

# WEIGHT LOSS AND PURIFICATION PROGRAM

*By Annette Schippel, DC*

If you find yourself reading this it is probably because you have decided it is time to make some positive changes in your health. Some will be doing it to lose weight; others will do it for the detoxification aspect of the program. Whatever your reason, the next three weeks will be an important step in making positive changes in your health. Being truly healthy is an ongoing journey, not a destination. It involves a balanced lifestyle that includes healthy food choices, exercise, and stress management. Choosing a purification program can start you on that journey.

## **Are you toxic?**

Take a moment to review how well you scored on your toxicity questionnaire. Were you surprised? If this is your second or more time cleansing, have your scores improved? Here are some common toxicity indicators:

- Poor digestion, acid reflux
- Poor sleep
- Fatigue
- Constipation, bloating, gas
- Food cravings, food allergies
- Overweight
- Skin conditions
- Dark circles or puffiness under the eyes
- High cholesterol
- Recurring headaches
- Fibromyalgia
- Joint pain
- Low immunity, frequent illnesses
- Hypoglycemia
- PMS, hormone imbalances
- Mental fog

If you find yourself mentally saying yes to some or all of these, then this is the program for you.

Weight management is often times the biggest motivating factor that results in people trying to make changes in their diet. We are bombarded in the market place by the current trends, products, various diets and fads. Despite this, many people still cannot find the solution to their persistent weight management issues. The key implicating factors in weight gain are:

- Toxicity
- Poor thyroid hormone metabolism
- Stress (elevated cortisol levels), altering our metabolism

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Cutting out an entire food group isn't effective or healthy. You should question any diet that tells you to do that.

Whether we like it or not and whether we realize it, toxins are everywhere. They are in the air, our workplace, our homes, food, water, metabolic waste, and can even be created by negative thoughts. Our body has three options of dealing with toxins:

1. remove toxins
2. bury the toxins in body fat
3. deposit them in other body tissues

The healthier our body functions, the better we are able to remove the toxins. A healthy liver is crucial for clearing toxins. At the same time we have to make sure we have healthy bowel function to ensure that toxins are able to be eliminated there as well. This program focuses on a gentle detoxification of the liver by turning toxins into water soluble substances that can be cleared by the kidneys and bowels. As the body goes through this process there is actually a release of more toxins into the system.

## What supplements will I use during the purification?

### 1. **SP Complete**

- Rich in anti-oxidants to reduce any chances of damage being done by these toxins.
- Provide rich nutrients that will safely detoxify the liver and improve bowel function.

### 2. **Gastro-Fiber**

- Essential for binding to toxins, heavy metals, and excess hormones. This insures their removal from the body as long as there is adequate water intake.

*Because of this, it is extremely important that you are having a bowel movement every day. This is especially true for women to prevent re-absorption of excess hormones. If you are not having regular bowel movements, make sure that you are drinking enough water! Stomach crunches can help get peristalsis started and improve bowel function. If you have tried those things and are still having problems please contact our office.*

### 3. **SP Cleanse and SP Green Food**

- Engage phase 1 and phase 2 of liver detoxification and round out the supplements used during the cleanse.

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## Why the diet restrictions?

To ensure a good cleanse, you have to remove dietary stress from your body! This is *key* to realizing any food allergies you might have. Often times we don't realize how *bad* some food or drink might make us feel until we have removed them from our diet for at least 21 days. The 21 days is important because it takes that long to break a physical craving or addiction to a certain food. Your emotional attachment might still be there, but the physical one won't!!! You also need 21 days to create new habits that are more likely to stay with you.

Now I am going to mention another four letter word.... exercise! OK, so it's more than four letters, but you get my meaning... **Exercise is important for successful cleansing and weight loss.** When we sweat we release toxins through our skin. And in case you didn't know it, your skin is the largest organ you have! Also when we exercise we burn more calories and build lean muscle. At rest, muscle will burn more calories than fat, which helps us to either lose weight or maintain a healthy weight. Plus, the positive feeling you get from doing something good for yourself doesn't hurt either! Find an exercise you like to do and get started. If you are not sure, try different types of exercise till you find a couple you like.

- Walking is always a great place to start.
- If weight loss is your goal, try adding in a couple of yoga classes a week. Yoga is excellent for stress management, which makes it great for everyone! The deep breathing techniques used with yoga help the body to release the excess cortisol.

Try to exercise a minimum of 3 times a week, but go for 5!!!

**How will you feel during the next three weeks?** If your body is very toxic or has reduced detoxification capacity, you might experience the following symptoms:

- Headaches
- Sugar cravings
- Caffeine withdrawal
- Weakness and dizziness
- Muscular aches
- Skin irritation
- Disrupted sleep
- Kidney referral pain
- Low back pain, usually a referred pain
- Flu like symptoms
- Irritability

These symptoms WILL go away, usually in about 3-5 days. Additional supplements can help you through this period if you need them. Remember, the worse you feel, the more

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your body is telling you to do this. So don't give up!!! You can do this! Please feel free to call if you need any help or just a little encouragement!

OK, so that's the bad part. Are you ready for the good part? (Yes, believe it or not, there is one!) **How will you feel at the end of the three weeks?**

- Increased energy
- Decreased appetite
- Better immune system
- Weight reduction
- Improved digestion
- Improved physical appearance
- Improved blood profile
- Clearer thinking
- Removal of food addictions
- Improved elimination
- Improved sleep
- Better mood, more positive
- Satisfaction that you survived the three weeks and are healthier for it!!!

Everyone will experience varying degrees of what I have just listed above, but everyone should experience some positive changes.

***Remember, toxic overload can be a silent killer. Take steps now to make sure it's not one in your life....***

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## What can you have??? (YES LIST)

All the water you want, all day, every day, for the next three weeks! **NO tap water.** You can also have 2 cups per day of herbal or green tea, preferably organic.

All the fresh or frozen fruits and vegetables you want with a few exceptions. Tomatoes are the only exception when it comes to canned fruits/vegetables. Organic is best if you can do it. Try to keep a ratio of **twice** as many vegetables to your fruits.

Proteins can include lean red meat, chicken, and fish. Two 4-6 oz. Servings of meat protein a day are allowed. Two eggs per day are allowed. No pork or shellfish is allowed. **Increasing protein in your morning shake to 40-50g of protein will improve energy and weight loss.**

Brown rice, basmati rice, wild rice or rice pasta, 1-2 cups per day

Salad dressings – olive or flax oil mixed with a balsamic vinegar. Mrs. Dash could be added for flavoring. Annie’s brand of salad dressings are usually fine, double check labels to be sure.

Cooking – low heat, bake, broil, or steam. Use extra virgin olive oil and/or Mrs. Dash seasoning blends. Other seasonings are ok as long as they are gluten free and MSG free. **NO MICROWAVES!!!**

Note: If you are on a potassium sparing diuretic like Aldactone, Midamor, or Dyrenium you should not use Mrs. Dash due to the potassium content. If you have any questions concerning this, please see me.

**NO LIST:** ANY dairy, soda, caffeine, bad fats (hydrogenated), sugars, alcohol, white or wheat flour, white potatoes, corn, gluten, soy, nuts and nut butters.... And anything else not included on the yes list!

**Good luck and happy cleansing!!!!**

Notes:

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## ~ SUPPLEMENTS ~

### Week one:

- 2 **SP Complete** shakes per day
- 7 **SP Cleanse** capsules 3 times per day; taken with a shake or on an empty stomach.
- 3 **Gastro Fiber** 3 times per day; taken with a shake or on an empty stomach **or** ½-1 Tbs. **Whole Food Fiber** 2 times per day. (Can be mixed into your shake or just in water. Take only if you are not eliminating regularly. It is vitally important that the bowels are being emptied at least 1-2 times each day during the purification. This ensures that all toxic waste from the liver is being removed.

### Weeks two and three:

- 2 **SP Complete** shakes per day
- 5 **Green Food** capsules 2 times per day; taken with your shake
- 3 **Gastro Fiber** 3 times per day; taken with a shake or on an empty stomach **or** ½-1 Tbs. **Whole Food Fiber** 2 times per day. (Can be mixed into your shake or just in water.) It is vitally important that the bowels are being emptied at least 1-2 times each day during the purification. This ensures that all toxic waste from the liver is being removed.

### Basic Shake Recipe:

- ½ banana
- 1-1 ½ cups of frozen fruit (strawberries, mixed berries, apples, pineapple, oranges)
- 1 tablespoon of cold pressed flax seed oil and/or coconut oil
- Water to desired consistency.
- 2 heaping scoops of **SP Complete** powder
- 1 scoop of whey protein

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## ~ ADDITIONAL SUPPLEMENTS ~

**Livco** can be beneficial the first week of the purification if you're experiencing flu like symptoms, headaches, nausea...

**Gymnema** is excellent for the person with blood sugar handling issues or sugar cravings. If you are diabetic, you will probably find that you need less insulin as blood sugars become more regulated. Make sure that you can adjust it accordingly. If sugars go to low, drink some orange juice, eat a banana, or maybe some pineapple.

**Rhodiola/Korean Ginseng** if you are having fatigue issues beyond 3-4 days, this is a wonderful support for the adrenals and improves energy.

**Whey protein** added to your shakes. This is necessary if you are doing the optimal protocol.

**Tuna Omega-3 Oil** provides quality fish oil without any toxicities or heavy metal contamination.

Please contact the office if you feel you need any of these additional supplements.

## ~ ADDITIONAL THERAPIES & SUGGESTIONS ~

**Ionic Cleansing:** this can help lessen some of the side effects from the purification and improve overall sense of well being.

**Massage:** is excellent for improving lymphatic function and will enhance detoxification. Plus it feels pretty good too!

**Colonics:** can be an effective way to remove old and hardened build up in the colon/bowel. I would recommend doing one during the first week of the purification, but anytime would be beneficial.

Try to get to bed at the same time every night and get up in the morning at the same time.

Spend about 20 minutes each day laying down while having quiet time or listening to soothing music.

Spend 5-10 minutes a day stretching.