

The program that we have been trained in, use and recommend is from Nedra Sahr, MS., CNS, LN, a member of the American College of Nutrient, A field-Science team member of Shaklee corporation and a Shaklee Key Coordinator along with her husband, Gene. She enjoys encouraging people to Live Younger Longer through adopting wholistic life-style practices!

Nedra Sahr's

Fresh Start

Cleansing Program™



A Health-Building Cleansing Program . . . for YOU!

The Fresh Start Cleansing Program is a two phase system, beginning with a comprehensive 7-day cleanse, followed by a 4-week "restore and rebuild your health" program.



Version 1.3



The Five Elements of a Healthy Cleanse . . .

1. **Live FOODS**
2. **Quality Cleansing SUPPLEMENTS**
3. **Optimal FLUID Intake**
4. **Adequate REST**
5. **Moderate EXERCISE**



Nedra Sahr's Fresh Start Cleansing Program™

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What Do I Eat During Fresh Start Week?

Since your diet will consist of fruit and vegetables and our intention is to eliminate toxins from our bodies, buying organic fruit and vegetables during this week is a good idea. However, we do recognize that budgets and availability play a large role in your purchases.

Here are lists of fruit and vegetables in order of the amount of pesticides reported by EWG (Environmental Working Group) during 2015. EWG reported the top 50 containing fruits and vegetables. You'll notice that they combined the fruit and vegetables. **We suggest you purchase at least the "Dirty Dozen" from organic sources.**

Print the EWG Dirty Dozen/Clean Fifteen chart as a shopping guide.



During the Week of Fresh Start and the
Four weeks following, we suggest you
follow the 3-3-3 Food Pattern

Improve Elimination of Toxins

3 
Greens



3 
Colored



3 
Sulfur



The Cleansing Supplements . . .



Alfalfa: Excellent body cleanser & detoxifier.

- Storehouse of nutrients
- Contains chlorophyll: excellent body cleanser and detoxifier
- Good source of calcium and phosphorus
- Contains vital trace minerals, bioflavonoids and vitamins

Alfalfa: Take 5 at breakfast 5 at dinner.



Herb-Lax: Encourages a mild cleansing action to aid the body's natural processes.

- Senna leaf has been used traditionally for thousands of years as a natural laxative

Herb-Lax: Take 2 at dinner or bed time.



Liver DTX: Helps maintain bile flow & protect the liver from toxins.

- Liver DTX Complex's - milk thistle seed extract, reishi mushroom, Schizandra chinensis, dandelion, turmeric, and artichoke
- Helps maintain bile flow, an integral part of digestion
- Helps protect liver from toxins

Liver DTX: Take 1 in the morning, 2 at dinner time.



Optiflora Pearls: Supports immune health & promotes healthy intestinal activity.

- Provide everyday support for good digestion
- Helps colon regularity

Optiflora: Take 1 in the morning.

Additional Supplements

If you are currently taking Shaklee® supplements, in tablet or capsule form, feel free to continue or to reduce slightly as you see fit.

If you are taking any over-the-counter supplements, please put them aside during the five week program. Quality varies greatly among supplements and some have been found to contain adulterated substances.

The purpose of Fresh Start is to decrease toxins, not add to the total body burden.

Restore & Rebuild: Weeks 1 to 4