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We often overlook the wide variety of toxic agents that result in a lot of our health issues.

Where are all these toxins coming from?

- 1. Environment** – polluted air, chemical detergents, skin care products, car exhaust, radiation, chemicals in building materials, chloride from swimming pools, polluted water, PCB, heavy metal, pesticides, chemical fertilizers
- 2. Drugs** – prescription drugs, OTCs, antibiotics, smoking (1st and 2nd hand), nicotine, recreation drugs
- 3. Foods** – plastic containers, nitrate (from deli meats), preservatives, artificial colours/flavours/sweeteners, estrogen-like chemicals (eg. 4-hexylresorcinol, used to prevent discoloration of shrimp/shellfish), anabolic steroid hormones (ie. meat industry), antibiotics (used in farmed fish/poultry/meat), alcohol
- 4. Heavy metals** – deep sea fish with long life-span (eg. swordfish, tuna), contaminated vegetables & herbs through soil, dental fillings (mercury), cooking ware, cosmetics
- 5. Microbes** – fungal infections (eg. candidiasis), bacterial/fungal toxins (eg. aflatoxin, LPS-endotoxins, Clostridium neurotoxins), and parasites
- 6. Intrinsic** – While most toxins are extrinsic, toxins can also be generated by our body depending on how our body reacts to certain food and the quality of nutrition we are receiving eg. excessive hormone secretion or compromised hormone metabolism



HOW CAN TOXINS AFFECT YOUR HEALTH?



Why am I not aware of any signs and symptoms from the toxic exposure?



Our body is actually amazing in coping with toxins given that all organ systems are functioning optimally. It is a great adaptive system to various stresses, hence, helping us function somewhat normally in our daily lives.



So what happens if our system is compromised and unable carry out adequate toxin clearance?



The balance will be thrown off, and the toxins will start to accumulate predisposing us to a series of red-flag conditions, which may **progress from Dormant to Detrimental Stages**.



BE AWARE OF THE WARNING SIGNS FROM YOUR BODY

Fortunately, our body does in fact give **signs and symptoms** from time to time and tell you how toxic you are, so it is important that you pay attention to these clues before it is too late.

STAGES OF TOXIC PROGRESSION

Stages	What would you feel?	Signs & Symptoms / Major Health Concerns
I Dormant (Low to Moderate Toxic Levels)	You will not be aware of any illnesses, but the sense of well-being is not there. Seeking family physician's help hasn't seemed to help; and the lab test results show no abnormalities.	chronic fatigue, uncontrollable weight gain, water retention, foggy head, lowered self-esteem, restless sleep, PMS. For women over 45 years of age, intolerance to pre- or menopausal syndrome eg. heavy night sweating, irritation, and frequent hot flashes.
II Deteriorating (Moderate to High Toxic Levels)	You may have begun to notice some deteriorating changes in your body; abnormalities can be seen in laboratory tests.	fibromyalgia, chronic inflammation (eg. arthritis, muscle strain), irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), hypersensitivity (the result of Leaky Gut Syndrome), depression, constipation, lowered immune defence, chronic infections (eg. candidiasis, flu/cold), insomnia, lower libido, infertility, amenorrhea, menorrhagia.
III Detrimental (High to Dangerous Toxic Levels)	You start to require long-term health care and medications to deal with the diseases. Routine clinic visits to your family doctor and/or specialists become mandatory.	chronic metabolic diseases (eg. diabetes, cardiovascular disease), hepatitis, cirrhosis, kidney dysfunction/failure, cancers, autoimmune diseases etc.

The **liver**, the **kidneys**, and the **gastrointestinal (GI) tract** are the three most important organs involved in the detoxification process.

The liver initiates the process following two phases - **Phase I and Phase II Detoxification**. Then the kidneys and GI follow through by eliminating the toxins via urine and stool, respectively, in **Phase III**.

How effective these three phases work is determined by your health condition and nutrient intake. In order to maximize the body's detoxification process, you need to know how you can support yourself.

PHASE I DETOX - CONVERSION TO WATER-SOLUBLE

When toxins (eg. drugs, caffeine, alcohol, and pollutants) enter the body, liver enzymes (eg. the cytochrome p450) will start a series of biochemical reactions to convert these toxins into more water-soluble forms. Most persistent toxins (eg. hormones, PCB, pesticide) are those that are fat-soluble as they tend to be stored in our body fat and are readily released into our circulation. Therefore, it is imperative for Phase I Detox to be working properly and efficiently to reduce the body's toxic load.

Toxic Phase I Detox Metabolites

The end-products from Phase I Detoxification are usually more active and toxic after the conversion to water-soluble forms. These toxins can circulate in the body to damage various tissues resulting in systemic inflammations. That is why some people may experience unpleasant reactions (eg. fatigue, muscular pain, headache) when starting the program.

Good Nutrients Are the Driving Force of Detoxification

It is vital to support the body with anti-inflammatory agents, such as vitamin C, curcumin, N-acetylcysteine, alpha lipoic acid, and green tea – to protect the integrity of the cells from pro-inflammatory free radicals and maintain their functionality.

Some essential co-factors involved in promoting the process of Phase I detoxification include B vitamins, magnesium, zinc, and milk thistle.

PHASE II DETOX - TOXIN CONJUGATION

In order to avoid the harmful effects caused by the toxic metabolites from Phase I, your body needs a **strong transporting system to neutralize them**. This is where Phase II comes in.

Nutrients Needed to Enhance Phase II Detoxification

Phase II can be reinforced by nutrients including vitamin B5, B6, B9, B12, selenium, zinc, molybdenum, as well as the "binding" (conjugating) amino acids such as glycine, cysteine, methionine, taurine, and glutamine. The process of conjugation not only expedites the elimination process but also neutralizes the toxins.



PHASE III DETOX - ELIMINATION

The final step requires an efficient elimination route for the removal of toxic metabolites out of the system.

Phase III Detoxification is a continuous phase throughout the entire detoxification process where the water-soluble and conjugated toxins are eliminated via kidneys and the GI tract. You can support this phase by restoring your gut health with probiotics, prebiotics, fiber, and drinking adequate fluid (ie. water/herbal tea).

Avoiding known or suspected food allergens is also very important in maintaining optimal GI function.

HOW CAN WE REDUCE THE TOXIC ACCUMULATION?

Complete avoidance of exposure to toxins is almost impossible as they are found everywhere from air pollution to the heavy metals in fish and vegetables.

Strengthening your body's detoxifying ability is the best approach in preventing toxin accumulation from reaching a life-threatening level.

WHAT IS SYNERCLEAR DETOX SUPPORT?

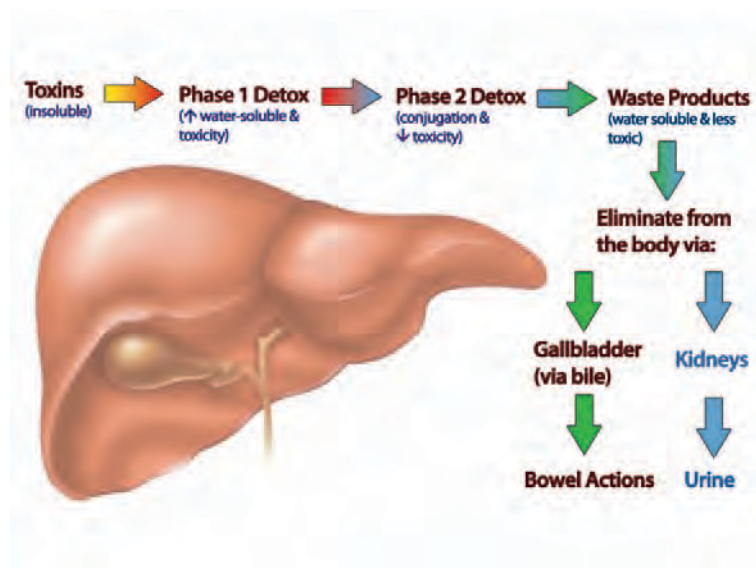
SynerClear is a hypoallergenic protein supplement made with **Certified Organic ingredients from sprouted whole grain rice**, which has been pre-digested, and contains naturally occurring B-vitamins and hydrolyzed proteins.

The addition of macro- and micro- nutrients help to support the body during convalescence and detoxification.

SynerClear also provides key amino acids required in activities of the hepatic detoxification enzymes (ie. conjugation of the Phase II detox), as well as potent anti-inflammatory phyto-nutrients (eg. **curcumin, quercetin, rosemary, peppermint, green tea & bilberry**) to protect against free radicals produced during Phase I detoxification.

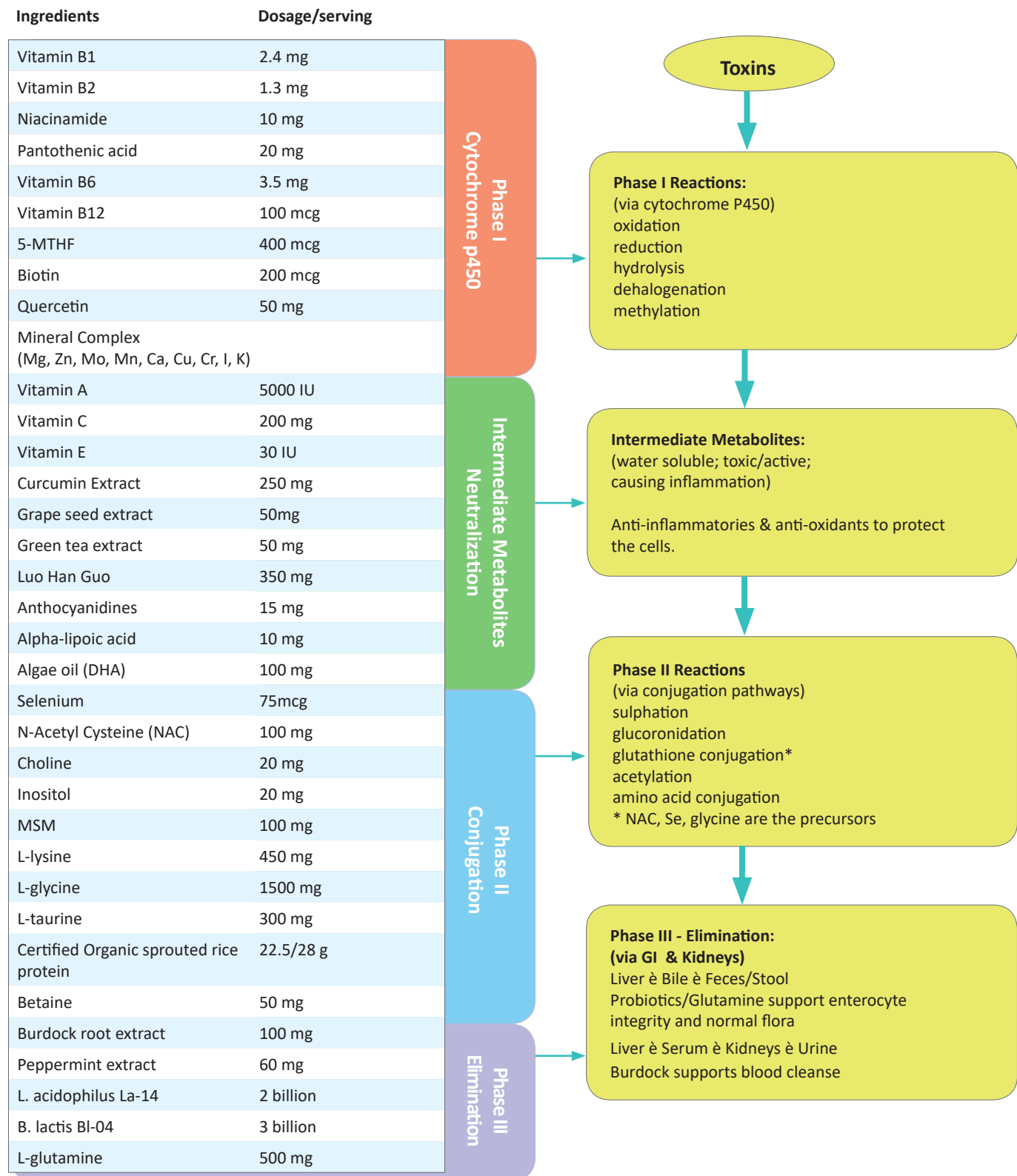
Moreover, the addition of L-glutamine, probiotics and prebiotics supports the healthy lining of the gastrointestinal tract and prevents dysbiosis and intestinal hyperpermeability (aka "leaky gut").

Restoring a healthy gut lining is an integral part of preventing the toxins & allergens in our food from entering our circulatory system and initiating unwanted immune responses. The most common manifestations of symptoms may include fibromyalgia, chronic fatigue syndrome, skin rash/eczema, chronic sinusitis, inflammatory bowel disease (IBD), and asthma.



HOW SYNERCLEAR CAN HELP

SynerClear provides all of the essential nutrients for the detoxification process:



EXERCISE & RELAXATION

Exercise is an important part of any detoxification/cleansing regimen. Daily exercise has been shown to support liver function, promote bowel movement, and increase sweating for an overall enhanced systemic elimination of toxins.

That being said, you should avoid over-training your body during detoxification as it might interfere with the elimination process. It is imperative to dedicate some time during each day to a combination of relaxation and light exercise.

Options of light exercise (30 minutes daily) may include yoga, pilates, or taking a brisk walk. Additional servings of food may be necessary during these exercises; and make sure your body is well-hydrated.

If Drainage Phase is suggested by your practitioner, you may need to avoid doing any exercise and try to minimize your activity levels during this phase.

SLEEP

There is no set rule on how much sleep a person needs – but getting at least 7 hours of sleep when you are detoxifying is recommended to support this important healing process.

Good quality sleep allows your body the time to regenerate and perform its nightly detoxification. When you are deprived of sleep, you are prone to have cravings and more likely to succumb to them.

TIPS ON AVOIDING ENVIRONMENTAL TOXINS

The following suggested changes can help you make a significant leap in your health status. You may take your time implementing these changes one at a time:

- » Drink filtered water (reverse osmosis is the best).
- » Consume organic foods whenever possible, especially the “Dirty Dozens” (ie. apples, blueberries, bell peppers**, cherries, celery, kale, grapes, lettuce, nectarines, and peaches; the pesticide contents in these foods are among the highest).
- » Avoid processed foods that contain artificial colors, sugar substitutes (aspartame in particular) and preservatives.
- » Adopt a plastic-free lifestyle (eg. food containers, wraps).
- » Avoid ALL scented products including all perfumes, colognes, detergents, air fresheners etc.
- » Wash new clothes before wearing them.
- » Open your windows as often as possible to allow more fresh air into your home.

**Avoid consuming if you are allergic to night shade family plants.



☐ PROGRAM 1. PERSONALIZED DETOX PROTOCOL

If your health care practitioner decides to personalize your detox program, please follow the instructions of your practitioner as he/she knows the best about your medical history.

Detox Duration: _____ Days

☐ Drainage Phase : From Day _____ to Day _____

This phase allows the liver & the kidneys to take a break from processing nutrient-rich foods and focus on drainage of existing toxins and wastes.

- » ☐ Fast for first ____ day. Bed rest if possible.
- » ☐ Eliminate all protein-rich foods (ie. poultry, beef, pork, fish, eggs).
Take only fruits (2-3 servings) and vegetables (unlimited) (refer to Food Choice Guide p.24-25).
Drink at least 8 cups of fluid (eg. water, herbal tea/ decoction, organic lemon water).

» Supplements - Heal Gut & Replenish Flora:

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : _____ caps/tsp, _____ times/day.

Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : _____ scoop, _____ times/day. Taken @ _____ (Time)

☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ Phase I Detoxification : From Day _____ to Day _____

This phase promotes the system to convert the fat-soluble toxins & wastes into water-soluble so that these toxins can be brought to the circulation for better elimination.

» Meal Plan:

- Choose recipes from Light Meals (see p.15-18). Take 1 serving per meal.
- Choose recipes from Fruits OR Snacks (see p.23). Take 1 serving, twice per day.
- Take _____ scoops of SynerClear/day for _____ days. Mix with ☐ water or ☐ _____.

» Supplements - Support Liver & Digestion & Gut:

☐ Hepasylin (Liver Protectant) : _____ caps, _____ times/day. Taken @ _____ (Time)

☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)

☐ R.O.S-Quench (Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : _____ caps/tsp, _____ times/day.

Taken @ _____ (Time)

☐ Optizyme/ ☐ Supreme Zyme-Aid/ ☐ Zyme-Aid Carbo Fort (Digestive Enzymes) : _____ caps, _____ times/day.

Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : _____ scoop, _____ times/day. Taken @ _____ (Time)

☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)



Drink at least 6-8 cups of fluid (eg. herbal tea/decoction, lemon water) per day to promote clearance of toxins.

***Note to Patients:**

Please only follow the instructions with **checked boxes** . ☒

☐ **Transitional Stage : From Day _____ to Day _____**

In this phase, the focus is to protect the liver from toxic intermediates derived from Phase I & support the system entering Phase II.

» **Meal Plan:**

- Choose recipes from Light Meals (see p.15-18). Take 1 serving for each meal.
- Choose recipes from Fruits OR Snacks (see p.23). Take 1 serving, once a day.

» **Take _____ scoops of SynerClear/day.** Mix with ☐ water or ☐ _____.

» **Supplements - Antioxidant Support:**

- ☐ Hepasylin (Liver Protectant) : _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ GI-Restore(+) / L-Glutamine Plus : _____ scoop, _____ times/day. Taken @ _____ (Time)
- ☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ R.O.S-Quench (Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)
- ☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)
- ☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ **Phase II Detoxification : From Day _____ to Day _____**

This most crucial stage focuses on conjugating & eliminating toxins. We need to support the liver with conjugating amino acids & anti-inflammatory ingredients.

» **Meal Plan:**

- Choose recipes from Light Meals (see p.15-18). Take 1 serving for each meal.
- Choose recipes from Fruits OR Snacks (see p.23). Take 1 serving, once a day.
- **Take _____ scoops of SynerClear/day for _____ days.** Mix with ☐ water or ☐ _____.

» **Supplements - Support Toxin Conjugation & Waste Elimination Pathways:**

- ☐ Hepasylin (Liver Protectant) : _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ GI-Restore(+) / L-Glutamine Plus : _____ scoop, _____ times/day. Taken @ _____ (Time)
- ☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ R.O.S-Quench (Anti-oxidant): _____ caps, _____ times/day. Taken @ _____ (Time)
- ☐ Estrolief (Estrogen Metabolism) : _____ cap, _____ times/day. Taken @ _____ (Time)
- ☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)
- ☐ _____ : _____ caps / tsp / scoops, _____ times/day. Taken @ _____ (Time)

☐ Phase III - Waste Elimination : From Day ____ to Day ____

» **Meal Plan:**

- Choose recipes from Entry Main Dish + Entry Side Dish for lunch & dinner (see p.19-22).
- Choose recipes from Fruits OR Snacks (see p.23). Take 1 serving, once a day.

» **Take ____ scoops of SynerClear/day.** Mix with ☐ water or ☐ ____.

» Introduction of protein-rich food (please refer to Entry Recipes).

» **Supplements - Promote Elimination of Toxins & Toxic Microbes:**

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day.

Taken @ ____ (Time)

☐ HydroRexin (Diuretic): ____ caps, ____ times/day. Taken @ ____ (Time)

☐ Hepasylin (Liver Protectant) : ____ caps, ____ times/day. Taken @ ____ (Time)

☐ Estrolief (Estrogen Metabolism) : ____ cap, ____ times/day. Taken @ ____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ ____ (Time)

☐ ____ : ____ caps / tsp / scoops, ____ times/day. Taken @ ____ (Time)

☐ ____ : ____ caps / tsp / scoops, ____ times/day. Taken @ ____ (Time)

☐ Re-introduction of Regular Meals : From Day ____ to Day ____

» **Meal Plan:**

- Choose recipes from Light Meals (see p.15-18). Take 1 serving each meal for breakfast and lunch.
- Choose recipes from Entry Main Dish + Entry Side Dish for dinner (see p.19-22).
- Choose recipes from Fruits OR Snacks (see p.23). Take 1 serving, twice a day.

• **Take ____ scoops of SynerClear/day for ____ days.** Mix with ☐ water or ☐ ____.

» After this phase, it is highly recommended that you continue to follow the Food Choice Guide (p.22-23) in your future meals.

» **Supplements - Support Gut Flora & Digestive System:**

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day.

Taken @ ____ (Time)

☐ Optizyme/ ☐ Supreme Zyme-Aid/ ☐ Zyme-Aid Carbo Fort (Digestive Enzymes) : ____ caps, ____ times/day.

Taken @ ____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ ____ (Time)

☐ Estrolief (Estrogen Metabolism) : ____ cap, ____ times/day. Taken @ ____ (Time)

☐ ____ : ____ caps / tsp / scoops, ____ times/day. Taken @ ____ (Time)

☐ ____ : ____ caps / tsp / scoops, ____ times/day. Taken @ ____ (Time)

☐ ____ : ____ caps / tsp / scoops, ____ times/day. Taken @ ____ (Time)



PROGRAM 1. PERSONALIZED MEAL PLAN

Time	<input type="checkbox"/> Drainage Phase ¹: Day ____ to Day ____	<input type="checkbox"/> Phase I Detox ¹: Day ____ to Day ____	<input type="checkbox"/> Transition Phase ¹: Day ____ to Day ____
7:00-9:00 AM Breakfast	<input type="checkbox"/> Fasting <input type="checkbox"/> Light Meal (p.15-18)	Light Meal (p.15-18)	SynerClear 2 scoops ²
10:00-10:30 AM Snack	<input type="checkbox"/> Fasting <input type="checkbox"/> 1 serving of Fruit ³	1 serving of Fruit ³ OR 1 serving of Snack ³	1 serving of Snack ³
12:30-1:00 PM Lunch	<input type="checkbox"/> Fasting <input type="checkbox"/> Light Meal (p.15-18)	Light Meal (p.15-18)	Light Meal (p.15-18) + 1 serving of fruit ³
3:00-4:00 PM Tea Time Snack	<input type="checkbox"/> Fasting <input type="checkbox"/> 1 serving of Fruit ³	SynerClear 2 scoops ²	SynerClear 2 scoops ²
7:00-7:30 PM Dinner	<input type="checkbox"/> Fasting <input type="checkbox"/> Light Meal (p.15-18)	Light Meal (p.15-18)	Light Meal (p.15-18)
Time	<input type="checkbox"/> Phase II Detox ¹: Day ____ to Day ____	<input type="checkbox"/> Elimination Phase ¹: Day ____ to Day ____	<input type="checkbox"/> Re-intro. Phase ¹: Day ____ to Day ____
7:00-9:00 AM Breakfast	SynerClear 2 scoops ²	SynerClear 2 scoops ²	Light Meal (p.15-18)
10:00-10:30 AM Snack	1 serving of fruit OR 1 serving of Snack ³	1 serving of fruit ³ OR 1 serving of Snack ³	1 serving of fruit ³ OR 1 serving of Snack ³
12:30-1:00 PM Lunch	Light Meal (p.15-18) + 1 serving of fruit ³	Entry: Main + Side (p.19-22) + 1 serving of fruit ³	Entry: Main + Side (p.19-22) + 1 serving of fruit*
3:00-4:00 PM Tea Time Snack	SynerClear 2 scoops ²	SynerClear 2 scoops ²	SynerClear 2 scoops ²
7:00-7:30 PM Dinner	SynerClear 2 scoops ²	Entry: Main + Side (p.19-22)	Entry: Main + Side (p.19-22)

¹ Drink 5 cups of herbal tea or burdock/ mungbean decoction as daily fluid intake.

² May refer to p.19 for SynerClear blending recipes.

³ Choose your snacks following the guide on p.23.

**** Please note that your health care provider may or may not recommend you to follow the sample recipes provided in this booklet. In which case, please follow the instructions of your health care provider.**

☐ PROGRAM 2. 14 DAY DETOX PROTOCOL

The summary below outlines the steps of the 14 Day SynerClear Detox Program, which is also accompanied by detox recipes designed by our expertise to support the process (see p.14). Your practitioner may also choose to modify this program to meet your particular needs. In which case, please follow the instructions provided by your health care practitioner.

Drainage Phase : Day 1

This phase allows the liver & the kidney to rest from processing nutrient rich food and focus on drainage of existing toxins and waste.

- » Eliminate all protein-rich food (eg. meat/ beans) from diet; follow the meal plan.
- » Avoid vigorous activity.

» Supplements - Heal Gut & Replenish Flora:

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day.

Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

Phase I Detoxification : Days 2-3

This phase promotes the system to convert the fat-soluble toxins & wastes into water-soluble so that these toxins can be brought to circulation for better elimination.

» Follow the meal plan.

» Take 2 scoops of SynerClear/day. Mix with ☐ water or ☐ _____.

SynerClear - provides the body with key vitamins/minerals & protect tissues from pro-inflammatory factors from Phase I.

» Supplements - Support Liver & Heal Gut/ Replenish Flora:

☐ Hepasylin (Liver Protectant) : ____ caps, ____ times/day. Taken @ _____ (Time)

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day.

Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)



Drink at least 6-8 cups of fluid (eg. herbal tea/decoction, lemon water) per day to promote clearance of toxins.

***Note to Patients:**

Please only follow the instructions with **checked boxes** ☒

Transitional Stage : Days 4-5

In this phase, the focus is to protect the liver from toxic intermediates derived from Phase I & support the system entering Phase II.

» **Follow the meal plan.**

» **Take 4 scoops of SynerClear/day.** Mix with ☐ water or ☐ _____.

» **Supplements - Antioxidant Support:**

- ☐ Hepasylin (Liver Protectant) : ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ _____ (Time)
- ☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ R.O.S-Quench (Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

Phase II Detoxification : Days 6-8

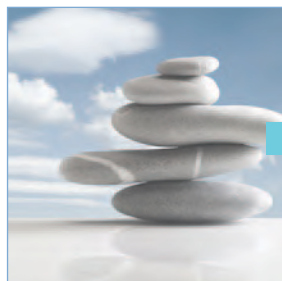
This most crucial stage focuses on conjugating & eliminating toxins. We need to support the liver with conjugating amino acids & anti-inflammatory ingredients.

» **Follow the meal plan.**

» **Take 6 scoops of SynerClear/day.** Mix with ☐ water or ☐ _____.

» **Supplements - Support the Conjugation of Toxic Metabolites:**

- ☐ Hepasylin (Liver Protectant) : ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop ____ times/day. Taken @ _____ (Time)
- ☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ R.O.S-Quench (Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (Time)
- ☐ Estrolief (Estrogen Metabolism) : ____ cap, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)
- ☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)



Phase III - Waste Elimination : Days 9-12

» **Take 4 scoops of SynerClear/day.** Mix with ☐ water or ☐ _____.

» **Follow the meal plan.**

» Introduction of protein-rich food (please refer to Entry Recipes).

» **Supplements - Promote Elimination of Toxins & Toxic Microbes:**

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day.

Taken @ _____ (Time)

☐ HydroRexin (Diuretic): ____ caps, ____ times/day. Taken @ _____ (Time)

☐ Hepasylin (Liver Protectant) : ____ caps, ____ times/day. Taken @ _____ (Time)

☐ Estrolief (Estrogen Metabolism) : ____ cap, ____ times/day. Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

Re-introduction of Regular Meals : Days 13-14

» Regular meals can be re-introduced. **Follow the meal plan.**

» **Take 2 scoops of SynerClear/day.** Mix with ☐ water or ☐ _____.

» After this phase, it is highly recommended that you continue to follow the Food Choice Guide (p.24-25) in your future meals.

» **Supplements - Support Gut Flora & Digestive System:**

☐ Ultra-PB30+/ ☐ Optimum-PB8+/ ☐ Supreme-PB30+ DF (Probiotics) : ____ caps/tsp, ____ times/day

Taken @ _____ (Time)

☐ Optizyme/ ☐ Supreme Zyme-Aid/ ☐ Zyme-Aid Carbo Fort (Digestive Enzymes) : ____ caps, ____ times/day.

Taken @ _____ (Time)

☐ GI-Restore(+) / L-Glutamine Plus : ____ scoop, ____ times/day. Taken @ _____ (Time)

☐ Verlusan+ (Anti-inflammatory/Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (Time)

☐ R.O.S-Quench (Anti-oxidant): ____ caps, ____ times/day. Taken @ _____ (When)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)

☐ _____ : ____ caps / tsp / scoops, ____ times/day. Taken @ _____ (Time)



PROGRAM 2. 14 DAY MEAL PLAN

Time	Drainage Phase ¹ : Day 1	Phase I Detox ¹ : Days 2-3	Transition Phase ¹ : Days 4-5
7:00-9:00 AM Breakfast	Light Meal (p.15-16)	Light Meal (p.15-16)	SynerClear 2 scoops ²
10:00-10:30 AM Snack	1 serving of Fruit ³	1 serving of Fruit ³ OR 1 serving of Snack ³	1 serving of Snack ³
12:30-1:00 PM Lunch	Light Meal (p.15-16)	Light Meal (p.15-16)	Light Meal (p.15-16) + 1 serving of fruit ³
3:00-4:00 PM Tea Time Snack	1 serving of Fruit ³	SynerClear 2 scoops ²	SynerClear 2 scoops ²
7:00-7:30 PM Dinner	Light Meal (p.15-16)	Light Meal (p.15-16)	Light Meal (p.15-16)
Time	Phase II Detox ¹ : Days 6-8	Elimination Phase ¹ : Days 9-12	Re-introduction Phase ¹ : Day 13-14
7:00-9:00 AM Breakfast	SynerClear 2 scoops ²	SynerClear 2 scoops ²	Light Meal (p.15-16)
10:00-10:30 AM Snack	1 serving of fruit ³ OR 1 serving of Snack ³	1 serving of fruit ³ OR 1 serving of Snack ³	1 serving of fruit ³ OR 1 serving of Snack ³
12:30-1:00 PM Lunch	Light Meal (p.15-16) + 1 serving of fruit ³	Entry: Main + Side (p.19-21) + 1 serving of fruit ³	Entry: Main + Side (p.19-21)+ 1 serving of fruit*
3:00-4:00 PM Tea Time Snack	SynerClear 2 scoops ²	SynerClear 2 scoops ²	SynerClear 2 scoops ²
7:00-7:30 PM Dinner	SynerClear 2 scoops ²	Entry: Main + Side (p.19-21)	Entry: Main + Side (p.19-21)

¹ Drink 5 cups of burdock/ mungbean decoction as daily fluid intake

² May refer to p.18 for SynerClear blending recipes.

³ Choose your snacks following the guide on p.21.

**** Please note that your health care provider may or may not recommend you to follow the sample recipes provided in this booklet. In which case, please follow the instructions of your health care provider.**

Light Meals

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(Choose 1 Main Dish + 1 Side Dish)

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RAINBOW QUINOA SALAD

LIGHT MEALS



Ingredients (per 4 servings)

- 1/2 cup Quinoa
- 1/2 cup Onion (chopped)
- 1 cup Organic Bell pepper (yellow, red, orange, green)
- 1 cup Cucumber (diced)
- 1/2 cup Tomato (seeds removed; diced)
- 2 tablespoons Cilantro (chopped)
- 2 tablespoons Green onion (diced)
- Hot chili sauce or chili powder (optional)* (as needed)
- 2 tablespoons Organic apple vinegar
- 1 teaspoon Sea Salt
- 1 tablespoons Sesame oil

Preparations:

- » Cook quinoa with 1 cup of water in a rice cooker or steamer.
- » Mix vinegar, salt, chili sauce/ powder and sesame oil to make the sauce on the side.
- » Mix cooked quinoa & chopped vegetables with the sauce.

THAI NOODLE SALAD

LIGHT MEALS



Ingredients (per 4 servings)

- 2 cups Cooked rice noodle
- 2 cups Bean Sprout (sliced)
- 2 tablespoons Cilantro (fine chopped)
- 1 Apple (shredded)
- 3 slices Cooked Shitake Mushroom
- 3 tablespoons Lime/vinegar
- Chili (powder/sauce), sea salt (as needed)
- Basil leaves (fine chopped) (as needed)
- 1 cup Sweet Onion (sliced)
- 1 cup Green or sweet bell pepper* (shredded)
- 1 teaspoon Honey or Agave nectar (as needed)
- 1/2 teaspoon Cayenne powder or Chilli Paste *(optional)
- 2 tablespoons Vinegar
- 2 teaspoons Sesame oil
- 1 tablespoon Almond (diced)

Preparations:

- » Thai sauce: Mix honey, cayenne, lime juice or vinegar, sesame oil, basil and cilantro.
- » Mix rice noodle and other vegetables with the sauce to make 4 servings of Thai noodle salad.
- » Add one teaspoon of almond before serve.

YAM CASSEROLE

LIGHT MEALS



Ingredients (per 4 servings)

- 2 cups Yam (diced)
- 1 cup Zucchini (diced)
- 1 cup Onion (chopped)
- 2 cloves Garlic
- 1/2 cup Carrot
- 1/2 cup Celery
- 1/2 cup Mushroom
- 1 tablespoon Olive oil
- 1 tablespoon Coconut Milk
- 2 cups Organic vegetable/chicken broth
- Salt, almonds (sliced), green onion (as needed)

Preparations:

- » Sauté the chopped onion in a sauce pan with the olive oil.
- » Add the organic vegetable or chicken broth, yam and other vegetables and cook for 10 min.
- » Move to the oven and bake at 350°F for 15 min.
- » Add salt & almonds as needed and serve garnished with green onion.

CAULIFLOWER RICE CAKE

LIGHT MEALS



Ingredients (per 4 servings)

4 cups Cauliflower (chopped)
1 cup (130g) Rice Flour
150 mL Water (A)
200 mL Water + Broth (B)
1 teaspoon Sea Salt
Pepper (as needed)
1 teaspoon (Sesame Oil)
Tamani Sauce (served on top) (as needed)

Preparations:

- » Mix the rice flour with water (A) (150 mL) evenly.
- » Boil cauliflower in broth/water (B) (200 mL) for 10 min.
- » Remove the pot from heat and mix the cauliflower with the premixed rice powder-water and other ingredients.
- » Pour the rice dough in a molding container (eg. bowl). Steam the cake in a steamer for 45 min.
- » Remove the cake from the container when the cake is completely cooled down (2-3 hours). Serve the rice cake with sauce on top.

GOLDEN BROCCOLI SOUP

LIGHT MEALS



Ingredients (per 4 servings)

1 cup Pumpkin (steamed & mashed)
2 cups Organic vegetable broth
3 cups Broccoli & Cauliflower (diced)
1/2 cup Onion
2 cloves Garlic (fined chopped)
1 tablespoon Olive oil
Sea Salt & Pepper (as needed)
1 spoon Coconut milk

Preparations:

- » Sauté the onion and garlic with olive oil.
- » Add broth and broccoli and cook for 5 minutes.
- » Add mashed pumpkin; mix it well with the soup.
- » Remove the soup from heat and serve with coconut milk.



There is more to preparing healthy foods than cooking:

1. Always read the details on the labels of your foods. Avoid artificial coloring, flour, preservatives, as well as primary allergens that you are hypersensitive to.
2. Always shop for organic produce whenever possible. Otherwise, wash fruit and vegetable thoroughly with natural/non-toxic agents, which are more effective in removing the pesticides and other contaminants.
3. Avoid using high heat cooking methods such as grilling and deep-frying. Do not eat burnt meat as it contains potent carcinogens.
4. Avoid consuming processed foods like TV dinner, instant noodle, and deli meats.
5. Sprout whole grains/legumes before consuming as their nutrients will become more easily digested and more bioavailable. They are also less allergenic.



CONGEE WITH MIXED VEGETABLES

LIGHT MEALS



Ingredients (per 4 servings)

- 1/2 cup Sprouted Brown Rice
(soak for one day before cooking if possible)
- 2 cups Vegetable or Organic Chicken Broth
- 1/2 Broccoli (chopped)
- 1/2 Cauliflower (chopped)
- 1/2 cup Celery Stalk (chopped)
- 1/2 cup Carrot (chopped)
- 1/2 cup Onion (chopped)
- 1 cup Cabbage (chopped)
- 1 tablespoon Olive Oil
- 1/2 teaspoon Sea Salt

Preparations:

- » Saute the onion with olive oil until aromatic.
- » Add the rice and 3 cups of water and cook for 15 min.
- » Add the mixed vegetables to the rice soup and simmer for 15 min.
- » Remove the pot from heat and keep the lid closed for another 15 minutes.
- » Add salt as needed.
- » Add 1 tablespoon of olive oil before serve.

MUNGBEAN ENERGY SOUP

LIGHT MEALS



Ingredients (per 4 servings)

- 1/2 cup Mungbean (soaked for 1 day)
- 1/4 cup Burdock (minced)
- 1/2 cup Cabbage (chopped)
- 1/2 cup Onion (chopped)
- 1/2 cup Snow Pea (chopped)
- 1 cup Carrot (diced)
- 2 cloves Garlic
- 2 teaspoons Olive Oil
- 1/2 cup Shitake Mushroom
- 1 cup Celery (diced)
- 4 cups Vegetable Broth
- 1 tablespoon Ginger (diced)
- Salt and pepper* (as needed)

Preparations:

- » Saute garlic, ginger and onion with olive oil in a sauce pan on medium heat for 2-3 minutes.
- » Add broth and other ingredients, bring the soup to boil.
- » Simmer the soup with lid on for 15-20 minutes.
- » Serve the soup hot with salt and pepper (in preferred amount)

* If you are allergic to plants of the nightshade family, you may:

- » use diced ginger instead of chilli/pepper
- » use carrot instead of bell peppers

CONGEE WITH CAULIFLOWER/CILANTRO

LIGHT MEALS



Ingredients (per 4 servings)

- 1/2 cup Brown Rice (soaked for 1 hour)
- 2 cups Cauliflower (diced & steamed)
- 1/2 cup Mushroom (diced)
- 1 cup Onion (diced)
- 2 teaspoons Sesame Oil

Preparations:

- » Cook the rice with 3 cups of water on low heat or in a rice cooker for 20 minutes.
- » Add cauliflower, mushroom and onion to the soup and simmer for 15 minutes.
- » Remove the pot from heat and leave the lid closed for another 15 minutes.
- » Add salt and pepper as needed.
- » Add 2 teaspoons of sesame oil before serve.

SWEET BEET SALAD

LIGHT MEALS



Ingredients (per 4 servings)

2 Beet (whole)
1 medium Sweet potato
1 medium Zucchini
1 medium Onion
1/4 cup Cilantro (diced)
Salt
Olive oil (extra vergin),
Ginger (powder or grounded fresh ginger) - as needed

Preparations:

- » Wrap beets (with skin) dressed with 1/2 teaspoon of salt & 1 tablespoon of olive oil in a foil.
- » Wrap sweet potato (with skin) in another foil.
- » Wrap zucchini and onion dressed with 1 tablespoon of olive oil in another foil.
- » Put above 3 wrapped vegetables into oven.
- » Roast sweet potato & zucchini/onion for 30 minutes at 375°F.
- » Roast beets for another 30 another minutes at 375°F.
- » Let everything cooled down to room temperature.
- » Remove the skin of beets and sweet potato.
- » Cut all vegetables into 1 cm cube size.
- » Mix all vegetables with 1/2 teaspoon of salt, 1 tablespoon of olive oil, cilantro and ginger.
- » Serve as cool dish.

VEGETABLE CHOWDER

LIGHT MEALS



Ingredients (per 4 servings)

1 cup Onion (chopped)	1.5 cups Potato* (chopped)
1/2 cup Carrot (chopped)	1 teaspoon Sea Salt
1/2 cup Celery (chopped)	1 tablespoon Olive Oil
1 cup Zucchini (chopped)	1 tablespoon Tapioca (or rice/yam) Starch (pre-mix with 3 tbsps of water)
1 cup Cauliflower (chopped)	1/4 cup Coconut Milk
1/2 cup Mushroom (chopped)	1 tablespoon Curry Powder

Preparations:

- » Sauté onion in curry powder and olive oil with medium heat for 3 minutes.
- » Then add 2 cups of water, sea salt, and chopped carrot, celery, zucchini, cauliflower, mushroom, potato. Simmer for 15 minutes with lid on.
- » Add the starch-water mixture to the soup gradually while stirring. Turn off the heat right after and serve hot.
- » Remove the soup from heat. Serve the soup hot with 1 tablespoon of coconut milk on top.

* If you are allergic to plants of the nightshade family, you may:

- » use diced ginger instead of chilli/pepper
- » use carrot instead of bell peppers

BURDOCK DECOCTION

HERBAL DECOCTION

Ingredients

2 tablespoons Dry Burdock Root OR
4 ounce Fresh Burdock Root (sliced)
5 cups Water

Preparations:

- » Bring the water to boil.
- » Add the burdock root. Decoct for 30 min.
- » Sieve and dispose the burdock and drink the tea as normal fluid intake.

MUNGBEAN DECOCTION

HERBAL DECOCTION

Ingredients

1/2 cup Mungbean (soaked overnight)
5 cups Water

Preparations:

- » Bring the water to boil.
- » Add the mungbean. Decoct for 30 min.
- » Sieve and dispose the beans and drink the tea as normal fluid intake.

CURRY BROCCOLI COLD SOUP

BLENDING RECIPES



Ingredients (per 4 servings)

2 scoops SynerClear (Unflavoured)
1 cup Broccoli (diced & steamed)
1/2 teaspoon Curry Powder
1/4 teaspoon Salt
1 stalk Basil OR Cilantro

Preparations:

- » Mix SynerClear, curry, and salt in a shaker.
- » Mix cooked broccoli with the above soup.
- » Serve the soup cold, garnished with basil/cilantro (in preferred amount). *SynerClear cannot be mixed in warm liquid (ie. temperature > 35°C)

SYNERCLEAR SMOOTHIE

BLENDING RECIPES

Choice of Ingredients with SynerClear (choose one of the following):

1/2 cup Almond Milk
1/2 cup Cherry Juice (pure)
1/2 cup Blueberry Juice (pure)
1/2 cup Lichee Juice (pure)
1/2 cup Blueberry/ Raspberry
1/2 Banana + 1 teaspoon Matcha
1/2 teaspoon Small apple (sliced) + Cinnamon
1/2 cup Apple
1/2 cup Blueberry
1 fruit Nectarine (small)
2 pieces Prunes

Preparations:

- » Mix 2 scoops of SynerClear with one of the above choices of juice/milk and 0.5-1 cup of water.
- » Water can be substituted with 1 cup of ice cubes to make a smoothie.
- » SynerClear cannot be mixed in warm liquid (ie. temperature > 35-°C) because it contains heat sensitive ingredients (ie. vitamins & probiotics).

ASSORTED VEGGIE WRAP

ENTRY: MAIN DISH



Ingredients (per 2 servings)

1 cup Chopped mushroom
1 cup Chopped asparagus
1/2 cup Chopped carrot
1/2 cup Chopped onion
1 tablespoon diced garlic
1/2 cup assorted seeds (sesame, hemp, pumpkin) (lightly roasted)
1 tablespoon olive oil OR sesame oil
Salt (black pepper*) (as needed)
4 leaves Fresh iceberg lettuce (as wrap)

Preparations:

- » Stir-fry garlic, onion and carrot for 2 min.
- » Add the other chopped vegetables and fry for 1-2 min.
- » Add mixed seed and salt/pepper (as needed).
- » Make 4 wraps with iceberg lettuce leaves. 2 wraps/serving.

COCONUT CHICKEN CURRY

ENTRY: MAIN DISH



Ingredients (per 4 servings)

1 lb Chicken (lean meat) (marinated)
1/2 cup Coconut Milk
2 cup organic Chicken Broth
1 Onion (sliced)
2 stalks Green Onion OR Bamboo Shoot
Basil & Lime (as needed)
Chilli, Curry Powder, Salt (as needed)
1/2 cup Brown Rice

Preparations:

- » Sauté the onion with olive oil in medium heat for 5 min.
- » Add coconut milk and broth, and bring the soup to boil.
- » Add chicken and cook for another 10-15 min.
- » Add green onion, basil, chili & curry powder, salt for additional taste and flavour.
- » Serve with cooked brown rice.

CABBAGE FISH WRAP

ENTRY: MAIN DISH



Ingredients (per 4 servings)

Wraps:

1/2 cup Brown Rice
1/2 lb White Fish Filet (chopped)
1/2 cup Green Onion (diced)
Salt – as needed
Sesame oil – as needed
1 teaspoon Ginger (ground)
4 leaves Cabbage

Sauce:

2 medium Tomato (diced)
2 cloves Garlic (diced)
1/2 medium Onion (diced)
1 teaspoon Salt
1 teaspoon Cooking oil**
1 can Coconut milk
1/2 teaspoon Cumin

Preparations:

Wraps:

- » Cooked brown rice in 1.5 cups of water in a rice cooker.
- » Mix everything together until even consistency. Make fish balls from the mix (~8 balls).
- » Blanch cabbage leaves until softened. Once cool down, use them to wrap the fish balls to make ~8 wraps.
- » Lay the wraps on a aluminium foil, put them in a tray half-filled with water. Cook in the oven for 30 minutes at 375°F.

Sauce:

- » Sauté the garlic and onion in cooking oil**.
- » Put diced tomato, salt into the pan. Stir fry for 1-2 minutes.
- » Turn off the heat, pour in the coconut milk. Mix everything in a blender.
- » Pour the sauce back to the sauce pan and bring it to boil.
- » Serve the wraps with the sauce.

Steamed Brown Rice:

1. Soak 1 cup of brown rice or sprouted brown rice for 1-2 hours (or overnight).
2. Cook the rice with 1.5 cups of water or broth in the rice cooker or the steamer.
3. Serve with hot dish.

Cooked Quinoa:

1. Add 2 cups of water or broth to 1 cup of quinoa.
2. Cook in the rice cooker or sauce pan (low heat with lid on until all water is absorbed).
3. Serve with hot dish.

LEMON/DILL FISH & BAKED YAM

ENTRY: MAIN DISH



Ingredients (per 2 servings)

4 ounce Fish (eg. Wild Salmon) (marinate with sea salt,lemon & dill)
1 tablespoon Olive Oil

Preparations:

- » Pan-fry the fish with 1 tablespoon of olive oil.
- » Serve with 2 servings Green Salad with Dressing (OR choose one Side Dish) OR 1 whole yam Baked Yam with Flaxseed Oil OR 1/2 cup Steamed Brown Rice

QUINOA MEATBALL & GREENS

ENTRY: MAIN DISH



Ingredients (per 4 servings)

3/4 cup Quinoa
1 lb Ground pork (lean)
1/2 cup Green Onion (diced)
Salt – as needed
Sesame oil – as needed
1 teaspoon Ginger (ground)

Preparations:

- » Cook quinoa with 1.5 cup of water in a rice cooker. Once cooked, let it cool down.
- » Mix cooked quinoa with ground pork, green onion, ginger, salt, and sesame oil until even consistency. Make meatballs from the mix (~8 balls).
- » Put them in the oven and roast at 375°F for 30 minutes.
- » Serve with leafy greens.

** List of Healthy Culinary Oils:

- » Almond oil
- » Avocado oil
- » Coconut oil
- » Grapeseed oil
- » Hemp oil
- » Sesame oil

TERIYAKI CHICKEN & QUINOA

ENTRY: MAIN DISH



Ingredients (per 4 servings)

3/4 lb Chicken Breast or Thigh (bone- & skin-less)
 3 tablespoons Tamari (gluten-free soy sauce)
 1/2 teaspoon Sea Salt
 1 tablespoon Honey
 1 teaspoon Sesame Oil
 1 teaspoon Ginger (small-diced)
 1 tablespoon Olive Oil (optional for pan-fry)
 1/2 cup Quinoa OR Brown Rice

Preparations:

- » Marinate the chicken with tamari, sea salt, honey, sesame oil and ginger for 15 min in the fridge. Two ways to cook the chicken:
- » 1) GRILL: Grill the marinated chicken in the oven (375°F) for 15-20 min.
- » 2) PAN-FRY: pan-fry the marinated chicken on medium heat until it turns brown. Turn the chicken over & fry the other side on low heat. Then pour the sauce used in marination; cover the pan and steam cook on low heat until well-done.
- » Serve the Teriyaki Chicken on Quinoa or Brown Rice with an Entry Side Dish.

SESAME KALE SALAD

ENTRY: SIDE DISH



Ingredients (per 3 servings)

3 cups Organic Kale (chopped)
 1/2 teaspoon Sea Salt
 2 teaspoons Sesame Oil
 1 teaspoon Sesame

Preparations:

- » Mix kale with all other ingredients in a big bowl. Serve as 3 servings.

GARLIC ASPARAGUS

ENTRY: SIDE DISH



Ingredients (per 2 servings)

1 lb Asparagus
 3 cloves Garlic (small-diced)
 1/2 teaspoon Sea Salt
 1 tablespoon Olive Oil

Preparations:

- » Chop asparagus to desired sizes. Then steam it for 2 minutes.
- » Drain the water and stir with garlic, salt and olive oil.

SWEET & SOUR CABBAGE

ENTRY: SIDE DISH



Ingredients (per 2 servings)

- 1 lb Cabbage (chopped to desired sizes)
- 2 cloves Garlic (diced)
- 2 stalks Green Onion
- 1 tablespoon Extra Virgin Olive Oil
- 2 tablespoons Apple Cider Vinegar OR Rice Vinegar
- 1 teaspoon Honey
- 1 teaspoon Sea Salt

Preparations:

- » Cook cabbage and green onion in boiled water for 1-2 minutes and then drain the water.
- » Toss the vegetables in salt, vinegar, honey and olive oil.
- » Serve as cold or warm dish.

SPINACH GOMAAE

ENTRY: SIDE DISH



Ingredients (per 2 servings)

- 1 lb Fresh Spinach (Washed)
- 1 tablespoon Tahini (sesame paste)
- 2 tablespoons Water
- 1 tablespoon Honey
- 1/2 teaspoon Sea Salt
- 1/2 teaspoon Tamari (gluten-free soy sauce)
- 1 teaspoon Roasted Sesame Seed

Preparations:

- » Cook the spinach in boiled water for about 1 minute.
- » Drain the water and mix the spinach with 1/2 cup of ice cubes. Then drain the remaining water once the spinach is cooled down.
- » Mix tahini with water, honey, salt and tamari to make the sauce.
- » Garnish the spinach with roasted sesame and serve the spinach with tahini sauce.

APPLE ISLAND SALAD

ENTRY: SIDE DISH

Ingredients (per 4 servings)

Salad:

- 4 cups Mixed Greens (eg. Spinach, Iceberg Lettuce, Kale, Endive, Arugula, Chervil, Dandelion, Radicchio, Sorrel, Frisée, Mizuna)

Dressing:

- 1/2 Apple
- 1/2 Onion
- 2 cloves Garlic
- 2 tablespoons Organic Tomato Paste*
- 1/4 cup Apple cider vinegar
- 1/2 cup Water
- 1 tablespoon Sea Salt
- 1 tablespoon Honey

Preparations:

- » Mix all ingredients in a blender to make 2 cups of dressing.
- » Serve the mixed greens with the dressing.
- * Avoid tomato if you are allergic to plants of the nightshade family.

ORIENTAL SALAD

ENTRY: SIDE DISH

Ingredients (per 4 servings)

Salad:

- 4 cups Mixed Greens (eg. Spinach, Iceberg Lettuce, Kale, Endive, Arugula, Chervil, Dandelion, Radicchio, Sorrel, Frisée, Mizuna)

Dressing:

- 1/2 cup Tamari Soy Sauce
- 1/2 cup Apple cider vinegar
- 1 tablespoon Honey OR Agave nectar
- 1/2 cup Onion (diced)
- 2 cloves Garlic (diced)
- 2 tablespoons Tahini
- 1 tablespoon Sesame oil
- 1 teaspoon Sesame

Preparations:

- » Mix 2-3 tbsp of apple cider vinegar with tahini thoroughly.
- » Mix other ingredients gradually to make 2 cups of dressing.
- » Add the mixture into a blender and blend well until a smooth paste is formed.

* If you are allergic to plants of the nightshade family, you may:

- » use diced ginger instead of chilli/pepper
- » use carrot instead of bell peppers

GUACAMOLE DIP

SNACK RECIPES



Ingredients (6 servings)

- 1 Avocado (medium size)
- 1/2 cup Onion (chopped)
- 1/2 cup Peaches OR Papaya (chopped)
- 2 teaspoons Lemon Juice
- 1/2 cup Sweet Pepper (chopped)
- 2 tablespoons Cilantro (chopped)
- 2 cloves Garlic (chopped)

Preparations:

- » Peel and mash the avocado. Mix it with lemon juice (to prevent discoloration)
- » Mix with other ingredients and salt to enrich the taste.
- » Serve with 8 thin slices of rice crackers (gluten-free).

HUMUS DIP

SNACK RECIPES



Ingredients (6 servings)

- 2 cups Cooked Chick Pea (organic preferred)
- 1.5 tablespoons Tahini
- 1/4 cup Vinegar/Lemon Juice
- 1 Red Pepper (roasted and remove the outer skin)
- 2 cloves Garlic (roasted)
- 1 teaspoon Sea Salt
- Chili powder OR black pepper (as needed)

Preparations:

- » Put everything in a blender and blend until a smooth paste is formed.
- » Serve with 8 thin slices of rice crackers (gluten-free).

FRUIT SNACK CHOICES

FRUIT SNACK

The following fruits are quantified in 1 serving:

- | | |
|---------------------------|------------------------|
| 1 Apple (medium) | 1 cup Honeydew (diced) |
| 1/2 Banana | 1 Nectarine |
| 1 cup Blueberries | 1 cup Papaya (diced) |
| 1 cup Cherries | 1 Pear |
| 1 cup Grapes | 1 Peach |
| 1 cup Lee Chi | 1 Plum |
| 1 cup Mango (sliced) | 5 Prunes |
| 2 cups Watermelon (diced) | 1 cup Raspberries |



Q Why should I avoid red meats?

A During a cleansing program, it is crucial that we minimize the burden on our body. Unfortunately, meat industries often inject growth hormones into the animals and sometimes administer antibiotics via their feeds. These substances can accumulate in your system upon intake. If red meat is something you must have in your diet, choose certified organic, lean options.

Another thing worth mentioning is that red meats contain high amounts of iron, which is good for people with iron-deficiency. However, iron is also a strong pro-oxidant, and excessive supplementation can potentially amplify the oxidative stress load in the body. Therefore, it is better to limit red meat consumption during detoxification.

Q I am a vegetarian, and soy has been my main source of my protein. Can I take soy or soy products during this detox program?

A Soy is an excellent source of protein. However, a small group of people may be allergic to soy; hence, in order to rule out the possibility of soy being allergenic, it is suggested that you do an allergy panel test. Once it has been confirmed that soy is not an allergen, you may consume soy or soy products (preferably fermented) in moderation. That being said, soy is known to carry out hormone-associated actions. Therefore, please check with your health care practitioner whether you can take soy during this detox program.

FOODS TO INCLUDE

Fruit (choose organic when possible)

apple
apricot
banana
blueberries
cherries
grapes
Lee chi
melon (watermelon, honeydew)
nectarine
papaya
pear
peach
plums
prunes
raspberries

Starch

Rice (white, brown, wild)
potatoes*
oats (unprocessed)
quinoa
millet
amaranth
sweet potatoes
yams

Fats (cold-pressed oil)

olive oil
flaxseed oil
canola oil
safflower oil
sunflower oil
sesame oil
coconut oil (for cooking)
walnut oil
hazelnut oil
pumpkin oil
grape seed oil

Meat & Fish

Fresh or frozen fish: (wild or free-ranged better)
salmon (wild)
halibut
sole
mahi mahi
cod
snapper
chicken (organic)
turkey (organic)

Sweeteners

molasses, pure maple syrup, honey, Luo Han Guo extract, brown rice syrup, sugar cane juice solid (raw sugar)

Beverages

purified water, herbal tea, diluted natural fruit juice, fresh vegetable juice, rice milk

Dairy

rice milk
oat milk
almond or nut/seed milk

Bread & Cereal

rice
oats (gluten free)
quinoa
millet
amaranth
buckwheat

Vegetables (choose organic when possible)

arugula
asparagus
artichokes
kelp
bell peppers*
bok choy
broccoli
brussel sprouts
cauliflower
sea weeds
cucumber
cabbage
endive
escarole
lettuce
green beans
radishes
snap beans
spinach
squash
taro
turnips
zucchini

Legumes (excellent source of protein)

all legumes including beans, peas and lentils (except soybeans)

Nuts & Seeds (excellent source of protein & EFA's)

All nuts except peanuts:
almonds
macadamia
walnuts
pumpkin seeds
brazil nuts
sunflower seed (whole or butter)
hemp seed

* Should be Foods to Avoid if the patient is allergic to nightshade family plants.

FOODS TO AVOID

Fruit

grapefruit
sweetened fruit (canned or frozen)
sweetened fruit juice
whole oranges
orange juice

Starch

corn
all gluten-containing products:
wheat
spelt
kamut
barley
rye
yeast-containing products

Legumes

Soybeans, tofu, tempeh, soy milk, soy milk, soy sauce, or any product containing soy proteins.

Dairy

milk
cheese
cottage cheese
cream
butter
yoghurt
icecream
non-dairy creamers
soy milk
eggs
ghee butter

Fats

margarine
butter
any hydrogenated oils
peanut oil
mayonnaise

Bread & Cereal

corn
all gluten-containing products
wheat
spelt
kamut
barley
rye
yeast

Meat & Fish

tuna
swordfish
shellfish
coldcuts
hot dogs
sausage
canned meats

Beverages

alcohol
sugary drinks including juices
soft drinks

Vegetables

corn
tomato**
tomato sauce
creamed vegetables
bean sprouts
celery
eggplant**

Nuts & Seeds

Peanuts
peanut butter
peanut oil
cashews

Sweeteners

all refined white sugar
glucose
corn syrup
sucrose
stevia
pure fructose
aspartame

Q Can I consume eggs?

A Egg is a complete source of protein. It contains highly bioavailable protein profile. However, allergy to eggs could be quite severe. If you have completed an allergy panel test and confirmed that you are NOT allergic to egg, egg would be a good source of protein at anytime, even in the middle of a detoxification program. That being said, egg does contain high cholesterol, so if you have hyperlipidemia or metabolic syndrome, your doctor may limit your egg intake. Please check with your doctor before you include egg in your detoxification diet plan.

Q What is a 'nightshade' allergy?

A Tomato, bell peppers, black pepper, chilli peppers, and eggplant all belong to the nightshade family. Nightshade allergy is not very common in our population. The allergic symptoms usually manifest in joints (ie. swelling and pain) and skin (eg. swollen lips, urticaria). Nightshade allergy is often associated with family history and can be diagnosed with an allergy panel test. If you suspect that you may have a nightshade allergy, please consult your practitioner for further care.

Q What is an allergy panel test?

A If you think you have multiple food hypersensitivities or if you would like to know precisely what foods you could eat, completing a food allergy panel test can provide you accurate information. Consult your doctor for more information.

** Could be Foods to Include if the patient is NOT allergic to nightshade family plants.

HOW TOXIC ARE YOU?

The following questionnaire is designed for the purpose of evaluating how much toxic load is accumulating in your body. It can provide you and your doctor an informative reference before you start the program. Simply add up the score in () of each choice you have selected upon completion of each row of questions.

1. How often do you exercise?

- | | |
|-----------------------------|-----|
| a. 20 min. , 5 times a week | (0) |
| b. 20 min., 3 times a week | (1) |
| c. 20 min, 2 time a week | (2) |
| d. Rarely, < 1 time a week | (3) |
| e. Never | (4) |

2. How much vegetable / fruit do you consume daily?

- | | |
|-------------|-----|
| a. > 5 cups | (0) |
| b. 4 cups | (2) |
| c. 3 cups | (3) |
| d. 2 cup | (4) |
| e. < 2 cup | (5) |

3. How would you rate your daily energy level on average?

- | | |
|--------------|-----|
| a. Excellent | (0) |
| b. Good | (1) |
| c. Moderate | (2) |
| d. Low | (4) |
| e. Poor | (5) |

4. Approximately how much alcohol do you consume on average (1 glass of wine = 1 bottle of beer = 1 ounce of spirit)?

- | | |
|------------------------------|-----|
| a. < 3 glasses of wine/ week | (0) |
| b. 3-5 glasses of wine/ week | (1) |
| c. 6-8 glasses of wine/ day | (3) |
| d. > 8 glasses of wine/ day | (5) |

Height in meters ²⁾

- | | |
|-----------------------------|-----|
| a. 18.5-24.9 (Normal) | (0) |
| b. Below 18.5 (Underweight) | (2) |
| c. 25-29.9 (Overweight) | (3) |
| d. 30 and above (Obese) | (4) |

6. How many types of drugs (ie. OTCs, prescription) do you take on a regular basis?

- | | |
|-----------------|-----|
| a. < 1 | (0) |
| b. 1-2 | (2) |
| c. 3-4 | (4) |
| d. > 5 | (5) |
| e. Chemotherapy | (7) |

7. Do you have any of the following radiation exposures within the last 3 months?

- | | |
|----------------------|-----|
| a. None | (0) |
| b. X-ray | (1) |
| c. CT Scan | (3) |
| d. Radiation Therapy | (5) |

8. How many cigarettes do you smoke per day? Do you live in an environment where you are constantly receiving second hand smoke (if so, select 7-10 cigarettes per day)?

- | | |
|---------|-----|
| a. None | (0) |
| b. 1-3 | (2) |
| c. 4-6 | (3) |
| d. 7-10 | (4) |
| e. > 10 | (6) |

Subtotal Score A = _____

5. What is your Body Mass Index (BMI)? (BMI = Weight in kilograms/

Subtotal Score B = _____

9. What percentage of vegetables/ fruit that you consume is from certified organic sources?

a. > 50% organic	(-1)
b. 30-50% organic	(0)
c. 10-30% organic	(1)
d. < 10% organic	(2)

10. Do you have any dental fillings using Silver Amalgam?

a. None	(0)
b. 1-3	(1)
c. 4-6	(2)
d. > 7	(3)

11. Where do you live?

a. Suburban area	(1)
b. Metropolitan area	(2)
c. Industrial area	(3)
d. Near an electrical power tower/station	(3)

12. How is your bowel movement?

a. 1-2 times daily, well formed without straining	(0)
b. 1-2 times daily, loose stool	(1)
c. > 2 times daily, loose stool	(2)
d. < 1 time daily, constipation	(3)
e. Constipation (> 2 days without defecation)	(4)

13. How old are you?

a. < 30	(0)
b. 31-40	(1)
c. 41-50	(2)
d. 51-60	(4)
e. > 60	(5)

Subtotal Score C = _____

14. How much water do you drink daily?

a. 8 glasses	(0)
b. 6 glasses	(1)
c. 4 glasses	(2)
d. 2 glasses	(3)
e. 1 glass or less	(4)

15. What is your regular eating pattern?

a. 3-5 meals per day	(0)
b. > 5 meals per day	(1)
c. 2 meal per day with breakfast	(2)
d. 2 meal per day & skipping breakfast	(4)
e. 1 meal per day	(5)

16. How many hours do you sleep everyday?

a. 7-9 hours	(0)
b. 6-7 hours	(1)
c. > 9 hours	(2)
d. 5-6 hours	(4)
e. < 5 hours	(5)

17. How would you rate your sleep quality?

a. Excellent	(0)
b. Good	(1)
c. Moderate	(2)
d. Bad/ restless	(4)
e. Poor/ insomnia	(5)

18. How often do you feel bloated and flatulent?

a. Never or once a week	(0)
b. Occasionally - couple times/ week but not every day	(2)
c. Often - almost every day but relieved after a while	(4)
d. Always	(6)

Subtotal D = _____

19. How would you rate your mood on average?

a. Excellent	(0)
b. Good	(1)
c. Moderate	(2)
d. Bad	(3)
e. Awful	(4)

20. How often do you feel stiffness/ soreness at your neck, shoulder and/ or lower back?

a. Not really, unless after some exercises	(0)
b. Mild, occasionally	(1)
c. Mild, all the time	(2)
d. Significant, all the time	(3)
e. Unbearable, all the time	(5)

21. How often do you consume processed food or fast food?

a. Rarely	(0)
b. Once every week	(1)
c. 2-3 times a week	(2)
d. Almost every day	(5)

Subtotal E = _____

Total Score = Subtotal A + B + C + D + E = _____

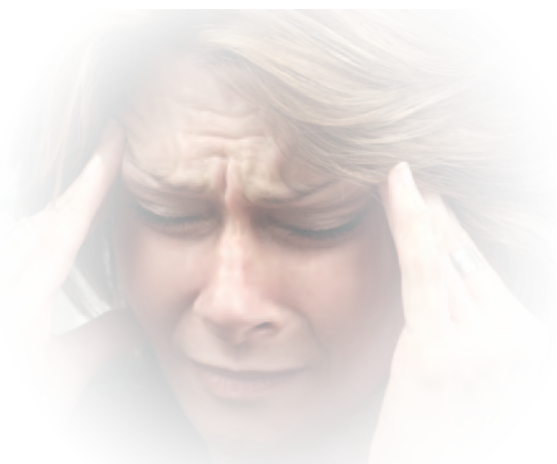
Score-Toxic Level:

0-19 – Potential Toxic Load – Minimal

20-49 – Potential Toxic Load - Moderate

50-80– Potential Toxic Load - High

> 80 - Potential Toxic Load – Very High



Q WHO SHOULD NOT DETOXIFY?

A A detoxification program is not recommended for pregnant or breastfeeding women, or people with serious health conditions (eg. kidney failure). Consult your health care practitioner prior to use if you are unsure whether a cleansing program is suitable for your currently health status. If you are on prescription medications or under-going other therapies, consult a health care practitioner before starting a detox program.

Q I AM DIABETIC, CAN I TAKE SYNERCLEAR AS A MEAL REPLACEMENT?

A SynerClear provides well-balanced nutrients for your body; therefore, it can be used if you are diabetic. However, careful and frequent monitoring of blood sugar must continue to be adopted.

Q WHAT WILL I EXPERIENCE WHILE ON THIS PROGRAM?

A Many people feel restored and energized upon the completion of SynerClear program. However, some people may experience unpleasant reactions (eg. headache, skin breakouts, mild diarrhea) or a return of old symptoms while on the program. This is not something uncommon as the body is trying to bring the toxins to the surface for elimination. However, if the symptoms become persistent and/or unbearable, consult your health care practitioner on how these symptoms can be managed.

Q WHAT SHOULD I DO ABOUT MY NON-PRESCRIPTION AND PRESCRIPTION MEDICATIONS WHILE ON THIS PROGRAM?

A Make sure your health care practitioner has a complete list of medications you are taking – including any dietary supplements you have started taking on your own initiatives.

Q WOULD THIS PROGRAM HELP ME LOSE A FEW POUNDS?

A SynerClear detox program is not designed as a weight loss protocol. That being said, many people have experienced weight loss to some degree during and after a cleansing regimen. This is due to the fact that cleansing process has released the burden off your organ systems increasing your body's efficiency in assimilating and metabolizing the nutrients.

Q CAN I CONSUME SYNERCLEAR IF I AM SENSITIVE TO GLUTEN/DAIRY?

A Yes. SynerClear contains no gluten or dairy. The source of is hypoallergenic rice protein is from non-GMO, organic, sprouted brown rice.