



21 DAY MODEL CLEANSE Daily Health Tips

1. Drink 16 ounces of filtered room temperature water each morning with the juice of 1 lemon, 10 drops of Cell Vitality, and 10 drops of Magnesium beCalm. Wait 20 minutes before eating or drinking anything.
2. Eat 5-6 times daily, or 3 meals and 3 snacks (see recipes on gocleanandlean.com). Mix or blend Green Vitality, and/or Smooth Vitality. Be aware of portion sizes with each meal and snack. After last meal, usually dinner, take 1 Cleanse Extreme capsule.
3. Take supplements 3 times per day (mix in food, drink in water, or blend in a smoothie – capsules separately).
4. Prepare each day's quarts/liters of water the night before; add Green Vitality just before drinking.
5. Sip nutrient-rich supplement water throughout day. For optimal digestion, do not drink within an hour of main meals unless the meal is mostly alkaline rich foods.
6. Keep 16 ounce jars of chopped, ready to puree vegetables for the green drink on hand; they will hold 3-4 days in refrigerator. Add Green Vitality just before drinking.
7. Dry body brush daily, morning or night, before showering or bathing.
8. Know the food plan for each day. Make time to shop if necessary.
9. Do some form of exercise daily, including deep breathing.
10. Get to bed by 11:00 p.m. Best at-bedtime supplement: Magnesium beCalm.

PLANT-BASED WHOLE FOOD Supplements

1 2 3 4	Green Vitality - pure, raw vegetation sifted to a small particle size for simple delivery in drink and food.	<ul style="list-style-type: none"> • Beginners: Add ½ - 1 scoop to drinking water 2x per day. • Advanced: Add 1 scoop to drinking water 3x per day. • Add to Smooth Vitality; drink 4-6 ounces of water before and after smoothie to help facilitate absorption. • Sprinkle on soups and salads just before serving.
1 2 3 4	Cell Vitality - a proprietary ionic formula containing dissolved oxygen, electrolytes, ionic minerals, enzymes, and amino acids.	<ul style="list-style-type: none"> • Beginners: 15-20 drops per day. • Advanced: Up to 30 drops total throughout day. • Add 7-10 drops to each 35 ounces of water/day, every day. • Add to other beverages; less more often is a good approach, reaching your Beginner or Advanced levels by days' end.
1 2 3 4	Clay Vitality - a unique, green swelling Calcium Bentonite clay with Montmorillonite properties.	<ul style="list-style-type: none"> • Some people feel less discomfort during cleansing while using Clay Vitality. It may be dissolved in water, ½ teaspoon in 8-16 ounces of water; use periodically throughout day, saving 25% for bedtime to work passively while sleeping. • May also be used in Smooth Vitality, Green Vitality, and other beverages. • May be used as a thickener or emulsifier in some dressings. • May be used topically to draw out inflammation. • May be used as a facial mask to draw out toxins. • Apply to soles of feet, let dry, then soak in a detox bath.
1 2 3 4	Cleanse Vitality - energizes and rejuvenates your body while also detoxifying and cleansing wastes, pathogens and plaque in the gastrointestinal tract, colon, arteries, blood, etc.	<ul style="list-style-type: none"> • Take 1 capsule at dinner time, increasing as needed to produce 2-3 good bowel movements per day (not runny); adjust as needed.
1 2 3 4	Smooth Vitality - the next generation in plant-based protein; an easily digestible, nutrient-dense super-food, perfect for those who want to be ultra-healthy and fit.	<ul style="list-style-type: none"> • Blend as a smoothie with Green Vitality for protein. • Optional as a meal or snack for all levels of cleansing.
1 2 3 4	Magnesium beCalm - key to good health. This critical mineral is actually responsible for over 300 enzyme reactions, and is found in all of your tissues - but mainly in your bones, muscles, and brain.	<ul style="list-style-type: none"> • 2 full droppers in the morning, and the same at bedtime. • May be added to an ounce of juice or to a smoothie.

