

WWC 7 Day Detox

Clean up your **liver** (your main detoxifying organ) and **FEEL AMAZING**. Reduce sugar cravings and get your weight back on track. Join us!

Day 1 & 2: FASTING DAYS = AM & PM 2 Scoops of Detox Powder with 8oz of water, rice milk, almond milk, or coconut milk – all unsweetened. Better Lifestyle OR Better Vigor (extra energy support) 2 in the morning and 2 in the afternoon.

- If you worried about being hungry you can do 1 scoop 4 times a day. Limit “milk” to a max of 16 ounces, the rest needs to be water.
- If this is too thick, it is ok to dilute with more water. Feel free to add ice! This can be blended as well!

DAY 3-7: Continue Detox shakes and supplements as you did in Days 1 & 2. Day 3 you will add Daily Detox Plus; 2 AM and 2 PM. And on Day 3 you can add in food! You may not feel like eating but it is important to start adding in food.

It is recommended to follow the meal plan attached to this program, but it is also acceptable to just do 2 fruits, 2 lean proteins and 2 vegetable per day along with a healthy fat. Quinoa is acceptable as a grain. **The liver is still cleansing so it is important to eat clean.**

If you do not feel good on this program please contact the office and ask to speak to the Clinical Nutritionist to help guide you to a solution.

DAY 8: Congrats! You made it! It is ok to add back “regular” healthy food at this point. You will notice that your cravings and appetite have decreased. You should feel really good and even be down some pounds. If you want to continue on the shakes and supplements, you will continue to detox and it is safe to do so. If not save everything and repeat in a month or quarterly.