

FAQs

How will I get enough protein on the purification protocol?

For the first week of the purification, your protein will be restricted to the protein powder in the kit, which provides approximately 10g per shake, and the vegetable proteins in your meals.

Will I need to stay home for the first few days of the purification?

This protocol shouldn't cause any issue that would prevent your usual activities, other than you should avoid vigorous exercise as your body detoxes. Regular walks, yoga and other light exercise is fine.

What should I do to prepare myself for this protocol?

There are things you will be excluding from your diet for at least three weeks- caffeine, sugar, alcohol, dairy and nuts, for example. If you consume any of these things regularly, you should begin cutting down and eventually eliminating them while you await your start date. This reduces any withdrawal symptoms you could experience. Caffeine is the most common issue, causing headaches when you stop drinking it abruptly.

Can I smoke while I do the purification?

Smoking is not advised. The purpose of the protocol is to decrease toxins as much as possible.

How will I know what I should and shouldn't eat?

The purification kit comes with a booklet. The last page contains a list of foods to eat and it even tears out, so it can be taken to the grocery store when you shop for your meals.

What happens at the end of the 21 days?

On day 22, you will pick a food group to add back slowly. Maybe dairy, for example. Eat it in small portions for a day or so, and note any changes it may have on you, like constipation, headaches, or increased heart rate. This may indicate an intolerance to that group of foods, and should be avoided for the time being. After a few days, add something else, always one group at a time. If you like cream and sugar in your coffee, you'll want to add caffeine after dairy and sugar. That way if you have any problems, you will know if caffeine is the culprit once dairy and sugar don't cause an issue.

How often should I do this protocol?

This question is subjective as there are several factors to take into consideration. If you have been ill frequently, had surgery or a serious injury, or had a time where you were exposed to more toxins than is usual for you, a purification may be beneficial. Those with a healthy lifestyle, including eating lots of organic vegetables, exercising regularly, and avoiding toxins such as cigarette smoke, perfume, household chemicals etc. can expect the need to detox once or twice a year. If your habits are a bit less healthy, ie. fast foods or eating out often, use of tobacco and/or pharmaceuticals, exposure to toxins at home as well as at work, you could find the need increases.

What does my purification kit include?

Standard Process offers 8 different purification kits, allowing you to choose your protein as well as your fiber choice. All kits are gluten free and vegetarian, and include 1 bottle of SP Cleanse capsules, 2 28 oz containers of SP Complete, SP Complete Dairy Free, SP Complete Chocolate, or SP Complete Vanilla (these are all protein powders to be added to your shakes), 2 bottles of either Gastro-Fiber (if you tend to have a loose stool) or Whole Food Fiber (if you tend to have normal elimination, or constipation), 1

bottle of SP Green Food, and a Purification booklet that outlines the program and includes a tear away sheet listing the recommended foods you'll be eating.

What makes this different than other cleanses?

The purification is way more than just a cleanse. It nourishes the body at a cellular level as it helps eliminate toxins.

What if I eat something I shouldn't?

If you eat something you shouldn't eat, just return to the program and carry on. It happens.

What support can I expect from my practitioner, or from Standard Process?

Your nutritionist wants you to succeed! If it's a day when the office is closed, including weekends, email us if you have questions. Your email will be responded to within 2 hours, generally speaking. If it's a day when the office is open, call or email us, we will respond as quickly as possible.

What benefits can I expect to experience?

Although it isn't a weight loss program, you can certainly expect to lose at least a few pounds, and up to 15 lbs. You will be sleeping better, have a clear head, clearer skin, better digestion, shinier hair, better toxin management, and increased energy.