



# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# DETOX SOLUTIONS

### ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

### RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

### NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Super Shake				
Liv Clear II				
Lean Greens				
EnerDMG				
Frontier Cleanse				
Liver/GB Tincture				
Other _____				

### HEALTH CARE PROFESSIONAL NOTES:

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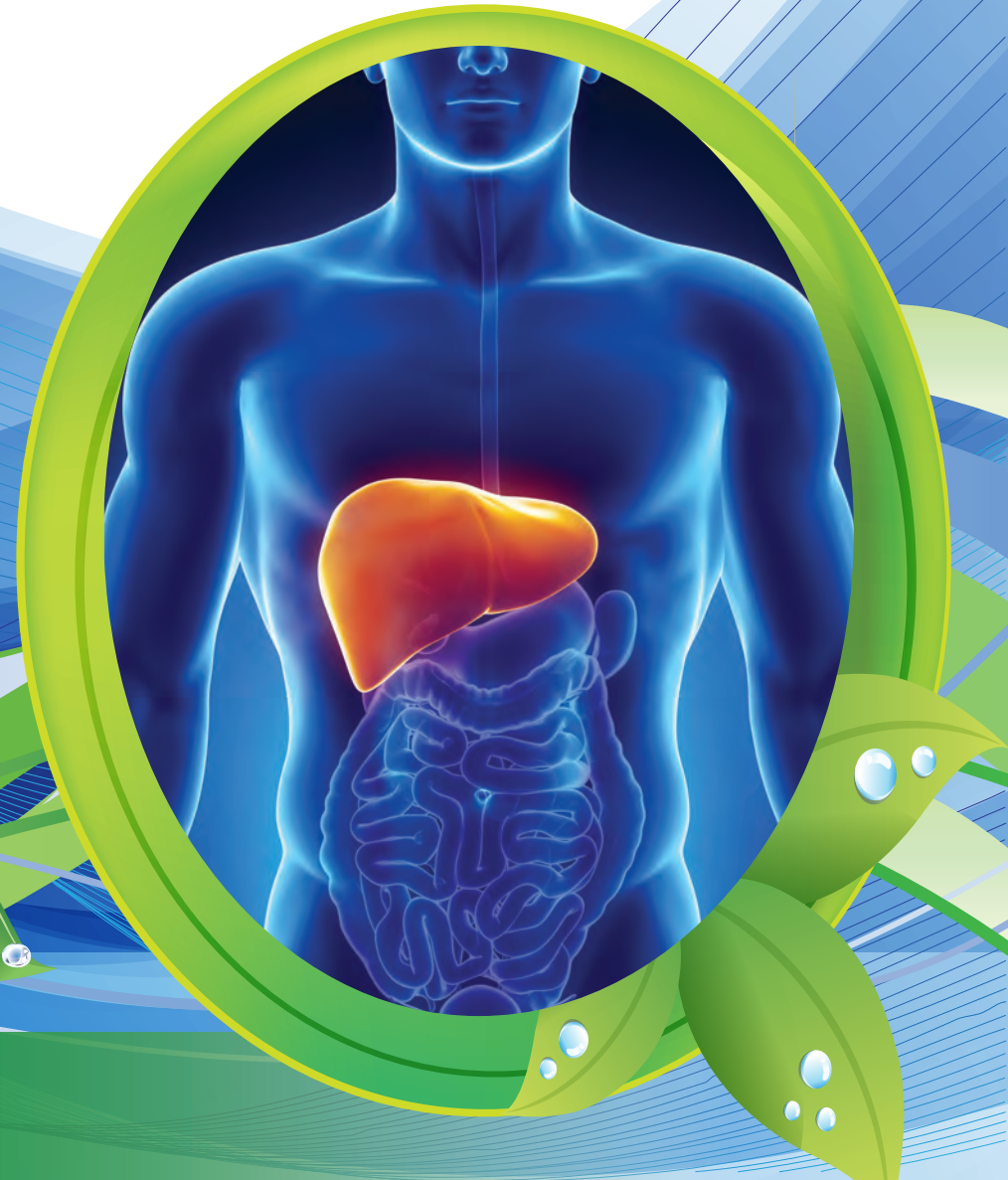


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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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# THE DETOXIFICATION SYSTEM

The detoxification system consists of the gastrointestinal tract, liver, gallbladder, and colon. Your body will detoxify from every cell and organ including the skin.

The five main detoxification systems are:



- The skin (sweat)



- Colon (defecation)



- Kidneys (urination)



- Lungs (exhalation)



- Menstruation (Females)

According to the USEPA National Adipose Tissue Survey, 33,000 people in 44 metropolitan areas were tested and one hundred percent were positive for toxins. Based upon this research everyone could benefit from a cleanse, let your health care practitioner customize one for you!

## SYMPTOMS OF A TOXIC BODY

- |                                       |  |   |   |
|---------------------------------------|--|---|---|
| <input type="checkbox"/> Headaches    | <input type="checkbox"/> Consistent Hunger | <input type="checkbox"/> Weakness                 | <input type="checkbox"/> Pre-Mature Aging |
| <input type="checkbox"/> Gas          | <input type="checkbox"/> Dizziness         | <input type="checkbox"/> PMS                      | <input type="checkbox"/> Irritability     |
| <input type="checkbox"/> Acne         | <input type="checkbox"/> Hyperactivity     | <input type="checkbox"/> Sweaty Palms             | <input type="checkbox"/> Depression       |
| <input type="checkbox"/> Fatigue      | <input type="checkbox"/> Bloating          | <input type="checkbox"/> Racing Pulse             | <input type="checkbox"/> Asthma           |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Sinus Congestion  | <input type="checkbox"/> Difficulty Concentrating | <input type="checkbox"/> Body Odor        |

## 10 DAY DETOX PROGRAM

If constipated, take Frontier Cleanse (4 Capsules) one hour after meals up to 3 times per day.

### DAY 1-2

1 scoop of Super Shake/Best Whey  
1 scoop of Pro Lean Greens/ Pro Colors  
3 Capsules of Liv Clear II  
Start food program

### DAY 3

1 1/2 scoops of Super Shake/ Best Whey  
1 1/2 scoops of Pro Lean Greens/ Pro Colors  
5 Capsules of Liv Clear II

### DAY 4-7

2 scoops of Super Shake/ Best Whey  
2 scoops of Pro Lean Greens/ Pro Colors  
6 Capsules of Liv Clear II  
Only eat fruits, vegetables, rice, organic chicken, turkey, or fish.

### DAY 8

1 1/2 scoops of Super Shake/ Best Whey  
1 1/2 scoops of Pro Lean Greens/ Pro Colors  
4 Capsules of Liv Clear II

### DAY 9-10

1 scoop of Super Shake/ Best Whey  
1 scoop of Pro Lean Greens/ Pro Colors.  
3 Capsules of Liv Clear II

## 30 DAY DETOX PROGRAM

If constipated, take Frontier Cleanse (4 Capsules) one hour after meals up to 3 times per day.

### DAY 1-2

Begin the food diet

### DAY 3

1 Scoop of Super Shake/ Best Whey  
1 Scoop of Pro Lean Greens/ Pro Colors

### DAYS 4-10

2 Scoops of Super Shake/ Best Whey  
2 Scoops of Pro Lean Greens/ Pro Colors

### DAYS 11-20

3 Scoops of Super Shake/ Best Whey  
3 Scoop of Pro Lean Greens/ Pro Colors

### DAYS 21-27

2 Scoops of Super Shake/ Best Whey  
2 Scoops of Pro Lean Greens/ Pro Colors

### DAY 28

1 Scoop of Super Shake/ Best Whey  
1 Scoop of Pro Lean Greens/ Pro Colors

### DAY 29-30



Follow the food program.

### All Days

6 Capsules of Liv Clear II per day in divided doses.

# WHY HEALTHCARE PROFESSIONALS RECOMMEND THE DETOXIFICATION SOLUTION

The detoxification process is a complex and nutrient driven system requiring a specific combination of macro (examples: protein, carbs, fat, and fiber) and micro (examples: minerals, vitamins, antioxidants) nutrients. Your healthcare professional will recommend a food program that includes a variety of foods designed to cleanse and nourish your body, while reducing foods that are processed and harder on the system. In addition there are key nutrients you will need to take during this program to optimize the elimination of toxins from the body.

	 <b>FOOD</b>		
	<b>YES</b>	<b>NO</b>	
<b>FRUITS</b>	All fresh, frozen, water packed, or canned.		Juice, grapefruits, oranges or citrus
<b>VEGETABLES</b>	All fresh raw, steamed, sauteed, juiced, or roasted.		Corn, creamed vegetables
<b>STARCH</b>	100% whole grains, sweet potatoes, yams, rice, gluten free oats, oatmeal millet, quinoa, amaranth, tapioca, buckwheat		Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products.
<b>BREAD/CEREAL</b>	100% whole grains, high fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa		Processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products, 100% whole wheat bread
<b>LEGUMES</b>	All beans, peas, and lentils		Soy products, soybeans, tofu, tempeh
<b>NUTS AND SEEDS</b>	Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds.		Peanuts
<b>MEAT AND FISH</b>	Organic or free range, all canned (water-packed), frozen, or fresh wild fish; chicken; turkey; wild game; lamb.		Beef, pork, cold cuts, hot dogs, sausage, canned meats, shellfish
<b>MILK AND DAIRY SUBSTITUTES</b>	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks.		NO MILK, Cheese, ice cream, pizza, grilled cheese, cottage cheese, cream, yogurt, "non-dairy" creamers.
<b>FATS</b>	Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.		Fried foods, fast food, margarine, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads.
<b>BEVERAGES</b>	WATER filtered or pure spring water, herbal tea, seltzer or mineral water.		Soda pop or soft drinks, juice, alcoholic beverages, coffee, tea, other caffeinated beverages.
<b>SPICES/CONDIMENTS</b>	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.		Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, other condiments.
<b>SWEETENERS</b>	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia		Artificial Sweeteners, high fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts.

