

## Level 2

## 14-DAY GENTLE CLEANSE

## Instructions

### Step 1

At least 45 minutes before breakfast  
meal/juice on an empty stomach

**Intestinal Drawing Formula™** – 9 VeganCaps™  
(see Note #1 for use guidelines)

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Step 2

With breakfast meal/juice

**Intestinal Movement Formula™** – 4 VeganCaps™  
(see Note #2 for use guidelines)

**Vitamineral Green™** – 8 VeganCaps™

**Liver Rescue+™** – 4 VeganCaps™

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14
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### Step 3

With dinner meal/juice

**Intestinal Movement Formula™** – 4 VeganCaps™

**Vitamineral Green™** – 8 VeganCaps™

**Liver Rescue+™** – 4 VeganCaps™

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14
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### Step 4

At least 2 hours after dinner meal/juice on an empty stomach

**Intestinal Drawing Formula™** – 9 VeganCaps™

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### NOTE #1 – Intestinal Drawing Formula™

We recommend gradually increasing your serving size to the desired amount.

Serving 1 – Take 4 VeganCaps™ with 6-12 ounces purified water.

Serving 2+ – Increase by 4 VeganCaps™ and 6-12 ounces water per serving until you reach serving listed on the instructions. The more water you drink the better!

#### NOTE #2 – Intestinal Movement Formula™

If you are not having 2-3 significant bowel movements per day, you are constipated. Your goal with Intestinal Movement Formula™ is to take enough product to stimulate 2-3 significant bowel movements a day. Don't take so much that you stimulate diarrhea. General guidelines required to stimulate this level of activity are as follows:

- 1-2 VeganCaps™ per serving if your bowels move easily or respond easily
- 4 VeganCaps™ per serving if your bowels move moderately or respond moderately
- 5-12 VeganCaps™ per serving or more only if you are constipated or your bowels respond slowly (or you are taking more Intestinal Drawing Formula™)

Some people may find that they do not have a movement until day two, which is okay. Just continue to experiment until you find the appropriate dosage to produce 2-3 significant bowel movements per day.

**IMPORTANT:** If you go over the number of capsules listed in the steps of your selected cleanse instructions, you will need to purchase extra Intestinal Movement Formula™. If you tend towards a sluggish bowel, we suggest purchasing extra Intestinal Movement Formula™. You may need to continue on the Intestinal Movement Formula™ after the cleanse is over to maintain proper bowel function (2-3 significant bowel movements per day). As you upgrade your diet (more high fiber, whole, Vegan foods) and your system heals, you should be able to slowly back off from using this product over time and have proper bowel function on your own (additional or longer Healing Cleanses will help hasten this process).

**May you experience great health and happiness always.**

– Dr. Jameth Sheridan (D.H.M.)

**PLEASE NOTE: If using SCRAM, please follow Suggested Use instructions on the bottle.**



## **HealthForce Healing Cleanse™ Dietary Recommendations**

The ideal diet while doing a HealthForce Healing Cleanse™ is a green juice fast.

- This means juices made from primarily greens (celery, cucumber, kale, collards, broccoli, parsley, chard, dandelion, cabbage, etc.) with just enough apple, carrot, lemon and/or ginger to make your juice somewhat palatable. You may dilute these juices with 50% water if you wish.

Although a green juice fast is ideal, one may still obtain significant benefits by following a 'cleansing diet' while doing a HealthForce Healing Cleanse™.

- Such a diet would maximize intake of high fiber, high water content, enzymatically-rich, vegan, organically grown raw foods. The bulk of your food during a HealthForce Healing Cleanse™ should include low glycemic fruits and vegetables, non- glutenous whole grains, soaked raw seeds and nuts, and sprouted and steamed legumes. Buy your groceries primarily in the bulk and produce departments of your local health food store. Avoid packaged, over-processed foods containing vegetable oils and ingredients you can't pronounce.

Strictly avoid the following foods while doing a HealthForce Healing Cleanse™:

- meat, fish, all dairy products, refined sugars, refined oils, glutinous grains, conventionally grown fruits and vegetables.

It is okay to consume:

- Moderate amounts of unrefined, unheated salt are acceptable.
- Small amounts of cold- pressed extra virgin olive oil and flax oil are also OK.

## **Recommendations for coming off the cleanse**

As with preparing, come off of a juice cleanse gradually.

- Have some fresh fruit for breakfast, maybe a salad for lunch and some soup or veggie broth for dinner. Slowly introduce cooked food.

# Three Personalized Approaches to Detoxification Using HealthForce Healing Cleanse™

*by Doug Walsh*

Unfortunately, we live in a toxic world. Sources of exposure to harmful industrial toxins include the food we eat, the water we drink, the air we breathe, vaccines, plastics, dental amalgams, household cleaners, personal care and cosmetic products, outgassing from carpets and pressure treated wood used in home and furniture construction, air-fresheners, paints, bug sprays, prescription drugs, perfumed candles, radioactive isotopes, chemtrails and much more. Many of these toxins have found their way into our bodies where they lodge in tissues and inhibit important biochemical processes. Estimates are that most adult Americans have between 400 and 800 different industrial toxins stored in their body tissues. Many of these toxins are small particles that you can't see, smell or feel, at least not right away. As a result, we don't realize that we're being affected until we come down with a degenerative disease years later, after consistent exposure to a combination of these substances. Bottom line: our bodies are currently exposed to way more toxic substances than they were ever designed to handle.

In addition, years of eating a low fiber, highly processed, overcooked, chemical-laden Standard American Diet has left many modern humans with an intestinal tract loaded with pounds of toxins and uneliminated fecal matter that is typically hardened and impacted on the intestinal walls. This material blocks effective nutrient absorption and serves as a home to unfriendly microbes and parasites that steal nutrients from our food and defecate various metabolic wastes into our bloodstream that are highly toxic to our bodies. Over time, this kind of intestinal toxemia creates/contributes to conditions such as leaky gut syndrome and food allergies, a stressed/dysfunctional immune system, IBS, colitis, constipation/diarrhea, liver and kidney degeneration, depression, fatigue, arthritis, tooth decay, headaches, psoriasis, eczema, poor sleep, and much more. Many practitioners feel that virtually every degenerative disease begins with intestinal toxemia. 2 to 3 quality bowel movements per day and a clean intestinal tract are foundational to our health.

## **Dietary Recommendations**

The ideal diet while doing a HealthForce Healing Cleanse™ is a green juice fast. This means juices made from primarily greens (celery, cucumber, kale, collards, broccoli, parsley, chard, dandelion, cabbage, etc.) with just enough apple, carrot, lemon and/or ginger to make your juice somewhat palatable. You may dilute these juices with 50% water if you wish. Although a green juice fast is ideal, one may still obtain significant benefits by following a 'cleansing diet' while doing a HealthForce Healing Cleanse™. Such a diet would maximize intake of high fiber, high water content, enzymatically-rich, vegan, organically grown raw foods. The bulk of your food during a HealthForce Healing Cleanse™ should include low glycemic fruits and vegetables, non-glutinous whole grains, soaked raw seeds and nuts, and sprouted and steamed legumes. Buy your

groceries primarily in the bulk and produce departments of your local health food store. Avoid packaged, over-processed foods containing vegetable oils and ingredients you can't pronounce. Strictly avoid the following foods while doing a HealthForce Healing Cleanse™: meat, fish, all dairy products, refined sugars, refined oils, glutinous grains, conventionally grown fruits and vegetables. Moderate amounts of unrefined, unheated salt are acceptable. Small amounts of cold-pressed extra virgin olive oil and flax oil are also OK.

### **Foundational Cleansing Principles and Protocols**

The foundation of any quality cleansing program must be detoxification of the intestinal tract. The small intestines are where we absorb 90% of our nutrients. Our colon (large intestine) is the body's main channel of elimination. Toxins from our lymphatic system and liver (via the bile fluids) dump into our intestinal tract in order to be carried safely out of the body. If our intestinal tract is sluggish and clogged with impacted fecal material, we don't absorb nutrients from our food effectively, and we are not able to detoxify our body's tissues efficiently. It is actually dangerous to attempt to detoxify our body's tissues before the intestinal tract has been cleansed in order to provide a clear and effective pathway for toxins to exit the body. This would be a recipe for what is known as a 'cleansing reaction', in which the body 'panics' and attempts to throw off toxins piling up in the blood through secondary channels. Signs that toxins are backing up in our blood can include fatigue, headaches, brain fog, irritability, etc. Symptoms of cleansing reactions can include fevers and sweating, nausea and vomiting, nasal and lung discharge, diarrhea, fatigue, acne and skin rashes, etc. Cleansing reactions are not pleasant experiences.

Once the intestinal tract is somewhat detoxified and functional, the next organ to focus detoxification efforts is the liver. The liver is responsible for monitoring and cleaning our blood 24/7. Unfortunately, our livers were not designed to handle many of the chemicals they are exposed to in the modern world. Add to that the poor dietary habits and alcohol consumption of most modern humans and you have a recipe for sluggish liver function. As with the colon, it is dangerous to embark on deep tissue detoxification unless you have restored liver health so that your liver can remove toxins from the blood and process them for elimination.

The final stage of a quality body detoxification protocol uses herbs and other cleansing tools/products to help the rest of the body's tissues and organs release their toxins into the bloodstream. From there, they can be processed by a functioning and healthy liver to be sent to a cleansed intestinal tract via the bile (or to the kidneys) for removal from the body.

Dr. Sheridan has designed the HealthForce Healing Cleanse™ kits to follow these foundational principles. The Level 1 cleanse focuses primarily on intestinal cleansing. The Level 2 cleanse adds intensive liver detoxification support to intestinal cleansing. Finally, the Level 3 cleanse includes intensive liver detoxification and intestinal cleansing, and then takes this process to the final stage by adding in a number of products which provide deep tissue detoxification and parasite cleansing support in all the body's organs and tissues.

One of the benefits of the intestinal cleansing and improved intestinal ecology that you will accomplish during a HealthForce Healing Cleanse™ is healthier food cravings. Oftentimes, unhealthy cravings are produced by pathological microbes in our GI tract screaming to be fed. Upon completion of a HealthForce Healing Cleanse™, you can expect to have upgraded your

intestinal ecology, and thus you will crave healthier food. If you have never done a cleanse before, a year-long approach to cleansing can be followed. For details on this and all other aspects of the HealthForce Healing Cleanse, join Doug Walsh for his four-part series as detailed on page 11.

The year-long cleansing protocol is a phenomenal way to support your transition into a healthier diet and lifestyle. Upon completion of a year-long dietary and lifestyle reboot, you may do additional Level 3 cleanses any time you feel the need to further upgrade or support your wellness journey. Your goal is to make the “cleansing diet” described above your everyday diet. Vibrant Health is a journey that you create one step at a time!

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Doug Walsh is regional representative for HealthForce Nutritionals. Devoted to a natural lifestyle and a diet of living foods, Doug offers his powerful food prep/education series, Raw Food 101, through November. See page 11 for details or contact Doug at (425) 999-2250.

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#### WHAT IS THE BEST WAY TO COME OFF OF A CLEANSE?

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As with preparing, come off of a juice cleanse gradually. Have some fresh fruit for breakfast, maybe a salad for lunch and some soup or veggie broth for dinner. Slowly introduce cooked food.