

Dr. Ward's 7 Day De-Toxification Program

	Shakes/Fiber	Supplements	Diet
<u>Prep-Week</u>	N/A	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Avoid processed sugar, dairy, bread & pasta.
<u>DAY 1</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, fruit, brown/wild rice, fish or chicken (baked/broiled).
<u>DAY 2</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, brown/wild rice, fish or chicken (baked/broiled).
<u>DAY 3</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, fish or chicken (baked/broiled).
<u>DAY 4</u>	3-4 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's.
<u>DAY 5</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, fish or chicken (baked/broiled).
<u>DAY 6</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, brown/wild rice, fish or chicken (baked/broiled).
<u>DAY 7</u>	2-3 Per day	2 AdvClear 3x's per day	Drink 6-8 8 oz. glasses of water. Eat green veg's, fruit, brown/wild rice, fish or chicken (baked/broiled).