



NATUROPATHIC TREATMENT MODALITIES

Clear Change 10 Day Program



Step 1: Initial Clearing	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Day 1			Eat Recommended Foods
Day 2	1 scoop 2x/day	1 package	Optional
Day 3	1 scoop 2x/day	2 package	Optional
Day 4	2 scoops, 2x/day	2 packages	Optional
Step 2: Metabolic Detoxification	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Day 5	2 scoops, 4x/day	3 packages	Optional
Day 6	2 scoops, 4x/day	3 packages	Optional
Day 7	2 scoops, 4x/day	3 packages	Optional
Step 3: Reintroduction	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Day 8	2 scoops, 3x/day	3 packages	Optional
Day 9	2 scoops, 2x/day	2 packages	Optional
Day 10 & Beyond	You're Finished!	You're Finished! (Can continue for ongoing nutritional support. 1 package/day)	Optional

* Please see Metagenics food guidelines and recommended recipes in the 10-Day Program handout.

Total Scoops: 42 scoops = 1 Canister of Ultra Clear Renew

Total packages: 19 packages = 1 Box of Clear Change Daily Essentials

Program Cost:

