



THE WHY

The amount of disease in America today is astonishing. More than three out of four Americans have a diagnosable chronic disease. This is happening because almost all Americans are in toxic overload and are chronically deficient in one or more nutrients. Our unprecedented exposure to toxic chemicals is impairing cellular machinery, causing cellular malfunction and disease. Chronic deficiency of even one nutrient will decrease the efficiency of all the others, causing cellular malfunction and disease.

What causes disease? There are thousands of labels but there is only one disease called sick cells and there are only two causes: deficiency and toxicity. Cells lacking what they need or exposed to something harmful will malfunction. Unless cells malfunction, there can be no disease. The thousands of different diseases we experience are merely the effects of thousands of combinations of deficiencies and toxicities acting through a combination of inherited genes, the environment, and our beliefs, thoughts, and emotions. Preventing or reversing disease is about preventing and reversing cellular malfunction.

As the amount of deficiency and toxicity in our society continues to increase, illnesses that used to affect only the elderly are now epidemic in younger people. Historically, cancer affected only 0.1 percent of the population. A century ago it was 3 percent. Today, half our population will get cancer in their lifetime. Unless we get this chronic disease epidemic under control, the economic and social effects on our nation will be catastrophic.

Knowing that disease is the result of malfunctioning cells and understanding what makes them malfunction gives YOU the power to prevent and reverse disease. By providing cells with the nutrients they need, avoiding toxins, and living a good lifestyle, we can put an end to our epidemic of chronic disease. Start your transformation today by committing to Step 1 of the Discover Chiropractic Transformation Process.

REQUIRED RESOURCES FOR CELLULAR RESTORATION & METABOLIC RESET

Daily Detox System: Detoxification is a critical component of health and wellness. Chemicals in our food supply, the air we breathe, and more can build up in our systems causing health risks and working against maintaining a healthy body. Natural supplements and healthy diet can be helpful detox tools that may help cleanse, recharge, and rejuvenate.

The majority of detoxification formulas available on the market contain harsh laxatives that do more harm than good. These formulas are not designed to promote your body's natural ability to detoxify in a slow and healthy manner; instead they can promote rapid release of toxins. Toxins that are rapidly released without the presence of supportive nutrients can cause a number of unfavorable reactions including overwhelming the pathways through which the toxins are eliminated. This can lead to stagnation of toxins, hinder your ability to fully detoxify, and place a burden on remaining pathways. The most ideal way to cleanse is with gentle herbs and nutrients that nourish your cells while simultaneously removing toxins.

The Detox System is a key component of our protocol. It is comprised of two separate components:

1. **Cell Detox (A.M.)** is a whole food formula containing powerful probiotics. Traditional organ system detoxifiers like chlorella, milk thistle, and spirulina, along with intra-cellular antioxidants like glutathione, catalase, and superoxide dismutase support the body's defense against toxin-related free radicals.
2. **Body Detox (P.M)** is a unique formula containing fiber from three sources: psyllium husk, flax seed meal, and glucomannan. Whole body detoxifiers in Body Detox like peppermint leaf, fennel seeds, ginger root, and fenugreek seed, along with activated charcoal that effectively binds to toxins helps your body naturally eliminate them.

Daily Defense: Oxidation is a byproduct of toxicity. Antioxidants like turmeric, superoxide dismutase and Indian gooseberry remove free radicals, greatly reducing oxidative stress levels. The curcuminoids found in turmeric have been extensively studied for their ability to repair damage caused by toxicity improving cardiovascular function, reducing inflammation, supporting musculoskeletal health, and maintaining immune system health.

In the detoxification process, Glutathione is easily one of the most important molecules needed to stay healthy and prevent disease. It plays a role in aging, cancer, heart disease, cognitive decline and more. Supplementation with N-Acetyl-L-Cysteine supports healthy glutathione levels and mitigates the negative effects of toxins, stress, trauma, medications and more.

Daily Defense's potent antioxidant formula contains Curcumin C3 Complex, a form of highly absorbable turmeric extract, as well as Exramel M, a clinically studied melon extract rich in superoxide dismutase with extremely powerful antioxidant activity and anti-stress effects. Indian Gooseberry provides additional protection against oxidative stress and N-Acetyl-L-Cysteine provides multifaceted cellular support against free radicals.

Green Vibrance: Green Vibrance is designed as a concentrated, nutrient-dense food from vegetable sources that is meant to ease chronic nutrient deficiency. Nutrient deficiencies are epidemic in our population. Based on the Dietary Reference Intakes, 92 percent of us are suffering from at least one mineral or vitamin deficiency. Indeed, the food supply is so compromised, it is no longer possible to get the nutrition you need, even if you eat a good diet. Chronic deficiency of even one nutrient will ultimately cause disease, supplementing with Green Vibrance is essential in making your body sufficient so your body can heal. Packed with micronutrients and designed to support the four foundations of health, Green Vibrance is designed to help improve and strengthen digestion and immune health, provide nutrition from nutrient-dense, concentrated whole foods, improves circulation to help deliver trace nutrients to each cell of the body.

The objective of Green Vibrance is to:

- Support a healthy digestive tract, thereby improving nutrient absorption;
- Deliver trace nutrients at Paleolithic concentrations (far higher than found in modern diets);
- Improve circulation and cardiovascular health in order to deliver those nutrients to every cell of the body;*
- Support a vigorous and efficient immune system;
- Directly or indirectly support the other body systems (i.e. musculoskeletal, neurological, integumentary (skin), respiratory, urinary, endocrine, cardiovascular/circulatory, digestive, reproductive and immune)
- Packed with micronutrients and designed to support the four foundations of health, Green Vibrance is designed to:
- Helps improve and strengthen digestion and immune health
- Provides nutrition from nutrient-dense, concentrated whole foods
- Improves circulation to help deliver trace nutrients to each cell of the body

Choice Of The Following Types Of Protein: Protein is a macronutrient that is the key building block of your muscles which support your body's ability to move, maintain posture, and circulate blood. Your body uses protein to make enzymes, hormones, and other body chemicals used to maintain a healthy metabolism, and protein is used to build and repair tissues. In addition, protein is an important component of your bones, cartilage, skin, blood, hair, and nails. As a macronutrient, protein is essential, meaning your body does not store it and you need to consume it in large amounts.

Pure Path Bone Broth Protein: MaxLiving PurePathProtein helps you build muscle and strengthen your joints with 21 grams of concentrated HydroBEEF protein derived from bone broth. PurePathProtein is exclusively designed for rapid absorption and usability enhancing your muscle repair and recovery after exercise or supporting everyday activities. The proprietary process of making HydroBEEF begins in Sweden with hormone-free and non-GMO raised cattle. PurePathProtein is available in a convenient protein powder packed with collagen-specific amino acids and other critical vitamins and nutrients that support your musculoskeletal system. Naturally sweetened with stevia, PurePathProtein is available in delicious Chocolate and Vanilla flavors.

Perfect Whey Protein: Perfect Whey Protein is hormone-free, grass fed whey protein is rich in nutrients that help you fuel your body. It is delicately processed to ensure that vital enzymes, vitamins, minerals and other immune factors remain intact. When compared to whey isolates, whey concentrate contains more biologically active components. It is loaded with 18 essential, conditional, and nonessential amino acids. Derived from year-round pasture-fed cow's milk, our formula is free of hormones, pesticides, and herbicides. This delicious, nutrient-packed powder that also provides enzymes, probiotics, and prebiotics to improve digestion and overall health. An ideal protein powder for your everyday health or for enhanced exercise recovery, Grass-Fed Whey Protein is fortified with additional vitamins and minerals, promoting your optimal intake of proteins and fats.

Conventional whey protein is highly processed and denatured. It is made from milk that comes from cows with diets high in grain, pesticide-laden corn and byproducts. These cows are milked year-round and are freely given antibiotics and hormones. Dairy cows fed a diet high in grain have higher incidence of metabolic disorder and studies show their digestive fluids contain more toxic, inflammatory compounds and several amino acid changes. In short conventional whey protein is toxic and deficient.

Perfect Plant Protein: Perfect Plant Protein combines pea, hemp, and sachainchi for a complete source of 100% plant-based protein. Ideal for vegans and vegetarians, it contains all the essential amino acids needed on a daily basis along with 15 grams of protein. Enjoy an organic blend of kale, beet, green onion, and garlic along with protein-digesting enzymes from peppermint leaves and ginger root to support a healthy digestive system.

30 DAY CHALLENGE SUPPLEMENTATION PROTOCOL

In The Morning

- Cell Detox: Take 2 capsules in the morning 30 minutes before a meal.
- Daily Defense: Take one capsule with morning shake.

In The Evening

- Body Detox: Take 2 capsules 1 hour before bed.

Week 1: The key to success in anything is our habits and routines. Many people tried and failed many times when trying to alter their lifestyle because of the impact food has on our brain. Food addiction involves the same areas of your brain as drug addiction. The most problematic foods include typical junk foods like candy, sugary soda, and high-fat fried foods. Food addiction is not caused by a lack of willpower but results from a dopamine signal that affects the biochemistry of your brain. During the first week of the challenge the focus is to provide your body sufficient nutrients, remove toxic substances, give your metabolism a chance to reset its blood sugar levels and give you the opportunity to observe your current relationship with food and your habits.

Action Step:

- Drink 4 shakes daily consisting of 1 scoop of protein, 1 scoop of Green Vibrance and 16 oz's (2 cups) of filtered water. You will find that you might not be able to consume 4 shakes thus modify the number of shakes based on your bodies needs.
- Vegetables will be your only solid food during the first week. You may eat an unlimited variety of greens each day. These vegetables contain essential fibers for your toxins to bind to. Do not skip this step! (Examples of high fiber vegetables are not limited to broccoli, cucumbers, celery, snap peas, green beans, spinach, kale, asparagus, cauliflower (yes, it's white), zucchini, cabbage, etc. Preparing the vegetables beforehand or purchasing pre-cut organic vegetables is helpful. You may make it into a salad using Himalayan Sea Salt and lemon for flavor if necessary.
- Drink a minimum of ½ your body weight in ounces each day starting with 32 oz's (4 cups) immediately upon rising. This is extremely important to help your body rid itself of toxins. If you don't have a reverse osmosis filter or don't have the ability to purchase one, bottled water is your second-best option. ABSOLUTLY NO unfiltered tap water!! It is Toxic!! For best results, avoid coffee, alcohol, soda or any other fluid during your challenge with the exception of water and green tea.
- Begin reading the Align Your Health book. The objective is to have it completed by the end of your 30 day challenge.

Week 2: After completing week one many people continue with the action steps described above for an additional week if they have weight or health issues they are trying to address. If you do not wish to proceed in this fashion, then eliminate your evening shake and replace it with an Advanced Plan Dinner found in the back of your Align Your Health Book. Continue with action steps listed above.

Week 3: If you decided to repeat Week 1 action steps again then follow the recommendations for Week 2. You can eliminate your lunch and after noon shake and replace it with an Advanced Plan meal. You may also continue replacing the afternoon meal with shakes if you choose. Recipes for the Advanced Plan Dinner and Lunch can be found in the back of the Align Your Health Book. Continue with other action steps listed in Week 1.

Week 4: By this time, you will have noticed significant changes in your energy, mood, weight, clarity of thought and health issues. You should have read most of, if not all your Align Your Health Book. You have the choice to continue with a shake for breakfast, begin eating a Advanced Plan Breakfast or begin Intermittent Fasting. If you would like to learn more about intermittent fasting, ask one of your team members to provide you a copy of Dr. Osborne's Book 21 Day Transformation. At this point you are entering the final week of your challenge. Continue the action steps listed in Week 1. The lifestyle you are living is a sustainable way for you to remain sufficient and non-toxic. It also is an opportunity to add additional nutrients called the Daily Essentials to your routine to continue your journey beyond health and toward a Max Life! Congratulations. As you end the challenge we will provide you with Step 2.