

# Dr. Ford's Ultimate Cleanse

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

## HERE'S YOUR SIMPLE 10 DAY PLAN FOR ULTIMATE INFLAMMATION QUENCHER:

**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 Inflammation Quencher 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 INFLAMMATION QUENCHING SMOOTHIE RECIPE

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

¼ cup raw walnuts

¼ cup raw sunflower seeds

1 small lemon, peeled

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½ cup blueberries (fresh or frozen),  
½ cup raspberries (fresh or frozen)  
½ avocado  
¼ tsp cinnamon  
½ tsp ground ginger  
1 rounded tsp curcumin  
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

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

### ULTIMATE INFLAMMATION QUENCHING TEA RECIPE

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

18 cups water  
6 organic lemons  
3 Tbsp dried Thyme  
1 small (3") piece of peeled ginger thinly sliced  
¼ teaspoon cayenne pepper  
5 dandelion leaf tea bags (combo root and leaf tea is OK)  
5 nettle tea bags  
5 milk thistle tea bags  
5 green tea bags  
5 licorice tea bags

**Instructions:** Pour water into pot. Slice lemons 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

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