



## Month 3 - Video #2

### Body Phase Detox Protocol

1. You will need to order the Intracellular Detox System (IDS) in the store. This includes the two supplements G-Cell and Bind. These two products can be bought individually in the store as well. I recommend three bottles of each to start.

\*If you are on time released medication you should consult your primary physician before taking the Bind product. This will decrease effectiveness of time released medication and may not be able to be used. If your medication is not time released then just make sure you take the Bind two hours away from any medication. This is why we use it before bed in most cases.

2. You will need to order Cyto Detox Drops from the store. I recommend three bottles to start.
3. You will need to order Minerals (MIN) from the store. I recommend two bottles to start.
4. Keep in mind you will be detoxing the body for at least three months. You can go longer if you like. Some clients feel great while going through detox. Others will experience feelings of toxicity, feeling tired or even sick at times. Rashes aren't uncommon either. Make sure you stay hydrated and realize that experiencing the above is a normal part of the detoxification process.
5. Print out the protocol above under "Body Phase Detox Protocol" which is now open to you. This is a seven day on, seven day off protocol so you will roughly be detoxing two weeks out of the month and giving your system a break for two weeks out of the month.

**On Cycle 7 Days:** Take G-Cell 3 capsules two times per day (breakfast and lunch or lunch and dinner). You will take 5 Bind capsules before bed (**unless you are time released medication – if so consult your physician before taking this product. You may not be able to take it as it can bind to medications and diminish their desired effect**). You will

take 15 drops of the Cyto Detox Drops three times per day (breakfast, lunch and dinner time and at least thirty minutes away from the Bind). No minerals will be taken during the on cycle.

**Off Cycle 7 Days:** Take 2 G-Cell capsules per day (one at breakfast and lunch or one at lunch and dinner). Take 2 Bind capsules before bed (**unless you are time released medication – if so consult your physician before taking this product. You may not be able to take it as it can bind to medications and diminish their desired effect**). No Cyto Detox Drops will be taken during the off cycle. You will take 3 capsules of the minerals (MIN) per day, one with breakfast, lunch and dinner.

6. Don't forget to take advantage of the membership site to share your experiences good or bad, health improvements and wins. It's a great place for motivation and inspiration to stay the course and achieve your goals.