

# Optimal Cleansing Protocol – Level 1

**Level 1 Cleansing Protocol is a general cleanse used to remove heavy toxins/metals. It also helps to generate healthy bowel movements amongst people with constipation or other bowel conditions.**

## Toxic Overload

The body is constantly bombarded with toxins on a daily basis. Every time that we eat, breath, and drink pathogens such as viruses, bacteria, and mold enter the body. Environmental toxins also enter the body with the exposure to pollution and various chemicals (cleaning agents, health and beauty products). In addition, dietary selections can contribute to toxins within the body as we consume low-nutrient, low-fiber, and hard to digest foods.

With the increase of unusable and potentially dangerous toxins and undigested foods going through the system it becomes increasingly difficult to perform at optimal levels. The more toxic stores of these substances the body accumulates, the less efficient it becomes.

Toxicities within the body can contribute to many health conditions, including:

- Fatigue
- Headaches
- Irritability, Loss of concentration
- Insomnia
- Depression
- Poor digestion
- Bad breath and body odor
- Allergies
- Skin conditions
- Irregular bowel function

Unless the remedies you choose to alleviate uncomfortable symptoms help your body to eliminate the toxins, you are most likely adding more toxins to your body. This build up of toxins in your body severely affects the body's tissues as they are not able to effectively perform their original function. The build up of toxins prevents the cells from being able to absorb nutrients because the cellular wall is blocked by the thick toxic layer. So even if you are trying to improve your lifestyle and nutrient intake, unless you shed those unwanted toxins, your body will not function optimally.

Where you see the toxicity affect you most though, is in your everyday performance. For some people, they have a difficult time shedding unwanted weight. You may have a hard time finding the same stamina in your workouts. Your energy levels may decrease throughout the day. This is frustrating, especially when you go on spontaneous diets or change your lifestyle and results still either take time or feel impossible to achieve.

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If you want to see and experience positive results with your body, it is important to be responsible to ensure that your body has what it needs to perform efficiently without toxins hindering its function.

**Level 1 is a 3-week protocol that includes:**

- **Meal plan**
- **Optimal 1 Digestion – 2 bottles**
- **Optimal 2 Vitamin/Mineral/Antioxidants – 2 bottles**
- **Opti-Cleanse and Repair – 2 bottles**
- **Optimal Flora Plus – 6 bottles**
- **Complete Nutrition – 1 bottle**
- **Exact protocol for taking nutrients**
- **Exercise recommendation**

You will receive a copy of the Optimal F.I.T.N.E.S.S. Book which explains the 7 Rules for Cellular Nutrition, gives guidelines for eating out, and much more. This book also provides a six week nutritional plan to assist you in making healthy choices after the completion of your cleanse.

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- Follow this meal plan for 3 weeks
- Create different meals by varying a variety of fruits and vegetables

Breakfast	One piece of fruit AND ½ cup Raw Cereal Blend with ½ cup skim milk, soy milk, fresh juice or water	2 Optimal 1 Digestion 2 Optimal 2 Vitamin/Mineral 2 Opti-Cleanse and Repair 4 Flora Plus
Morning Snack	4 dates or 4 ounces of prune juice	1 Optimal 1 Digestion 4 Flora Plus
Lunch	Large salad with white meat (chicken, turkey or fish). Use any vegetables in your salad. Remember that the denser, darker vegetables provide the highest amount of nutrients. For example, use green or red leaf lettuce rather than iceberg.  Dressing: vinegar or lemon juice with 1 tsp. of “healthy” oil, such as grape seed oil, cold pressed canola oil or extra virgin olive oil. Sea Salt can be used sparingly.	2 Optimal 1 Digestion 2 Optimal 2 Vitamin/Mineral 2 Opti-Cleanse and Repair 4 Flora Plus
Afternoon Snack	1/2 serving (one scoop) Complete Nutrition in 8-ounces of fresh juice or water OR one piece of fruit OR one serving of fresh vegetables	1 Optimal 1 Digestion 4 Flora Plus
Dinner	Turkey Sandwich on whole grain bread, with vegetables (lettuce, tomato, sprouts, etc.) OR Grilled fish, brown rice, green salad OR Mexican Dinner: chicken fajita (chicken, onions, and peppers) on steamed corn tortilla and small garden salad OR Oriental Dinner: brown rice, chicken, steamed vegetables	2 Optimal 1 Digestion 2 Optimal 2 Vitamin/Mineral 2 Opti-Cleanse and Repair 4 Flora Plus
Bedtime		4 Flora Plus
Water	Drink eight 8-ounce glasses of water daily (Critical)	
Exercise	10 minutes breathing exercise morning and night 100 stomach crunches daily	

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## **Raw Cereal Blend** for breakfast

1/4 c. prepared cereal (Grape Nuts, Shredded Wheat and Bran, Fiber One or Fiber Wise)  
1 tsp. raw nuts or seeds (slivered almonds, pumpkin or sunflower seeds)  
1/4 c. old fashioned rolled oats  
1 tsp. raw wheat germ  
Pinch of flax seeds  
Raw, organic honey or fructose to taste (optional)

Mix all ingredients together, and serve with skim milk, soy milk, fresh juice or water.

## **What is the Optimal Breathing Technique?**

As suggested by its name, the Optimal Breathing Technique is the best way to breathe in order to increase oxygen flow to the body and, thus, derive the benefits that oxygen provides. For years, those benefits have been taken for granted, but as oxygen becomes less available in our air, the need for life-giving air becomes ever more apparent. Oxygen is like an elixir to the body, providing increased energy and vitality, and more rapid loss of body fat as well as release of toxins, increased concentration and relief from stress.

Optimal Breathing is part of a complete lifestyle program designed to help you achieve optimal health.

1. To begin, get rid of all the stale air in your lungs by steadily blowing out through your mouth. When you feel like there is nothing left, blow one more thrusting breath out to completely empty the lungs.
2. Close your mouth, then, flaring the nostrils and using your diaphragm, sharply inhale through the nose, quickly and forcibly pulling in as much air as possible. Note: If you're not making noise...you're not doing it right!

After the first sharp intake, continue to pull the air in as deeply as you can, completely filling the lungs. When you feel as if you have taken in all the air you can, tip your head back, open your mouth and breathe in a little more. With that last breath, since your abdominal cavity is already full of air, your chest should now expand.

3. Hold for seven seconds
4. Then, open your mouth and (like someone socked you in the stomach) exhale from the diaphragm with a quick, explosive breath through the mouth. Again, you should breathe out hard enough that you make noise as you force the air from deep inside.
5. Continue exhaling, rolling the stomach in and up. Hold for seven seconds. This is an important step, particularly if you want to flatten your stomach and tone your abdominal muscles.

This technique can be performed on its own or incorporated into your exercise program.