

Dr. Ford's Ultimate Cleanse

Based in Science.....Not Hype!

HERE'S YOUR SIMPLE 10 DAY PLAN FOR THE ULTIMATE HORMONE HARMONIZING 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 Hormone Harmonizing 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 HORMONE HARMONIZING 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 pistachios

¼ cup ground raw flax seeds

Dr. Ford's Ultimate Cleanse

Based in Science.....Not Hype!

- ½ cup fresh kale
- ½ raw beet, peeled
- ¼ cup fresh or frozen pomegranate seeds
- ¼ cup fresh or frozen cherries
- 1 cup almond, coconut, or alternative milk
- 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

Dry blend the Flax seeds and pistachios, then add all other ingredients and blend until smooth.

ULTIMATE HORMONE HARMONIZING TEA RECIPE

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

- 18 cups water
- 3 organic limes, halved and peeled
- 3 organic lemons, halved and peeled
- 1 tablespoon ground curcumin
- 5 teaspoons ground cinnamon
- 5 organic milk thistle tea bags,
- 5 organic dandelion root tea bags (combo root and leaf tea is OK)
- 5 organic licorice tea bags
- 5 organic green tea bags
- 5 organic ginger tea bags

Pour water into pot. Slice lemons and limes 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 five days.

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

Dr. Ford's Ultimate Cleanse

Based in Science.....Not Hype!