you can avoid these foods. If sugar cravings are a problem, ask your health care professional about additional supplementation that can help.

Drinking alcohol or caffeine

If you consume these drinks, it's best to drink them only in moderation.

Portion control

Portion control is essential for maintaining a healthy weight. Consider the serving size for the food you are eating.

Reading labels

As you begin adding new foods to your diet, make sure you read the labels carefully. Avoid additives and unhealthy fats—your well-being depends on it. Ingredients to watch for:

Monosodium glutamate (MSG)/natural flavoring

MSG is used as a salt substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant-prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Trans fats (hydrogenated oils)

Most dietary trans fats are found in processed foods like cakes, cookies, crackers, and bread. Trans fats are known to raise “bad” cholesterol levels and lower “good” cholesterol levels and might be listed as “hydrogenated” or “partially hydrogenated.”

Artificial sweeteners

Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain “empty calories”—meaning they don’t provide any nutritive value for the calories they add to your diet.

Artificial colors/dyes

These are artificial chemicals added to foods to improve appearance. People expect foods to appear appetizing, so these artificial colors are used to provide uniformity in color and make products look as expected based on ingredients. However, some people have physical reactions to these substances. For example, a common yellow dye may cause an allergic reaction in susceptible individuals. Look for natural coloring agents like turmeric, paprika, or saffron instead.

Sodium

Sodium can hide in the most innocent places, like sauces, soups, and baked goods. Eating too much sodium can contribute to long-term health problems, as well as cause you to retain water and feel bloated. Opt for fresh foods and low-sodium products (including condiments like salad dressing, ketchup, and mustard), season with herbs instead of salt, and take the saltshaker off the table. Some people prefer salt that is less processed, like sea salt. Regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.

frequently asked

Q Why does my body need to be purified?

A See page 2.

Q What are the benefits of purification?

A A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:

- ◆ Improved weight-management results
- ◆ Increased energy/vitality
- ◆ Better digestion
- ◆ Less bloating
- ◆ Clearer thinking
- ◆ Clearer skin
- ◆ Shinier hair
- ◆ Disappearance or lessening of past conditions (PMS, digestive problems, etc.)
- ◆ Better sleep*

Q Will this purification program help me lose weight?

A By following the Standard Process Purification Program you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 35-37 for tips on how to continue your success.

Q Is exercise necessary? How much and what type is recommended?

A Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.

questions

Q What Standard Process supplements are taken during the program?

A See pages 6-8.

Q Can I take my regular supplements/medication on the program?

A Your health care professional can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. He or she also might recommend additional supplements to support your body while on the program.

Q How do I stick to the program when eating away from home?

A Here are some tips to help you stay on track:

- ◆ Plan your strategy before you leave home.
- ◆ When choosing a restaurant, select one that serves foods on the recommended list (pages 12-15). This will curb temptation.
- ◆ When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- ◆ When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.
- ◆ For added convenience, SP Complete and Whey Pro Complete are available in single-serving packets. Ask your health care professional for more details.



Q What physical changes will I experience during purification?

A Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

Q Why can't I substitute different vegetables than what are outlined?

A The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification.

Q What if I want to add more protein or fiber to my diet during or after purification?

A Whey Pro Complete or Whole Food Fiber can be added to shakes or mixed with other beverages or foods, like applesauce or yogurt. See the Whey Protein or Dietary Fiber brochures on our website for more details.



Q What can I do if I am tired or lack energy while on the program?

A You may be fatigued because your body may require a higher amount of protein during purification and post-purification. Ask your health care professional about adding Whey Pro Complete to your program.

Q What can I do for temporary constipation?

A Remember to drink plenty of water—at least 64 ounces per day. Eat plenty of vegetables and fruits with a high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Q Do the purification products contain gluten?

A A list of gluten-free products is available on our website. Gluten sensitivity is a complex issue. Due to differences in patient sensitivities, nutritional counseling from your health care professional should be individualized, and potential gluten allergies and/or celiac disease should be discussed before you begin the Standard Process Purification Program.

Q Why is there lactose in SP Complete?

A Whey is a protein source found in SP Complete, and lactose is a nutrient found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Q Is the Standard Process Purification Program vegetarian?

A It is vegetarian (lacto-ovo) but not vegan.

Q What if I am allergic to certain foods on the list?

A If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.

Q Are the purification or post-purification programs recommended for pregnant or lactating women?

A No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.

Q How do I remain in good health after the program?

A The logical next step after purification is the post-purification program. This will allow you to reach your “new” normal—the healthy way you will eat and live from now on. Your health care professional will recommend that you stay on the post-purification program until you meet your health and weight-management goals. See page 29.

Your health care professional may want you to complete the purification process once or twice a year to maintain your level of health and well-being.

Q How long will I remain on post-purification?

A You’ll want to continue the things you’ve learned as you maintain your quest for better health.

Q What do I do if I have continued health issues?

A You and your health care professional should work together during post-purification. Your health care professional may recommend supplements that are specific to your health concern.



Q What if I am not losing weight during post-purification like I did on the purification program?

A The post-purification program is a way to establish healthy eating habits not a weight-loss program. That said, many people will lose weight during both the purification and post-purification programs because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:

- ◆ Eat more vegetables than fruits.
- ◆ Have healthy snacks, such as fruits and vegetables, available at all times.
- ◆ Be aware of portion size.
- ◆ Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- ◆ If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

Q What if I am struggling with the program?

A Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

Recipes

Shakes

Directions for All Shakes

Thoroughly blend all ingredients together adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix as needed before pouring.

Original Recipe

1-1½ cups of your favorite fresh or frozen fruit or vegetables (optional)
1 tablespoon high-quality oil (e.g., flax oil)
2 rounded tablespoons (scoops) SP Complete
8 oz. water (increase for desired consistency)

Please note: *You may add 2 tablespoons Whey Pro Complete and/or 1 tablespoon Whole Food Fiber to any shake recipe.*

Strawberry Twist

1 cup strawberries
1 cup freshly juiced carrots
1 tablespoon flax oil
2 rounded tablespoons
SP Complete
Ice cubes or cold water

Citrus-Berry Splash

½ cup blackberries
¼ cup blueberries
½ cup strawberries
½ banana (optional)
Juice from 2 freshly
squeezed oranges
2 rounded tablespoons
SP Complete
Ice cubes or cold water

Banana-Berry Blast

½ cup blueberries
½ cup strawberries
½ banana
2 rounded tablespoons
SP Complete
Ice cubes or cold water

High-Protein Smoothie

¼ banana
¼ cup pineapple
1 tablespoon high-quality oil
(e.g., flax oil)
2 rounded tablespoons
SP Complete
2 rounded tablespoons
Whey Pro Complete
½ cup water



Tips for Your Shake:

- ◆ Use frozen fruit and eliminate water/ice for a frosty, thick smoothie.
- ◆ Mangos or peaches give your shake a nice zing.
- ◆ Peel and slice extra-ripe bananas, and freeze them for easy use.
- ◆ Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.
- ◆ Consider substituting SP Complete Dairy Free if lactose is a concern.
- ◆ If blending vegetables, there is no restriction regarding the quantity, and it is recommended that a high-performance commercial drink blender be used.

Apple-Cinnamon Surprise

1 cup water
1 medium apple
½ banana
½ teaspoon cinnamon
1 scoop SP Complete
1 scoop Whole Food Fiber
Handful of ice cubes

Flecks o' Flax

1 small or ½ large banana
Handful of grapes
½ ripe pear or apple
2 heaping tablespoons of organic milled flaxseed (not oil)
1 scoop SP Complete
1 scoop Whole Food Fiber
1 cup water

Pumpkin Pie

1 tablespoon flax oil
½ banana
½ cup organic pumpkin
Few pinches each of ginger and cinnamon
1 scoop SP Complete
1 scoop Whole Food Fiber
½ to 1 cup water
(less if adding ice cubes)

Salads

Beet Salad

- 1 lb. beets, peeled and grated
- 4 sticks of celery, finely chopped
- 2 tablespoons apple juice
- 1 tablespoon apple-cider vinegar
- 4 scallions, finely chopped
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- Celtic Sea Salt and pepper to taste

Mix beets and celery with apple juice. In a separate bowl, whisk together the remaining ingredients. Toss the celery/beets with half of the liquids. Then drizzle the remaining liquid over the salad. Chill for 2 hours and serve.

Cholula Fiesta Salad

- 2 cups mixed greens
- ¼ cup avocado
- 1 carrot, shredded
- ½ cup tomato
- ½ cup jicama
- 1 lime, juiced

Chop tomato, avocado, and jicama. Combine all ingredients in a bowl and top with lime juice.

Carrot-Beet Salad

- ¼ cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons raw honey
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- ¼ teaspoon cayenne (optional)
- Celtic Sea Salt, to taste
- 3 cups shredded beets
- 3 cups shredded carrots
- ½ cup fresh parsley, chopped

Mix all ingredients except beets, carrots, and parsley in a large bowl. Check seasonings. Add beets, carrots, and parsley. Toss to combine. Let marinate 2 hours, if desired.

Cabbage Salad

- ½ head purple cabbage, shredded
- ½ red or purple onion, sliced thinly (soak in cold water for a few minutes if you prefer milder onion flavor)
- ½ cucumber, sliced thinly
- 1 avocado, diced
- 1 medium tomato, coarsely diced
- 1 lime, juiced
- Celtic Sea Salt and fresh cracked pepper

Toss all ingredients with lime juice, salt, and pepper.



Avocado and Papaya With Lime Dressing

- 2 limes, juiced
- 1 tablespoon raw honey
- ¼ teaspoon Celtic Sea Salt
- ¼ teaspoon freshly cracked black pepper
- 4 cups mixed baby lettuce greens
- 2 papayas
- 2 avocados

Combine the lime juice, honey, sea salt and pepper; blend until smooth. Peel the papayas and cut them in half. Remove the seeds. Slice the papaya halves into thin wedges. Cut the avocados in half, and remove the pits. Slice the flesh into thin strips. Arrange the fruit slices on salad plates, alternating between papaya and avocado. Combine the greens and dressing in a bowl and toss well to coat. Mound a portion of the greens in the center of each plate. Drizzle with a few drops of dressing.

Peaches, Basil, and Red Onion

- 3 peaches, sliced
- ¼ red onion, very thinly sliced
- ½ cup fresh basil (leaves torn if large)
- ½ lemon, juiced
- ½ teaspoon Celtic Sea Salt
- Freshly ground pepper
- 1 tablespoon olive oil

Toss peaches with red onion, basil, lemon juice, salt, and pepper to taste. Drizzle with olive oil. Can be served over fresh spinach with one of the dressings on page 48 and topped with chicken.

Recipe courtesy of Whole Living at www.wholeliving.com

Salad Dressings and Accents

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add color and flavor to your greens.

Seasonings

The Standard Process Purification Program was designed to allow you to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.

Parsley Garlic Dressing

½ bunch fresh parsley, chopped
2 garlic cloves, chopped
½ cup olive oil
¼ cup fresh lemon juice
1 teaspoon Celtic Sea Salt

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Avocado Dressing

1 avocado, peeled and chopped
¾ cup olive oil
¼ teaspoon fresh lemon juice
¼ teaspoon dry mustard
¼ teaspoon Celtic Sea Salt
Pinch of freshly ground pepper

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Garlic Flax Oil Dressing

2 cloves organic garlic
⅛ teaspoon Celtic Sea Salt
Juice of half a lemon
⅓ cup flax oil

Mash garlic with salt. Add lemon juice. If needed, add more salt, garlic, or juice. Mix in flax oil.

Apple-Cider Vinaigrette

3 tablespoons organic apple-cider vinegar
½ cup olive oil
¼ teaspoon Celtic Sea Salt
1 teaspoon oregano
⅛ teaspoon pepper

Mix ingredients and refrigerate in a sealed container. Let dressing sit at room temperature a few minutes before using.

Vinaigrette Dressing

⅔ cup olive or flax oil
1 tablespoon Dijon mustard
¼ cup balsamic vinegar or lemon juice
1 clove garlic, minced
¼ cup water

Mix together and add herbs to taste.

Dips and Snacks

Asparagus Fries

Asparagus, however much you like
1 tablespoon olive oil per pound of asparagus
Celtic Sea Salt

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a line on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Salsa Fresca

2 cups ripe tomatoes, chopped
1 cup Vidalia onions, chopped
1 cup green bell pepper, chopped
2 tablespoons fresh lime juice
1 jalapeno, finely diced
1 teaspoon Celtic Sea Salt
Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno, and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid, gently mix in the cilantro, and season with sea salt to taste.

Heirloom Cherry

Tomato Salsa

6 cups heirloom cherry tomatoes, sliced into halves
1½ cups finely diced celery (save the celery hearts for garnish)
1 small bunch parsley (about 2 cups) leaves only, roughly chopped, plus additional sprigs for garnish
3 jalapeños, seeded and finely minced
4 to 5 scallions (the white part and 1 inch of green, sliced very thin)
1 tablespoon red-wine vinegar
1 tablespoon olive oil
1 teaspoon Celtic Sea Salt

Place all the ingredients in a bowl and toss until evenly mixed.

Kale Chips

1 bunch kale
1 tablespoon olive oil
1 teaspoon Celtic Sea Salt
1 teaspoon cayenne pepper

Preheat oven to 350°. Line a noninsulated cookie sheet with parchment paper. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Soups and Stews

Creamy Red Pepper Soup

- 1 red pepper
- 1 cup warm water
- ½ large avocado
- 5 baby carrots
- ¼ cup hemp seeds
- 1 teaspoon onion, chopped
- ½ teaspoon garlic, chopped
- 1 teaspoon raw honey
- ½ teaspoon jalapeño pepper
- ½ teaspoon Celtic Sea Salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth, and slightly warm.

Gardener's Ratatouille

- 4 teaspoons olive oil
- 1 cup onion, chopped
- 3 cups plum tomatoes, chopped
- 2 cups eggplant, chopped
- 2 cups zucchini, chopped
- 1 cup bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon each fresh oregano, basil, parsley, chopped
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon black pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Stir in remaining vegetables and garlic. Cover, reduce heat, and simmer 30 to 40 minutes or until vegetables are cooked through. Stir in remaining ingredients and simmer, uncovered, an additional 5 to 10 minutes.

Recipe courtesy of Cooking Light at <http://community.cookinglight.com>

Lentil Soup

- 1 onion, chopped
- ¼ cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5-ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- Celtic Sea Salt and ground black pepper to taste

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.

Entrees

Herb Salmon

- 4 salmon fillets, about 6 oz. each
- 4 tablespoons fresh lemon juice
- Celtic Sea Salt and ground pepper
- ½ cup Dijon mustard
- 1 teaspoon olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan, and drizzle 2 tablespoons of lemon juice over the top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 tablespoons lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

Garlic-Lemon Chicken Kabobs

- 3 tablespoons olive oil
- Zest of 1 lemon
- 3 cloves garlic, minced or pressed
- 1 tablespoon minced fresh parsley
- 1 teaspoon Celtic Sea Salt
- ½ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch pieces

In a medium bowl, whisk together the olive oil, lemon zest, garlic, parsley, salt and pepper. Add the chicken pieces to the bowl, and mix to coat with the marinade. Cover and refrigerate for 2-8 hours. Prepare a medium fire in a grill. If using wooden skewers, soak them in water for at least 20 minutes before use. Thread the chicken pieces onto skewers, and discard the excess marinade. Lightly oil the grill grates. Place the kabobs on the grill, cover, and cook until the chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking.

Recipe courtesy of Annie's Eats at <http://annies-eats.net>

Entrees

Baked Fish Fillets With Mushrooms and Tomatoes

- 12 ounces Atlantic pollock
- 3 raw celery stalks, about 8 inches long
- 1 cup fresh mushrooms, sliced
- ¾ teaspoon fresh dill or rosemary
- 1 lemon, juiced
- ½ teaspoon black pepper
- 4 medium tomatoes, sliced

Preheat the oven to 375°. Sautee the celery and mushrooms briefly in a few tablespoons of water. Add the dill or rosemary. Arrange the sauteed vegetables in a baking dish. Sprinkle with about half the lemon juice and freshly grated pepper. Place the sliced tomatoes and then the fish on top. Sprinkle with remainder of lemon juice and pepper. Bake uncovered for 35-40 minutes. If necessary, add a slight amount of water to prevent the fish from drying while it bakes.

Recipe courtesy of SparkRecipes at www.sparkrecipes.com

Stuffed Whole Sea Bass

- 1 medium whole sea bass, scaled with head and tail intact
- 2-3 lemons, thinly sliced
- 1 small red chili pepper, deseeded and chopped
- 1 large handful each of fresh basil, flat-leaf parsley, thyme leaves, and coriander leaves
- 1 clove garlic, minced
- Olive oil for drizzling
- Celtic Sea Salt and freshly ground pepper

Ensure sea bass is clean inside and out. Preheat oven to 400°. Line an ovenproof dish with a double layer of foil large enough that it overhangs so you can wrap the fish. Drizzle with olive oil, and add a layer of lemon slices. Make several shallow slits on either side of the fish, being careful not to hit the bone. Roughly chop the herbs, garlic, and chili pepper. Place the herbs within the cavity of the fish along with several lemon slices. Top the fish with additional lemon slices, and drizzle with more olive oil. Fold the foil to package the fish, ensuring there is space above the fish for steam to collect. Bake 20 minutes. Remove from bone before serving.

Recipe courtesy of www.bestseabassrecipes.com

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency	Comments
SP Cleanse	7 capsules	3x/day	
SP Complete or SP Complete Dairy Free	2 tablespoons per shake	2-3/day	
Gastro-Fiber or Whole Food Fiber	3 capsules	3x/day	
	1 tablespoon per SP Complete shake	2-3/day	

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency	Comments
SP Green Food	5 capsules	2x/day	
SP Complete or SP Complete Dairy Free	2 tablespoons per shake	2-3/day	
Gastro-Fiber or Whole Food Fiber	3 capsules	3x/day	
	1 tablespoon per SP Complete shake	2-3/day	

Additional Purification and Post-Purification Supplementation

Supplement	Amount	Frequency	Comments
Whey Pro Complete			
Tuna Omega-3 Oil			
Gymnema 4g from MediHerb			
ProSynbiotic			
Linum B₆			
General Health Daily Fundamentals <small>(Catalyn, Trace Minerals-B₁₂, and Tuna Omega-3 Oil)</small>			

SP Complete and Whey Pro Complete are also available in convenient single-serving packets.

Fruit

Fresh or frozen only, organic if possible

- Apples
- Apricots, raw
- Avocados
- Bananas
(for shakes only)
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapefruit
- Grapes
- Guavas
- Honeydew
melon
- Kiwis
- Kumquats
- Lemons
- Limes
- Loganberries
- Mangos
- Mulberries
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Raspberries
- Rhubarb
- Strawberries
- Tangerines
- Tomatoes

Lean Protein Sources

(Starting Days 11-21)

Select organic, free-range, antibiotic-free, and hormone-free protein sources if possible—no cured, smoked, or luncheon meats

- Chicken
- Fish
- Other lean meat

Oils

- Coconut oil
- Extra-virgin olive oil
- Fish oil
- Flax oil *(keep refrigerated, do not heat)*
- Grape seed oil

Other

- Fresh herbs, spices, and accents

Shopping List

Vegetables | Greens

Purchase twice as many veggies as fruit—fresh or frozen only, organic if possible.

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Beets, red
- Bok choy
- Broccoli or
brocciflower
- Brussels
sprouts
- Cabbage *(all types)*
- Carrots
- Cauliflower
- Celery
- Chicory
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplant
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabies
- Leeks
- Lettuce *(red and green)*
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plant
- Parsley
- Peppers *(any color)*
- Pimentos
- Radicchio
- Radishes
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash
(acorn, butternut, spaghetti)
- String beans
- Sweet potatoes
- Swiss chard
- Turnips
- Water chestnuts
- Watercress
- Yams
- Zucchini

Lentils | Wild/Brown Rice

- Lentils
- Brown rice
- Wild rice

Beverages

- Spring water



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10% PCW

12010 Purification Product Kit
With SP Complete®
and Gastro-Fiber®



12020 Purification Product Kit
With SP Complete®
and Whole Food Fiber



12035 Purification Product Kit
With SP Complete® Dairy Free
and Gastro-Fiber®



12040 Purification Product Kit
With SP Complete® Dairy Free
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