

# Dr. Ford's Ultimate Cleanse

*Based in Science.....Not Hype!*

## HERE'S YOUR SIMPLE 10 DAY PLAN FOR THE ULTIMATE GUT CLEANSE:

**First 4 Days-** Start revving up your body's ability to cleanse and eradicate cell damaging free radicals with the **DETOX food plan** (in the BONUS section). Simply create meals and snacks from the delicious recipes and foods and beverages listed, emphasizing the foods in **dark blue** for optimizing your intake of nutrients that fight the fire of inflammation and eradicate free radicals! Your metabolism will function more efficiently and be better able to cleanse and release toxins when it is given fresh, whole, unprocessed foods full of nutrients that support your metabolism! (*No need to worry about counting the number of daily servings for the different food categories.*)

**Next 6 Days-** Implement and enjoy Dr. Ford's Ultimate GUT Cleanse doing the following:

- **Smoothie-TWICE** daily (drink first one within 30 minutes of waking and make fresh each day)
- **Tea** (Drink 3 cups per day)-Brew one large batch ahead of time and warm as needed
- **Probiotic**-take 1 cap **Biome Revive 40** daily
- **Meals** 1-2 meals daily from the DETOX plan food list (you will have enjoyed meals and snacks the first 4 days from the DETOX plan info)
- **Snacks** 1-2 snacks daily (IF desired) from the DETOX plan weekly planner (you will have enjoyed meals and snacks the first 4 days from the DETOX plan info)
- **Water** Drink at least HALF YOUR BODY WEIGHT IN OUNCES of water every day. Try to finish 25% of water by midmorning, 50% by lunch, 75% by dinner, and 100% by bedtime.

## ULTIMATE GUT CLEANSING SMOOTHIE RECIPE

**Smoothie** (One Serving) \*OK to make 2 servings at a time and set one aside for your convenience, but be sure to make the smoothies fresh every day!

¼ cup raw pumpkin seeds  
¼ cup almonds  
1 Lemon, peeled  
1/3 cup fresh or frozen mango  
½ banana

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½ cup raw kale

¼ tsp cinnamon

1 rounded tsp curcumin

½ cup almond, coconut, or alternative milk

½ cup real organic yogurt with live active cultures (best if there are only 2 ingredients, organic milk and active cultures)

½ cup ice if needed to liquify

**RECOMMENDED:** Add 1 scoop *Lean Pro Vegan* and 1 scoop *IBS Rescue*

Optional: pure Stevia or raw honey

**Instructions:** Dry blend the pumpkin seeds and almonds first, then add all other ingredients and blend until smooth.

### ULTIMATE GUT CLEANSING TEA RECIPE

**Tea:** (15 servings. 1 serving=1 cup)

18 Cups Water

3 organic oranges

5 teaspoons ground cinnamon

1 small (3") piece of peeled ginger thinly sliced

5 dandelion tea bags (combo root and leaf tea is OK)

5 licorice tea bags

5 marshmallow tea bags

5 fennel tea bags

5 slippery elm bark tea bags

**Instructions:** Pour water into pot. Slice oranges in half and squeeze juice into the water, drop the rinds into the water also. Combine all other ingredients into the pot, bring tea to a boil, turn off the heat, and steep for 1-2 hours. Strain and refrigerate for up to 6 days.

Optional: Sweeten final product with 2-4 drops pure Stevia or raw honey

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