

# DAVID KIRSCH WELLNESSCO ONE OF A KIND SUPPLEMENTS® ULTIMATE DETOX KIT™ A COMPREHENSIVE DETOX & NUTRITION SYSTEM

## DAVID KIRSCH'S DETOX TIPS

First, remember that cleansing is an honoring process. This is the time to feed your body with nutrients that will cleanse your major organs and help your body repair itself. Cleansing is the ultimate healthy indulgence. You are doing this for YOU and nobody else!

### What will I be eating during the 5 detoxifying days?

- First thing in the AM, drink one serving of A.M. Daily Detox.
- For breakfast, drink David's Super Charged Greens and Vanilla Protein Plus Meal Replacement Shake.
- Follow with **Thermo Bubbles\*** to help curb your appetite and give you an energy boost.
- For lunch, eat a plain salad of greens drizzled with lemon juice. Top with 4 oz. of skinless grilled chicken or fish.
- For dinner, enjoy a Protein Plus shake or substitute with the above lunch meal plan.

NO ALCOHOL, NO BREADS, NO COFFEE, NO STARCHY CARBS, NO DAIRY, NO EXTRA SWEETS, NO FRUITS  
WHILE ON THE PROGRAM!

You won't be drinking coffee, soda or sugary, high-carb energy drinks so you'll need to drink lots of water, decaf/herbal teas or drinks like David's Vitamin **Super Juice**, to preempt any withdrawal symptoms. Staying hydrated will also help energize your body and flush out toxins

### Can I workout while detoxing?

Sweat it out! Exercise stimulates your digestive system and sweating will help your body burn fat. This is a good time to try a David Kirsch "Boot Camp" workout. Listen to your body. If at any point, you feel lightheaded, then it's time to tone it down.

Get lots of sleep. Go to bed early and use this as a time to get back in to your natural rhythm.

Feeling a bit hesitant? Recruit one of your friends to cleanse with you. You'll have someone to hang with when everyone else is out having one too many french fries!

**\* David recommends these products for maximum effectiveness**