

# Nutritional Report & Information

Science &  
Nutrition

**JOHN DOE**



**Steve Sterling, L.Ac.**

**3268 Governor Drive  
San Diego, CA 92122**

**(858) 457-0191**

**[Acusteve@WebLAc.com](mailto:Acusteve@WebLAc.com)**

**[www.WebLAc.com](http://www.WebLAc.com)**

## Greetings and Welcome

*“Health and well-being should not be taken for granted. It is a prize worthy of every effort. Achieving, maintaining, and excelling in health is as much the result of one’s motivation and drive as it is the expertise of those who help us in our path to optimum health.”*

Welcome to our health partnership. I appreciate the confidence and trust you have placed in our clinical and nutritional expertise. My utmost commitment is to see that you achieve your goals in a speedy manner. My staff and I are here to support you and care for your health needs in a special way.

We have put together a team of experts that will support the efforts to achieve results for you and fulfill our commitment to excellence in this practice. A sign of this commitment is the use of cutting-edge technologies rooted in science-based nutritional approaches, which are leading the complementary and alternative health fields.

We know that you have a choice, and we would like to earn your trust for years to come.

Thank you

Sincerely

*Steve Sterling, LAc*

Steve Sterling, LAc

The WebLAc

stevesterling@WebLAc.com

# Compare Blood Tests

Client # : 90014 - JOHN DOE

08/01/2011 06:57:58 PM

Item Name	Client's #	Results	Functional Ranges	Laboratory Ranges
-----------	------------	---------	-------------------	-------------------

## Glucose

01/10/2011	98.00	NORMAL	85.00 - 99.00	65.00 - 99.00
09/26/2010	125.00	LAB HIGH	85.00 - 99.00	65.00 - 99.00

## HbA1C

01/10/2011	5.20	NORMAL	4.50 - 5.70	4.50 - 5.70
09/26/2010	6.00	LAB HIGH	4.50 - 5.70	4.50 - 5.70

## Uric Acid

01/10/2011	5.70	NORMAL	3.70 - 6.00	2.40 - 8.20
09/26/2010	7.20	HIGH	3.70 - 6.00	2.40 - 8.20

## BUN

01/10/2011	16.20	NORMAL	13.00 - 18.00	5.00 - 26.00
09/26/2010	20.00	HIGH	13.00 - 18.00	5.00 - 26.00

## Creatinine

01/10/2011	1.25	HIGH	0.70 - 1.10	0.50 - 1.50
09/26/2010	114.00	LAB HIGH	0.70 - 1.10	0.50 - 1.50

## BUN/Creat Ratio

01/10/2011	12.96	NORMAL	8.00 - 27.00	8.00 - 27.00
09/26/2010	0.18	LAB LOW	8.00 - 27.00	8.00 - 27.00

## Sodium

01/10/2011	136.00	NORMAL	135.00 - 140.00	135.00 - 148.00
09/26/2010	144.00	HIGH	135.00 - 140.00	135.00 - 148.00

## Potassium

01/10/2011	4.35	NORMAL	4.00 - 4.50	3.50 - 5.50
09/26/2010	3.82	LOW	4.00 - 4.50	3.50 - 5.50

## Chloride

01/10/2011	103.00	NORMAL	100.00 - 106.00	96.00 - 109.00
09/26/2010	104.00	NORMAL	100.00 - 106.00	96.00 - 109.00

## Calcium

01/10/2011	9.48	NORMAL	9.20 - 10.10	8.50 - 10.60
------------	------	--------	--------------	--------------

Client # : 90014 - JOHN DOE

Item Name	Client's #	Results	Functional Ranges	Laboratory Ranges
-----------	------------	---------	-------------------	-------------------

<b>Calcium</b>				
09/26/2010	9.50	NORMAL	9.20 - 10.10	8.50 - 10.60

<b>Magnesium</b>				
01/10/2011	2.37	NORMAL	2.00 - 2.50	1.60 - 2.60
09/26/2010	2.40	NORMAL	2.00 - 2.50	1.60 - 2.60

<b>CO2</b>				
01/10/2011	28.20	NORMAL	25.00 - 30.00	20.00 - 32.00
09/26/2010	32.00	HIGH	25.00 - 30.00	20.00 - 32.00

<b>Protein</b>				
01/10/2011	7.28	NORMAL	6.90 - 7.40	6.00 - 8.50
09/26/2010	7.32	NORMAL	6.90 - 7.40	6.00 - 8.50

<b>Albumin</b>				
01/10/2011	4.34	NORMAL	4.00 - 5.00	3.50 - 5.50
09/26/2010	4.20	NORMAL	4.00 - 5.00	3.50 - 5.50

<b>Globulin</b>				
01/10/2011	2.60	NORMAL	2.40 - 2.80	1.50 - 4.50
09/26/2010	2.60	NORMAL	2.40 - 2.80	1.50 - 4.50

<b>A/G Ratio</b>				
01/10/2011	1.67	NORMAL	1.50 - 2.00	1.10 - 2.50
09/26/2010	1.62	NORMAL	1.50 - 2.00	1.10 - 2.50

<b>Alk Phos</b>				
01/10/2011	79.00	NORMAL	27.00 - 90.00	25.00 - 150.00
09/26/2010	83.00	NORMAL	27.00 - 90.00	25.00 - 150.00

<b>LDH</b>				
01/10/2011	175.00	NORMAL	140.01 - 180.00	100.00 - 250.00
09/26/2010	163.00	NORMAL	140.01 - 180.00	100.00 - 250.00

<b>AST/SGOT</b>				
01/10/2011	22.80	NORMAL	10.00 - 26.00	0.00 - 40.00
09/26/2010	28.00	HIGH	10.00 - 26.00	0.00 - 40.00

<b>ALT/SGPT</b>				
01/10/2011	25.00	NORMAL	10.00 - 26.00	0.00 - 40.00
09/26/2010	35.00	HIGH	10.00 - 26.00	0.00 - 40.00

<b>GGT/GGTP</b>				
-----------------	--	--	--	--

Client # : 90014 - JOHN DOE

Item Name	Client's #	Results	Functional Ranges	Laboratory Ranges
-----------	------------	---------	-------------------	-------------------

### GGT/GGTP

01/10/2011	2.40	LOW	10.00 - 26.00	0.00 - 60.00
09/26/2010	24.80	NORMAL	10.00 - 26.00	0.00 - 60.00

### Bilirubin

01/10/2011	1.18	NORMAL	0.20 - 1.20	0.10 - 1.20
09/26/2010	1.19	NORMAL	0.20 - 1.20	0.10 - 1.20

### Serum Iron

01/10/2011	120.00	NORMAL	85.00 - 135.00	40.00 - 155.00
09/26/2010	110.00	NORMAL	85.00 - 135.00	40.00 - 155.00

### TIBC

01/10/2011	270.00	NORMAL	250.00 - 350.00	250.00 - 390.00
09/26/2010	270.00	NORMAL	250.00 - 350.00	250.00 - 390.00

### RBC

01/10/2011	4.50	NORMAL	4.20 - 4.90	4.20 - 6.00
09/26/2010	4.50	NORMAL	4.20 - 4.90	4.20 - 6.00

### HGB

01/10/2011	14.20	NORMAL	14.00 - 15.00	13.00 - 18.00
09/26/2010	14.20	NORMAL	14.00 - 15.00	13.00 - 18.00

### HCT

01/10/2011	47.00	HIGH	37.00 - 44.00	37.00 - 55.00
09/26/2010	46.40	HIGH	37.00 - 44.00	37.00 - 55.00

### MCV

01/10/2011	92.00	NORMAL	85.00 - 92.00	80.00 - 98.00
09/26/2010	92.00	NORMAL	85.00 - 92.00	80.00 - 98.00

### MCH

01/10/2011	30.30	NORMAL	27.00 - 32.00	27.00 - 34.00
09/26/2010	30.50	NORMAL	27.00 - 32.00	27.00 - 34.00

### MCHC

01/10/2011	33.40	NORMAL	32.00 - 35.00	32.00 - 36.00
09/26/2010	33.90	NORMAL	32.00 - 35.00	32.00 - 36.00

### WBC

01/10/2011	6.80	NORMAL	5.00 - 8.00	4.00 - 10.50
09/26/2010	7.20	NORMAL	5.00 - 8.00	4.00 - 10.50

Item Name	Client's #	Results	Functional Ranges	Laboratory Ranges
-----------	------------	---------	-------------------	-------------------

### Neutrophils

01/10/2011	58.00	NORMAL	40.00 - 60.00	40.00 - 74.00
09/26/2010	74.00	HIGH	40.00 - 60.00	40.00 - 74.00

### Lymphocytes

01/10/2011	38.00	NORMAL	25.00 - 40.00	14.00 - 46.00
09/26/2010	42.00	HIGH	25.00 - 40.00	14.00 - 46.00

### Monocytes

01/10/2011	6.00	NORMAL	0.00 - 7.00	4.00 - 13.00
09/26/2010	8.00	HIGH	0.00 - 7.00	4.00 - 13.00

### Eosinophils

01/10/2011	1.00	NORMAL	0.00 - 3.00	0.00 - 7.00
09/26/2010	1.00	NORMAL	0.00 - 3.00	0.00 - 7.00

### Basophils

01/10/2011	3.00	HIGH	0.00 - 1.00	0.00 - 3.00
09/26/2010	3.00	HIGH	0.00 - 1.00	0.00 - 3.00

### Platelets

01/10/2011	350.00	NORMAL	150.00 - 450.00	140.00 - 415.00
09/26/2010	320.00	NORMAL	150.00 - 450.00	140.00 - 415.00

### CRP

01/10/2011	2.70	NORMAL	0.00 - 3.00	0.00 - 3.00
09/26/2010	3.50	LAB HIGH	0.00 - 3.00	0.00 - 3.00

### Triglycerides

01/10/2011	125.00	HIGH	75.00 - 100.00	0.00 - 149.00
09/26/2010	210.00	LAB HIGH	75.00 - 100.00	0.00 - 149.00

### Cholesterol

01/10/2011	199.00	NORMAL	150.00 - 199.00	100.00 - 199.00
09/26/2010	206.00	LAB HIGH	150.00 - 199.00	100.00 - 199.00

### LDL

01/10/2011	102.00	NORMAL	0.00 - 120.00	0.00 - 99.00
09/26/2010	132.00	LAB HIGH	0.00 - 120.00	0.00 - 99.00

### HDL

01/10/2011	65.00	NORMAL	55.00 - 100.00	40.00 - 59.00
09/26/2010	37.00	LAB LOW	55.00 - 100.00	40.00 - 59.00

Client # : 90014 - JOHN DOE

Item Name	Client's #	Results	Functional Ranges	Laboratory Ranges
-----------	------------	---------	-------------------	-------------------

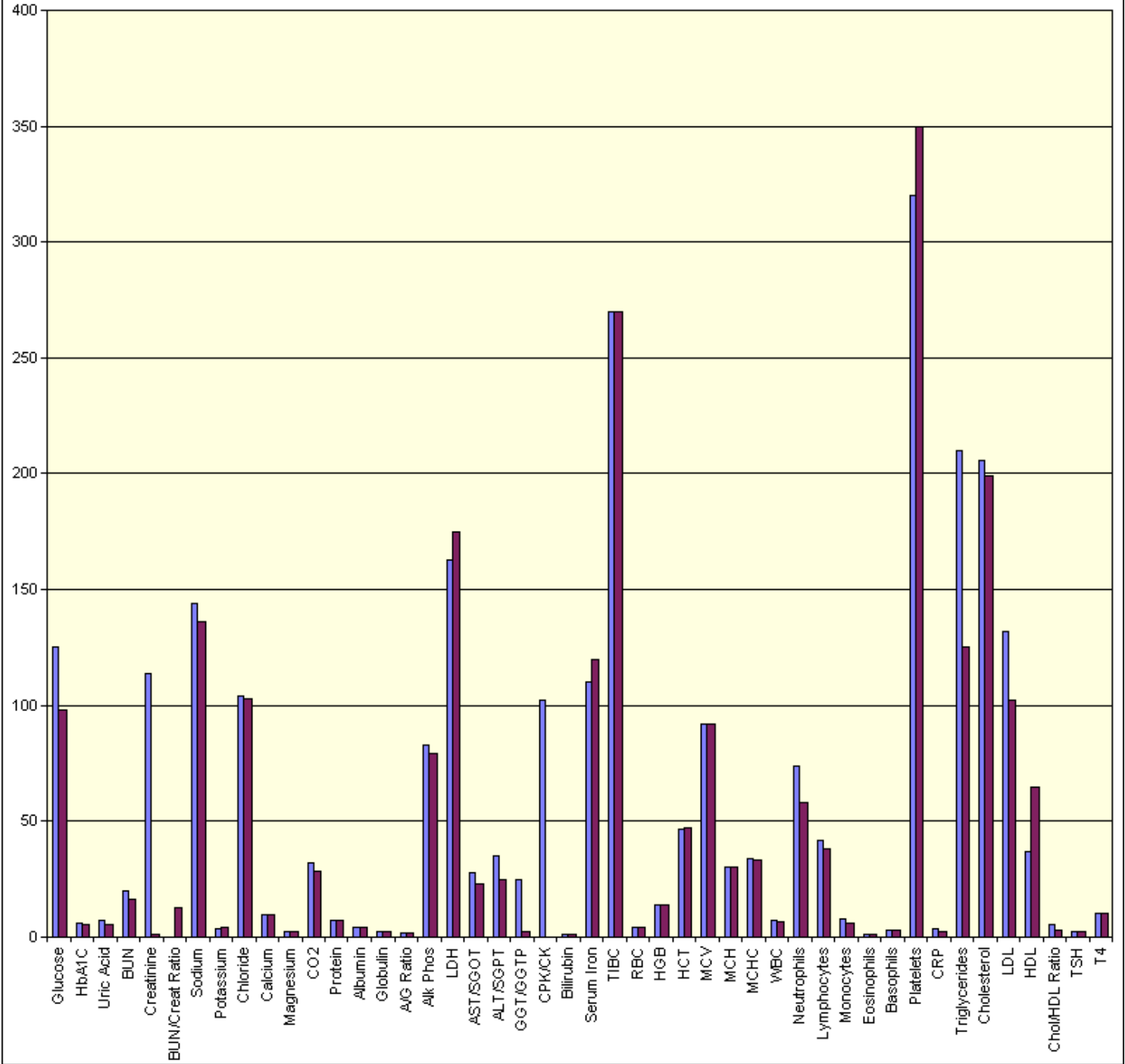
<b><i>Chol/HDL Ratio</i></b>				
01/10/2011	3.08	NORMAL	0.00 - 3.10	0.00 - 4.40
09/26/2010	5.57	LAB HIGH	0.00 - 3.10	0.00 - 4.40

<b><i>TSH</i></b>				
01/10/2011	2.70	NORMAL	1.80 - 3.00	0.35 - 5.50
09/26/2010	2.70	NORMAL	1.80 - 3.00	0.35 - 5.50

<b><i>T4</i></b>				
01/10/2011	10.30	NORMAL	6.00 - 12.00	4.50 - 12.00
09/26/2010	10.20	NORMAL	6.00 - 12.00	4.50 - 12.00

Client # : 90014. JOHN DOE - Blood Tests Chart

ID# 21 - 09/26/2010 ID# 22 - 01/10/2011



# Invoice

Account # : 90014	Dispense Date	Invoice Balance
John Doe	07/28/2011	\$170.82

Item No.	Product Name	Quantity	Unit Price	Total Price	Tax	Subtotal
K02	ADAPTOCRINE	1	\$24.50	\$24.50	\$2.02	\$26.52
K27	CHOLESTAR	1	\$37.50	\$37.50	\$3.09	\$40.59
K24	CLEARVITE-SF (SUCRALOSE FREE)	1	\$57.90	\$57.90	\$4.78	\$62.68
K01	GLYSEN	1	\$37.90	\$37.90	\$3.13	\$41.03

Invoice Balance	\$170.82
-----------------	----------

# Product Information & Instruction

Products Dispensed To	Account Number	Dispense Date
John Doe	90014	07/28/2011

Item No.	Product Name	Quantity	Dosage	Per Day	Refill Date
K02	ADAPTOCRINE	90 CAPS	2 CAPS DURING MEALS	3	
Notes :					

Adaptocrine contains a broad spectrum of herbal adaptogens, clinically validated to support healthy adrenal feedback loop function. Adaptogens are plant compounds that have demonstrated balancing effects on the hypothalamus-adrenal-pituitary axis under times of stress. The major benefit of this product is to help decrease the impact of stress on the body. The ingredients are carefully selected not only for their clinical effectiveness, but also for their overall synergistic action.



Item No.	Product Name	Quantity	Dosage	Per Day	Refill Date
K27	CHOLESTAR	90 CAPS	2 CAPS DURING MEALS	3	
Notes :					

This scientifically designed formula contains natural compounds which support healthy levels of cholesterol, LDL, triglycerides, and HDL, as well as address lipid peroxidation. The key ingredients are red rice yeast extract, inositol hexanicotinate, and garlic extract, all clinically validated to support healthy cholesterol metabolism.



Item No.	Product Name	Quantity	Dosage	Per Day	Refill Date
K24	CLEARVITE-SF (SUCRALOSE FREE)	21 SCOOPS	1 SCOOPS AS NEEDED	3	
Notes :					

Clearvite-SF is a scientifically designed formula offering hypo-allergenic nutrients, important enzymatic cofactors, metabolic precursors, and herbal compounds to support liver detoxification reactions and bile flow.

For more detailed info, plus a variety of tasty recipes to enjoy with this product, please visit [www.clearvite.info](http://www.clearvite.info)



Prepared with a neutral taste! Mildly sweetened with Lo Han® fruit extract.

Manufacturer's Disclaimer: The statements on the above products have not been evaluated by the Food and Drug Administration. Nutritional supplements on this page are not intended to diagnose, treat, cure, or prevent any disease.

Tel: | Fax: | Email:

Item No.	Product Name	Quantity	Dosage	Per Day	Refill Date
K01	<b>GLYSEN</b>	180 CAPS	2 CAPS DURING MEALS	3	
Notes :					

This comprehensive and powerful formula contains key herbs, vitamins, and minerals, clinically validated to support healthy insulin receptor sensitivity and healthy blood sugar metabolism. Glysen is prepared in a potent blend of plant-based enzymes to further support sugar metabolism.




---

Manufacturer's Disclaimer: The statements on the above products have not been evaluated by the Food and Drug Administration. Nutritional supplements on this page are not intended to diagnose, treat, cure, or prevent any disease.

| , |  
**Tel: | Fax: | Email:**



# glycemic I N D E X



---

## Definition

---

The glycemic index (GI) is a rating system for carbohydrates based on how high the blood sugar rises in response to a fixed quantity (50g.) of a carbohydrate food compared to a standard of sugar in the first two hours after consumption. It compares carbohydrates gram for gram for each food, providing a number based on the effect on blood sugar. Carbohydrates that are rapidly digested have the highest GI and those that are slowly digested have a low GI. A food with a low GI is thought to create a lower insulin demand, better long-term blood glucose control, and a reduction in blood lipids, while a food with a high GI is thought to create a high insulin demand. In a person with a sensitivity or allergy to a low glycemic food, a high insulin demand can be created. Therefore, the GI should be used as a guideline along with avoiding foods that cause sensitivities or allergies. The GI is an attempt to simply minimize insulin-related problems by identifying and avoiding foods that have the greatest effect on blood sugar (glucose levels). While this information is valuable, it is also incomplete because the GI only refers to foods eaten alone and doesn't take portion size into account. The Glycemic Load (GL) is a better measure of a food's effect on blood sugar since it takes both the GI and the portion size into account. In reality, there are limitations to both the GI and the GL when selecting which foods to eat. Diet is much more complex than this. Other drawbacks are that the same foods may vary in their GI's, humans are the test subjects and people digest carbohydrates differently and have different insulin response to carbohydrates. The preparation of food also affects the GI.

It is also especially important to remember that while tests for GI tests are usually done on individual foods, we often consume those foods in combination with other foods that contain certain levels of protein, fat, and

fiber that will generally reduce the GI of the individual foods in the meal.

When considering the strengths and weaknesses of the GI, remember that the real goal is to control blood sugar and insulin levels. In general, balancing macronutrients enough with the lower glycemic carbohydrates to produce a satiation effect from the meal is the ideal goal.



---

## Foods with a Low Glycemic Index

---

### FRUITS

---

- |                |      |               |      |
|----------------|------|---------------|------|
| • bananas      | (51) | • apples      | (40) |
| • blueberries  | (40) | • prunes      | (29) |
| • cherries     | (22) | • raspberries | (32) |
| • grapefruit   | (25) | • tomatoes    | (38) |
| • green grapes | (43) | • oranges     | (51) |
| • pears        | (33) | • plums       | (24) |

*Note: As far as fruits go, the sweeter the taste, generally the higher the glycemic index.*

---

### VEGETABLES

---

- |              |      |             |      |
|--------------|------|-------------|------|
| • asparagus  | (15) | • lettuce   | (15) |
| • broccoli   | (15) | • mushrooms | (10) |
| • cabbage    | (10) | • onions    | (10) |
| • carrots    | (49) | • peppers   | (15) |
| • green peas | (48) | • spinach   | (15) |
| • beets      | (64) |             |      |

---

### BEANS

---

- |                  |      |              |      |
|------------------|------|--------------|------|
| • kidney beans   | (29) | • lentils    | (30) |
| • garbanzo beans | (34) | • lima beans | (32) |

---

## OTHER CARBOHYDRATES

---

- sourdough bread (52)
- rye bread (58)
- oatmeal (48)
- couscous (65)
- corn (60)
- whole grain-  
-pumpernickel bread (46)
- brown rice (55)
- whole grain bread (50)
- pita bread (57)
- spaghetti (41)
- barley wheat (25)



---

## OTHER FOODS

---

- dairy products
- eggs
- seeds
- meat
- nuts

---

These foods all contain a low glycemic index.

---

\* *For gluten-free choices, see our [Gluten-Free booklet](#).*



**set goal**

**ACTION PLAN:**



**develop plan**

**goal:** \_\_\_\_\_

**action:** \_\_\_\_\_



**take action**

\_\_\_\_\_

\_\_\_\_\_



**score your success**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**plan:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SUCCESS score:** scale: 1 (lowest) - 10 (highest)

**current score** | \_\_\_\_\_

**30 day score** | \_\_\_\_\_

**60 day score** | \_\_\_\_\_

# 3 Step Protocol for Nutritional Support During Metabolic Syndrome - Patient Handout

The purpose of this program is to eliminate potentially allergenic foods, support anti-inflammatory mechanisms, and support your blood sugar balance. This program will allow you to take the first steps to a healthy lifestyle.\*

## THE LEMON-LIMEAID FAST

SUPPORTING YOUR BODY TOWARDS A HEALTHY BALANCE

Your healthcare practitioner has determined that this step may benefit your nutritional wellness program.

### PREPARATION FOR THE LEMON-LIMEAID FAST

- 1. Find a large container, up to a gallon in size, and fill it almost to the top with filtered water.
- 2. Add the juice and pulp of both lemons and limes to your liking. Many people find 5 of each to be adequate, but you may use more or less depending on your taste.
- 3. Add organic grade B maple syrup to the mixture. Your taste will dictate the amount. The goal is to somewhat mask the tart flavor provided by the lemon/lime juice, but not to add so much that it will negatively affect your blood sugar. Most people find 2 tablespoons to ¼ cup of maple syrup per gallon is sufficient.
- 4. *(Optional)* You may brew some green tea in a separate container and add this to the mixture. Tastes will vary, but many people find 5-6 tea bags per gallon of water is sufficient.

### STEP 1 – THE FAST

- 1. During the fast you are not permitted to take any supplements unless otherwise recommended by your healthcare practitioner.
- 2. You will not be consuming any food other than the lemon-lime drink you have prepared. If you absolutely feel the need to eat during the fast, you may consume a food that you do not typically consume (e.g. Brussels sprouts, kale) and it may only be eaten steamed, without any seasonings.
- 3. The primary goal of this fast is to take sips of the lemon-lime drink every 10-15 minutes throughout the day. If sipping the drink every 10-15 minutes is not possible, you may want to start this fast on a day when you will be able to follow this protocol. **(Taking frequent sips every 10-15 minutes of the lemon-lime drink is the most important aspect of this fast.)**
- 4. You will maintain this protocol for a period of 3-5 days, or as otherwise prescribed by your healthcare practitioner.

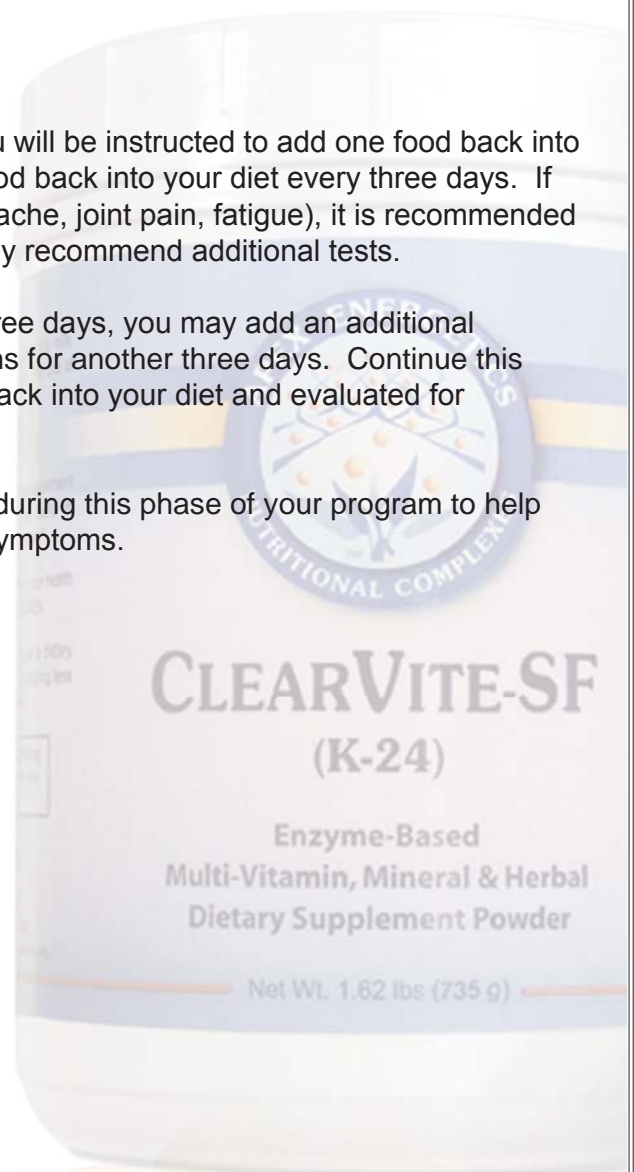


## STEP 2 – THE CLEARVITE® PROGRAM

1. Once you have completed the 3-5 day fasting protocol, your healthcare practitioner may recommend starting the three week ClearVite® program. Instructions for this portion of your program can be found in the ClearVite® brochure, or at [www.clearvite.info](http://www.clearvite.info).
2. Your healthcare practitioner may recommend specific supplements during this phase of the program, as well as current bloodwork.
3. Please read through the ClearVite® brochure to familiarize yourself with the “allowed food” list and purchase groceries ahead of time. Success with this phase of the program is largely due to advanced planning and preparation.

## STEP 3 – REINTRODUCTION

1. During this last and final phase of the program, you will be instructed to add one food back into your diet from the “foods to avoid” list. Add one food back into your diet every three days. If you have any acute symptoms to a food (i.e. headache, joint pain, fatigue), it is recommended to avoid that food. Your healthcare practitioner may recommend additional tests.
2. If you do not have a reaction to a given food for three days, you may add an additional food back into your diet and monitor your symptoms for another three days. Continue this process until all suspect foods have been added back into your diet and evaluated for symptom reoccurrence.
3. It is a good idea to keep a detailed dietary journal during this phase of your program to help you track which foods may have caused specific symptoms.



\*If you are taking prescribed medications, please speak with prescribing physician before starting the nutritional protocol.



# ClearVite-SF®

## A Systemic Nutritional & Detoxification Support Program

Also Available in Chocolate Flavor

### Introduction

ClearVite-SF® is an essential part of the nutritional program designed by your healthcare practitioner for your health concerns. A better understanding of the functions of ClearVite-SF® will assist you in using the product more effectively. The following discussion will provide you with sufficient information and answer many of the questions regarding ClearVite-SF®.

Every day, millions of molecules from different compounds enter our bodies through voluntary or involuntary ingestion. These chemicals come from foods, beverages, medicines, food additives, personal care, and numerous other sources. Whenever a system, whether living (humans, animals) or mechanical (different machines), becomes polluted, normal functioning is affected. Excessive pollution in a system may result in malfunctioning or serious degeneration of that system. You might have experienced this occurrence with the mechanics of your car. Every so often you need to change the oil, air filter, etc., in order to keep the system clean so the car will run more efficiently and last longer. That is why when your car's engine needs repair, the mechanic first cleans the engine before any attempt to fix it. It is always easier to repair a clean system than a polluted one. If you are not successful in fixing a polluted system, you are never sure if it is the system that has not been fixed, or if it is the pollution that is causing the problem.

Every working system, as the result of normal functioning, produces pollution. Some of the pollutants that are produced within the living systems are eliminated through processes naturally built in those systems.

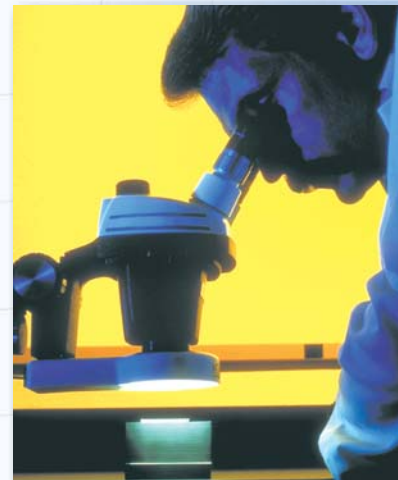
*No living system has the ability to rid itself totally of all the naturally produced or foreign pollutants.*

As a result, the system can slowly produce and accumulate pollutants to a point of self-destruction. The human body is no different than any other system. It has excellent built-in mechanisms to cleanse itself from all kinds of pollutants, but the system is not perfect.

The advancements in the fields of chemistry, biochemistry, biology, etc., have definitely made substantial contributions to the health and well-being of mankind. However, with the advancement of science and industrialization, numerous foreign and toxic chemicals have been produced and released in the living environments. These foreign chemicals to the human system are known as "xenobiotics." Xenobiotics also include over-the-counter and prescription drugs. Numerous research scientists have demonstrated that xenobiotics are among the major causes of a great number of acute and chronic health problems that have become widespread in Western society in recent decades. These compounds, if not cleared from the system, can interfere with normal biological processes and become hazardous to one's health. The accumulation of these toxic substances in the body can produce a variety of distressful symptoms or medical conditions.

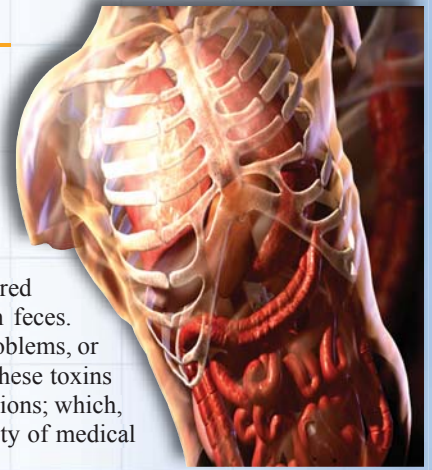
The poor nutritional habits in the Western world are due to the limited number of healthy food ingredients being used in the daily diet. In addition, a variety of other factors related to our stressful modern life has increased by tenfold the number of allergy problems in the last few decades. Most of the symptoms produced as the result of the accumulation of toxins are very similar to allergies. Mild toxicities and food allergies will produce very discomforting symptoms such as poor digestion, gas, bloating, heartburn, headaches, fatigue, chronic mild infections, hormone imbalances, etc.

For information, please contact or visit  
[www.clearvite.info](http://www.clearvite.info)



## Detoxification

Cleansing the body from the accumulated xenobiotics and the excess biological compounds and metabolites (i.e., hormones, etc.) is known as “detoxification.” Most of these toxins are subjected to numerous chemical changes (detoxification) in order to be prepared for elimination from the body. The major detoxification reactions take place in the liver. The goal of detoxification reactions is to transform chemicals that are fat-soluble into water-soluble compounds. Water-soluble compounds can then be eliminated through kidneys, skin, or gallbladder, in urine, sweat, or bile, respectively. Secretion of bile is one of the major pathways of the body’s detoxification. Once the liver has detoxified xenobiotics and other toxins, the resulting compounds are delivered to the gallbladder to be excreted with bile into the digestive system in order to be eliminated in feces. Detoxification has shown to be extremely beneficial as a preventative measure for different health problems, or as a means to enhance therapeutic procedures for a variety of medical conditions. The removal of these toxins from the system enhances the organs’ ability to better absorb nutrients, and improves biological functions; which, in turn, accelerates the healing process. A healthy detoxification is of utmost importance in a variety of medical conditions and therapeutic procedures.



## The ClearVite-SF® System:

ClearVite-SF® is a nutritional product and a cleansing (detoxification) program. Certain nutritional factors play extremely important roles in the proper functioning of the cellular cleansing process. The body’s natural detoxifying ability will deteriorate if these nutrients are lacking or are found to be deficient at the cellular level. In addition, certain botanicals and botanical extracts have been shown to strengthen the cells and maximize the processes that are involved in detoxification reactions. ClearVite-SF® is designed to provide the necessary nutritional compounds and the botanical extracts that are pivotal in the body’s natural abilities to neutralize and expel toxins.



ClearVite-SF® is an excellent source of very high quality vitamins, minerals, and numerous nutritional factors. The protein source is derived from rice, which generates a superior quality hypoallergenic (having little likelihood of causing an allergic response) protein. In addition, it provides other lipotropic (promoting the breakdown and utilization of fat) nutrients, herbal compounds that stimulate formation of bile, bile secretion and elimination, and numerous nutritional cofactors and botanical extracts that support detoxification reactions. Long-term practical experiences by outstanding clinicians and scientists have been employed to design ClearVite-SF®. Methodical scientific procedures have been used to analyze biochemical reactions and functional organic disorders stemming from chronic environmental and biological toxicities. Each ingredient in the product has

been investigated extensively by different scientists for its effect and functionality in supporting biochemical reactions in the liver and different detoxification pathways.

## ClearVite-SF® Ingredients: Functionally Specific

ClearVite-SF® provides key cofactors necessary in enzymatic reactions involved in the liver detoxification process. These vitamins and minerals are selected from the highest quality, most soluble, and biologically available forms to ensure their absorption and assimilation. A number of amino acids such as: N-Acetylcysteine, Taurine, Glycine, and L-Glutamine—necessary for a variety of the liver biochemical detoxification reactions—are included in the formula. Strong antioxidants such as quercetin, herbs, and herbal extracts—including milk thistle seed extract—have been combined in the formula to improve the growth and repair of liver cells, and to increase bile solubility. Lysine has been added to further improve amino acid balance in rice protein. Digestive enzymes such as protease, cellulase, glucanase, and amylase have been added to improve digestion and absorption of the nutrients. Additional herbal and nutritional compounds, such as Jerusalem artichoke, marshmallow, gamma oryzanol, rutin, hesperidin, evening primrose oil, and medium-chain triglycerides, have been incorporated into this formula, each for very specific scientifically supported reasons, to make this product the most effective one of this category in the market.

- **CLEARVITE-SF®** is a nutritional, hypoallergenic protein powder and cleansing (detoxification) program.
- **CLEARVITE-SF®** provides the necessary nutritional compounds and botanical extracts pivotal to the body’s natural abilities for neutralizing and expelling toxins.
- **CLEARVITE-SF®** is an excellent source of very high quality vitamins, minerals, and numerous nutritional factors. Long-term practical experiences by outstanding clinicians and scientists have been employed to design **CLEARVITE-SF®**.
- **CLEARVITE-SF®** should be an integral part of any detoxification program and treatment protocol for complex health issues.

# How to use ClearVite-SF®:

## Number of Servings of ClearVite-SF® to be taken:

### Three Week Plan (21 Days)

Days Phases	Number of Servings of ClearVite-SF®	Time to take		
		Breakfast	Lunch	Dinner
Days 1 to 4 <b>Preparation Phase 1</b>	1 Serving	One Serving Before Breakfast		
Days 5 to 7 <b>Preparation Phase 2</b>	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 8 to 14 <b>Detoxification</b>	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 15 to 17 <b>Completion Phase 1</b>	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 18 to 21 <b>Completion Phase 2</b>	1 Serving	One Serving Before Breakfast		

### Two Week Plan (14 Days)

Days Phases	Number of Servings of ClearVite-SF®	Time to take		
		Breakfast	Lunch	Dinner
Days 1 and 2 <b>Preparation Phase 1</b>	1 Serving	One Serving Before Breakfast		
Days 3 and 4 <b>Preparation Phase 2</b>	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 5 to 10 <b>Detoxification</b>	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 11 and 12 <b>Completion Phase 1</b>	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 13 and 14 <b>Completion Phase 2</b>	1 Serving	One Serving Before Breakfast		

ClearVite-SF® is most effective when used according to the plan provided in the chart below. The accumulated toxins in the body are mostly imbedded in different tissues, especially in fat and connective tissues. To remove these toxins from the system, they first need to be mobilized (released from their adhesion points). Then they can enter into the detoxification pathways. After the detoxification reaction, the resulting compounds enter into the excretion routes and are released from the body. Mobilization and detoxification of the toxins are slow processes and require sufficient time to become fully effective. Based on the evaluation of your health and physical condition, your healthcare practitioner may recommend other products to be used prior to, in conjunction with, or after the use of ClearVite-SF®. Such products are designed to better prepare you at the cellular level for the detoxification process. They may help you detoxify gently, leaving behind cells that are well nourished with plenty of nutritional cofactors stored in the cell to continue the process. It is most important that you follow the dietary and other recommendations made by your healthcare practitioner to get the best results. First-time users of ClearVite-SF® are encouraged to complete the three-week (21-day) plan. The two-week (14-day) plan is designed to be used as a follow-up plan.

### An effective detoxification program results in:

- More energy
- Minimized minor aches and pains
- Decrease in the level of major physical discomforts
- Cheerful, positive mood

To prevent any confusion or mistakes, make notes on your calendar regarding the number of servings of ClearVite-SF® to be taken for each day and for the duration of the program.

If you are on any medications, continue taking them as recommended by your physician. Only your physician can change the schedule or the dose for your medications. Inform your healthcare practitioner if you experience any digestive or other discomfort feelings while on this program. Your primary healthcare practitioner should determine any deviation from the recommended plan or diet.

## Daily Diet Samples (organic)

<u>Preparation Phase 1 or Completion Phase 2</u>	<u>Preparation Phase 2 or Completion Phase 1</u>	<u>Detoxification Phase</u>
<b>ClearVite-SF®</b> Before Breakfast 1 Serving	<b>ClearVite-SF®</b> Before Breakfast 1 Serving	<b>ClearVite-SF®</b> Before Breakfast 1 Serving
<b>BREAKFAST</b> Turkey Fruit	<b>BREAKFAST</b> Turkey Bacon Grapefruit	<b>BREAKFAST</b> Quinoa Hot Cereal (health-food store) Mixed Fruit
<b>MID-MORNING SNACK</b> Handful of Raw Pumpkin or Sunflower Seeds	<b>MID-MORNING SNACK</b> Taro Chips (health-food store)	<b>MID-MORNING SNACK</b> Carrot Stick
<b>LUNCH</b> Salad with Olive Oil/Lemon Salmon Filet (wild)	<b>LUNCH</b> Mixed Green Salad with Chicken Olive Oil/Lemon	<b>ClearVite-SF®</b> Before Lunch 1 Serving
<b>MID-AFTERNOON SNACK</b> Banana	<b>MID-AFTERNOON SNACK</b> Handful of Cashews (raw)	<b>LUNCH</b> Mixed Green Salad with Raw Nuts* and Seeds, and Avocados Olive Oil/Lemon
<b>DINNER</b> Chicken Breast (broiled) Steamed Vegetables	<b>ClearVite-SF®</b> Before Dinner 1 Serving	<b>MID-AFTERNOON SNACK</b> Dried Fruit and Nuts*
<b>Bedtime SNACK</b> Rice Cakes with Raw Almond Butter	<b>DINNER</b> Fish** Brown Rice Vegetables (raw or lightly steamed)	<b>ClearVite-SF®</b> Before Dinner 1 Serving
	<b>Bedtime SNACK</b> Dried Apricots (unsulphured)	<b>DINNER</b> Baked Potato Brown Rice Lightly Steamed Vegetables
		<b>Bedtime SNACK</b> Rice Cakes with Raw Almond Butter

\*Watch for allergies such as peanuts.  
\*\*Select fish which is less prone to heavy metal contamination.

# Nutrition Program

A specific dietary plan is recommended with the ClearVite-SF® detoxification program. This plan is known as an “elimination dietary program,” because the program requires that certain foods be eliminated from the daily diet while the program is in progress. To assist you with the nutritional requirements of the program, a dietary plan has been provided here.



The caloric requirements of different individuals vary significantly from each other. Each individual, to meet his/her caloric and nutritional needs, should modify the Daily Diet Samples. Remember that each serving of ClearVite-SF® provides approximately 120 calories, 15 grams of protein, and 15 grams of complex carbohydrates. The basic nutritional needs to be followed while on this program are: *Eat according to your appetite. Do not overeat; select the most nutritional foods (organic dark greens). Include foods that offer soluble and insoluble dietary fibers, and drink plenty of fresh water.*



For a variety of delicious recipes with ClearVite-SF®, please visit our website, [www.clearvite.info](http://www.clearvite.info).

## The ClearVite-SF® Detoxification Protocol

Two Week Plan	Three Week Plan	Servings of ClearVite-SF® to be taken	Dietary Plan to follow
Days 1 and 2	Days 1 to 4	<b>Preparation Phase 1</b> One Serving Daily: Just Before Breakfast	<p><b>FOODS TO AVOID:</b></p> <ul style="list-style-type: none"> <li>• Any food that you are allergic to</li> <li>• Dairy (milk, cheeses, yogurt, butter), eggs, margarine, &amp; shortening</li> <li>• Foods prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in breads, pasta, etc.</li> <li>• Tomatoes and tomato sauces, corn</li> <li>• Alcohol, caffeine (coffee, black tea, sodas)</li> <li>• Soy or products made from soy, such as soy milk or tofu</li> <li>• Peanuts or peanut butter</li> <li>• Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy</li> </ul> <p><b>FOODS TO EAT:</b></p> <ul style="list-style-type: none"> <li>• Drink plenty of fresh water (8-10 glasses), herbal teas, green tea, fruit juices (no sugar added), vegetable juices</li> <li>• Grain foods made from rice, millet, quinoa, buckwheat, or tapioca</li> <li>• Fresh fruits, vegetables, beans (navy, white, red kidney, etc.), peas (fresh, split, snap)</li> <li>• Mainly fish** (not shellfish), and moderate amounts of chicken, turkey, and lamb</li> <li>• Use mainly olive oil and flaxseed oil in moderation</li> </ul>
Days 3 and 4	Days 5 to 7	<b>Preparation Phase 2</b> Two Servings Daily: One Before Breakfast One Before Dinner	
Days 5 to 10	Days 8 to 14	<b>Detoxification</b> Three Servings Daily: One Before Breakfast One Before Lunch One Before Dinner	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>• Avoid all of the foods in the <b>FOODS TO AVOID</b> listed above.</li> <li>• Use any of the foods in the <b>FOODS TO EAT</b> listed above, except <b>eliminate all animal products from the diet</b> (including fish, chicken, turkey, and lamb).</li> </ul>
Days 11 and 12	Days 15 to 17	<b>Completion Phase 1</b> Two Servings Daily: One Before Breakfast One Before Dinner	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>• Avoid all of the foods in the <b>FOODS TO AVOID</b> listed above.</li> <li>• Use any of the foods in the <b>FOODS TO EAT</b> listed above, including <b>the animal products</b> (fish**, chicken, turkey, and lamb).</li> </ul>
Days 13 and 14	Days 18 to 21	<b>Completion Phase 2</b> One Serving Daily: Just Before Breakfast	



# Food Elimination

## FOOD ELIMINATION AND GUT RESTORATION MEAL PLAN (GLUTEN, SOY, DAIRY AND EGG FREE)

The goal is to eat a substantial amount of cooked meals to allow easier digestibility of foods.

### DAY 1

#### Breakfast

1 cup oatmeal (gluten free)  
Crushed almonds (soaked overnight)  
ClearVite®-SF/CR (K24/36) smoothie  
with berries

#### Snack

1 cup blueberries

#### Lunch

3 oz. wild salmon  
Mixed greens/olive oil dressing  
Red potato

#### Snack

Celery sticks with sunflower seed butter

#### Dinner

Chicken breast with steamed broccoli  
and 1 cup brown rice



## DAY 2

### Breakfast

ClearVite®-SF/CR (K24/36) smoothie  
with fresh fruit and pecans.

### Snack

Lettuce wrap with turkey deli slices  
(Nitrate-free)

### Lunch

Turkey vegetable soup (homemade)  
Quinoa

### Snack

Humus  
Carrots

### Dinner

Turkey vegetable soup (leftover)

## DAY 3

### Breakfast

ClearVite®-SF/CR (K24/36) smoothie

### Snack

Hummus  
Celery sticks

### Lunch

Chicken tacos with steamed vegetables  
Rice tortillas

### Snack

Apple  
Almond butter

### Dinner

Wild salmon with steamed vegetables  
and potatoes

## DAY 4

### Breakfast

Two turkey sausages (Nitrate-free)  
1 cup brown rice cereal  
Almond milk

### Snack

1 cup berries with trail mix

### Lunch

Fish taco with cabbage and rice tortillas  
with mango slices  
Steamed mixed vegetables

### Snack

Almond butter on celery sticks

### Dinner

Grilled chicken salad with balsamic  
vinegar dressing

## DAY 5

### Breakfast

Rice pancakes  
Chicken sausage

### Snack

Pear  
Almonds

### Lunch

Tuna with green salad and  
balsamic vinegar dressing

### Snack

Hummus  
Rice crackers and cut-up vegetables

### Dinner

Halibut with fresh salsa  
Steamed broccoli and red potato



## DAY 6

### Breakfast

1 cup brown rice cereal  
Two chicken sausages

### Snack

1 cup berries  
Walnuts

### Lunch

Wild salmon salad

### Snack

ClearVite®-SF/CR (K24/36) smoothie

### Dinner

Baked beans  
Quinoa pilaf  
Steamed green beans and mushrooms

## DAY 8

### Breakfast

1 cup gluten-free oatmeal with  
ClearVite®-SF/CR (K24/36) smoothie

### Snack

Apple slices  
Almond butter

### Lunch

Seaweed salad with Ahi tuna sashimi

### Snack

Hummus with brown rice crackers

### Dinner

Shrimp quinoa pilaf  
Cooked beet salad: Olive oil and  
red wine vinegar  
Broccoli

## DAY 7

### Breakfast

Two turkey sausages  
Almonds  
1 cup berries

### Snack

Hummus with vegetables

### Lunch

Vegetable soup with brown rice  
Roasted chicken

### Snack

Pear  
Cashews

### Dinner

Wild salmon  
Zucchini  
Yellow squash  
Yam

## DAY 9

### Breakfast

2 pieces turkey bacon  
ClearVite®-SF/CR (K24/36) smoothie

### Snack

Brown rice cakes  
Cashew butter

### Lunch

Grilled chicken breast  
Steamed green beans

### Snack

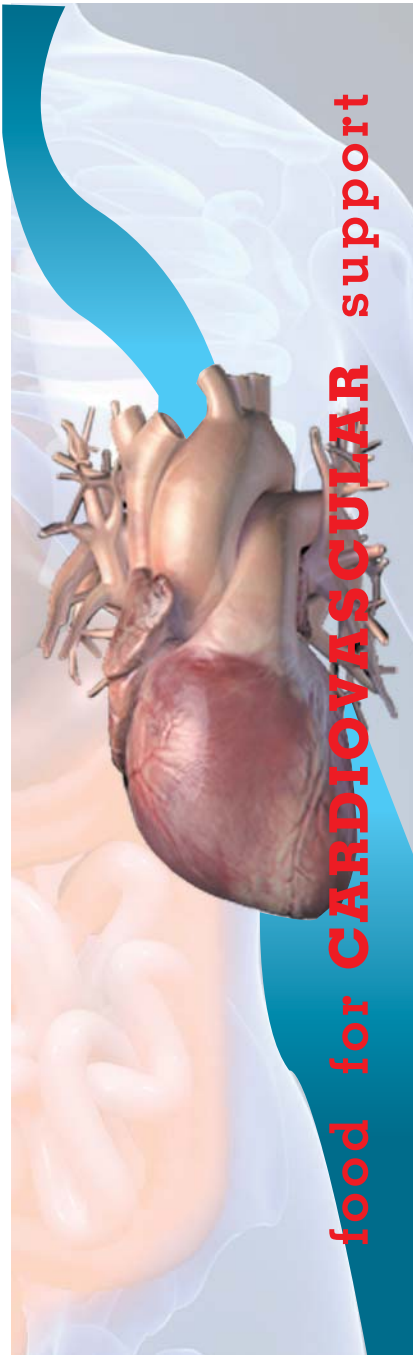
Carrot sticks  
Pecans

### Dinner

Grilled mahi-mahi with mango salsa  
Steamed broccoli  
Brown rice



# food for **CARDIOVASCULAR** support



---

## Definition

---

Heart disease is a generalized term for a number of different diseases which affect the heart and is the leading cause of death in the United States as of 2007. The most common heart diseases include coronary heart disease, ischemic heart disease, cardiovascular disease, hereditary heart disease, hypertensive heart disease, and disease of the heart valves.

---

## Common Signs and Symptoms

---

- Angina
- Dizziness
- Heartburn
- Leg cramps
- Mild exercise causes exhaustion
- Edema
- Fatigue
- Difficulty breathing
- Anxious
- Swelling of ankles/feet
- Rapid heart beat
- Irregular heartbeat
- Hacking cough
- Heart murmur
- Palpitations
- History of chest pain during activity

---

## Consider These Contributing Factors

---

- Diet high in trans fatty acid
- Cholesterol that becomes oxidized in the blood
- Dyslipidemia (elevated total cholesterol and LDLs and decreased HDLs)

- Stress
- Insufficient exercise
- Hereditary
- Alcohol abuse
- Infections
- Obesity
- Diabetes and insulin resistance
- Smoking
- Hypertension
- Drug use
- Long term use of estrogen (birth control pills and/or HRT)
- Gallbladder or liver issues that alter fat metabolism




---

## Diet and Lifestyle Considerations

---

Here are suggested modifications to help support optimal cardiovascular function:

1. Maintain an optimal weight.
2. Exercise after a complete physical exam.
3. Practice deep-breathing and relaxation techniques.
4. Manage major stressors.
5. Manage blood sugar imbalances.
6. Use beneficial fats including olive, flax, and fish oil.
7. Consider taking an omega-3 essential fatty acid supplement.
8. Decrease intake of hydrogenated oils (margarine, lard substitutes, vegetable shortening) and foods fried in hydrogenated oils.
9. Drink plenty of filtered water daily.
10. Increase consumption of fiber, fresh vegetables and fruits.
11. Consider a detoxification program.
12. Avoid smoking, caffeine, and alcohol.



**set goal**

\_\_\_\_\_  
**ACTION PLAN:**  
\_\_\_\_\_



**develop plan**

**goal:** \_\_\_\_\_ **action:** \_\_\_\_\_



**take action**

\_\_\_\_\_  
\_\_\_\_\_



**score your success**

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**plan:** \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**success score:** scale: 1 (lowest) - 10 (highest)

**current score** | \_\_\_\_\_  
**30 day score** | \_\_\_\_\_  
**60 day score** | \_\_\_\_\_