ORGANIC VISION
QUALITY



Organic Vision
FULL DETOX 2-5-2





FULL DETOX 2-5-2

There are many benefits to living in our modern world of technology and convenience. We can shop online within a click of a finger without so much as moving from our chairs. We can order from an App whenever we don't feel like cooking. We can connect with family and friends from anywhere in the world through social media. However, has this digital age improved our quality of health as well?

Well, according to the International Obesity Taskforce, there are 155 million children in the world who are overweight, and 45 million who struggle with obesity[1]! And according to the World Health Organization, the number of people with **diabetes has risen from 108 million in 1980** to **422 million in 2014**, and climbing[2]. So why do you think this might be happening?

1. NCD Risk Factor Collaboration (NCD-RisC) (2017) Lancet 16;390:2627-2642

2. https://www.who.int/diabetes/en/





With the rise of convenient fast food chains, and our choice to opt for easy, prepackaged processed foods, healthy eating habits are becoming difficult to cultivate. Do you agree that modern day stresses of life may often overwhelm us, to the point where we just can't seem to find the time to make healthy home cooked meals and exercise a priority?

Organic Vision is here to help you! We want to help you and your families learn valuable knowledge on nutrition and to understand how food affects your physical, mental and emotional health. This special detox and weight loss program is designed to teach you **a practical**, **sustainable lifestyle that can help your entire family enjoy the best state of health**, and to avoid developing chronic illnesses! Hey, you may even lose some body fat and belly fat as an added bonus too!

WHY DO WE NEED TO DETOX

INTERNAL CLEANING

Let's take cleaning our homes as an illustration. There are areas of our homes we need to clean daily, others weekly or monthly, then some areas on an annual or bi-annual basis.

Our kitchens and bathrooms might be cleaned on a daily basis. All the surface areas might be cleaned on a weekly basis. We might choose to clean our windows monthly. Then annually, we need to dry clean our carpets professionally, as well deep clean our air conditioners and heaters, to keep them running smoothly.

The same concept applies to cleaning our bodies internally. As much as showering daily is important for our health and hygiene, **deep cleaning our organs regularly** is just as important for our wellbeing. Of course, nothing replaces clean healthy eating habits and exercise. However, as time passes, **toxins accumulate** in our body which effects may be unseen or not felt until years later.

There are also many external factors from our environment that affect our health that we might not be able to control.

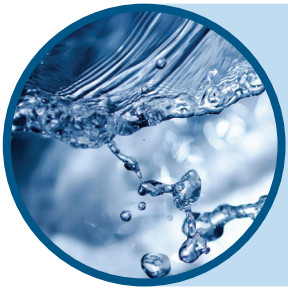


Regular cleaning of our homes is essential to maintaining cleanliness and hygiene. Our bodies work the same way, we need to regularly clean it.



BREATHE

Air pollution is constantly on the rise, posing a threat to our respiratory systems, putting us at risk for developing asthma, lung cancer and even reproductive and developmental disorders.[3]



DRINK

Water is often laden with heavy metals, which poses a threat to our skeletal system, as calcium gets leached from our bones, putting us at risk for developing osteoporosis.[4]



EAT

Much of our foods are filled with hidden GMOs and neurotoxins, pesticides and preservatives, which indirectly causes depression, anxiety and insomnia, due to its impact on our serotonin and acetylcholine levels.[5]



APPLY

Our skincare, personal care, makeup products and daily household cleaning, often contain large amounts of hormone disrupting chemicals.[6]

SOLUTION

IS DETOXING NECESSARY

Due to these often uncontrollable factors, detoxing has become an absolute necessity for being healthy! Just like regular cleaning and maintenance of your house is a necessity for it to endure throughout the years, regular detoxes are essential for your body to function in tip top condition. Think about it. What could happen to your home if you never cleaned or maintained it properly?

A layer of dust collects, making the air difficult to breathe. Bacteria start growing inside your carpets. Mold and mildew might start to form in the corners of your kitchen and bathroom. Spiders might start to spin their cobwebs, and cockroaches and termites might start to build their nests within your walls. Your pipes might start to rust and leak. Not a pretty sight!

REGULAR MAINTENANCE

On the other hand, regular deep cleaning, and maintenance of the utilities can help your house run smoothly and efficiently, avoiding potential future problems. The same concept applies to our bodies. We do not want toxins to accumulate inside us, to the point where things start to break down. We want to fix them before it's too late!

This is why Organic Vision has designed an easy to follow, step by step, comprehensive guide to



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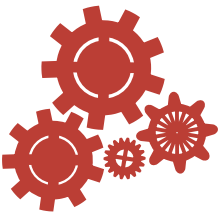
help you detox. We want to help you cleanse your body of toxins, to help you maintain your body in its best state. We have been given only one body, and we want to treat it with love and respect!

For those of you who have just completed your 30 Day Pre-Detox program, well done! The gutters and pipelines have now been cleared of debris and waste, so that water from the next "rainstorm" will be able to evacuate smoothly. In other words, your elimination channels, including the major detoxification organs, are now clean and ready to export a larger flow of toxins out of your body. This step of your health journey will be focused on a deeper level of healing and cell rejuvenation. If you have not yet completed the 30 Day Pre-Detox, we highly recommend you do. You may even do it at the same time as your Full Detox. If you feel like you are already lead a healthy lifestyle then you may begin your Full Detox immediately.

For those of you just starting out with our **Full Detox Pack**, we salute you on your courage to take control back of your health and wellbeing! Ready to find out more? Follow along on our 4 main pillars of the Full Detox.

LIKE CLOCKWORK

Following the **4 pillars of the Full Detox** are all equally important. Though certain details of each pillar may overlap with the others, **they are all essential**. Like clockwork, each cog is crucial for it to function properly. They work harmoniously, in a synchronized fashion. The same principle applies to each aspect of the Organic Detox program.





FASTING PILLAR 1

There is an overwhelming amount of information regarding **what** to eat for weight loss and good health. However, have you ever considered that the **timing** is just as, if not more important?

Think about it. This idea of constantly having a fully packed fridge and pantry, having 24 hour access to food was not something that was common 50 years ago. We didn't have such easy access to food supplies. Giant supermarkets and fast food chains were not the norm. Food had to be bought in a local farm or market, and made from scratch. As humans, we are constantly eating, and eating too many times during the day.

The food choices you often make, without knowing, are often high in unhealthy fats, refined carbohydrates, sodium, hidden sugars, MSG and preservatives.

Organic Vision is here to help you learn a different, healthier approach to food and eating habits. We present to you the latest scientific discovery of **intermittent fasting**.

BENEFITS OF FASTING

INTERMITTENT FASTING

Intermittent fasting is the restriction of food during a specific number of hours during the day, or up to a few days. Fasting differs from starvation in one crucial way: **control**. Starvation is the involuntary absence of food. **Fasting**, on the other hand, **is the voluntary withholding of food**.

We have been unknowingly fasting intermittently for years. How's that? Well, every time we go to sleep we fast for the night! This is a natural, healthy part of life which allows the body to heal itself.

AUTOPHAGY

Latest scientific research has shown that fasting promotes autophagy.[7] This is a concept discovered by a Japanese scientist, who was awarded a Nobel Prize for his research in 2016. Autophagy is a unique process which is activated through fasting. This switch turns on your body's natural mechanism of getting rid of old, sick or damaged cells and proteins within your body. At times, specific cells are killed entirely, a process called apoptosis. Other times, only parts of the cells need replacing.

What this means to you is, when you start to fast, you **turn on a switch inside your brain to put your body through spring cleaning mode**. All your old damaged cells that were to blame for your various aches and pains, or health issues will be destroyed and flushed away from your body!

Is Fasting Dangerous?

You may ask - is it safe to fast? Fasting is a natural part of life, people have done it for thousands of years! You already do it when you sleep at night!

HEALTHY CELLS



HUMAN GROWTH HORMONE

Fasting also promotes the surge of Human Growth Hormone (HGH) production, the hormone in charge of rebuilding healthy new cells. Just a 2 day fast can increase your body's HGH 5 times. Fasting also shifts stem cells from a dormant state to a state of self-renewal, **triggering stem cell** based regeneration of an organ or system.[8]

So what that means to you, is that your body will be pumped with an overflow of ammunition to recreate fully functioning, healthy new cells and organs. Think of it as giving your body a complete renovation, just like you would renovate a house that was falling apart. You will be replacing rusty old pipes with shiny new ones, and worn down wooden tables and chairs with sleek, new modern ones.

RENEWING CELLS

As these new, vibrant cells replace the old, you will start to look and feel amazing! Signs of aging start to melt away from your face, as you start producing plump, new skin cells. Your sick, malfunctioning cells and organs will slowly be replaced with new healthy ones, helping you regain your health back.

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3. Kurt, O. K., Zhang, J., & Pinkerton, K. E. (2016). Pulmonary health effects of air pollution. Current opinion in pulmonary medicine, 22(2), 138.

4. Jan, A., Azam, M., Siddiqui, K., Ali, A., Choi, I., & Haq, Q. (2015). Heavy metals and human health: mechanistic insight into toxicity and counter defense system of antioxidants. International journal of molecular sciences, 16(12), 29592-29630.

5. Mirza, S. K., Asema, U. K., & Kasim, S. S. (2017). To study the harmful effects of food preservatives on human health. J. Med. Chem. Drug Discovery, 2, 610-616.

6. Kaličanin, B., & Velimirović, D. (2016). A study of the possible harmful effects of cosmetic beauty products on human health. Biological trace element research, 170(2), 476-484.

7. Bagherniya, M., Butler, A. E., Barreto, G. E., & Sahebkar, A. (2018). The effect of fasting or calorie restriction on autophagy induction: A review of the literature. Ageing research reviews.

8. Mihaylova, M. M., Cheng, C. W., Cao, A. Q., Tripathi, S., Mana, M. D., Bauer-Rowe, K. E., ... & Freinkman, E. (2018). Fasting activates fatty acid oxidation to enhance intestinal stem cell function during homeostasis and aging. Cell Stem Cell, 22(5), 769-778.

9. https://news.usc.edu/63669/fasting-triggers-stem-cell-regeneration-of-damaged-old-immune-system/

CANCER

A study performed on cancer patients receiving chemotherapy by Dr. Valtar Longo from UCLA[9], revealed that fasting also protected the healthy cells in the body, while creating a hostile environment for cancer cells. This accelerated the dying rate of cancer cells, sped up recovery rate, and even protected the cancer patients against the side effects of chemotherapy. So what do you think? Is fasting the medical world's hidden secret to illness prevention?



THINK ABOUT IT

- You wake up grab a piece of bread from the nearest bakery on your way to work.
- Mid-morning, you grab a coffee or tea to keep you going.
- At lunch, you head to the closest fast food chain round the corner at grab a lunch to eat at your desk.
- Mid-afternoon, you reach for a bag of chips to stop yourself from falling asleep.
- You snack at your desk on chocolates, trying to finish your deadlines.
- After a long hard day of work, all you want to do is relax in front of the TV at home with some takeaway.
- Perhaps on Friday night you decide to go out for happy hour cocktails with your friends, then dinner out.

ARE WE EATING **TOO MUCH** AND **TOO OFTEN**?



JUICING PILLAR 2

So how are we going to fast during Organic Vision's Detox? By drinking juiced raw vegetables (no fruits)! Why is this method so effective and essential?

POWER AND STRENGTH

Juicing vegetables in their raw form allows us to easily access and absorb the high quantity of live enzymes allowing our digestive tract some rest time for deep cleansing! Studies have indicated that consuming raw enzymes can help prevent and fight chronic diseases[10]. Enzymes found in raw vegetables act as our internal detergent. They help dissolve all the bacteria, viruses, and parasites floating in the bloodstream, that are causing damage to our various organs.

This means to you, that by juicing raw vegetables, you are providing your body with more ammunition to destroy health sabotaging particles in your bloodstream. You are also providing your white blood cells, and your entire immune system, more power and strength to fight and destroy pathogens that are damaging your health. You will make your detox more thorough and efficient, so that you can **heal faster**. This brings your healing experience to a whole other level!

POWER OF JUICING

Raw vegetable juice, especially those with a green color such as cucumbers and celery, are also rich in chlorophyll, which further helps the body detoxify and circulate oxygen. It also **balances the body's pH** by reducing acidity, preventing a host of chronic illnesses. This means that you will experience better blood circulation during your detox, which will also provide you with more energy and vigor. You will also be doing your body a favor by creating an environment where future disease would have no chance to even develop in the first place!

PHYSICAL BENEFITS

1. **BODY FAT** Reduction in body fat, particularly fat stored around the internal organs (visceral or abdominal fat) elaborate on weight loss [11]
2. **INSULIN** Reduction in insulin resistance, resulting in a decreased risk of diabetes [12]
3. **CHOLESTEROL** Lower blood cholesterol, resulting in a decreased risk of heart disease [13]
4. **INFLAMMATION** Reduction in inflammation, aiding inflammatory conditions such as rheumatoid arthritis [14]

PSYCHOLOGICAL BENEFITS

1. **BRAIN** Protests against formation of amyloid plaques, resulting in improved brain function [15]
2. **MOOD** Serotonin levels and endorphin levels increase, decreasing anxiety and make you feel happier [16]
3. **CRAVINGS** Rebalancing of leptin and ghrelin levels, improving brain dopamine levels, thus reducing emotional eating and cravings [17]



REJUVENATION PILLAR 3

Next step? Cell rejuvenation. This is where Organic Vision's whole food supplements come in.

WHY IS SUPPLEMENTATION NECESSARY

This is because the building material we require to rebuild, enhance and rejuvenate each and every single cell is extremely important. As you have now turned on your spring cleaning mode switch through fasting, this is the **most critical time to flood your body with the correct quantity of micronutrients** in the form of super foods, to jumpstart your cell rebuilding process. Since we cannot eat any solid foods during fasting, Organic Vision's whole food supplements **provide you with an overflow of nutrients** to each and every single cell of your body without breaking your fast.

What this means to you is, if you ingest the correct type and quantity of micronutrients during this crucial time period, in the form of vegetarian whole food supplements from Organic Vision, you will then be able to reconstruct stronger, healthier new cells for your body. This will provide you with an enhanced cell reconstruction experience, compared to

fasting on its own. These new cells, in turn, can help rebuild whole new organs and organ systems, one cell at a time! Talk about a total body rejuvenation technique!

HOW IS THIS POSSIBLE

One important reason is that Organic Vision whole food supplements are created using a method which retains all the live enzymes, antioxidants, polyphenols, minerals, vitamins of the organic herbs, vegetables and fruits! Instead of singularly extracting specific vitamins, enzymes or minerals from our organic plants, we have preserved the bountiful medley of jam packed goodness these plants have to offer.

Why is that so different from other supplements in the market? Why not simply take general multi-minerals and vitamins?

Think about it. Nature offers us whole plants, not isolated vitamins. Taking isolated vitamin pills depletes your body's minerals and enzyme reserves, as they do not contain natural enzymes to help with the assimilation and absorption of the vitamin itself! Organic Vision's supplements, on the other hand, contain naturally occurring enzymes to enhance your body's ability to absorb all the nutrients from these organic plants.



Nature offers us whole plants, not just isolated vitamins. Taking the whole plant we get not only the benefits of one vitamin, but other vitamins, enzymes and minerals!

BOOSTING MICRONUTRIENTS



Imagine - how useful would a smart phone be if you could only take pictures? Obviously not a lot. You wouldn't be able to text, go on GPS, set your alarm clock or plan your weekly schedule.

The same concept applies to vitamins and minerals. Singular isolated vitamins are like one single feature of a smart phone. It has one good purpose, such as the camera for taking photos, but it cannot accomplish a lot overall. Similarly, simply taking Vitamin C is not bad in itself, but isn't eating the whole orange with all it's other vitamins and minerals better?

OPTIMAL NUTRIENTS

Why can't I simply absorb my essential nutrients from the juices I drink and the foods I eat? This is simply because it is very difficult to absorb the **needed amount of micronutrients** simply through juicing or eating! While freshly juiced raw vegetable juices are wonderfully high in enzymes and nutrients, getting all the minerals and vitamins you need in sufficient

10. Kim, Y. S. (2018). Radical Scavenging and Acetylcholinesterase Inhibitory Activities and Anticancer Effect of Fresh Vegetable and Fruit Mixed Juice according to the Use of Low-Speed Squeezed Juicers. Culinary Science & Hospitality Research, 24(7), 74-82.

11. Wei, M., Brandhorst, S., Shelehchi, M., Mirzaei, H., Cheng, C. W., Budniak, J., ... & Cohen, P. (2017). Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease. Science translational medicine, 9(377), eaai8700.

12. Watts NB, DiGirolamo M. Carbohydrate tolerance improves with fasting in obese subjects with noninsulin-dependent (type II) diabetes. Am J Med Sci. 1990 Apr;299(4):250-6.

13. Klein S, Sakurai Y, Romijn JA, Carroll RM. Progressive alterations in lipid and glucose metabolism during short-term fasting in young adult men. Am J Physiol. 1993 Nov;265(5 Pt 1):E801-6.

14. Häupl, T., Sörensen, T., Boyer, M., Scheder-Bieschin, J., Smiljanovic, B., Steckhan, N., ... & Grützkau, A. (2018). SAT0249 Reduction of monocyte activation by bowel cleanse and one week fasting suggests permanent pathogenetic triggering from the gut in rheumatoid arthritis.

15. Yoon, G., & Song, J. (2019). Intermittent Fasting: a Promising Approach for Preventing Vascular Dementia. Journal of Lipid and Atherosclerosis, 8.

16. Fond G, Macgregor A, Leboyer M, Michalsen A. Fasting in mood disorders: neurobiology and effectiveness. A review of the literature. Psychiatry Res. 2013 Oct 30;209(3):253-8. doi: 10.1016/j.psychres.2012.12.018. Epub 2013 Jan 15.

17. Kolaczynski JW, Considine RV, Ohannesian J, Marco C, Opentanova I, Nyce MR, Myint M, Caro JF. Responses of leptin to short-term fasting and refeeding in humans: a link with ketogenesis but not ketones themselves. Diabetes. 1996 Nov;45(11):1511-5.

qualities will be a challenge. You might need to spend your whole day at your desk eating and drinking. Imagine trying to shop for, wash, prepare, and juice all of these organic plants in your juices during your fast! And then making sure you have the variety needed to get all your necessary nutrients? That is why we have made life simpler for you by adding these potent little capsules of super foods to your detox program. Simply swallow them with your liquids!

To give an example, just one of our products ImmuStrong contains over 40 different organic vegetables, fruits and seawater plants! Just taking 1 capsule you get more variety of plants than you would probably eat in one week!

EASY AND CONVENIENT

By taking Organic Vision's whole food supplements during your 30 Day Organic Detox you will have an easy and convenient way to get all your nutrients you need to fully rejuvenate your body.

THINK ABOUT IT

How useful would a smart phone be if you can only take pictures? No texting, email, music or GPS? Not very.

Similarly, simply taking for example Vitamin C is beneficial, but isn't eating the whole orange with all it's other vitamins and minerals better?



ISN'T EATING **A WHOLE ORANGE** BETTER THAN TAKING **VITAMIN C** ALONE?

SUPPLEMENTS



TRIPLE DEFENSE

Best nutrients from **organic vegetables**, **fruits**, **herbs (ImmuStrong)**, **medicinal mushrooms (Reishi Plus)** and **beehive products (Bee Young)** that can rebuild and maintain your immune system. This is designed to keep your health at its best after you've completed your detox!



HAIR SKIN BONE

Provides the best building material, such as **silica**, for **generating new cells** by making **collagen** which is in our nails, hair, skin, cartilage and bones. It also contains milk thistle, burdock root and dandelion root that helps **detox our liver**.



DETOX GREENS

Contains nearly **20 kinds of organic vegetable powders** that can help our entire body to **get rid of toxins** in our cells and in our blood. It also contains minerals to help us **build more blood**.



VEGAN OMEGAS 3-6-9

Contains fatty acids from **Organic Chia Seeds**, primarily **Omega-3 fatty acids**, that are known for their strong **anti-inflammatory** properties. It also provides our cell membranes with vital nutrients to ensure healthy cells.



ORGANIC ALOE IN MIX

Heals the whole digestive tract and its walls for **optimum digestion, absorption and elimination** with Aloe and digestive enzymes from Papaya and Pineapple. Contains **Prebiotics** which are fibres that feed the good bacteria and help them thrive and grow.



FAT BURN

Gives **energy** and **increases our body's metabolism** so the toxins that are released into our blood can be quickly carried away and then eliminated by our own detoxification system, great for those who like to exercise.



FAT BLOC

Contains large amounts of **fibre to improve our gastrointestinal health** and in particular a fibre called Liposan Ultra that can bind fat so it **prevents bad fat from being absorbed** from the food we eat, eliminating it instead.



PRIME PROBIOTICS

14 strains of bacteria that helps repopulates our intestinal flora to bring balance to our gastrointestinal tract. This leads to improved **digestive function, enhanced immune health and balanced emotions**.



SYSTEMIC SUPPORT

all of these superfood extracts are already powerful. Together, they are a force to reckon with! Each **enzyme** works both individually to heal different parts of your body, and also synergistically to **cleanse** and **purify** your blood, cells, tissues and organs.



NUTRITION PILLAR 4

FOOD

On top of using quality organic whole food supplements, what we **absorb through our diets** is another crucial aspect to our cell rejuvenation process. The foods we choose to put inside our bodies have a direct impact on the types of cells we will rebuild. If we choose to ingest low nutritional foods, we will in turn create mediocre body cells. On the other hand, if we eat wholesome, clean, nutritious foods with bountiful nutrients and enzymes, we will construct beautiful, strong, healthy new cells and organs for ourselves!

BUILDING A GOOD FOUNDATION

Imagine, if you bought a plot of land with an old house on it, would you build your new house using the same old materials from this existing broken down one? Or would you take premium building materials to rebuild your new home? The same concept applies to building new cells in your body. You don't want to rebuild new cells with mediocre building materials. Rather, you want to build brand new cells with the best material you can get your hands on.

HEALTHY EATING

HABIT BUILDING

This is why Organic Vision encourages you to develop healthy, clean eating habits to last you a lifetime. This detox program isn't simply a 30 day diet that you do, then jump back to your old eating habits. We will provide you with **core nutritional principles** that will help **guide you** in making the best decisions when it comes to food. This will help you make smart, informed decisions when it comes to what, when, and how much to eat. This way of eating will serve as your guideline for choices you will make on a daily basis, for the rest of your life.

Dr. Longo, as mentioned previously, says **"It's much more about the feeding than it is about the restriction, this combination can cause the destruction of damaged cells and replace them with functional ones."**

In line with this thought, we do not focus on restriction, as many diets do. We focus on eating balanced amounts of highly nutritious food to provide the correct building blocks to your new cells. This will be done alongside the consumption of Organic Vision supplements for optimum nutrition. During these 30 days we will also want to avoid specific foods that might be a potential cause for allergies or sensitivities just in case. However, we will not be avoiding whole food groups either. We will be focused on eating **vegetables**, **high quality proteins**, **healthy fats and gluten free grains**.



We want to be eating lots of vegetables, high quality lean protein, healthy fats and gluten free grains during our detox.





HOW TO DETOX

A STEP BY STEP GUIDE





HOW DO WE DETOX

Now that we know the philosphy behind the Full Detox 2-5-2, the next questions is how do we detox? **The key is in the name: 2-5-2!**

WHAT DOES 2 STAND FOR?

This stands for the first form of fasting we will incorporate in our program, where we will **not be eating any solid foods for 2 days.** Don't worry, you won't be starving. We will fill ourselves up with a combination of freshly pressed vegetable juices, aloe vera juice, herbal teas, clear soups, non-dairy milks and gallons of water!

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

L **Liquid Day**
S **Solid Day**

WHAT DOES 5 STAND FOR?

This stands for the 5 following days in the program where you will be eating solid foods, but you will observe another form of intermittent fasting, by following the 8/16 rule. This means **eating within a 8 hour eating window**, and **fasting for 16 hours**.

These 16 hours include your sleeping time, so it's not as hard as it sounds. The more hours you sleep, the less 'fasting' hours you will have to do! During your fasting hours, you can continue to consume vegetable juices, aloe vera juice or herbal teas, which will not hinder your results.

During your 8 hour eating window, you may enjoy a wide variety of nutritious, wholesome sources of clean foods, and a balance of protein, fat and complex carbohydrates. You may refer to our guide to eating and sample meals on our website as your reference.

LIQUID DAYS DRINKS

If this is your first time fasting, don't worry. The key is to make sure you don't starve! Drink as much liquids as **you need to feel satiated**. Never let yourself go for 30 minutes without drinking some form of beverage on our list below, to make sure your body doesn't lack essential vitamins, minerals and electrolytes. Most importantly, remember to drink at least 2-3 litres or 8-12 glasses of water daily to smoothly flush toxins out.

DRINKS ALLOWED



WATER
Still or sparkling water (optionally with lemon or lime)



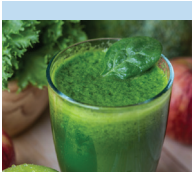
HERBAL TEA
Peppermint, Chamomile, Green, Matcha



NUT MILK
Almond, Cashew, Coconut, Macadamia Milk



ALOE
Organic Vision's Organic Aloe in Mix or Organic Aloe Fusion



VEGETABLE JUICE
Fresh vegetable juice (see next page for suggestions)



YOGURT/KEFIR
Unsweetened yogurt or kefir diluted with water and Aloe, Stevia or Erythritol



CLEAR SOUP
Clear Soup made with the leftovers of juiced vegetables (add dried Seaweed, Mushrooms or dried Scallops for taste)

DRINK LOTS

Aim to **drink at least 1 litre of vegetable juices** per day, but you may drink up to 3 litres. Juicing vegetables helps us to absorb all their nutrients quicker without having to chew and break down its fiber. Try to choose vegetables that have a **lower sugar content** like celery and avoid sweeter vegetables like carrots. Feel free to use as many varieties of vegetables as you'd like.

JUICING

Ensure that if you don't already own one, to purchase a good juicer machine. Make sure you cut up your vegetables into small pieces to make it easier to place into your juicer. For one glass of vegetable juice, prepare around 2 bowls of cut up vegetables. Add a scoop or two of Aloe in Mix for extra flavor (refer to our supplement guide at the back for more details).

SUPPLEMENTS

Please refer to the supplement guide at the back of the booklet to see what supplements to take at what given time.



TIPS

1. **MAXIMUM WEIGHT LOSS** You may reduce drinking your nut milk and yoghurt drink, however remember not to go overboard, this process shouldn't be intolerable.
2. **VEGETABLES FIRST** The predominant liquids should come from your vegetable juices for best results.
3. **HUNGER** If you ever feel very hungry, feel free to drink more liquids.

SUGGESTED VEGETABLES



CUCUMBER

Hydrating, anti-inflammatory, low in calories, weight loss promoting, aids digestive health, promotes mental heath



CELERY

Lowers cholesterol levels, lowers inflammation and high blood pressure, protects liver health, reduces bloat, boosts digestion and fights bacterial infections



TOMATO

Great source of anti-oxidants, can help lower cholesterol, protect the heart, manage diabetes, promote beautiful skin, aid digestive health and prevent gallstones



BEETROOT

Anti-inflammatory and helps lower blood pressure. It's high nitrate content dilates blood vessels and helps blood flow to the brain, enhancing cognitive abilities and athletic performance.



GINGER

Always add some ginger to your juice to help boost your enzymes and your thermogenic effect. It is also a wonderful natural antibiotic that fights the flu



GARLIC

Has anti-parasitic values and is a natural anti-biotic, it can control high blood pressure, help prevent diseases such as diabetes and heart disease, and strengthens your immune system

Did you know?

Depending on the type of raw vegetable juice, the nutrient density can be impressive, providing a significant amount of your daily intake of:

Vitamin A	**Beta-carotene**	**Amino Acids**
Vitamin C	**Magnesium**	**Calcium**
Potassium	**Flavonoids**	**Folate**
Iron	**Antioxidants**	

LIVER FLUSH LIQUID DAYS

Our livers will be at the forefront of our detox. They will be working hard to process all the excess toxins and cholesterol that will be released into our bloodstream. Hence, we want it to be running at its peak. By doing Organic Vision's Liver Flush we are gently inducing the liver to purge all of the fats, old cholesterol deposits, gall stones, drug residues and waste stored within. The Liver Flush should be done on every first liquid day each week. This means doing it on Days 1, 8, 15, 22 and 29 of your Full Detox 2-5-2.

INGREDIENTS & PREPARATION

Epsom Salts with Organic Aloe in Mix
You will need:

- 3 tabloespoons of **Epsom Salts**
- 6 scoops of **Organic Aloe in Mix**
- 750ml of **Water**





Add the Epsom Salts and Organic Aloe in Mix into water and mix well. Separate this into 3 doses of 250ml each. Store the mixture in the refrigerator before drinking to make it more palatable.

Olive Oil Drink
You will need:

- 150ml of **Organic Extra Virgin Olive Oil**
- 2 large **Grapefruits**




Squeeze the large Grapefruits into a juice. Pour the Olive Oil and Grapefruit juice into a shakeable bottle with a lid. Close the lid and store in the refrigerator before drinking to make it more palatable.

NOTE For your first Liver Flush, we recommend you halve the portion size of oil and grapefruit juice to 75ml oil and 1 grapefruit.

SCHEDULE

Your schedule is based on the time you wish to sleep and should be adjusted accordingly. We will use sleeping at midnight as the example for below:

1

20:00

Stop drinking all liquids including water to allow pressure to build in your gallbladder.

2

22:00

Drink the 1st dose (250ml) of the Aloe & Epsom Salt mixture. This helps relax the bile duct to let out gallstones.

3

23:00

Drink the 2nd dose (250ml) of the Aloe & Epsom Salt mixture. You will start frequently visiting the toilet. This is to clean out the feces from the colon.

4

0:00 (midnight)

Your trips to the bathroom should be over by now. If not, please wait until you think you are completely done. Once over, get ready for bed and your final Olive Oil and Grapefruit drink. Drink it within 5 minutes and immediately lie down on your bed on your right side for at least 20 minutes. Do not attempt to do any more work and try to go to sleep.

5

08:00 (the next day)

Drink your 3rd dose (250ml) of the Aloe & Epsom Salt mixture. Make sure it has been at least 8 hours since you drank your Olive Oil and Grapefruit drink. If you like you may go back to bed and sleep. For most people, the gallstones will start to appear soon.

6

09:00 (the next day)

Take your supplements at least 1 hour after taking your 3rd dose and follow your usual routine for the rest of the day.

CHECK YOUR RESULTS Look for gallstones that are green. Bile from the liver is pea green. The waste from bowel movement sinks but gallstones would float because of the cholesterol inside. They may be as small as sesame seeds or as large as your thumb.

SOLID DAYS FOOD

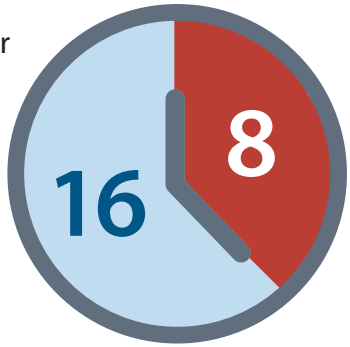
This is where all the fun begins! Now is the time to be creative with your cooking and make these days a delicious, healthy feast, while watching your body undergo an amazing transformation!



TIME RESTRICTED EATING

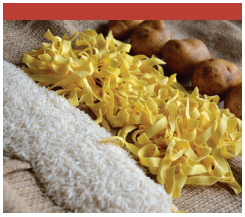
To maximize the benefits of fasting and detoxing, we recommend you follow another form of intermittent fasting, called time restricted eating. This simply means that your intake of food will be reduced to a window of **8 hours**, while you fast during the other 16 hours.

Don't worry. This is not as hard as it sounds! For 8-10 hrs of your 16 hour fast will be spent sleeping, as we recommend more hours of sleep to allow your body more time to relax and detoxify efficiently. Your body can then continue reaping the benefits of fasting in a milder manner, accelerating fat burn and the expulsion of toxins.



You have the option of replacing either your dinner or breakfast solid meal with a liquid one, depending on your lifestyle and needs. For your liquid meal we recommend drinking 1-2 glasses of vegetable juice.

FOODS TO AVOID



REFINED CARBOHYDRATES

Carbohydrates that have been processed to remove all bran, fiber and nutrients like white bread, white pasta, white rice, biscuits, and cakes.



ALCOHOL

Any alcoholic beverages such as beer, wine, liqueur, spirits, etc should be avoided.



SUGARS & ARTIFICIAL SWEETENERS

Foods with sugar or artificial sweeteners should be avoided unless they use Stevia or Erythritol. Fruit should be limited to 1 serving per day.



PROCESSED FOOD

Highly processed foods like deli meats or deep fried food or those containing MSG, preservatives, additives or coloring should be avoided.



SOFT DRINKS & FRUIT JUICES

Avoid drinks that have high amounts of sugar such as carbonated soft drinks, orange juice, apple juice, etc.

SUGGESTED FOODS SOLID FOOD



VEGETABLES

All types of vegetables are allowed such as broccoli, spinach and other leafy greens. Eat as much as you would like to.



CARBOHYDRATES

Brown, Red and Wild rice is allowed. If you wish to lose more weight, limit your intake to half a bowl each day. Sprouted grain breads like Ezekiel bread may be eaten sparingly. Sweet Potatoes are also a good choice.



PROTEIN

Focus on eating meats and seafood like Chicken and Fish. Vegetarian sources like beans, cheese and yoghurt are good options. Try if possible to purchase grass fed or organic meats.



FATS

Consume a moderate amount of healthy fats, avoid trans fats and poly unsaturated fats. Good options include avocadoes, salmon, eggs extra virgin olive oil, coconut oil and organic butter.



FRUITS

Fruits are great sources of vitamins and minerals, however limit your intake of fruits to 1 serving a day. This is due to fruits naturally high fructose content.



SNACKS

Nuts like almonds, cashews and pistachios are filling and contain healthy fats essential for good health. Dried seaweed and yoghurt (no sugar) are good options as well.

Cooking Guidelines

When cooking avoid using all vegetable oils, instead use **Extra Virgin Olive Oil** (organic is preferreable). We recommend you use **Garlic**, **Ginger** and **Onion** to base your dishes to give them more flavour and enhance their nutrient profile. Visit **www.organicvision.net** for more tips and recipes!

Sample Meal Plan

Breakfast	Lunch	Snack	Dinner
1-2 glasses of fresh vegetable juice with Aloe	Grilled Salmon Green Salad with Avocado	1 cup of Nuts 1 Greek Yogurt with 1 serving of Fruit	Steamed Fish with Ginger Leafy Greens fried in Garlic ½ bowl of Brown Rice

EATING OUT SOLID FOOD

We cannot stay at home to eat or pre-make our meals every time. Sometimes, eating out is a social or convenience necessity. So when you do eat at a restaurant, here are a few tips to remember.



TIPS

1. **FAT BLOC** Always carry your Fat Bloc capsules to whip out anytime anywhere! You never know what hidden oils, fats and additives are present in restaurant foods, even if they claim to be "healthy".
2. **LEAN MEATS** Opt for leaner meats when you eat such as chicken or fish and avoiding fattier cuts of meat such as rib eye steak.
3. **VEGETABLES** Try ordering more vegetables but avoid having too much stir fry as there usually is more oil in those dishes.
4. **APPETIZERS** Drink clear soup as a starter to feel fuller faster and avoid over eating.
5. **SIMPLE IS BEST** Eat simply and cleanly. When in doubt, leave it out! Chances are, if you think something looks unhealthy, it probably is.
6. **PORTIONS** Follow our portion guide to estimate how much you are eating; it is a simple way to avoid eating too much!

A HANDY GUIDE TO SERVING SIZES

When it comes to eating the right amount of food, it can be challenging to know **how to decide how much is too much**. So instead of counting every single calorie, fat, protein and carbohydrate gram, we've put together an easy, visual guide on how to determine how much it is we need to eat for each solid meal.

Everyone's hand size is relative to your body size making it an ideal choice for a portable and personalized way of measuring and tracking your food intake especially when eating out at restaurants. **Stay flexible** with how much you choose to eat based on your goals. If you work out a lot you may need to eat more, if your goal is to lose weight you can eat less. This guide serves as a starting point for developing good healthy habits in eating.

PROTEIN (PALM)

Men
2 palm portions of protein dense foods.

Women
1 palm portion of protein dense foods.



CARBOHYDRATE (HANDFUL)

Men
2 cupped handfuls of carbohydrate dense foods.

Women
1 cupped handful of carbohydrate dense foods.



FATS (THUMB)

Men
2 thumbs of fat dense foods.

Women
1 thumb of fat dense foods.



VEGETABLES (FIST)

Men
2 fists of vegetables.

Women
1 fist of vegetables.



SUPPLEMENT GUIDE

Liquid 2 Supplement to take on Liquid Day

Solid 2 Supplement to take on Solid Food Day



Bee Young



ImmuStrong



Reishi Plus



Hair Skin Bone

	Liquid	Solid	Liquid	Solid	Liquid	Solid	Liquid	Solid
MORNING	2	2	2	2	2	2	2	2
MID MORNING								
LUNCH								
MID DAY								
DINNER								
BEFORE SLEEP								



PRIME PROBIOTICS/SYSTEMIC SUPPORT

Take **Prime Probiotics and Systemic Support(2 capsules each night) with water** before you go to bed on an **empty stomach** (2 hours after any liquid/solid meals)

1 on Liver Flush Days (1, 8, 15, 22, 29) DO NOT take your Prime Probiotics at night, follow the Liver Flush guide.

NOTE If you want to reverse your health issue, then we recommend you to take more supplements to boost your immune system. For more information please visit our website under 'Organic Detox' and 'Supplement Guide' or ask your Detox Coach.

 Detox Greens		 FAT-BURN		 FAT-BLOC		 Vegan Omegas 3-6-9		 Prime Probiotics		 Organic Aloe in Mix	
Liquid	**Solid**	**Liquid**	**Solid**	**Liquid**	**Solid**	**Liquid**	**Solid**	**Liquid**	**Solid**	**Liquid**	**Solid**
2	2	2	2							2	2[2]
		2	2							2	
					3					2	
						4	4			1	
					3					1	
								4[1]	2		



ORGANIC ALOE IN MIX

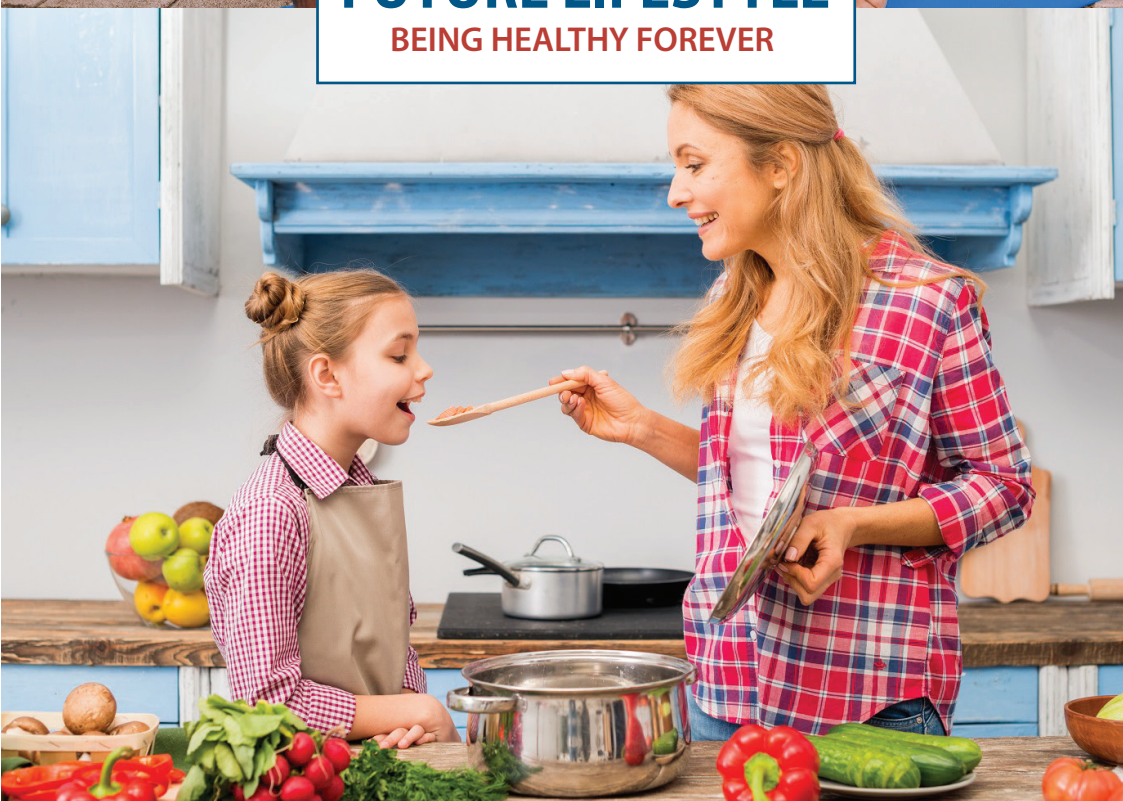
Serving sizes here are in **scoops**. You may mix these with **vegetable juices**, **nut milks** or a **yoghurt drink** as suggested in the Liquid Day section.

2 if you choose to fast during dinner instead of breakfast, drink this during your dinner time with your vegetable juice.



FUTURE LIFESTYLE

BEING HEALTHY FOREVER



HEALTHY FUTURE

Congratulations! Now you have successfully completed your **Full Detox 2-5-2** program. What now? You might ask, do I have to continue eating the same way as the detox after I finish my program?

We highly recommend that you do! Organic Vision's goal is to help you develop **lifelong healthy eating habits**. Our focus is to teach and guide you on principles of healthy eating that you will take with you for the rest of your life. More importantly, we want to help you and your families to enjoy life to the fullest, and to stop the development of chronic illnesses before they even begin to grow!

Obviously, none of us can eat perfectly well 100% of the time. But we can realistically aim for **80%** of healthy eating, allowing **20%** of the time for special occasions, parties and events where we can relax a little more and enjoy a little indulgence. After all, life is all about balance!

What about **supplements**? For basic maintenance of good health, we recommend you keep taking **Triple Defense** and **Probiotics** as the foundation of your healthy immune system. For a more detailed guide please visit our website.

Exercise is also a crucial part of your new healthy lifestyle. Make it fun and enjoyable so that you will stick to it for life!

If for one reason or another, you find yourself falling off the bandwagon after a vacation, or that some of your unhealthy habits have crept back up, simply whip out Organic Vision's **9 Day Detox**. Otherwise, we recommend deep cleansing your body with our **Full Detox 2-5-2** program at least once per year. For those of you who would like to, you may even do this every season.



Organic Vision wishes you the best of luck on your journey and we are here for you every step of the way for support and inspiration!

We hope that our **Full Detox 2-5-2** can help you achieve your personal health and beauty goals, as you transition to your best state ever!

MORE ON PRODUCTS

For more information on our products, visit www.organicvision.net and look under 'Our Products'.

ORGANIC VISION QUALITY

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