



Post-Purification Program



**A Patient Guide to Post-purifying,
Nourishing, and Maintaining
a Healthy Body and Weight**

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For your shopping convenience, use the tear-off shopping list in the back of this guide.

“A journey of a thousand miles begins by taking the first step” – Lao-Tzu

Congratulations for taking the first step toward optimal health

You’ve successfully made it through the 21-day purification program and you probably feel better than you have for awhile. You’ve worked hard to follow a healthy meal plan, exercise, and take whole food supplements. You should be proud of your accomplishment.



Living a Healthy Lifestyle

Now you're ready for the next step—maintaining your health and supporting your weight management goals. The healthy lifestyle you've begun is taking you in the right direction. You have a new attitude about food and health in general, and now you have the opportunity to continue on the road to maintaining a healthy body, mind, and spirit. Now you're ready to:

Get Back to “New Normal” and Obtain Optimal Results

You will begin to define your “New Normal”, the healthy diet that will meet your nutritional and lifestyle needs. You'll be starting off with a healthy diet similar to days 11-21 of the purification program, so you'll include organic foods in your diet when possible; get regular exercise; and drink plenty of fluids.

Then when you and your health care professional decide it's the right time, you'll start to reintroduce foods that you avoided during purification and build a new relationship with food.





Supplements During Post-purification

Your health care professional will help you decide how long you will take the following supplements, but you will take them for at least 30 days following the purification program.

Catalyn®

- ◆ Contains concentrated multiple vitamins, minerals, and trace minerals providing complex nutritional supplementation.*

SP Complete™

- ◆ Provides amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health.*

Trace Minerals-B₁₂™

- ◆ Provides an extensive variety of trace minerals including iodine, which is required for healthy thyroid, spleen, and red blood cell functions.*

Tuna Omega-3 Oil

- ◆ Provides a rich source of long-chain omega-3 fatty acids, comprised of DHA and EPA in a naturally occurring 5:1 ratio. They are responsible for promoting and supporting healthy cardiovascular, nervous, and immune system health.*

Whole Food Fiber (powder) | Gastro-Fiber (capsules)

- ◆ Whole Food Fiber offers a good source of fiber made from whole foods, all playing a vital role in keeping the intestinal tract and immune system healthy.*
- ◆ Gastro-Fiber offers dietary fiber from herbal and whole food sources, providing support for the gastrointestinal system and helping detoxify the body.*

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



Additional Supplementation

Your health care professional may also recommend the following products or others depending on your specific health needs.

Adrenals

Drenamin®—Offers comprehensive adrenal support to help reduce ongoing stress, increase energy production, and regulate mood.*

Digestion

Zypan®—Contains nutrients, including digestive enzymes, to support healthy digestion and the absorption of proteins, carbohydrates, and fats.*

Liver support

Livaplex®—A whole food based concentrate to support detoxification, fat digestion, and overall liver functioning.*

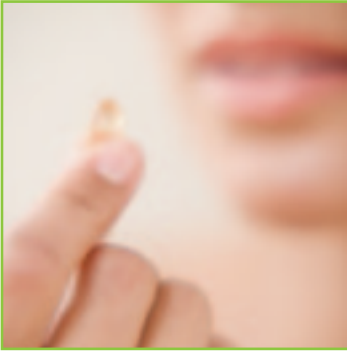
Sugar metabolism

Gymnema 4g (from MediHerb®)—Helps maintain healthy blood sugar levels when combined with a healthy diet. Especially effective in moderating sugar cravings.*

Whey protein

Whey Pro Complete—Complete amino acid supplement that augments weight management; supports muscle tissue; enhances immune function; and improves gastrointestinal health. Unique ingredients, such as colostrum and inulin, work in tandem providing immune support, especially in the gastrointestinal tract.*

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High-protein Health Bars

StandardBars®—Offer a convenient, balanced supplement, without artificial preservatives, colors, or flavors. These bars contain ingredients derived from natural sources, and provide nutrients with specific benefits. They come in three flavors:

- ◆ Cocoa Crisp
- ◆ Cocoa Cherry
- ◆ Peanut Butter*

Visit www.standardprocess.com for additional information on these products.

If you are looking for convenience, SP Complete and Whey Pro Complete are available in single-serving packets. Ask your health care professional for more details.



Daily Diet

Just like the purification program, this program also emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and hydrogenated oils/trans-fats. Nourishing yourself with nutrient-rich, high fiber, whole, unprocessed foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Fruits

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, no dried or canned fruit (use organic whenever possible).

♦ Average serving size indicated

Apples, 1 medium

Apricots, raw (3 medium)

Avocados, ¼

Bananas, ½ per shake

Blackberries, 1 cup

Blueberries, 1 cup

Cantaloupe, ½ medium

Cherries, 15

Cranberries, 1 cup whole

Figs, 2

Grapefruit, 1 whole

Grapes, 15

Guavas, 1 whole

Honeydew melon,
¼ small

Kiwis, 1 whole

Kumquats, 1 whole

Lemons, 1 whole

Limes, 1 whole

Loganberries, 1 cup

Mangos, 1 whole

Mulberries, 1 cup

Nectarines, 2 small

Oranges, 1 large

Papayas, 1 small

Peaches, 2 small

Pears, 1 medium

Pineapple, ½ cup

Plums, 2 small

Pomegranates, 1 whole

Raspberries, 1 ½ cup

Rhubarb, 1 cup

Strawberries, 1 ½ cup

Tangerines, 2 small

Tomatoes, 1 medium



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Vegetables

- ◆ You can eat an unlimited amount of vegetables from the list below (use organic whenever possible). Your vegetable intake should be twice the amount of fruit intake.
- ◆ Average serving size = ½ cup
- ◆ No dried or canned vegetables; frozen OK
- ◆ Fresh juices made from vegetables are also allowed
- ◆ Most vegetables may be steamed for four minutes or stir fried over low heat; however, for best results, consume ½ of your vegetables raw
- ◆ Fresh herbs and spices are optional

Vegetables

<i>Artichokes</i>	<i>Chives</i>	<i>Pimentos</i>
<i>Asparagus</i>	<i>Cucumbers</i>	<i>Radishes</i>
<i>Bamboo shoots</i>	<i>Eggplant</i>	<i>Sea vegetables</i>
<i>Bean sprouts</i>	<i>Garlic</i>	<i>Squash</i>
<i>Beets, red</i> <small>(steam for 20-30 minutes or until soft)</small>	<i>Kohlrabies</i>	<small>(acorn, butternut, spaghetti)</small>
<i>Bok choy</i>	<i>Leeks</i>	<i>String beans</i>
<i>Broccoli or brocciflower</i>	<i>Mushrooms</i>	<i>Sweet potatoes</i>
<i>Brussels sprouts</i>	<i>Okra</i>	<i>Turnips</i>
<i>Cabbage</i> <small>(all types)</small>	<i>Onions</i>	<i>Water chestnuts</i>
<i>Carrots</i>	<i>Oyster plant</i>	<i>Yams</i>
<i>Cauliflower</i>	<i>Parsley</i>	<i>Zucchini</i>
<i>Celery</i>	<i>Peppers</i> <small>(any color)</small>	

Lettuce and Greens

<i>Arugula</i>	<i>Escarole</i>	<i>Romaine</i>
<i>Beet greens</i>	<i>Kale</i>	<i>Spinach</i>
<i>Chicory</i>	<i>Mustard greens</i>	<i>Swiss chard</i>
<i>Collard greens</i>	<i>Radicchio</i>	<i>Watercress</i>
<i>Dandelion greens</i>	<i>Red and green leaf</i>	
<i>Endive</i>		

Lentils or Wild/Brown Rice

- ✦ Average serving size = ½ cup cooked (measure carefully)
- ✦ 1-2 servings of lentils or 1 serving of wild or brown rice per day
- ✦ **Please note:** Lentils have a higher protein content and less carbohydrates than rice. For ideal weight and blood glucose management, choose lentils more often than rice.

Protein

- ✦ Average serving size = 3-5 oz. cooked
Roughly the size and thickness of your palm.
- ✦ Total servings: 2-4 per day, with 1-2 servings being fish
Fish should be deep sea fish (e.g. salmon, cod, or sea bass), not farm raised
Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.
- ✦ Prepare by broiling, baking, roasting, or poaching
- ✦ No cured, smoked, or luncheon meats
- ✦ Ask your health care professional about adding 2 scoops of **Whey Pro Complete**, a powdered protein supplement, to each SP Complete shake for additional protein.

Oils

- ✦ Average serving size = 1 tsp. | Servings: 4-7 teaspoons per day
- ✦ Should be cold-pressed and unprocessed
- ✦ Use high-quality oils, such as:

<i>Coconut oil</i>	<i>Flaxseed oil</i> (Keep refrigerated, do not heat)
<i>Extra-virgin olive oil</i>	<i>Grape seed oil</i>
<i>Fish oil</i>	<i>Real butter</i> (Organic/raw is preferred)

Spring Water

- ✦ Drink a minimum of 8 glasses (64 oz.) of spring water a day



Food Reintroduction

Systematically reintroducing foods from one food group at a time is a great way to figure out which foods will make the cut. This method allows you to gauge how these foods make you feel, and if they cause any problems. Just remember, 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 at first.

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 food experience journal is provided on page 30. And this may sound far-fetched, but if you do have a reaction, you need to rule out food poisoning, since it can cause some of the worst symptoms of a food allergy or intolerance.

The Process

You'll follow the daily diet detailed on page 6 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.



A quick note about allergies & 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 fast—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 it can't process, or that causes irritation. This could be from a biological cause, as in sugar intolerance where the body lacks the enzymes needed to process lactose or fructose; or it could be from an additive that is poorly absorbed by the gut (as in the types of sugar you find in diet foods or drinks). 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.





If you choose to reintroduce some foods/food groups you eliminated during purification, here are some guidelines to follow:

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—which contain their original fiber, iron, and B vitamins—are a healthier choice. Eat a healthy range of whole grains that includes quinoa, spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

Dairy

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

Nuts & Seeds (Raw)

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

Shellfish

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

Eggs

Eggs provide an important source of protein, iron, and B vitamins. You may want to reintroduce eggs after grains, so you can try them with a bran muffin. 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 complex and rich your diet should be, we've included an example. This example diet is not for everyone—it was designed for a woman, 5' 5", 135 lb, age 45, Caucasian, sedentary.

Day 1

Breakfast

SP Complete Shake *Original recipe* 1 serving

Add the following to the shake:

Water 8 oz.

Hazelnut oil 1 Tbs.

Blueberries *frozen, unsweetened* 1 ½ cups

Fresh mixed fruit salad 1 cup

peach, apricot, pineapple, cherries (unsweetened)

Yogurt *plain, whole milk* 8 oz.

Green tea 8 oz.

Snack

Orange *medium* 1

Lunch

Salad

Greens 2 cups

Beets *boiled* 1

Kidney beans *cooked, without salt* ½ cup

Sunflower seeds *oil roasted, without salt* 1 Tbs.

Vinaigrette dressing 2 oz.

Carrots, *baby, raw* 5 medium

Cottage cheese ½ cup

Rye bread 1 slice

Snack

Apple *medium* 1

Dinner

Turkey breast *no skin, roasted* 3 oz.

Broccoli *cooked, without salt* ½ cup

Rice *brown, medium-grain, cooked* ½ cup

Snack

Fresh mango *raw, sliced, unsweetened* 1 cup

Day 2

Breakfast

SP Complete Shake *Original recipe* 1 serving

Add the following to the shake:

Water 8 oz.

Hazelnut oil 1 Tbs.

Strawberries *frozen, unsweetened* 1 ½ cups

Oatmeal *prepared with water* ¾ cup

Green tea 8 oz.

Snack

Kiwi fruit 1 large fruit

Lunch

Sandwich

Mushroom *Portabella, grilled* 1 large

Tuna *light, canned in water* 1 can

Feta cheese 1 oz.

Tahini 1 Tbs.

Whole milk 8 oz.

Carrots *baby raw* 5 medium

Snack

Sunflower seeds *oil roasted, without salt* 1 ½ Tbs.

Dinner

Beef *round, lean only, roasted* 3 oz.

Wild rice ½ cup

Green beans *cooked* 1 cup

Cauliflower *cooked, without salt* 1 cup

Green beans *cooked* 1 cup

Cauliflower *cooked, without salt* 1 cup

Cauliflower *cooked, without salt* 1 cup

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Cauliflower *cooked, without salt* 1 cup

Meal Plan

This diet is designed with weight maintenance in mind (1,641 calories/day). If you haven't met your weight management goals, you and your health care professional can determine the best course of action for you. Most people can cut 300 calories from their diet per day, and along with 30 – 40 minutes of moderate exercise, you can expect to lose 1 lb. per week. But this is something you'll have to discuss with your health care professional.

Day 3

Breakfast

SP Complete Shake *Original recipe* 1 serving

Add the following to the shake:

Water 8 oz.
 Hazelnut oil 1 Tbs.
 Raspberries raw 1 ½ cups

Fresh mixed fruit salad 1 cup
peach, apricot, pineapple, cherries (unsweetened)

Yogurt plain, whole milk 8 oz.

Green tea 8 oz.

Snack

Cantaloupe 1 medium wedge

Lunch

Salad
 Tossed salad with turkey, ham, & cheese 1 cup
 Vinaigrette dressing 2 oz.

Beet boiled 1

Kidney beans *cooked, without salt* ½ cup

Orange medium 1

Snack

Whole milk 8 oz.

Kiwi fruit 1 large

Dinner

Pork liver *cooked and braised* 3 oz.

Cabbage red, *cooked, without salt* ½ cup

Broccoli *cooked, without salt* 1 cup

Sweet potato *baked in skin, without salt* 1 small

Snack

Fresh papaya raw, *sliced, unsweetened* 1 medium

Day 4

Breakfast

SP Complete Shake *Original recipe* 1 serving

Add the following to the shake:

Water 8 oz.
 Hazelnut oil 1 Tbs.
 Blueberries *frozen, unsweetened* 1 ½ cups

Oatmeal *prepared with water* ¾ cup

Green tea 8 oz.

Snack

Sunflower seeds *kernel, oil roasted, without salt* 1 ½ Tbs.

Lunch

Chicken breast *roasted with teriyaki (1 ½ Tbs.) and celery seeds (1 tsp.)* 2 oz.

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 oz.

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* ½ cup

Snack

Whole milk 1 cup

DAY 5

Breakfast

SP Complete Shake <i>Original recipe</i>	1 serving
<i>Add the following to the shake:</i>	
Water	8 oz.
Hazelnut oil	1 Tbs.
Strawberries <i>frozen, unsweetened</i>	1 ½ cups
Fresh mixed fruit salad	1 cup
<i>peach, apricot, pineapple, cherries (unsweetened)</i>	
Yogurt <i>plain, whole milk</i>	8 oz.
Green tea	8 oz.

Snack

Almonds <i>raw, sliced, unsalted</i>	1 ½ Tbs.
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Lunch

Omelet	
Egg	1
Mozzarella cheese	1 oz.
Broccoli <i>cooked, without salt</i>	½ cup
Rye bread	1 slice
Kiwi fruit	1 large
Grapefruit	½ medium

Snack

Banana <i>raw</i>	1 medium
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Dinner

Chili con carne with beans	½ cup
Cauliflower <i>cooked, without salt</i>	½ cup
Mixed vegetables	½ cup
Wild rice	½ cup
Salad	
Greens	2 cups
Vinaigrette dressing	2 oz.

Snack

Whole milk	8 oz.
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This meal plan is an example of what a healthy diet looks like. It isn't appropriate for everyone. Your health care professional can help you determine a meal plan that's right for you.





Healthy for a Lifetime

It's a lifelong journey, so watch out for road blocks

Maintaining your weight and staying healthy are lifelong commitments. Along the way you may run into road blocks that make your commitment difficult. Below are some ways to keep your challenges to a minimum.

Healthy weight management tips

Don't try to lose too much, too fast

If you begin to gain weight, it is tempting to try to lose more weight in a shorter timeframe. However, the safest way to lose weight is setting a goal of 1 to 2 pounds per week. That way you take it off and keep it off without “yo-yo” dieting.

Don't underestimate the number of calories/nutrients in food

Often we really don't know how many calories or nutrients are in foods. When in doubt, you can visit the USDA National Nutrient Database at www.nal.usda.gov to look up any foods you're unsure about.

Preparing for social gatherings

When deciding to eat out, plan what you'll eat ahead of time so there's no guesswork when you arrive. Don't forget to drink water before you leave and while you're there so you don't mistake hunger for dehydration. If you're going to a place with appetizers to munch on, eat a healthy snack beforehand so you're not so tempted (many dips and appetizers are calorie-laden and are high in trans-fats). Healthy snacks could include:

- ◆ 1 cup of carrots with low-fat ranch dressing
- ◆ Celery sticks with 1 Tbs. peanut butter
- ◆ 1 medium apple or 1 cup of grapes
- ◆ 1 StandardBar®

Dealing with feeling deprived/bored with the diet

Depriving yourself all the time of your favorite, albeit unhealthy, food may lead you back into unhealthy eating habits. It's OK to give in once and awhile and eat your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before. Remember to eat a wide variety of foods; choose a rainbow of colors.

Reaching for processed or refined foods

These can be high in sugar, fat, and additives. Most of us use these foods for their convenience. Try to keep these foods out of the house so you won't be tempted. Review the menu when you go out to eat with friends so you can avoid these foods.

Drinking alcohol or caffeine

These kinds of drinks can be consumed in moderation, but many people find that drinking them can easily become habit-forming.

Portion control

Portion control is all about understanding how much a serving size is and how many calories a serving contains. Nutrient-dense food gives the most nutrition per serving. Being able to visualize correct portions is hard when you first start. Here are some pointers when planning what to eat.

- ◆ Portion of carbohydrates should be one fistful (i.e. pasta)
- ◆ A potato serving is equal to the size of a standard computer mouse
- ◆ 1 cup of strawberries, 1 cup of breakfast cereal flakes, and 1 cup of broccoli, raw greens, or carrots are equal to the size of a baseball
- ◆ 1 oz. of hard cheese is equal to 1 domino
- ◆ ¼ cup almonds or pistachios is equal to a golf ball
- ◆ 3 oz. of meat/poultry is equal to the size of a deck of cards
- ◆ 3 oz. of cooked fish is equal to the size of a checkbook
- ◆ 1 tablespoon of butter or salad dressing is equal to a poker chip

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. If you are still hungry, pay attention to portion sizes so you'll know what foods to go back for.



Reading labels

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

MSG—Monosodium glutamate/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. They are known to raise “bad” cholesterol levels and lower “good” cholesterol levels. You may see them as “hydrogenated” or “partially hydrogenated.”

Artificial sweeteners

These are chemicals used to replace sugar in diet/sugar-free foods. They include things like saccharine and aspartame. These products 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 to make products look as expected based on ingredients. However, some people may 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. So watch out as you navigate your new diet. Eating too much sodium can contribute to long-term health problems, but it can also cause you to retain water and feel bloated. Opt for fresh foods, low-sodium products (including condiments like salad dressing, ketchup, and mustard), use herbs instead of salt for seasoning, and take the salt shaker off the table. Some people prefer salt that is less processed, *like sea salt*. But regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.

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FAQs

Q How long will I remain on post-purification protocol?

A You will continue on the post-purification protocol for as long as you and your health care professional determine it is right for you. You can continue this protocol for a lifetime. You'll want to remember the things you've learned and put them into play as you continue 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 Is this post-purification program recommended for pregnant or lactating women?

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

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

A For additional protein or fiber, you may want to mix a shake with Whey Pro Complete (powdered protein supplement) or add additional Whole Food Fiber (powdered fiber supplement). You can also combine Whey Pro Complete with SP Complete, or other beverages or foods, such as applesauce or yogurt. See the Whey Protein or Dietary Fiber brochure (on our website) for more details.

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

A Exercise facilitates the removal of toxins and it helps you manage a healthy weight. It is recommended that you walk at least 30-45 minutes at least four days per week. More strenuous exercise may be appropriate as well. Consult with your health care professional to help you develop an appropriate exercise program.

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

A Please contact your health care professional before you begin this program. They can help you decide what is right for you based on your health history, supplements/ medications you are taking, and health goals. Your health care professional may recommend additional supplements to support your body while on the program.

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 post-purification. Ask your health care professional about adding Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements.

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!





Q What if I am not losing weight like I did on the purification diet?

A The post-purification diet is a way to establish healthy eating habits, not a weight-loss program. That said, many people will lose weight on both purification and the post-purification programs 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:

- ▶ Watch your portion sizes and make sure your diet has more vegetables than fruits.
- ▶ Have healthy snacks available at all times (fruits and vegetables make great snacks).
- ▶ Be aware of portion size especially when it comes to foods that are easy to overeat.
- ▶ Don't eat anything in excess. If you must have treats, write them down in your journal so you can gauge how often you are having them and how they make you feel.
- ▶ If sugar cravings are your problem, ask your health care professional if there are any additional supplements that can help you.



Recipes to Help Reach Your New Normal

Here is a sampling of what you have to look forward to when eating during post-purification. The recipes are designed to be simple, yet flavorful and will continue to help you reach optimal health and weight management goals. Visit www.standardprocess.com for more recipes.

Shakes

Directions for most shakes:

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Original Recipe

1-1 ½ cups of your favorite fresh or frozen fruit or vegetables *optional*
1 Tbs. high-quality oil *e.g. flaxseed oil*
2 rounded Tbs. *scoops* SP Complete
8 oz. water *increase for desired consistency*

Apple-Cinnamon Surprise

1 scoop SP Complete
1 scoop Whole Food Fiber
1 cup water
1 medium apple
½ banana *frozen*
½ tsp. cinnamon
Handful of ice cubes

Flecks o' Flax

1 scoop SP Complete
1 scoop Whole Food Fiber
1 small or ½ large banana
A handful of grapes
½ ripe pear or apple
1 cup water
2 heaping Tbs. of organic milled flaxseed *not oil*
Pulse blender 4-5 times for a smooth consistency.

Pumpkin Pie

1 scoop SP Complete
1 scoop Whole Food Fiber
1 Tbs. flaxseed oil
½ frozen banana
½ cup organic pumpkin
Few pinches of each ginger, cinnamon, and Stevia
½ to 1 cup water *less if adding ice cubes*



Dips and Snacks

Asparagus Fries

Asparagus, however much you like
1 Tbs. olive oil per lb. of asparagus
Sea salt

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a line 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 stalk).

Salsa Fresca

2 cups ripe tomatoes, chopped
1 cup Vidalia onions, chopped
1 cup green bell pepper, chopped
2 Tbs. fresh lime juice
1 jalapeno, finely diced
1 tsp. sea salt
Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, 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 sea salt to taste.

Heirloom Cherry Tomato Salsa

6 cups heirloom cherry tomatoes, sliced into halves
1 ½ cups finely diced celery (save the celery hearts for garnish)
1 small bunch parsley (about 2 cups) leaves only, roughly chopped, plus additional sprigs for garnish
3 jalapeños, seeded and finely minced
4 to 5 scallions
the white part and 1 inch of green, sliced very thin
1 Tbs. red-wine vinegar
1 Tbs. extra-virgin olive oil
1 tsp. sea salt

Place all the ingredients in a bowl and toss until evenly mixed.

Kale Chips

1 bunch kale
1 Tbs. olive oil
1 tsp. sea salt
1 tsp. cayenne pepper

Preheat oven to 350. Line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Soups

Creamy Red Pepper Soup

- 1 red pepper
- 1 cup warm water
- ½ large avocado
- 5 baby carrots
- ¼ cup hemp seeds
- 1 tsp. onion, chopped
- ½ tsp. garlic, chopped
- 1 tsp. raw honey
- ½ tsp. jalapeño pepper
- ½ tsp. sea salt

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

Vegetable Soup

- 1 cucumber
- 1 young coconut water
- ½ bell pepper
- ½ avocado
- 2 celery ribs
- 3 green onions
- 2 large chard leaves (or 4 small)
- Juice from 1 lime
- Small combination of herbs
(suggestions include cilantro, mint, and rosemary)
- Small portion of Dulse seaweed
(optional)

In a blender combine the coconut water, ½ cucumber, avocado, celery, chard leaves, one green onion, lime juice, cayenne pepper, and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, two remaining green onions, and the herbs. Pulse until herbs are chopped up. Garnish the soup with avocado, tomato, green onion, fresh herbs, and bell pepper.

Lentil Soup

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

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; 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 and pepper, and more vinegar if desired.

Dressings

Avocado and Papaya with

Lime Dressing

2 limes, juiced
1 Tbs. raw honey
¼ tsp. sea salt
¼ tsp. freshly cracked black pepper
4 cups mixed baby lettuce greens
2 papayas
2 avocados

Combine the lime juice, honey, sea salt and pepper; blend until smooth. Peel the papayas and cut them in half. Using a spoon, remove the seeds. Slice the papaya halves into thin wedges. Cut the avocados in half and remove the pits. Slice the flesh into thin strips. Arrange the fruit slices on salad plates, alternating between papaya and avocado. Combine the greens and dressing in a bowl and toss well to coat. Mound a portion of the greens in the center of each plate. Drizzle with a few drops of dressing.

Avocado Dressing

1 ripe avocado, peeled and chopped
¾ cup of olive oil
¼ tsp. fresh lemon juice
¼ tsp. dry mustard
¼ tsp. sea salt
Pinch of freshly ground pepper

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

Parsley Garlic Dressing

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

Coarsely chop the parsley and put into blender or food processor with the other ingredients. Process until smooth. Serve chilled.



Salads

Beet Salad

- 1 lb. beets, peeled and grated
- 4 sticks of celery, finely chopped
- 2 Tbs. apple juice
- 1 Tbs. apple cider vinegar
- 4 scallions, finely chopped
- 2 Tbs. fresh parsley, chopped
- 3 Tbs. olive oil
- Sea salt and 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.

BLT Salad

- 1 tomato
- Handful of Kalamata olives
- Sea salt
- ¼ avocado

Cholula Fiesta Salad

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

Chop tomato, avocado, and jicama. Combine all ingredients in a bowl and top with lime juice.

Carrot Beet Salad

- ¼ cup lemon juice
- 2 Tbs. olive oil
- 2 Tbs. raw honey or agave nectar
- 1 tsp. cumin
- ½ tsp. cinnamon
- ¼ tsp. cayenne, optional
- Sea salt, to taste
- 3 cups shredded beets
- 3 cups shredded carrots
- ½ cup fresh parsley, chopped

Mix first 7 ingredients in a large bowl. Check seasonings. Add beets, carrots, and parsley. Toss to combine. Let marinate 2 hours, if desired.

Cabbage-carrot Slaw

- ½ cup white wine vinegar
- 1-2 Tbs. sugar (optional)
- 1 clove garlic, finely chopped
- ¼ tsp. ground cumin
- ¼ tsp. dried oregano
- ¼ tsp. dry mustard
- 4 cups finely shredded green and red cabbage
- 2 cups shredded carrots
- 1 cup green onions, thinly sliced
- Sea salt and pepper to taste

In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano, and mustard just until sugar is dissolved. Add cabbage, carrots, green onions, sea salt, and pepper. Toss gently to combine. Cover and chill for at least 4 hours before serving.



Entrees

Herb Salmon

- 4 salmon fillets, about 6 oz. each
- 4 Tbs. fresh lemon juice
- Sea salt and ground pepper
- ½ cup Dijon mustard
- 1 tsp. extra-virgin olive oil
- 3 Tbs. chopped fresh dill
- 3 Tbs. 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 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 Tbsp. lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

Garlic Shrimp

- 12 garlic cloves, cracked away from skins
- 2 Tbs. extra-virgin olive oil—spread around pan
- 2 Tbs. butter, cut into small pieces
- ¾ tsp. crushed red pepper flakes
- 1 ½ pounds jumbo shrimp, peeled, and deveined
- 1 tsp. sea salt
- Black pepper

In food processor, finely chop the garlic. Add oil and butter then garlic and crushed pepper to a heated skillet over medium heat. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.

Food Experience Journal

Day 1 *Good luck on your journey to better health!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 2

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

During the post-purification program, write down your experiences with different foods. This will help guide you and your health care professional to determine the best long-term diet for you.

Day 3

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 4

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 5

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 6

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 7

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level

High energy level

Headaches

Digestive issues

Congestion

Other: _____

Day 8

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level

High energy level

Headaches

Digestive issues

Congestion

Other: _____

Day 9

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 10

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 11

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 12

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 13

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 14

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 15

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 16

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 17

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 18

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 19

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 20

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 21

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 22

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 23

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 24

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 25

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 26

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 27

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 28

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 29

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Day 30

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs

Why did I choose it?

Do I feel better or worse after eating it?

Are you experiencing (circle all that apply):

Low energy level High energy level Headaches Digestive issues Congestion

Other: _____

Standard Process Post-purification Protocol

Supplement	Amount	Frequency	Comments
Catalyn®			
SP Complete™ ▲			
Trace Minerals-B ₁₂ ™			
Tuna Omega-3 Oil			
Whole Food Fiber or Gastro-Fiber®			

Additional Supplementation

Supplement	Amount	Frequency	Comments
Drenamin®			
Gymnema 4g <i>from MediHerb</i>			
Livaplex®			
StandardBars®			
Whey Pro Complete ▲			
Zypan®			

▲ Also available in single-serving packets for convenience.



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L2700 12/09

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with Gastro-Fiber®



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with Whole Food Fiber



8 12 122 01248 5