Standard Process®

WHOLE FOOD NUTRIENT SOLUTIONS

The Standard Process 21-Day Purification Program

A Patient Guide to Purifying, Nourishing, and Maintaining a Healthy Body and Weight

Clearer. Brighter. Lighter.

This plan is not a fad diet. It's a new way of life, a strategy that you and your health care professional can modify to fit your individual requirements. The plan is a journey of discovery as you try new foods and learn about eating for better health.*

Clearer. Brighter. Lighter. Your life in high resolution.

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle.

Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program supports the maintenance of healthy weight when combined with a healthy lifestyle. When you've completed the 21-day purification program, you'll be amazed at how good you find yourself feeling. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward a clearer, brighter, lighter way of life now and in the years ahead.*

21-Day Purification Support Goes Mobile

Download the app today for whole body purification support.

This free, easy-to-use app helps you stay on the right path with guidance from pre- to post-purification. You'll receive tips to start off right and support for the entire purification journey and beyond.

Keeps You on Track

- Get daily support and tips.
- Track your food and activity.
- Chart body measurements and vital statistics.
- Get supplement reminders.
- Try purification-friendly recipes.
- Monitor progress.

Download on the App Store

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Search for:
Standard Process purification

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Purify

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins on a daily basis. These include pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel and metabolize these toxins and manage weight, which is important to maintaining your health and vitality.*

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin that's not looking its best
- Joint discomfort

There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Some research shows that certain chemicals may affect our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins:

External Toxins

- Air and water pollutants
- Cigarette smoke
- Certain personal care products
- Heavy metals
- Certain household cleaning products
- Pesticides
- Preservatives and additives
- Trans fats

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals*

Centers for Disease Control and Prevention. *Fourth National Report on Human Exposure to Environmental Chemicals*. Atlanta (GA): CDC, 2009.

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How do I determine my toxic load?

Your toxic load is the amount of toxins that your body must process.

- ☐ Yes ☐ No Do you or have you eaten processed foods?
- ☐ Yes ☐ No Do you eat nonorganic fruits and vegetables?
- ☐ Yes ☐ No Do you eat meat that is not organic?
- ☐ Yes ☐ No Do you or have you ever used artificial sweeteners?
- ☐ Yes ☐ No Do you drink soda?
- ☐ Yes ☐ No Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- ☐ Yes ☐ No Do you eat fast foods and/or eat out regularly?
- ☐ Yes ☐ No Do you charbroil or grill foods?
- ☐ Yes ☐ No Do you drink coffee regularly?
- ☐ Yes ☐ No Do you drink alcohol?
- ☐ Yes ☐ No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as personal care products, cleaners, and pollution, add to your load. Your health care professional may have you complete a more comprehensive questionnaire to understand your toxic load.*

Lighten your toxic load and manage your weight through the Standard Process Purification Program. You’re on your way to a clearer, brighter, lighter future!®

How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body—the liver, kidneys, and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on purification. This can help you achieve optimal health by cleansing the body from the inside out.*

Liver

- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform many toxins into harmless agents

Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine

- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

Large Intestine

- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support

Program Basics

Our 21-day purification program includes eating whole, organic, and unprocessed foods; taking supplements with whole foods and other ingredients; and drinking plenty of water. You will eat a variety of vegetables and fruit for the first 10 days, with select proteins added on day 11.

What supplements will I use during purification?

SP Cleanse®

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.*

- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body's natural toxin-elimination function
- Promotes healthy elimination*

SP Complete®, SP Complete® Chocolate, or SP Complete® Vanilla (all with whey protein) or SP Complete® Dairy Free (with rice protein)

SP Complete offers essential whole food nutrition in a convenient powder.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Promotes antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle*

Gastro-Fiber® (capsules) or Whole Food Fiber (powder)

- Gastro-Fiber is a mix of psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.
- Whole Food Fiber is a mix of oat fiber, beet fiber and root, rice bran, carrot root and fiber, sweet potato, and apple pectin.

Both help:

- Support healthy elimination
- Encourage a healthy intestinal environment to help maintain proper intestinal flora*

Your health care professional will determine which product is right for you.

SP Green Food®

Contains whole food concentrates from buckwheat, Brussels sprouts, kale, barley grass, and alfalfa to:

- Promote healthy liver function
- Support the body's normal toxin-elimination function*

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Supplement Regimen

Follow the supplement regimen below or as directed by your health care professional.

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse®	7 capsules	3x/day
SP Complete® **or** SP Complete® Dairy Free **or** SP Complete® Chocolate **or** SP Complete® Vanilla	2 tablespoons per shake	2-3/day
	4 tablespoons per shake	2/day
Gastro-Fiber® **or** Whole Food Fiber	3 capsules	3x/day
	1 tablespoon per shake	2-3/day

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency
SP Green Food®	5 capsules	2x/day
SP Complete® **or** SP Complete® Dairy Free **or** SP Complete® Chocolate **or** SP Complete® Vanilla	2 tablespoons per shake	2-3/day
	4 tablespoons per shake	2/day
Gastro-Fiber® **or** Whole Food Fiber	3 capsules	3x/day
	1 tablespoon per shake	2-3/day

Additional Supplementation Your Health Care Professional May Recommend

Whey Pro Complete (powder)

- Supplies 15 grams of protein per serving to support weight management, muscle tissue, immune system response function and gastrointestinal health*

Tuna Omega-3 Oil (perles) or Tuna Omega-3 Chewable

- Delivers essential omega-3 fatty acids*

Gymnema from MediHerb®

- Helps reduce sweet cravings and helps suppress/inhibit sweet taste sensation*

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ProSynbiotic

- Supports healthy gut flora and overall intestinal health*

Linum B_6

- Contains flaxseed oil to support healthy skin, nerve tissue, and cognitive function*

Calamari Omega-3 Liquid

- Contains a natural concentration of omega-3 fatty acids, including DHA and EPA*

"Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors ..." —Dr. Royal Lee, founder of Standard Process

Nourish

Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Focus on Eating Right

- Eat a variety of foods. Choose a rainbow of colors.
- Eat frequently throughout the day to maintain a level blood sugar range.
- Your health care professional may modify this program for your individual health needs.

Look for delicious recipes specifically designed for the purification program in "One Degree of Change: The Standard Process 21-Day Purification Program Cookbook," by Georgia Nab, DC, MS, CNS. You can order this book through your health care professional or view the e-book at standardprocess.com.

21-Day Purification Pantry

Whenever possible, eat only fresh (or frozen) organic vegetables and fruits. Strive to avoid dried or canned ingredients; if you must use them, organic and bisphenol A (BPA)-free are preferred.

Vegetables

You can eat an unlimited amount of vegetables from the list below. Your vegetable intake should be **twice** the amount of fruit intake.

- Average serving size = ½ cup
- Fresh juices made from vegetables allowed
- Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- Fresh herbs and spices optional

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts and any type of sprouts
- Beets and beet greens
- Belgian endive
- Bell peppers, any variety
- Black radishes
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbages
- Carrots
- Cauliflowers
- Celery
- Chicory/radicchio
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplants
- Endive/escarole
- Fennel
- Hearts of palm
- Jalapeño peppers
- Kale
- Kohlrabies
- Leeks
- Lettuce, any variety
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plants
- Parsnips
- Pearl onions
- Pumpkins
- Radishes
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnips and turnip greens
- Wasabi roots
- Water chestnuts
- Watercress
- Yucca roots
- Zucchini

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits.

› Average serving size = ½ to ¾ cup

- Apples❦
- Apricots❦
- Avocados
- Bananas
- Blackberries
- Black currants❦
- Blueberries
- Boysenberries
- Cherimoyas❦ (custard apples)
- Cherries❦
- Clementines
- Coconuts
- Cranberries, any variety
- Dates❦
- Elderberries
- Figs
- Gooseberries
- Grapefruit
- Grapes, any variety❦
- Guavas❦
- Huckleberries
- Jackfruit
- Jujubes
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquats❦
- Lychees❦
- Mangoes❦
- Melons, any variety❦
- Mulberries❦
- Nectarines❦
- Olives
- Oranges
- Papayas❦
- Passion fruit
- Peaches, any variety❦
- Pears, any variety❦
- Persimmons❦
- Pineapples
- Plums❦
- Pomegranates❦
- Raspberries
- Red currants❦
- Rhubarb
- Sapodillas
- Sharon fruit
- Strawberries
- Tangerines
- Watermelons❦

❦ Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals, and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. But if you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. Therefore for these individuals, fruits with the ❦ by them should be avoided or minimized.

Legumes and Pseudo-Grains

- Average serving size = ½ cup cooked (measure carefully)
- Servings: 1-2 per day

Legumes

- Green beans
- Lentils
- Peas

Pseudo-Grains Gluten-Free

- Quinoa

Oils and Fats

- Average serving size = 1 teaspoon
- Servings: 4-7 teaspoons per day
- Should be cold pressed and unprocessed
- Use high-quality oils

- Avocado oil
- Butter: organic, unsalted
- Coconut oil: organic, unrefined, raw
- Flaxseed oil
- Ghee (clarified butter)
- Grape seed oil
- Olive oil: extra virgin
- Pumpkin seed butter
- Sesame seed oil
- Tahini (ground sesame seed)

Protein Sources

Whey Pro Complete (Beginning on Day 1)

- Ask your health care professional about adding 2 scoops to each SP Complete shake for additional protein.

Lean Meat and Fish (Added on Day 11)

- Average serving size = 3-5 ounces (roughly the size and thickness of your palm)
- Servings: 2-4 per day, with 1-2 servings being fish
- Broil, bake, roast, or poach
- No cured, smoked, or luncheon meats

- Fish: deep-sea (e.g., salmon, cod, or sea bass), not farm raised
- Lean red meats: beef (grass-fed), venison, or other
- Poultry (organic, free-range)
- Wild game, any variety

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Broths: ready-made, organic

- Beef
- Chicken
- Vegetable

Flours

- Coconut

Dairy-Free Milk

- Coconut milk: unsweetened
- Hemp milk: unsweetened

Miscellaneous

- Baking powder
- Baking soda
- Coconut butter
- Coconut cream
- Coconut water
- Curry paste
- Mustard, Dijon
- Seaweeds such as arame, nori, or kelp
- Vanilla extract

Raw Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro (fresh coriander)
- Cinnamon
- Cloves
- Cumin
- Dill
- Garam masala
- Garlic
- Ginger
- Lemon grass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

Sugars and Sweeteners

- Bananas
- Dates
- Whole-leaf stevia, powder or liquid

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar

Beverages

SP Complete shakes: See Page 46 for recipes.

Spring water: Drink more water. One of the most common symptoms of dehydration is feeling tired. When that tired feeling hits you in the middle of the afternoon and you begin to reach for a sugary drink, try drinking more water instead. You might discover that a healthy glass of water eliminates fatigue, makes you feel better, and helps you focus more sharply. The benefits of water are numerous—from cleansing the kidneys and supporting healthy skin to increasing concentration. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion and bowel movements. To better determine how much water you need each day, divide your body weight in half. The result is the approximate number of water in ounces you should drink daily.

Herbal tea: organic, noncaffeinated

Refrain From Consuming or Using

- Alcohol, caffeine, tobacco, or other stimulants (Taper off before you begin your program to lessen potential headaches.)
- Nuts
- Dairy
- Eggs
- Grains (wheat, rye, barley, corn, rice, bran, bulgar, couscous, and semolina)
- Processed or refined foods

For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight-management potential of the program.*

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GETTING STARTED
SELECT YOUR KIT
GASTRO-FIBER®
SP Complete®
WHOLE FOOD FIBER
SP Complete
DAIRY FREE &
GASTRO-FIBER
SP Complete
DAIRY FREE &
WHOLE FOOD FIBER
SP Complete


SUPPLEMENTS


JOURNAL

21-Day Purification App Gives You 24-Hour Mobile Support

We've designed this free app to be your personal guide for your purification journey. The easy-to-use app helps you stay on the right path with guidance from pre- to post-purification. You'll receive tips to start off right and support for the entire purification journey and beyond.

Keeps You on Track

- Get daily support and tips.
- Track your food and activity.
- Chart body measurements and vital statistics.
- Get supplement reminders.
- Try purification-friendly recipes.

Provides a Personal Journal

You can keep a detailed log of your thoughts and discoveries while purifying, including:

- Water intake
- Foods eaten
- Activities

Helps Monitor Progress

Use the app to share your purification data with your health care professional. Schedule a visit to discuss questions or receive guidance.

Download the app today!

Search for: Standard Process purification

Postcards From Your Journey

During the next 21 days, you will experience ups and downs, both physically and emotionally, as your body rids itself of toxins. Record your experiences to allow your health care professional to determine how the program is working for you. Below is an example of what you might record:

What did you eat today?

- List the specific items you consumed.

How are you feeling?

- Energetic or sluggish
- Refreshed or tired/drained
- Relaxed or tense
- Content or depressed
- Grounded or dizzy
- Clear/receptive or unfocused
- Calm or nervous

Did you experience any physical effects?

- Skin reactions (itchy, rashes, acne, clearer skin)
- Flu-like symptoms
- Headaches
- Aching joints
- Weight loss
- Mild or moderate discomfort
- Gas or bloating
- Allergic reactions
- Constipation or healthy bowel movements

Are you doing any other purification techniques?

Saunas, massages, etc., might help relieve any negative symptoms listed above.

Exercise: List the amount of time and type of exercise.

Perspiring is also cleansing and will enhance the benefits of the purification and weight-management process.*

Daily Intake Journal

Day 1 Good luck on your journey toward better health!

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 2

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

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Daily Intake Journal

Day 3

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 4

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 5

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 6

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 7

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 8

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 9

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 10

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 11 You can add protein today.

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 12

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 13

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 14

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 15

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 16

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 17

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 18

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 19

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 20

What did you eat today?

Breakfast _____

_____Supplements ☐

Lunch _____

_____Supplements ☐

Dinner_____

_____Supplements ☐

Other_____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 21

What did you eat today?

Breakfast _____

_____ Supplements ☐

Lunch _____

_____ Supplements ☐

Dinner _____

_____ Supplements ☐

Other _____

_____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Congratulations on completing the purification program!

Pat Yourself on the Back

You deserve some recognition for your hard work! Purification is an accomplishment worth celebrating. Talk to your health care professional about receiving a personalized certificate of completion and purification T-shirt.

Now stay focused!

You've worked hard to follow a healthy meal plan, exercise, and take supplements with whole food and other ingredients. Continue the journey toward maintaining your health and supporting your weight-management goals by following post-purification program recommendations.*

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Post-Purification

Get Back to a ‘New Normal’

During post-purification, you’ll begin to define your “new normal” with a healthy diet and supplements that will help meet your nutritional and lifestyle needs.*

What’s different?

Diet

Continue to follow the purification diet with lean protein included (days 11-21).

Food Reintroduction

You’ll reintroduce foods you avoided during purification one food group at a time, as described in the next section.

Supplements

Depending on your needs, your health care professional might recommend an individual protocol including these or other specific supplements with whole food and other ingredients.

SP Complete, **SP Complete Chocolate**, **SP Complete Vanilla**, or **SP Complete Dairy Free** shakes:
Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber.

General Health Daily Fundamentals individual convenience packs contain three basic supplements for foundational support:*

- Catalyn® contains vital nutrients from whole food and other sources and is designed to bridge nutritional gaps in the diet.
- Tuna Omega-3 Oil delivers essential omega-3 fatty acids (including DHA and EPA).
- Trace Minerals-B_{12}™ contains a spectrum of minerals that support a healthy body.*

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Food Reintroduction

Systematically reintroducing foods from one food group at a time allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of the foods in these groups for a few weeks, so you'll want to introduce each new food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel. A complete food experience journal is available for downloading and printing at standardprocess.com.

The Process

You'll follow the daily diet detailed on Page 11 of this guide until you and your health care professional decide to reintroduce the foods you want to add back into your diet. You'll reintroduce one food from a food group at a time, but it's important to undertake this process with your health care professional's guidance. You should work together to decide which foods you'll reintroduce and what you should do if you have a reaction.

Let your body be your guide: If you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional. If your symptoms are uncomfortable but not severe, wait a few hours and try the food again, or follow the instructions your health care professional provides you with for reporting any issues. And remember, each person is different, so write down what you feel—different people will have different responses to the same food.

The Difference Between Allergies and Intolerance to Foods

Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy, but some other "highly" allergenic foods are milk, eggs, soy products, and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.

Intolerance

Food intolerance is the digestive system's response to the part of a food or additive that can't be processed or that causes irritation. Intolerance could be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut.

The body's response to food intolerance is usually based on portion: A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.

Reintroducing Foods Eliminated During Purification

Grains

Choose whole grains (the entire grain kernel) instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains containing their original fiber, iron, and B vitamins are a healthier choice. Eat a healthy range of whole grains that includes spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

Dairy

This group includes products like cheese, milk, and yogurt. These foods are nutritionally dense and provide a host of nutrient components, such as calcium and protein.

Nondairy milks, such as almond, rice, or soy milk, are good alternatives.

Nuts (Raw)

Nuts can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful a day is plenty for most people.

Shellfish

Shellfish like shrimp and mussels can add important nutrients, such as protein and iodine, to the diet.

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains, so you can have whole-grain toast at the same time.

Or you could hard-boil an egg and eat it at breakfast or as a snack.

An Example of a New Normal

To give you an idea of how rich and complex your diet should be, we've included a single sample day after you have reintroduced all food groups. If weight loss is a goal, keep in mind that most people who cut 300 calories from the daily diet while also getting 30-40 minutes of daily moderate exercise can expect to lose a pound per week. While individual needs are different, ideally you should drink approximately half your body weight in ounces of water every day.

Breakfast	
SP Complete shake	1 serving
Oatmeal prepared with water	¾ cup
Green tea	8 ounces
Snack	
Sunflower seeds kernels, oil roasted, without salt	1½ tablespoons
Lunch	
Chicken breast roasted with teriyaki sauce (1½ tablespoons) and celery seeds (1 teaspoon)	2 ounces
Broccoli cooked, without salt	½ cup
Summer squash cooked, without salt	½ cup
Asparagus	8 spears
Snack	
Cottage cheese	½ cup
Dinner	
Walleye baked	3 ounces
Salad	
Greens	2 cups
Chickpeas cooked	½ cup
Green beans cooked	1 cup
Onion sliced	¼ cup
Garlic	1 clove
Kidney beans cooked, without salt	⅓ cup
Snack	
Whole milk	1 cup

Note: The above example contains approximately 1,600 calories and is a general sample of a healthy meal plan.

Health Tips for a Lifetime

Trying to Lose Too Much, Too Fast

The safest way to lose weight is to set a goal of losing 1 to 2 pounds per week. That way you keep weight off and avoid "yo-yo" dieting.

Underestimating the Amount of Calories/Nutrients in Food

Let your body tell you when it's full—never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience.

Preparing for Social Gatherings

Drink water before social events and while you're there so you don't mistake hunger for dehydration. If appetizers will be served, eat a healthy snack beforehand so you're not so tempted by foods high in calories and trans fats. Healthy snacks could include:

- 1 cup of carrots
- Celery sticks with 1 tablespoon peanut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar® (convenient bars in several flavors)
- Avocado or guacamole

Dealing With Feeling Deprived/Bored With the Diet

Depriving yourself all the time of favorite unhealthy foods might lead you back to unhealthy eating habits. It's OK to give in occasionally and eat an appropriate amount of your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before.

Reaching for Processed or Refined Foods High in Sugar, Fat, and Additives

Avoid temptation by keeping these foods out of the house so you won't be tempted. When you eat out, preview the menu and make your selection in advance, if possible, so you can avoid these foods. If sugar cravings are a problem, ask your health care professional about additional supplementation that can help.

Drinking Alcohol or Caffeine

If you consume these drinks, it's best to drink them only in moderation.

Portion Control

Portion control is essential for maintaining a healthy weight. Consider the serving size for the food you are eating.

Reading Labels

As you begin adding new foods to your diet, make sure you read the labels carefully. Avoid additives and unhealthy fats—your well-being depends on it. Ingredients to watch for include:

Monosodium Glutamate (MSG)/Natural Flavoring

MSG is used as a salt substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant-prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Trans Fats (Hydrogenated Oils)

Most dietary trans fats are found in processed foods like cakes, cookies, crackers, and bread. Trans fats are known to raise "bad" cholesterol levels and lower "good" cholesterol levels and might be listed as "hydrogenated" or "partially hydrogenated."

Artificial Sweeteners

Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain "empty calories"—meaning they don't provide any nutritive value for the calories they add to your diet.

Artificial Colors/Dyes

These are artificial chemicals added to foods to improve appearance. People expect foods to appear appetizing, so these artificial colors are used to provide uniformity in color and make products look as expected based on ingredients. However, some people have physical reactions to these substances. For example, a common yellow dye may cause an allergic reaction in susceptible individuals. Look for natural coloring agents like turmeric, paprika, or saffron instead.

Sodium

Sodium can hide in the most innocent places, like sauces, soups, and baked goods. Eating too much sodium can contribute to long-term health problems, as well as cause you to retain water and feel bloated. Opt for fresh foods and low-sodium products (including condiments like salad dressing, ketchup, and mustard), season with herbs instead of salt, and take the saltshaker off the table. Some people prefer salt that is less processed, like sea salt. Regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.

Frequently Asked Questions

Q Why does my body need to be purified?

A See Page 2.

Q What are the benefits of purification?

A A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:*

- Improved weight-management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer thinking
- Clearer skin
- Shinier hair
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)
- Better sleep*

Q Will this purification program help me lose weight?

A By following the Standard Process Purification Program you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 37-39 for tips on how to continue your success.

Q Is exercise necessary? How much and what type is recommended?

A Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.

Q How can I easily keep track of my program?

A You can take your purification guide along with you for tracking and easy access to information and support. You can also download the handy Standard Process Purification app. You'll have mobile support and an easy way to track your food, supplements, and activity.

Q What Standard Process supplements are taken during the program?

A See pages 8-9.

Q Can I take my regular supplements/medication during the program?

A Your health care professional can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. He or she also might recommend additional supplements to support your body while on the program.*

Q How do I stick to the program when eating away from home?

A Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended list (pages 11-14). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

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

Q What physical changes will I experience during purification?

A Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

Q Why can't I substitute different vegetables than what are outlined?

A The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification.

Q What if I want to add more protein or fiber to my diet during or after purification?

A Whey Pro Complete or Whole Food Fiber can be added to shakes or mixed with other beverages or foods.

Q What can I do if I am tired or lack energy while on the program?

A You may be fatigued because your body may require a higher amount of protein during purification and post-purification. Ask your health care professional about adding Whey Pro Complete to your program.

Q What can I do for temporary constipation?

A Remember to drink plenty of water and eat plenty of vegetables and fruits with high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Q Do the purification products contain gluten?

A All of the purification supplements are gluten-free. A complete list of gluten-free products is also available at standardprocess.com.

Q Why is there lactose in SP Complete?

A Whey is a protein source found in SP Complete, SP Complete Chocolate, and SP Complete Vanilla; lactose is found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Q Is the Standard Process Purification Program vegetarian?

A It is vegetarian (lacto-ovo) but not vegan.

Q What if I am allergic to certain foods on the list?

A If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.

Q Is the purification program recommended for pregnant or lactating women?

A No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.

Q How do I keep the benefits after the program?

A The logical next step after purification is post-purification. This will allow you to reach your new normal—the healthy way you will eat and live from now on. Your health care professional will recommend that you stay on the post-purification program until you meet your health and weight-management goals. See Page 31.

Your health care professional may want you to complete the purification process once or twice a year to maintain your level of health and well-being.*

Q How long will I remain on post-purification?

A You'll want to continue the things you've learned as you maintain your quest for better health.

Q What do I do if I have continued health issues?

A You and your health care professional should work together during post-purification. Your health care professional may recommend supplements that are specific to your health concern.

Q What if I am struggling with the program?

A Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

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Q What if I am not losing weight during post-purification like I did on the purification program?

A The post-purification process is a way to establish healthy eating habits rather than a weight-loss program. That said, many people will lose weight during both purification and post-purification because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:*

- Eat more vegetables than fruits.
- Have healthy snacks, such as vegetables and fruits, available at all times.
- Be aware of portion size.
- Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

Recipes

Shakes

To prepare a shake with SP Complete Chocolate or SP Complete Vanilla, simply mix the powder with water. Or substitute either flavor for original SP Complete, as detailed in the basic shake recipe below.

Basic Shake Recipe

- 1-1½ cups of your favorite fresh or frozen fruit or vegetables (optional)
- 1 tablespoon high-quality oil (e.g., flax oil), not necessary if already taking an oil supplement
- 2 rounded tablespoons (scoops) SP Complete/SP Complete Dairy Free or 4 rounded tablespoons (scoops) SP Complete Chocolate/SP Complete Vanilla
- 1 cup water (increase for desired consistency)
- 3-4 cubes of ice for thicker shake

Please note: You may add 2 tablespoons Whey Pro Complete and/or 1 tablespoon Whole Food Fiber to any shake recipe. Thoroughly blend all ingredients together, adding water and ice cubes until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep the shake refrigerated and remix as needed before pouring.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick shake.
- Mangoes or peaches give your shake a nice zing.
- Peel and slice extra-ripe bananas, and freeze them for easy use.
- Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.
- If blending vegetables, there is no restriction regarding the quantity; it is recommended that a high-performance commercial drink blender be used.

Look for more delicious recipes specifically designed for the purification program in "One Degree of Change: The Standard Process 21-Day Purification Program Cookbook," by Georgia Nab, DC, MS, CNS. You can order this book through your health care professional or view the e-book at www.standardprocess.com/purification.

Start with the basic shake recipe, and then add these ingredients for delicious and nutritious shake flavors:

Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots

Citrus Berry Splash

- ½ cup blackberries
- ¼ cup blueberries
- ½ cup strawberries
- ½ banana (optional)
- Juice from 2 freshly squeezed oranges

Flecks o' Flax

- 1 small or ½ large banana
- Handful of grapes
- ½ ripe pear or apple
- 2 heaping tablespoons organic milled flaxseed (not oil)

Banana Berry Blast

- ½ cup blueberries
- ½ cup strawberries
- ½ banana

High-Protein Smoothie

- ¼ banana
- ¼ cup pineapple
- 2 tablespoons Whey Pro Complete

Apple Cinnamon Surprise

- 1 medium apple
- ½ banana
- ½ teaspoon cinnamon

Pumpkin Pie

- ½ banana
- ½ cup organic pumpkin
- Few pinches each of ginger and cinnamon

Salads

Beet Salad

- 1 pound beets, peeled and grated
- 4 sticks celery, finely chopped
- 2 tablespoons apple juice
- 1 tablespoon apple cider vinegar
- 4 scallions, finely chopped
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- Sea salt and ground pepper to taste

Mix beets and celery with apple juice. In a separate bowl, whisk together the remaining ingredients. Toss the celery/beets with half of the liquids. Then drizzle the remaining liquid over the salad. Chill for 2 hours and serve.

Cholula Fiesta Salad

- 2 cups mixed greens
- ½ cup tomato, chopped
- ½ cup jicama, chopped
- ¼ cup avocado, chopped
- 1 carrot, shredded
- 1 lime, juiced

Combine all ingredients in a bowl and top with lime juice.

Carrot Beet Salad

- ¼ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons minimally processed honey
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- ¼ teaspoon cayenne (optional)
- Sea salt to taste
- 3 cups beets, shredded
- 3 cups carrots, shredded
- ½ cup fresh parsley, chopped

Mix all ingredients except beets, carrots, and parsley in a large bowl. Check seasonings. Add beets, carrots, and parsley. Toss to combine. Let marinate 2 hours, if desired.

Cabbage Salad

- ½ head purple cabbage, shredded
- ½ red or purple onion, sliced thinly (soak in cold water for a few minutes if you prefer milder onion flavor)
- ½ cucumber, sliced thinly
- 1 avocado, diced
- 1 medium tomato, coarsely diced
- 1 lime, juiced
- Sea salt and ground pepper

Toss all ingredients with lime juice, salt, and pepper.

Avocado and Papaya With Lime Dressing

- 2 limes, juiced
- 1 tablespoon minimally processed honey
- ¼ teaspoon ground pepper
- ¼ teaspoon sea salt
- 2 papayas, peeled and sliced into thin wedges
- 2 avocados, thinly sliced
- 4 cups mixed baby lettuce

Combine the lime juice, honey, sea salt and pepper; blend until smooth. Arrange the fruit slices on salad plates, alternating between papaya and avocado. Combine the lettuce and dressing in a bowl and toss well to coat. Mound a portion of the lettuce in the center of each plate. Drizzle with a few drops of dressing.

Peaches, Basil, and Red Onion

- 3 peaches, sliced
- ¼ red onion, very thinly sliced
- ⅓ cup fresh basil (leaves torn if large)
- ½ lemon, juiced
- ½ teaspoon sea salt
- Ground pepper
- 1 tablespoon olive oil

Toss peaches with red onion, basil, lemon juice, salt, and pepper to taste. Drizzle with olive oil. Can be served over fresh spinach with one of the dressings on Page 50 and topped with chicken.

Recipe courtesy of Whole Living at www.wholeliving.com

Salad Dressings and Accents

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add color and flavor to your greens.

Seasonings

The Standard Process Purification Program was designed to allow you to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.

Parsley Garlic Dressing

- ½ bunch fresh parsley, chopped
- 2 garlic cloves, chopped
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon sea salt

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Avocado Dressing

- 1 avocado, peeled and chopped
- ¾ cup olive oil
- ¼ teaspoon fresh lemon juice
- ¼ teaspoon dry mustard
- ¼ teaspoon sea salt
- Pinch ground pepper

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Garlic Flax Oil Dressing

- 2 cloves organic garlic
- ⅛ teaspoon sea salt
- Juice of half a lemon
- ⅓ cup flax oil

Mash garlic with salt. Add lemon juice. If needed, add more salt, garlic, or juice. Mix in flax oil.

Apple Cider Vinaigrette

- 3 tablespoons organic apple cider vinegar
- ½ cup olive oil
- ¼ teaspoon sea salt
- 1 teaspoon oregano
- ⅛ teaspoon ground pepper

Mix all ingredients.

Vinaigrette Dressing

- ⅔ cup olive or flax oil
- 1 tablespoon Dijon mustard
- ¼ cup balsamic vinegar or fresh lemon juice
- 1 clove garlic, minced
- ¼ cup water

Mix together and add herbs to taste.

Dips and Snacks

Asparagus Fries

- Asparagus, tough ends removed
- Sea salt
- 1 tablespoon olive oil per pound of asparagus

Line a pan with foil and preheat broiler. Lay out the asparagus in a row on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Salsa Fresca

- 2 cups ripe tomatoes, chopped
- 1 cup sweet onions, chopped
- 1 cup green bell pepper, chopped
- 2 tablespoons fresh lime juice
- 1 jalapeno, finely diced
- 1 teaspoon sea salt
- Fresh cilantro to taste, chopped

Combine the tomatoes, onions, peppers, lime juice, jalapeno, and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid, gently mix in the cilantro, and season with sea salt to taste.

Heirloom Cherry Tomato Salsa

- 6 cups heirloom cherry tomatoes, halved
- 3 jalapeños, finely minced
- 4-5 scallions: the white part and 1 inch of green, sliced very thin
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1½ cups celery, finely diced with hearts saved for garnish
- 1 small bunch parsley (about 2 cups) leaves only, roughly chopped, plus additional sprigs for garnish

In a bowl, place all ingredients except garnishes and toss until evenly mixed. Garnish with celery hearts and parsley.

Kale Chips

- 1 bunch kale, stems removed, torn into bite-size pieces
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon cayenne pepper

Preheat oven to 350 F. Line a noninsulated cookie sheet with parchment paper. After thoroughly drying washed kale with a salad spinner, spread kale in single layer on cookie sheet. Drizzle kale with olive oil and sprinkle with sea salt. Bake 10-15 minutes, rotating sheet halfway through cooking time, until edges are brown but not burnt.

Soups and Stews

Creamy Red Pepper Soup

- 1 cup warm water
- 1 red pepper, chopped
- ½ large avocado, chopped
- 5 baby carrots, chopped
- 1 teaspoon onion, chopped
- ½ teaspoon garlic, chopped
- ¼ cup hemp seeds
- 1 teaspoon minimally processed honey
- ½ teaspoon jalapeño pepper powder
- ½ teaspoon sea salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth, and slightly warm.

Gardener's Ratatouille

- 4 teaspoons olive oil
- 1 cup onion, chopped
- 3 cups plum tomatoes, chopped
- 2 cups eggplant, chopped
- 2 cups zucchini, chopped
- 1 cup bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon each fresh basil, oregano, and parsley, chopped
- 1 teaspoon sea salt
- 1 teaspoon ground pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Stir in remaining vegetables and garlic. Cover, reduce heat, and simmer 30 to 40 minutes or until vegetables are cooked through. Stir in remaining ingredients and simmer, uncovered, an additional 5 to 10 minutes.

Recipe courtesy of Cooking Light at http://community.cookinglight.com

Lentil Soup

- ¼ cup olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- 2 cups lentils
- 8 cups water
- 1 (14.5-ounce) can crushed tomatoes
- ½ cup spinach, thinly sliced
- 2 tablespoons vinegar
- Sea salt and ground pepper to taste

In a large soup pot, heat oil over medium heat. Add onion, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, basil, and bay leaf; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.

Kale Soup

- 3 tablespoons olive oil
- 1 medium onion, diced
- 6 cloves garlic, minced
- 1 small dried red chili, seeds removed, chopped
- 1 bay leaf
- Sea salt and ground pepper
- 4 leeks, chopped
- 7 cups water or vegetable stock, divided
- 1 bunch kale, any variety, stems removed, chopped

In a large soup pan, combine olive oil, onion, garlic, red chili, bay leaf, sea salt, and pepper. Cook over medium heat for 3-5 minutes until onions are translucent. Add leeks and 1 cup of water or stock. Stir together, cover, and cook slowly for about 5 minutes. Add kale and allow to steam until kale is wilted. Add the remaining water or stock and bring to a boil. Lower heat and allow to simmer for 30 minutes. You may serve the soup immediately, but if you allow it to sit for about an hour the flavors will develop further.

Sprouted Vegetable Soup

- 2 tablespoons coconut oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons paprika
- ¼ teaspoon marjoram
- 2 carrots, sliced
- 2 cups cabbage, sliced thin
- 1 bell pepper, chopped
- 2 cups mushrooms, sliced
- 2 cups sprouts, any variety
- 4 cups tomatoes, chopped or crushed
- 5 cups vegetable broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon dill
- Sea salt and ground pepper

In a large pot, heat oil over medium heat. Add onion and garlic, and sauté until onions are translucent. Add paprika, marjoram, carrots, cabbage, and bell pepper, and cook for 5 minutes, stirring often. Add the mushrooms, sprouts, and tomatoes, cooking an additional 5 minutes. Add broth, vinegar, and dill, and bring to a boil. Season with sea salt and ground pepper to taste. Reduce heat and allow to simmer for about 30 minutes or until vegetables are tender.

Entrees

Herbed Salmon

- 4 salmon fillets, about 6 oz. each
- 4 tablespoons fresh lemon juice, divided
- Sea salt and ground pepper
- ½ cup Dijon mustard
- 1 teaspoon olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

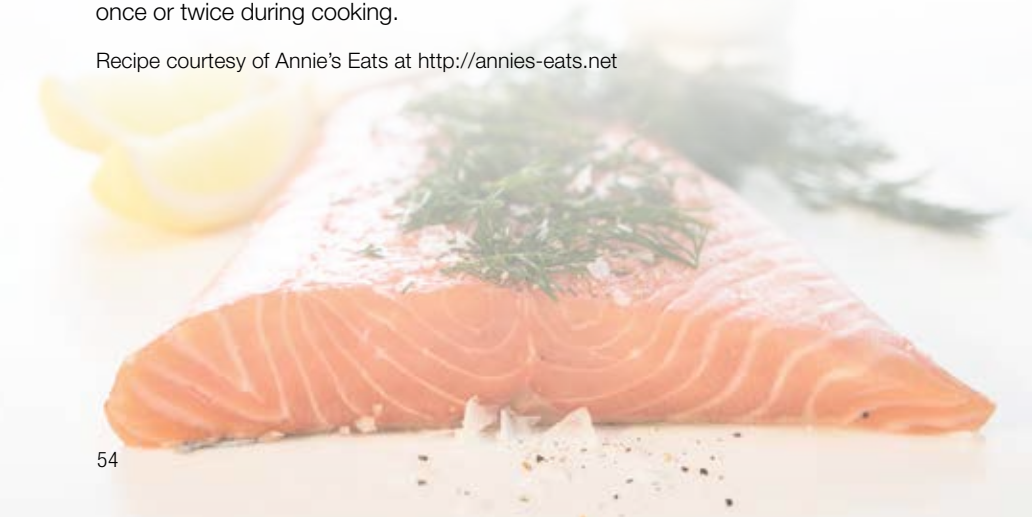
Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan, and drizzle 2 tablespoons of lemon juice over the top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 tablespoons lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

Garlic Lemon Chicken Kabobs

- 3 tablespoons olive oil
- Zest of 1 lemon
- 3 cloves garlic, minced or pressed
- 1 tablespoon fresh parsley, minsed
- 1 teaspoon sea salt
- ½ teaspoon ground pepper
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch pieces

In a medium bowl, whisk together the olive oil, lemon zest, garlic, parsley, salt and pepper. Add the chicken pieces to the bowl, and mix to coat with the marinade. Cover and refrigerate for 2-8 hours. Prepare a medium fire in a grill. If using wooden skewers, soak them in water for at least 20 minutes before use. Thread the chicken pieces onto skewers, and discard the excess marinade. Lightly oil the grill grates. Place the kabobs on the grill, cover, and cook until the chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking.

Recipe courtesy of Annie's Eats at http://annies-eats.net



Coconut Quinoa Pilaf

- 2 cups quinoa
- 1 cup coconut milk
- 2 cups water
- 1 bunch green onions, sliced
- 1 red bell pepper, finely diced
- 3-4 cloves garlic, minced
- ½ teaspoon crushed red chili flakes
- Sea salt and ground pepper
- ½ cup fresh cilantro, chopped

Place all ingredients except the fresh cilantro in a large saucepan over medium-high heat. Cover and bring to a boil, then turn down and allow to simmer for 15-20 minutes. Remove from heat and allow to sit for about 5 minutes. Add chopped cilantro and gently fluff with a fork.

Baked Chicken With Blueberry Vinaigrette

- 4 tablespoons coconut oil, divided
- 4-6 skinless, boneless chicken breasts
- ¼ cup shallots, sliced thin
- 2 cups blueberries
- ½ cup balsamic vinegar
- ⅛ cup water
- 1 tablespoon fresh rosemary, chopped
- Sea salt and ground pepper

Preheat oven to 350 F. Heat 2 tablespoons coconut oil in a large sauté pan over medium-high heat. When hot, place chicken breasts into hot pan and sear both sides until golden-brown, about 1 minute. Place in a baking dish and set aside. Add remaining coconut oil into pan along with shallots. Stir shallots over medium heat until shallots are soft and lightly caramelized, about 4 minutes. Add blueberries and cook 1 minute. Add vinegar, water, rosemary, and salt and pepper to taste. Simmer for about 10 minutes or until the blueberries have collapsed. Pour the blueberry balsamic mixture over chicken and place in the oven for about 15 minutes or until chicken has cooked fully.

Entrees

Baked Fish Fillets With Mushrooms and Tomatoes

- 3 celery stalks, about 8 inches long
- 1 cup fresh mushrooms, sliced
- ¾ teaspoon dill or rosemary
- 1 lemon, juiced
- ½ teaspoon ground pepper
- 4 medium tomatoes, sliced
- 12 ounces Atlantic pollock

Preheat the oven to 375 F. Saute the celery and mushrooms briefly in a few tablespoons of water. Add the dill or rosemary. Arrange the sauteed vegetables in a baking dish. Sprinkle with about half the lemon juice and half the pepper. Place the sliced tomatoes and then the fish on top. Sprinkle with remainder of lemon juice and pepper. Bake uncovered for 35-40 minutes. If necessary, add a slight amount of water to prevent the fish from drying while it bakes.

Recipe courtesy of SparkRecipes at www.sparkrecipes.com

Stuffed Whole Sea Bass

- 1 medium whole sea bass, scaled with head and tail intact
- Olive oil for drizzling
- 2-3 lemons, thinly sliced
- 1 small red chili pepper, chopped
- 1 clove garlic, minced
- 1 large handful each of fresh basil, flat-leaf parsley, thyme leaves, and coriander leaves
- Sea salt and ground pepper

Ensure sea bass is clean inside and out. Preheat oven to 400 F. Line an ovenproof dish with a double layer of foil large enough that it overhangs so you can wrap the fish. Drizzle with olive oil, and add a layer of lemon slices before adding the fish. Make several shallow slits on either side of the fish, being careful not to hit the bone. Roughly chop the chili pepper, garlic, and herbs. Place the herbs within the cavity of the fish along with several lemon slices. Season with sea salt and ground pepper. Top the fish with additional lemon slices, and drizzle with more olive oil. Fold the foil to package the fish, ensuring there is space above the fish for steam to collect. Bake 20 minutes. Remove from bone before serving.

Recipe courtesy of www.bestseabassrecipes.com

Look for more delicious recipes specifically designed for the purification program in "One Degree of Change: The Standard Process 21-Day Purification Program Cookbook," by Georgia Nab, DC, MS, CNS. You can order the hardcover book form through your health care professional or view the e-book at standardprocess.com.

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse®	7 capsules	3x/day
SP Complete® **or** SP Complete® Dairy Free **or** SP Complete® Chocolate **or** SP Complete® Vanilla	2 tablespoons per shake	2-3/day
	4 tablespoons per shake	2/day
Gastro-Fiber® **or** Whole Food Fiber	3 capsules	3x/day
	1 tablespoon per shake	2-3/day

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency
SP Green Food®	5 capsules	2x/day
SP Complete® **or** SP Complete® Dairy Free **or** SP Complete® Chocolate **or** SP Complete® Vanilla	2 tablespoons per shake	2-3/day
	4 tablespoons per shake	2/day
Gastro-Fiber®	3 capsules	3x/day
Whole Food Fiber	1 tablespoon per shake	2-3/day

Additional Purification and Post-Purification Supplementation

Supplement	Amount	Frequency
Whey Pro Complete		
Tuna Omega-3 Oil (perles) **or** Tuna Omega-3 Chewable **or** Calamari Omega-3 Liquid		
Gymnema from MediHerb		
ProSynbiotic		
Linum B_6		
General Health Daily Fundamentals (Individual packs that contain Catalyn, Trace Minerals-B_{12}, and Tuna Omega-3 Oil)		

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits.

- ☐ Apples❦
- ☐ Apricots❦
- ☐ Avocados
- ☐ Bananas
- ☐ Blackberries
- ☐ Black currants❦
- ☐ Blueberries
- ☐ Boysenberries
- ☐ Cherimoyas❦ (custard apples)
- ☐ Cherries❦
- ☐ Clementines
- ☐ Coconuts
- ☐ Cranberries, any variety
- ☐ Dates❦
- ☐ Elderberries
- ☐ Figs
- ☐ Gooseberries
- ☐ Grapefruit
- ☐ Grapes, any variety❦
- ☐ Guavas❦
- ☐ Huckleberries
- ☐ Jackfruit
- ☐ Jujubes
- ☐ Kiwi fruit
- ☐ Kumquats
- ☐ Lemons
- ☐ Limes
- ☐ Loquats❦
- ☐ Lychees❦
- ☐ Mangoes❦
- ☐ Melons, any variety❦
- ☐ Mulberries❦
- ☐ Nectarines❦
- ☐ Olives
- ☐ Oranges
- ☐ Papayas❦
- ☐ Passion fruit
- ☐ Peaches, any variety❦
- ☐ Pears, any variety❦
- ☐ Persimmons❦
- ☐ Pineapples
- ☐ Plums❦
- ☐ Pomegranates❦
- ☐ Raspberries
- ☐ Red currants*
- ☐ Rhubarb
- ☐ Sapodillas
- ☐ Sharon fruit
- ☐ Strawberries
- ☐ Tangerines
- ☐ Watermelons❦

Protein Sources

Lean meat/fish can be added on day 11.

- ☐ Fish: deep-sea fish (e.g., salmon, cod, or sea bass), not farm raised
- ☐ Lean red meats: beef (grass-fed), venison, or other
- ☐ Poultry (organic, free-range)
- ☐ Wild game, any variety

Beverages

- ☐ SP Complete shakes (with vegetables and/or fruit if desired)
- ☐ Spring water
- ☐ Herbal tea: organic, noncaffeinated

❦ Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals, and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. But if you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. Therefore for these individuals, fruits with the * by them should be avoided or minimized.

Shopping List

Vegetables

- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Bean sprouts and any type of sprouts
- ☐ Beets and beet greens
- ☐ Belgian endive
- ☐ Bell peppers, any variety
- ☐ Black radishes
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbages
- ☐ Carrots
- ☐ Cauliflowers
- ☐ Celery
- ☐ Chicory/radicchio
- ☐ Chives
- ☐ Collard greens
- ☐ Cucumbers
- ☐ Dandelion greens
- ☐ Eggplants
- ☐ Endive/escarole
- ☐ Fennel
- ☐ Hearts of palm
- ☐ Jalapeño peppers
- ☐ Kale
- ☐ Kohlrabies
- ☐ Leeks
- ☐ Lettuce, any variety
- ☐ Mushrooms
- ☐ Mustard greens
- ☐ Okra
- ☐ Onions
- ☐ Oyster plants
- ☐ Parsnips
- ☐ Pearl onions
- ☐ Pumpkins
- ☐ Radishes
- ☐ Rutabagas
- ☐ Shallots
- ☐ Spinach
- ☐ Squash, any variety
- ☐ Sweet potatoes
- ☐ Swiss chard
- ☐ Tomatoes
- ☐ Turnips and turnip greens
- ☐ Wasabi roots
- ☐ Water chestnuts
- ☐ Watercress
- ☐ Yucca roots
- ☐ Zucchini

Oils and Fats

- ☐ Avocado oil
- ☐ Butter: organic, unsalted
- ☐ Coconut oil: unrefined, raw
- ☐ Flaxseed oil
- ☐ Ghee (clarified butter)
- ☐ Grape seed oil
- ☐ Olive oil: extra virgin
- ☐ Pumpkin seed butter
- ☐ Sesame seed oil
- ☐ Tahini (ground sesame seeds)

Other

- ☐ Baking powder
- ☐ Baking soda
- ☐ Broths
- ☐ Coconut butter
- ☐ Coconut cream
- ☐ Coconut water
- ☐ Curry paste
- ☐ Dairy-free milk: coconut or hemp
- ☐ Fresh herbs, spices, and accents
- ☐ Flour: coconut
- ☐ Legumes: green beans, lentils, peas
- ☐ Mustard, Dijon
- ☐ Pseudo-grain: quinoa
- ☐ Raw seeds
- ☐ Seaweeds such as arame, nori, or kelp
- ☐ Sugars and sweeteners: bananas, dates, or whole-leaf stevia (powder or liquid)
- ☐ Vanilla extract
- ☐ Vinegars

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30% PCW

12010 Purification Product Kit with SP Complete® and Gastro-Fiber®

12020 Purification Product Kit with SP Complete® and Whole Food Fiber

12035 Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®

12040 Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber

12065 Purification Product Kit with SP Complete® Chocolate and Gastro-Fiber®

12070 Purification Product Kit with SP Complete® Chocolate and Whole Food Fiber

12055 Purification Product Kit with SP Complete® Vanilla and Gastro-Fiber®

12060 Purification Product Kit with SP Complete® Vanilla and Whole Food Fiber