

# *Troubleshooting the Detox Program*

**IF YOU EXPERIENCE ANY DIFFICULTY DURING THE 21 DAY PURIFICATION PROGRAM, PLEASE CONSULT THE TROUBLESHOOTING SECTION BELOW. IF IT PERSISTS, OR AN ANSWER IS NOT FOUND, PLEASE CALL THE OFFICE.**

<p><b>I am experiencing tiredness and fatigue</b></p> <p>(During the first couple of days, this is normal and should pass quickly.)</p>	<p><b>Are you adding the extra Whey protein to the shake as directed? Try adding 1 more scoop of protein to your shake.</b></p> <ul style="list-style-type: none"> <li>• <b>Are you on any drugs that cause this side effect?</b></li> <li>• <b>Are you sleeping 7-8 hours? (See Sleep Section below)</b></li> <li>• <b>If all the above have been tried, try removing Citrus Fruits and Nightshade Vegetables.</b></li> </ul>
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<p><b>I am constipated</b></p>	<p><b>Are you drinking 8 glasses of water per day?</b></p> <ul style="list-style-type: none"> <li>• Try drinking Senna Tea or Smooth Move Tea</li> <li>• If still constipated, call the office immediately!</li> <li>• Try Fen-Cho tablets 3 3x/day</li> <li>• Consider Gallbladder congestion, try AF Betafood Tablets 3 3x/day</li> <li>• Remove Gastro-Fiber and replace with Slippery Elm Powder</li> </ul>
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<p><b>I am having diarrhea (Diarrhea may occur as a cleansing action during the first day or so, but it should not continue.</b></p> <p><i>* Diarrhea can be dangerous, so please call the office for support here.</i></p>	<p><b>If it is lasting over 1 day, call the office immediately and seek medical attention!</b></p> <p><b>You can try 1 or all of the following:</b></p> <ul style="list-style-type: none"> <li>• Zymex Capsules 2 3x/day</li> <li>• Lact-Enz Tablets 2 3x/day</li> <li>• Cholacol II 4 3x/day</li> </ul>
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<p><b>I am not losing weight</b></p> <p>Weight loss is common on this program. If you are following the outline correctly and are not experiencing weight loss, consider the following:</p>	<p><b>Consider:</b></p> <ul style="list-style-type: none"> <li>• Are you following the outline correctly?</li> <li>• Are you adding the Whey Protein as directed? (If you are adding the extra whey protein as directed, you may be increasing muscle mass which is good weight and losing fat.)</li> <li>• Food Allergy: Remove a food you may be allergic to. (Consult with your health care provider)</li> <li>• Add Thyroid Support Protocol. (Call your health care provider for details.)</li> <li>• Are you under great stress? Consider adding Adrenal Support to lower Cortisol like Ashwaganda Liquid 1 teaspoon three times per day. (Nevaton to help keep you relaxed. 1 tablet three times per day.)</li> <li>• Consider the NEW Product called <b>Coleus Forte</b> for increased metabolism. 1 three times per day.</li> </ul>
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<p><b>I am experiencing skin breakouts</b></p> <p><b>I am experiencing a flare up of an old injury</b></p>	<p><b>Consider:</b></p> <ul style="list-style-type: none"> <li>• It is always advisable to consult with your doctor if you are experiencing and rash or health problem. This being said, it is quite common in my experience for patients to note a mild flare up on the skin during detoxification or an old injury, such as a wrist injury, temporarily recurs. This will usually pass quickly and is generally not a concern. As the body attempts to clear away stored toxins and move them out to the urine, stool and sweat, a brief inflammatory response may be encountered. This is known as “Re-Tracing”. If the response of the body is to “Deal” with an old injury in this fashion in order to clear it, supporting this process with Aloe Vera, Calendula Gel, on the skin can help without suppressing the repair.</li> </ul>
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<p><b>I have a terrible headache</b></p>	<p><b>Consider:</b></p> <ul style="list-style-type: none"> <li>• Headaches can occur during the first few days of the detox program. I am not opposed to taking a couple of aspirin if necessary, but here are a few more supportive suggestions:</li> <li>• Crampex Tablets 1 every hour until the pain goes away.</li> <li>• AF Betafood Tablets 3-3x/day.</li> <li>• Are you drinking enough water?</li> <li>• Are you having 1-3 Bowel Movements per day?</li> <li>• Coffee Enema</li> <li>• Be patient as they will very likely pass in the next day or so and you should experience a new level of wellness.</li> </ul>
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<p><b>I am craving Bread, Pasta, Soda, Candy etc...</b></p>	<p><b>Consider:</b></p> <ul style="list-style-type: none"> <li>• <b>Gymnema Tablets</b> 1 tablet 3 times per day.</li> <li>• Are you eating frequently enough?</li> <li>• Try adding _- _ tsp of cinnamon to your shakes.</li> <li>• Cataplex B or G Tablets for blood sugar levels.</li> </ul>
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<p><b>I am diabetic, can I enter the program?</b></p>	<p><b>Yes! Please consult with your Doctor before starting the program. Remember, this program is designed to help balance your blood sugar metabolism and this can occur quickly. If you are on Insulin, always check your blood sugar before injecting. In addition the above here are a few more supportive directions:</b></p> <p><b>Consider:</b></p> <ul style="list-style-type: none"> <li>• <b>Gymnema Tablets</b> 1 tablet 3 times per day.</li> <li>• Eat smaller meals more frequently.</li> <li>• Cataplex B or G Tablets for blood sugar levels.</li> <li>• Try adding _- _ tsp of cinnamon to your shakes.</li> <li>• Blueberries, Sweet Potatoes, Lentils, (1 cup per day), can help support your blood sugar.</li> </ul>
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