



Fast Track Detox Program



Class #1: Eliminate

Strategy Session with Success Coach



- Identify potential toxicity symptoms
- Identify GI issues and start GI Support protocol if warranted
- Set goals for the 21 days and long term transformation goals
- Get started on immediate action steps
- Identify Detoxification Category through Symptoms Quiz and TQ Score

Review of Prep Action Steps



1. Clean Out
2. Restock
3. Add A Daily Shake
4. Start Your Supplement Protocol
5. Taper & Shift Your Beverages & > Your Water
-Caffeine, Alcohol, Soda, Juice
6. Journaling and Staying Accountable (Forum)
7. Tracking Body Composition

Symptoms Checklist



- Mood: Mood swings, irritability, depression, anxiety, nervousness
- Ringing in ears
- Itchy skin/ears
- Wheezing, allergies, excessive tearing
- Palpitations
- Swollen hands and feet
- Difficulty breathing
- Eyelid swelling
- Unsteady gait

Symptoms Checklist



- Burning/tingling hands or feet
- Blurred vision
- PMS
- Hypoglycemia
- Roller coaster energy levels
- Sugar and carb cravings
- Poor sleep quality
- Bowel movement regularity*
- Reduced productivity

Symptoms Checklist



- Energy: hyperactivity, chronic fatigue, unstable energy
- Skin-acne, rashes, rosacea, eczema
- Dark circles under eyes
- Headaches
- Clarity of thought, poor memory/recall
- Excessive hunger
- Sensitivity to smell
- Difficulty losing weight

Symptoms Checklist



- Congestion-runny nose, chronic cough, throat clearing, sinus infections
- Cold hands and feet
- Joint or muscle pain
- Indigestion, gas or bloating*
- Constipation or diarrhea*
- Abdominal cramps*
- Food cravings
- Sore throat

Your Toxicity Quotient



Detoxification Ability

– Toxic Exposure

= Toxicity Quotient

What Type Of Detoxifier Are You?



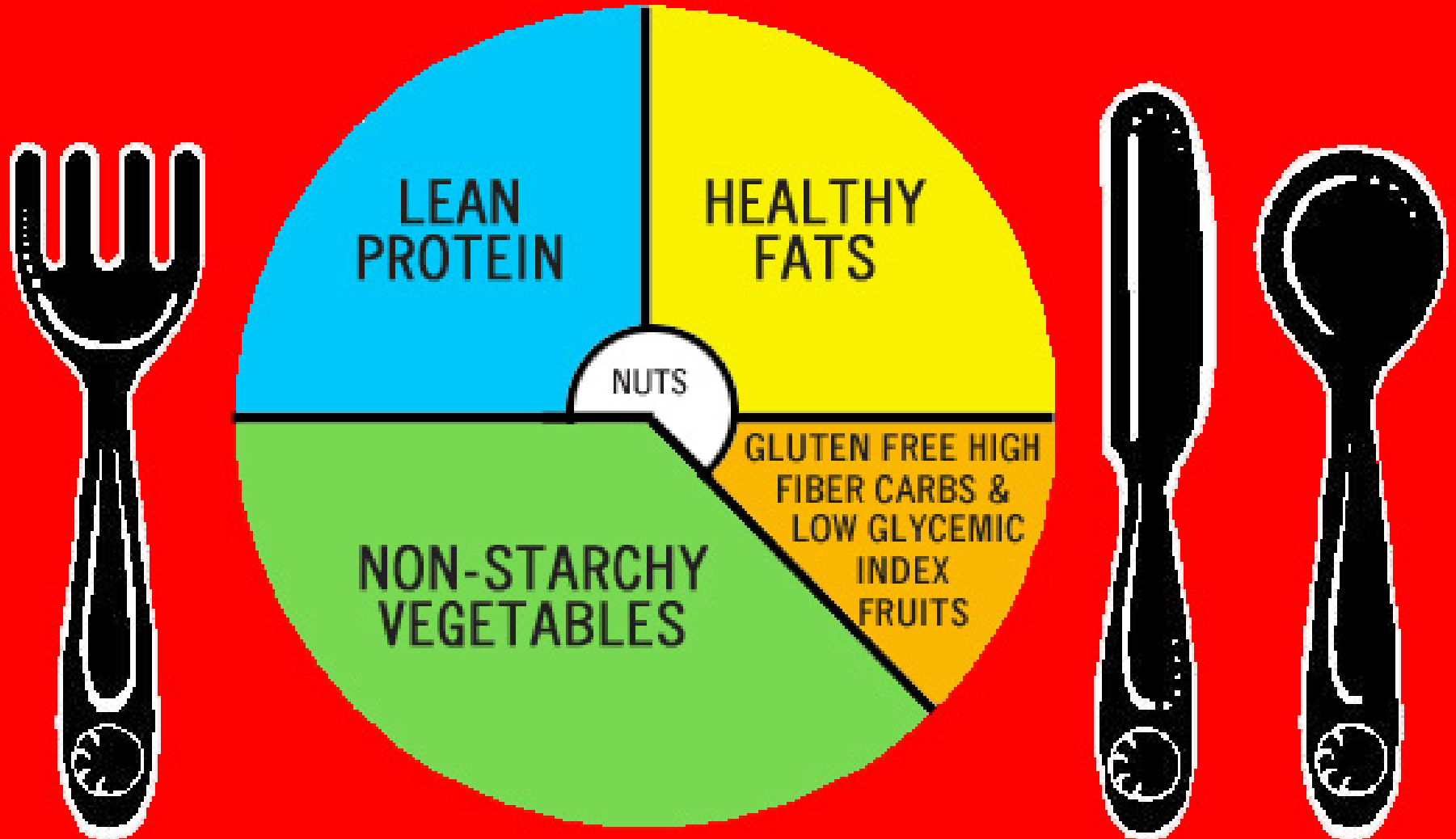
- **Gentle Detoxifier** = This means you scored anywhere from 0 to -20 on your TQ quiz and must go slowly due to your high toxic burden. (Bottom line – you are a mess!)
- **Moderate Detoxifier** = Your TQ score was between 0-5 indicating a moderate level of toxicity.
- **Advanced Detoxifier** = Your toxic burden is low! Your TQ score was 6 or greater. This will allow you to “Go for it” during your cleanse.



What Are Your Goals?

Make the commitment on the Forum!

Replace with Healthy Options



Eliminate Potential “Allergic” Foods



- Eliminate soy, gluten, dairy, eggs
- Review the circle – portions versus calories
 - Protein
 - Non starchy veggies (rainbow, sulfur, fiber)
 - High fiber carbs (fiber, low glycemic)
- Stop Snacking! Eat 3 meals and an optional snack
 - (only if you really need it)

This Week's Protocol



- **Liver-G.I. Detox Caps**
 - 1 capsule twice daily
- **Complete Multi**
 - 2 capsules three times a day

Replace 1 Meal per Day with Shake



- **Prescribed Nutrition Protein Shake**

- 2 scoops Prescribed Nutrition daily mixed in 8 oz of water
 - ✦ If you are a male or athletic female you can do three scoops daily to increase protein to 30+ grams (you will need to order an additional shake mix)
- Fiber – 1 tbsp
- 1 cup organic fruit, preferably berries
- Optional Healthy Fat addition: 1 tbsp organic nut butter (not peanut), 1 tbsp freshly ground flaxseed meal, Cod Liver or Udo's Oil or ¼ cup light coconut milk
- Blend with water and ice to desired thickness

GI Support Protocol



- **GI Fortify**
 - 1 scoop 1-2 times a day in 8 ounces of pure spring water. Follow with a second 8 ounce glass of pure spring water.
- **Magnesium Ascorbate**
 - start with 3 capsules at bedtime and increase each night until you achieve a normal daily BM or have reached 8 capsules per night
- **Digestzymes**
 - Take 1-2 capsules with each meal.

Stock Up!



- If you are increasing to 3 scoops of Prescribed Nutrition or you have started the shake ahead of time you will need to order an additional canister
- If you are rated as an Advanced Detoxifier you will need to purchase the Advanced Detox Package
- If you have any GI symptoms you will need the GI Support Protocol

www.fasttrackdetoxprogramstore.com



**Do Not Start
The ClearDetox Shake Yet!**

We are revving up your
detoxification pathways this week!