

BRAIN AND BODY FOUNDATION

CLEANSING INSTRUCTION SHEET

I. WEEKLY INSTRUCTIONS

The first step in an effective wellness regimen should be a full-body deep cleanse. The Cleanse detoxifies, rebuilds and strengthens. Always begin with the bowel. Below is a detailed schedule of the 4-Week BBF Cleanse program. You may modify the protocol to suit your needs.

IMPORTANT: Please read the “HELPFUL HINTS” SECTION, and call me with any questions, at 08102007700

PRE-CLEANSE VITAMIN C FLUSH (DAY ZERO)

On an empty stomach, first thing in the morning, take 1 teaspoon (4g) of Vitamin C Flush powder in 8 oz. water or juice (grapefruit & apple juice taste great!). If you don't have a “flush” after 2 hours (a watery bowel movement, similar to flushing water), take 1/4 teaspoons every 15 minutes, until there is a flush. At this time, stop consuming the Vitamin C for the day.

After the first flush, drink plenty of water (2 - 6 glasses), relax, and try to make healthier food choices for the rest of the day. The flush typically takes 1 - 4 hours, depending on the state of wellness or toxicity of the body. Allow the rest of the day to continue evacuating. It may take 1-4 or more tsps. (4-16g) of Vitamin C to achieve a flush.

WEEK # 1 (Starting the next day after the Vitamin C Flush)

In the morning, mix together the following supplements in 1 cup (8 oz). of water, fruit or vegetable juice (“juice mixture”), and drink. Grapefruit and apple juices work well. Use a shaker jar or a jam jar with a lid. To avoid clumping, place the liquid first, then the powder.

⊕ All of the supplements (except biocidin and pure body drops) may be mixed and taken together. Continue taking all the supplements, until each of them is finished.

PLEASE NOTE: ¼ teaspoon = one scoop.

1. Vitamin C Flush Powder

Add ¼ teaspoon of Vitamin C Flush powder to the juice mixture as described above. Note how soft the bowel movements are. The ideal bowel movement is soft like ice-cream 2-3, times a day. If you do not see this, continue to increase the dosage each day by ¼ teaspoon until you get the ideal bowel movement. If there is a history of constipation, you may increase by ½ teaspoon each day. If the stool becomes watery, decrease each day by ¼ teaspoon, until you find the daily dosage that gives the ideal bowel movement. As the cleanse progresses, the amount of Vitamin C that the body needs will change, so continue to adjust each day based on the bowel movement the day before.

2. Biocidin Drops

Drop directly into the mouth. Start with one drop three times a day and increase to two after the second day and continue from then on.

3. Parasite Cleanse

Add ¼ teaspoon of the Parasite cleanse to the juice mixture as described above.

4. Primal Defense Kids Probiotic (good bacteria)

Add ¼ teaspoon Primal Defense Kids probiotic powder to the juice mixture, as described above.

Also give ¼ teaspoon at night/before he/she goes to bed

5. Pure Body Drops

Give four drops directly into your child's mouth if he can't tolerate it, put it in a little water, but they must drink it immediately).

- By the end of the first week you should have found your dosage of Vitamin C powder to achieve 2-3 good bowel movements. Continue adjusting the amount of Vitamin C Flush Powder up or down by ¼ to ½ teaspoon daily if necessary.

WEEK #2

In the morning, mix together the following supplements in 1 cup (8 oz) of water, fruit or vegetable juice, and drink.

PLEASE NOTE: ¼ teaspoon = one scoop.

1. Vitamin C Flush Powder

Add ¼ or more teaspoons of Vitamin C Flush powder to the juice mixture as described in Week 1. Continue to adjust the dosage each day based on the bowel movement the day before. It should be soft but not watery, 2-3 times per day.

2. Biocidin Drops

Drop directly into the mouth. Continue with two drops three times a day from then on.

3. Internal Makeover Parasite Cleanse

Add ½ teaspoon of the Internal Makeover Parasite cleanse to the juice mixture as described in Week 1.

4. Primal Defense Kids Probiotic (good bacteria)

Add ½ teaspoon (two scoops) Primal Defense Kids probiotic powder to the juice mixture as described in Week 1.

Give ¼ teaspoon (one scoop) at night/just before they go to bed

5. Pure Body Drops

Put four drops directly into your child's mouth three times a day (if he can't tolerate it, put it in a little water, but they must drink it immediately).

WEEK #3

In the morning, mix together the following supplements in 1 cup (8 oz). of water, fruit or vegetable juice, and drink.

1. Vitamin C Flush Powder

Add ¼ or more teaspoons Vitamin C Flush powder to the juice mixture as described in Week 1. As described previously, continue to adjust the dosage each day based on the bowel movement the day before. It should be soft but not watery, 2-3 times per day.

2. Biocidin Drops

Drop directly into the mouth. Continue with two drops three times a day from then on.

3. Parasite Cleanse

Add ½ teaspoon of the Internal Makeover Parasite cleanse to the juice mixture as described in Week 1.

4. Primal Defense Kids Probiotic (good bacteria)

Add 1 teaspoon of Primal Defense Kids probiotic powder to the juice mixture as described in Week 1.

Give ¼ teaspoon at night/just before they go to bed

5. Pure Body Drops

Put four drops directly into your child's mouth three times a day (if he can't tolerate it, put it in a little water, but they must drink it immediately).

WEEK #4

In the morning, mix together the following supplements in 1 cup (8 oz). of water, fruit or vegetable juice, and drink.

1. Vitamin C Flush Powder

Add ¼ or more teaspoons of Vitamin C Flush powder to juice mixture as described above. As described previously, continue to adjust the dosage each day based on the bowel movement the day before. It should be soft but not watery, 2-3 times per day.

2. Biocidin Drops

Drop directly into the mouth. Continue with two drops three times a day from then on.

3. Internal Makeover Parasite Cleanse

Add ½ teaspoon of the Internal Makeover Parasite cleanse to the juice mixture as described in Week 1.

4. Primal Defense Kids Probiotic (good bacteria)

Add 2 teaspoons of Primal Defense Kids probiotic powder to the juice mixture as described in Week 1.

Give ¼ teaspoon at night/just before they go to bed

5. Pure Body Drops

Put four drops directly into your child's mouth three times a day (if he can't tolerate it, put it in a little water, but they must drink it immediately).

∞ Continue with the Week 4 protocol until all supplements are finished. You may take breaks as desired after Week 4.

∞ Please follow the different dosage instructions in Weeks 1-4. Each supplement is taken in different amounts each week.

II. POST CLEANSE BOWEL REBUILDING

A healthy adult bowel should have a 100 trillion live bacteria cell count. To build up to this amount over time to achieve optimum wellness, continue to support the bowel after the cleanse using probiotics.

- Continue to take 2 teaspoons of Primal Defense Kids Probiotic daily, until all of your bottles are empty.

- It is advisable to continue to take a maintenance dose of ¼ to 1 teaspoon as a daily supplement to maintain a healthy bowel.

III. CLEANSING REACTIONS

One or more of a wide variety of reactions may manifest during a cleanse, at different levels of intensity. This is a GOOD thing. It means the cleanse is working. Toxins cause discomfort twice, on the way in; and on the way out of your body.

Herxheimer Reaction (Healing Crisis)

During a cleanse, the body eliminates toxins that have built up over the years. Before removal, toxins are released back into the system via the blood and other eliminating organs. These toxins may cause a temporary increase in “symptoms” in the body, on their way out. These cleansing reactions, also known as the Herxheimer reaction, occur when the body eliminates toxins and bacteria at a faster rate than they are being disposed of through the bowel. If you are suffering from an illness, or have suffered from an illness in the past, there may be a brief flare-up in one's condition, identical to the disease itself, also known as a “healing crisis.” The temporary increase in symptoms during the cleanse may be mild or severe. While you may feel worse before you get better, these reactions are important signs that your body is ridding itself of impurities, toxins and imbalances, as stored wastes are released through the bowel. Cleansing reactions are temporary and can occur immediately, within several days, or even several weeks, of a detoxification. Symptoms usually pass within 1-3 days, but on rare occasions can last a week or more.

Symptoms of Cleansing Reactions

Most common healing reactions may include 1 or more of the following:

- Headaches; cold or flu-like symptoms; sinus congestion; joint, back or muscle pain; fatigue; cramps; insomnia; restlessness; arthritic flair up; chills; nausea; frequent urination; urinary tract discharges; mucous, discharge; skin eruptions, pimples, boils, hives, rashes; a coated, pasty tongue, bad breath, body odors; strong emotions: anger, despair, sadness, fear, anxiety, mood swings, suppressed memories, etc. Negative past emotional experiences sometimes flare up during a cleanse. It is believed that cells that were present in the body during a negative experience that were trapped in the bowel retain the negative emotions, failing to let go of the experience until the bowel is cleansed. These emotions flare up as they finally leave the body.

Suggestions for Relief from Symptoms of Cleansing Reactions

The following steps are helpful to reduce cleansing reactions.

1. Take ½ to 1 teaspoon of Vitamin C Flush powder. This will help support your immune system as the body rids itself of toxins. This also promotes bowel regularity, keeping the bowels open during the cleansing process, providing relief for gas, bloating and other discomforts.

2. Drink one 8 oz. glass of warm water. This will help flush out toxins and speed up detoxification by encouraging a bowel movement. Warm water is best, but the

temperature should be comfortable enough to drink down quickly. While cold water may also be used, warm water works quickest because warm water passes immediately to the bowel, whereas cold water is retained in the stomach for digestion. Cleansing reactions are frequently reduced immediately after a good bowel movement.

3. If you are feeling fatigued, or sleepy, your body is asking you to rest. Be kind to yourself and get the rest that you need.

4. You may also take another full Vitamin C Flush (1 or more teaspoons on an empty stomach first thing in the morning, as needed). An optional Vitamin C Flush may be done weekly, desired, if as this provides great relief, supports your immune system, and speeds up the detoxification process immensely.

IV. FOODS TO EAT WHILE ON THE CLEANSE

You do not need to change your diet during this cleanse. However, for best results, it is helpful to avoid the following mucus forming (acid forming), foods and instead eat alkaline forming foods. Below is a list of common foods divided into: (1) Foods to avoid during the cleanse; (2) Foods you may eat in unlimited amounts; and (3) Foods to eat only in small amounts:

1) Foods to AVOID during the cleanse:

The following foods are MUCUS FORMING, and should be avoided, especially during Weeks No. 2 and 3 of the Cleanse

- Wheat or "white" flour products, including bread, cake and pastas (SPELT or Ezekiel bread are fine)
- Red meat and pork (small amounts of turkey, chicken and fish are fine)
- Soda (substitute with water, lemon water, herbal teas, or juices)
- Pasteurized milk, aged cheese, yogurt & ice cream (small amounts of butter, mozzarella or feta cheese are fine)
- Soy milk (rice and almond milk are fine)
- Tofu and all soy products

2) Foods you may consume in UNLIMITED amounts: Freely consume as much as you wish of the following:

- Fruits, vegetables, salad greens and seaweeds
- Apple cider vinegar and olive oil
- Water, lemon water, fruit juice, herbal teas
- Molasses, maple syrup and honey
- Celtic Sea salt & pink Himalayan salt
- Millet, sorghum and quinoa (a grain similar to millet, pronounced "keen-wa")
- Brown rice
- Ezekiel bread products, found in the FROZEN BREAD SECTION in health food stores and most large supermarkets
- Spelt bread (found in the FROZEN BREAD SECTION in health food stores), and spelt products such as spelt pasta

3) Foods you may consume in SMALL amounts: You may eat moderate amounts of the following, as desired:

- White rice
- Fish, chicken, turkey and eggs
- Peanuts, beans, lentils and corn (including popcorn)
- Almond or rice milk
- Caffeinated (black) tea (substitute with herbal or green tea)

V. HELPFUL HINTS

- To prevent clumping, use a shaker cup, mason or jam jar to easily mix the powders. Add LIQUID FIRST, then the powder.
- For hydration, drink as much water, herbal teas, and 100% juices as you wish during the cleanse.
- Vitamin C is great to use year-round, at any time you feel bloated or constipated, or if you ate too much!
- If you fall off your schedule, or eat foods that are not recommended, DO NOT STOP TAKING YOUR SUPPLEMENTS. Just take them as best as you can, and keep going. While the results may not be as dramatic if you don't follow the instructions strictly, you will still achieve great wellness benefits.

⊞ Remember - It is better to do 1 good day of cleansing than nothing at all!!!

VI. THE BLOOD TYPE DIET

To maintain optimum health after the cleanse, I highly recommend following the Blood Type Diet, as outlined in the book "Eat Right for Your Type," by Dr. Peter J. D'Adamo. This diet provides dietary options that can be incorporated into any diet or eating style of your choice, by choosing from the many different options available for each blood type. This book is available at any bookstore, or online. I also keep copies of this book on hand, if needed, along with Dr. D'Adamo's home blood typing kits.

VII. A FINAL NOTE

Remember, this cleanse is just the first step on your wellness journey. While I am always available to provide coaching and answer any questions, and help you plan your wellness path forward, the rest is up to you. While everybody is expected to achieve great results, the level of results achieved and the length of time you will need to stay on the cleanse will depend on: (1) how closely you follow the above instructions, (2) your wellness goals, and (3) how toxic or backed up your body was. Signs that your body has become cleaner, at the end of the cleanse, include:

1. Cleansing reactions clear up
2. Increased energy and a feeling of general wellbeing
3. Odor of bowel movements reduces significantly
4. Color of bowel movement again becomes similar to your regular bowel movements
5. You begin to need less daily Vitamin C Flush powder to have regular bowel movements
6. You need less of the Vitamin C powder, when you repeat the full Vitamin C Flush process

The ultimate goal is to put your wellness back into your own hands, and be able to live well every day.

☞ Please feel free to contact me at any time for support, with any questions, or to order more products.

May all of you and your family's wellness dreams come true!

Regards,

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