



Digestive / Intestinal Cleanse

Directions and Recommendations:

These directions should help to eliminate any questions throughout the process of elimination.

Remember, everyone is different and has different, varying levels of toxicity, elimination time variables and eating styles. We are going to make this process as simple as possible.

Remember, you are detoxing harmful chemicals out of your body. You need to be as consistent as possible to avoid toxins re-entering the environment while you are detoxing.

- Follow your food guide. This will lie out synergistic or complementary foods that will make the process easy.
- Combine your food guide with the pH guide if you have problems regaining your alkalinity. Usually [Maxim Meal](#) helps achieving alkalinity of 6.8 to 7.2 average by urine testing. Utilize [Maxim Angstrom Minerals](#) also for regaining alkalinity.
- It is recommended to do 2 to 3 shakes a day with your fiber functional food, either [Rice Bran Chia Blend](#), [1st Choice](#) or [Stabilized Rice Bran](#), [2nd Choice](#). [Fats you need](#) to take in approx. 30 grams per day. Maxim's [SuperFats](#) product will help you get there much easier. The fats make the bowel move with much better lubrication and the fiber provides the bulk that cleanse the sides of the intestines and colon to keep digestion and absorption at a maximum.

- Use your head. If some of the foods in your food guide are contradictory to your custom [Blood Type Food Guide](#), [Food Ash](#) or [Alkalinity Guide](#) then eliminate the foods that will not be the best to keep you alkaline at first and slowly add them back when your body is in an alkaline state the majority of the time. See if the foods you add back that are acidic will alter your state after you have achieved alkalinity.
- It is a good 'rule of thumb' to usually, eat 2 Parts Complex Carbs to 1 Part Protein. It is important to make sure you differentiate between 'green leafy vegetables' and 'cruciferous vegetables'. It is very important to get enough 'green leafy vegetables'. These are essential complete nutrients for the body or cornerstones of health. They contain all the essential nutrients to survive healthy and without disease. Vegetables include [leaf vegetables](#) (for example [lettuce](#)), stem vegetables ([asparagus](#)), [root vegetables](#) ([carrot](#)), flower vegetables ([broccoli](#)), [bulbs](#) ([garlic](#)) and botanical fruits such as [cucumbers](#), [squashes](#), [pumpkins](#), [avocados](#), [capsicums](#), as well as botanical [pulses](#) such as [green beans](#), and fleshy, immature seeds such as those of [peas](#) or [beans](#).

For your convenience, Maxim Meal, may be added to your Maxim's, Natural [Natural Whey Shakes Meal Replacements](#) to complement your greens necessity for daily intake compliance. It is recommended that you intake a minimum of 2 servings per day of [Maxim Meal](#) (1 tablespoon) or 4 to 5 cups of combined vegetables per day. Remember, if the vegetables are not organic there is an 85% mineral depletion in the soil. That means that you would need approximately 20+ servings of fruit and vegetables that are NOT organic. The idea here is balance and convenience. I recommend eating as many organic veggies over toxic, pesticide and chemical ridden ones but not everyone can do this. So I designed this product to bridge this gap. The other process you do is a consistent, maintenance detox for chemicals throughout the year anyway. It is easy to do and efficient. Just use the Chemical Cleanse Part 1 and take 5 drops or ¼ of a dropper in your favorite beverage 2x per day. Easy, fast, efficient and inexpensive!

Technically, you could survive quite efficiently with [Maxim's Functional Food Line](#) without any whole foods, although it is not recommended. You have to live in the 'real' world so make life easy and combine the two. If you can't eat a whole food throughout the day then, at least, eat Maxim's whole food [Max Bar](#), [Natural Whey](#)

or [Maxim Meal](#) shake and supplement with [4 to 5 servings of fruits and veggies](#) to round off the day! *Don't forget your [SuperFats and Chia Oil](#).

Directions / Recommendations for use:

Remember, everyone is different. Follow these instructions and variables closely to avoid any discomfort. Although, discomfort is a 'tell-tale' sign of major toxicity.

Start: Everyone wants to start quickly and end quickly. This is not advisable. Maxim's products are of nutraceutical grade and are stronger than products found on the shelves at a typical vitamin shop or health food store. The dynamics of the products ensure dramatic results in a short period of time so they must be stronger than normal. Start slowly with the suggested 3 [Clean Review or Intestinal Cleanse Part 2](#) (same named products) 2x per day. If that works out okay, with no uncomfortable symptoms, increase to 6 capsules in the morning and 6 capsules in the evening or before dinner. These are basically special clays that 'tonify' your bowels and attach to the mucous and fecal matter. The next product, Intestinal Cleanse Part 1 flushes it out. Start with (1) Intestinal Cleanse Part 1 morning and evening, preferably 15 to 30 minutes before meals. (if you forget, just take them with your meal or after. The important thing is to take them. They work better before meals.) Depending on your bowel movements, 2 to 4 bowel movements are normal during the cleanse, reduce or increase the Intestinal Cleanse Part 1 to 2 capsules in the morning and 2 capsules in the evening to achieve the optimal bowel transit time.

Once stabilized, [Intestinal Cleanse Part 1](#) or [flusher](#) is just what it says, flushing the toxic waste out of the body. Adjust according to your own bowel flow. Usually, a normal person takes 1 to 2 red dotted capsules of [Intestinal Cleanse Part 1](#), morning and evening without a problem. It will work approximately 8 to 12 hours after you take the capsules, so adjust accordingly.

[Intestinal Cleanse Part 2](#), contains scrubbers, which are like scrubbing bubbles, cleaning the surface of your digestive system. While [Intestinal Cleanse Part 1](#), flushes it away. Simple, easy and self regulated. That is the Maxim way!

The goal is to have a minimum of 2 bowel movements per day, (3 to 4) would be best. The consistency of the stool should be somewhat well formed and medium firmness. This may not be achieved until both your diet and toxins are normalized.

Loose Stools: Occasionally, bowel pockets may cause some diarrhea or watery-like stools. These should firm up by increasing your fiber supplements, Rice Bran, Rice Bran Chia Blend, and or vegetables from your Blood Type foods list: like

spinach, zucchini, broccoli, etc. Be careful of broccoli though because it may upset your stomach. If your system is not used to some of these veggies, it could make things worse. Pay attention, see what works for you. Make sure your mineral densities are at the proper levels in order to provide a proper stool with Maxim's [Angstrom Minerals](#) or [SuperMins](#) tablets. We recommend that you thoroughly read the labels for information regarding body size in order to properly customize dosage.

Constipation: If you have problems with constipation the following is recommended: Do NOT take Maxim's [Rice Bran](#), [Chia Blend](#), [Rice Bran Stabilized](#), or charcoal until bowels start to move. Increase bowel flow with Maxim's [Intestinal Cleanse Part 1 or flusher](#), You may have to take up to 4 capsules morning and evening, until ample bowel flow is achieved (3 to 4 movements per day). As soon as movements start then begin adding Maxim's [Rice Bran and Chia Blend](#) and or [Rice Bran Stabilized](#). Use 1 scoop in shakes. Start with 1 time per day and then move to 2 or 3 times per day. Make sure you use Maxim's [SuperFats](#) to insure proper lubrication for efficient, comfortable movements. Read the side of the label for proper dosage instructions. You may have to build up your beneficial fat intake slowly depending on your organ fat metabolism efficiency. If you get an uncomfortable sensation or 'burning' in your stomach then, naturally, back down the dosage until it is comfortable again. Start with ½ cap of the [SuperFats](#) and 1 teaspoon of Maxim's, [Chia Seed Oil](#) and make sure you take Maxim Meal to increase bowel flow efficiency and maintain proper pH balance.

Chronic Bowel Problems: IBS, Colitis etc.

As with all our products it is recommended, because of our legal system, to consult with a physician, if you can find one that understands detoxification. Once you have consulted with your physician or you wish to take charge of your own destiny, these are our suggestions:

In extreme cases it is recommended to do a 3D [Virtual Colonoscopy](#) with a CAT Scan to determine any gastrointestinal compromise prior to starting the program.

It is probably a good idea for anyone that is over 40 years old or that has had some bowel compromise, prescribed corticosteroids, such as, cortisone or prednisone treatments over a few weeks to do a [Virtual Colonoscopy](#), just to be safe.

Simple dietary changes can be detoxifying in itself. We recommend that people with chronic bowel disorders who are apprehensive towards starting the Intestinal / Digestive Cleanse, begin with following [Maxim's Food, Blood Type Guide](#), [Food Ash](#)

or [Alkalinity Guide](#) and [Allergy Food Guide](#). Combine the 3 guides to get an idea of which types of foods to start with. (see in Articles section of the site)

PH Balancing:

Once you have successfully balanced your pH on Maxim's [pH Test Strips](#), then you may elect to proceed to Phase 1, [Intestinal Cleanse Part 1 & 2](#). Start slowly. The importance of pH balancing is of incredible clinical significance.

Coaching:

It is recommended that you work closely with your Maxim Coaching staff for optimum results. This may avoid unnecessary or uncomfortable detoxification symptoms.

Remember, everyone does not have the same starting point!

Avoidance List: 10 Important Things to Remember

1. No alcohol of ANY kind.
2. No [Aspartame](#) or [Nutra-Sweet](#) sugar free drinks.
3. No added [sugar](#) of any kind. Cake, ice cream, donuts, etc. [130 Ways Sugar can Ruin your Health](#).
4. No [Milk](#) or [Dairy](#) from a cow, unless it comes directly from the cow to you.
5. No Smoking [Cigarettes](#) or [Marijuana](#).
6. No [Coffee, Coffee, Coffee](#). We need to get your body naturally producing energy. [Tannic acid](#) in coffee shuts down your adrenal function and conversely, shuts off your metabolism and you gain fat! If it has caffeine then it is a double whammy!
7. If having a problem with pH balancing limit vinegar to Apple Cider vinegar only.
8. Limit drinking fluids with meals. Do not drink within 30 to 60 minutes before food and after.
9. Avoid stressful situations and rest, do yoga, dance, workout, walk to release stress.
10. Patience. You must be patient and realize that this is a long term project

Here are your Kit Loading Instructions:

Intestinal Digestive Cleanse

	Week 1 (start slow & increase)	Week 2	Week 3 Optional*	Week 4 Optional*
Morning	3 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1
	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2
	(with or without meals)	(with or without meals)	(with or without meals)	(with or without meals)
	1 Energy	1 Energy	1 Energy	1 Energy
	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins
Noon	1 Energy	1 Energy	1 Energy	1 Energy
	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins
	3 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1	6 Intestinal Cleanse Part 1
Evening	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2	1 Intestinal Cleanse Part 2
	(With or without Meals)	(With or without Meals)	(With or without Meals)	(With or without Meals)
	1 Energy	1 Energy	1 Energy	1 Energy
	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins	1 MegaMins or Angstrom Mins
Bed	Take 1 or 2 Charcoal	Take 1 or 2 Charcoal	Take 1 or 2 Charcoal	Take 1 or 2 Charcoal
	(with or without meals)	(with or without meals)	(with or without meals)	(with or without meals)
	May use charcoal if experiencing bloating, headache or other symptoms. (2 to 3 on empty stomach)			