David's 5-Day Detox Plan

Products included

5-Day Detox Program with GliSODin® Protein Plus Meal Replacement Thermo Bubbles

Not included but recommended

Vitamin Super Juice

Day 1 - 5

No Alcohol, No Breads, No Coffee, No Starchy Carbs, No Dairy, No Extra Sweets, No Fruits while on the program! Follow these directions on what to eat during the first 5 days.

Morning		First thing each morning, drink one bottle of David's detox shot. For breakfast, drink David's Protein Plus Meal Replacement shake (or another whey-based formula.) Do not try this program without a protein shake!
	3.	Follow with Thermo Bubbles* to help curb your appetite and give you an energy boost.
	4.	Drink plenty of water and up to 3 Vitamin Super Juice* drinks throughout the day. This will keep you hydrated and energized!
Afternoon	5.	For lunch, eat a plain salad of greens, drizzled with lemon juice. Top with 4 oz. of skinless grilled chicken or fish.
Evening	6.	For dinner, enjoy another Protein Plus shake or substitute with the above lunch meal plan.

Starting on Day 6 ...

Daily

Take 2 capsules of GliSODin® each morning to rebuild your body's defense system.

Stay away from those foods that you've found addictive in the past. Start fresh with a clean and healthy diet full of green veggies and lean proteins such as skinless grilled fish or chicken, and fiber-rich quinoa, lentils or beans. Follow David's five-meals-a-day plan.

DAVID KIRSCH WELLNESSCO ONE OF A KIND SUPPLEMENTS