



10-DAY PROGRAM BLOOD SUGAR

Below are suggested dietary guidelines that will complement the nutritional supplements to help achieve optimal health benefits during your 10-Day Program.

PROGRAM OVERVIEW

Congratulations on starting your 10-Day Blood Sugar Program! The products selected for you are specific to the organs and glands that will assist you in maintaining desirable blood sugar levels. This program consists of high quality whole food and herbal complexes that contain many beneficial nutritional constituents that are essential to our health - as opposed to synthetic vitamins that are missing the naturally occurring enzymes and complexes. On the Standard Process® labels you will recognize many foods such as kale, Brussels sprouts, beets, barley grass, etc. Below is a brief description of the products that will support your 10-Day Blood Sugar Program.

SP COMPLETE®

- Whole Food supplement shake that includes amino acids, essential fatty acids, vegetable concentrates, and powerful antioxidant protection to support the entire range of body systems

SP CLEANSE®

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin removal process

DIAPLEX®

- Encourages healthy blood sugar levels and supports healthy function of the pancreas when combined with a balanced diet

GYMNEMA

- An herbal product that helps maintain healthy blood sugar levels when combined with a balanced diet

FOOD

- Have 3 SP Complete® shakes per day
- Eat frequently throughout the day to maintain an even level blood sugar range
- Increase your fruit and vegetable intake to increase fiber and antioxidant levels
- Eat twice as many vegetables as fruits (organic whenever possible)
- Add a mixed green salad with lunch and dinner
- Eat different vegetables with a variety of colors as each color category provides different nutrients!
- Certain common foods create sensitivities in some individuals; these include Wheat/Gluten, Dairy and Soy. You may want to discuss this with your healthcare practitioner to see if you would benefit from eliminating them during this 10-Day Program.



WATER

Water is cleansing! To better determine how much water you need each day, divide your body weight in half. The answer is the approximate number of water ounces you should drink daily.

You should drink half of your body weight in ounces.

(i.e. If you weigh 200 pounds, you should drink 100 oz, which is eight 12-oz glasses of water a day)

THINGS TO REMOVE/LIMIT

BETTER OPTIONS

Alcohol, soft drinks, hot chocolate <i>(limit caffeine intake to 1 per day)</i>	Water, spring water, green tea, herbal teas
Refined carbohydrates found in cakes, cookies, muffins, donuts, ice cream, etc.	Whole Foods in their natural state
Artificial sweeteners, table sugar	Raw Honey
Chemical additives, preservatives, dyes, coloring agents, flavors, etc.	Foods/beverages in their natural state
Meats, chicken, pork, turkey, processed meats, hot dogs, etc.	Small servings* (3 oz.) organic meats, wild salmon
Foods fried in Trans Fats	"Baked" or foods "lightly sautéed" in organic coconut oil, or butter

See Reverse Side for Recommended Dietary Guidelines
Contact Your Healthcare Practitioner For More Details.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*For optimal weight loss, consider removing all animal protein for the 10-Day Program (your daily protein will be coming from SP Complete® shakes & lentils)