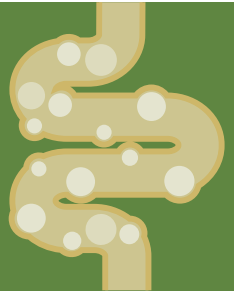




Organic Vision FIRST DETOX PACK





INTRODUCTION

Welcome to **Organic Vision's** 14 day **First Detox Program!** We have designed this personalized, tried and tested, specialist approved program, to help your bodily systems and organs start to gently unclog the years of toxic buildup.

To illustrate, think of the gutters along the side of a road. If they were clogged up with leaves and debris, there would be a high chance of flooding along the road, especially after a rainstorm. However, if the gutters were consistently cleaned out and kept free from debris, they would be able to efficiently evacuate the rain and avoid flooding.



We need to clean out the “debris” in order to process our toxins efficiently.

The same concept applies to detoxing. Before you start a 30 Day Detox 2-5-2 program and release large amounts of toxins into your bloodstream, the smart thing to do would be to get rid of the “debris” clogging up your major elimination channels. So what are our main pathways of elimination? They are our Gut, Liver and Kidneys.



We want these detoxification channels to work more efficiently in processing these toxins, and successfully eliminating them from your body. In this sense, you would avoid a “flooding” of toxins in your body with no clear escape.

WHO IS THIS FOR

This First Detox Pack has thus been specially designed for those of you who are slightly hesitant about jumping into a 30 Day Detox program. Others of you are suffering from severe chronic diseases, and have been taking lots of medication for years. Most of your doctors have probably told you that you will need to take your medications for the rest of your life.

Some of you might be older in years, where your doctor has prescribed you a long list of pills to take every day. Some of you might still be in your 20s or 30s, but you are struggling with a debilitating auto-immune disorder which requires you to take large dosages of drugs every day. Others of you might be children who have been taking lots of medication and antibiotics, due to your diagnosis of ADD, ADHD or eczema.

Perhaps some of you are desperate or have almost lost hope on your health, having tried almost every single medicine out there, with no success. Maybe doctors have told you that your particular condition is incurable.

UNBLOCKING OUR ELIMINATION CHANNELS

OUR GUT

As stated in the BMJ Journal "Gut"¹, years of prolonged medication use, such as antibiotics or steroids, damages the delicate gut flora or beneficial bacteria inside our intestines. They essentially kill off the population of healthy gut bacteria we have, greatly damaging the health of our immunity.

Did you know, for example, that 70-80% of our immune system is located in our gut?² Beneficial bacteria in your digestive system have the capability of affecting your body's vitamin and mineral absorbency, hormone regulation, digestion, vitamin production, immune response, and ability to eliminate toxins, not to mention your overall mental health.

Feeling Good

According to the Nutritional Review³, our gut microbes even have the capacity to manipulate behavior and mood through the vagus nerve, which connects 100 million nerve cells from the digestive tract to the base of the brain! They can change our taste receptors, producing toxins to make us feel bad, or releasing chemical rewards to make us feel good.

This means that as you slowly rebalance the good bacteria in your gut, old cravings may start to disappear as the harmful bacteria are killed off! That indicates that you might start to lose weight without trying, as you stop craving high sugar or high fat foods due to the imbalance in your gut flora!

Did you know 70-80% of our immune system is located in our gut?

1. Knoop KA, McDonald KG, Kulkarni DH, et al. Antibiotics promote inflammation through the translocation of native commensal colonic bacteria. Gut Published Online First: 04 June 2015. doi: 10.1136/gutjnl-2014-309059

2. "<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351/>" Immunol. 2008 Sep; 153(Suppl 1): 3-6. doi: 10.1111/j.1365-2249.2008.03713.x

3. <https://nutritionreview.org/2014/08/are-gut-bacteria-in-control-influencing-which-foods-you-choose-to-eat/>

4. Kurt Fisher, Raj Vuppalanchi, and Romil Saxena (2015) Drug-Induced Liver Injury. Archives of Pathology & Laboratory Medicine: July 2015, Vol. 139, No. 7, pp. 876-887.

Restoring Balance

Without a healthy amount of good bacteria inside our digestive tract, we expose ourselves to uncomfortable digestive issues, mental health complications, skin problems and auto-immune disorders. Organic Vision's First Detox Pack is designed for those of you suffering from these health concerns, with the aim of restoring balance back to our gut bacteria, gently reversing the years of damage done to it.

OUR LIVER

According to the Archives of Pathology and Laboratory Medicine⁴, drug-induced liver injury due to prescription, over-the-counter medication is a major cause of liver disease in the United States and around the world.

First Line of Defense

Our livers are the most vital organ in charge of detoxifying our systems, this is an important organ to unclog during the First Detox program. The liver is the first line of defense against toxins that enter the body: it removes them from the bloodstream before they can reach other organs and be harmful.

Rebuilding

Our goal is to undo the years of damage we have done to our livers, so that it can both heal itself and function at its maximum, in order for it to heal the rest of our bodily systems by efficiently processing unwanted toxins before they can cause us any harm.



Our liver is our first line of defense, we want it to function at its maximum.

UNBLOCKING OUR ELIMINATION CHANNELS

OUR KIDNEYS

According to the Annals of Internal Medicine⁵, overuse of medication, or drug toxicity are common causes of kidney damage. Because the kidneys' job is to filter waste products from the blood, they play an important role in eliminating many drugs from the body. They are essential to regulating blood pressure, minerals, water and hormones in our bloodstream.

When our kidneys are overtaxed from years of high medication intake, they become sluggish, becoming slow to regulate these bodily processes. Toxins from our large intake of drugs do not get eliminated efficiently from our bloodstream.

The purpose of Organic Vision's First Detox is to gently ease the pressure off of your kidneys from the years of strain they have been through.

Our kidneys are essential to regulating our blood pressure, minerals, water and hormones.

UNIQUENESS

We are aware that diving straight into a 30 Day Detox program might be a huge shock to your body and may generate uncomfortable detox healing crisis symptoms. Therefore, our First Detox program is the first baby step you will take towards healing yourself. It is designed to be a preparation, which is very mild and safe to perform, even with the most severe diseases. We wish for all of you to experience a comfortable detoxing experience, with the safest methods possible.

Organic Vision sympathizes with you and your health struggles. We are aware of the years of suffering you may have experienced. We want to let you know that not all hope is lost! You can and will get healthy again. Throughout

the years, we have watched hundreds of men and women overcome their challenging health situations and slowly healed themselves. We have witnessed dramatic, if not almost miraculous transformations. Our purpose is to help you become a success story too!

Organic Vision's First Detox Pack will allow your body to slowly adapt to the concept and routine of a 30 Day Detox 2-5-2 program. We want to help you take baby steps to gently ease you into the 30 Day Detox in the future. How?

OUR 3 ELIMINATION CHANNELS

01

GUT

Beneficial gut bacteria helps our digestion, immune response and ability to remove waste material.

02

LIVER

Removes toxins from our bloodstream before they can reach other organs and be harmful.

03

KIDNEYS

Helps to efficiently filter waste products from our blood.



1 PROBIOTIC LOADING

PRIME PROBIOTICS

The first step to your First Detox program is to rebalance your digestive tract with Organic Vision's Prime Probiotic supplement. Our product features 14 different strains of beneficial bacteria to rebalance, repopulate and heal the gut flora. This is an extremely **potent** blend of probiotics, with 7.5 billion CFUs (Colony Forming Units) of probiotics per capsule, guaranteed at expiration. We use a digestive resistant capsule, allowing it to withstand the digestive acids of the stomach, to reach the intestines, where the probiotics are needed.

Shelf Life

We have manufactured our probiotics in a method to extend their shelf life by keeping them in a dormant state, meaning no refrigeration required. This allows them to have a longer life expectancy, which gives you more value for your money!

Prebiotics

Prime Probiotics also contains extracts of fermented soy and sea vegetable extract as prebiotics. Prebiotics are food supplies for probiotics, ensuring that they have enough nutrients to continue multiplying in our gut.

HOW DOES IT WORK?

Civil War

We want to saturate our gut with as much probiotics to start a “civil war” between the bad bacteria and the good bacteria, so to speak. To accomplish this, we recommend taking 9 capsules of Prime Probiotics first thing in the morning after waking up, and another 9 capsules right before bed. Such a high dosage is needed until the good bacteria from the probiotics kills off most of the unwanted bad bacteria in your gut.

It is crucial to take these supplements on an empty stomach, to allow the probiotics to travel down your digestive tract and reach your intestines without interruptions. During this process, you will start to experience a lot of gas in your abdominal area. As the bad bacteria are killed off, they produce an unpleasant odor, resulting in flatulence. When this happens, do not worry. It is a good sign that the treatment is working!

Towards the end of the “civil war”, when the majority of the bad bacteria has been killed off, you will also start to notice a change in your stools. They will become thicker, denser and longer than usual. This is a good sign, as it indicates the waste material from the dead bacteria have been passed out from your body.

We want to create a ‘civil war’ between the bad and the good bacteria.

Winning

After this has occurred, you may start to reduce your dosage of Prime Probiotics by one capsule each day. As you slowly reduce, note the difference. Once you reach a dosage level where you start to experience some discomfort, such as in your bowel movements, increase your dosage by one capsule. This is your personal and unique dosage, only you yourself will find the best amount for your digestive tract.



2 INTERNAL CLEANSING

ORGANIC ALOE IN MIX

The second step involves Organic Vision's Aloe in Mix drink - a cleansing agent that removes toxins, enhances digestion, supplies food to your probiotics and heals your digestive tract.

Healing

Aloe Vera is commonly referred to as a healing plant because of its anti-inflammatory, soothing, and antibacterial properties. It's also packed with vitamins and antioxidants. We use a high quality certified organically grown aloe that is patented called 'Active Aloe' that uses a special spray dry technique to retain its enzymes and polysaccharides, without any preservatives.

Enzymes and Probiotics

Our Aloe in Mix also contains digestive enzymes Papain from papayas, and Bromelain from pineapples to help your body efficiently break down and absorb nutrients from food. We have also added prebiotics to Aloe in Mix, to further help populate our digestive tract with probiotics. These prebiotics like Bimuno and Jerusalem Artichoke work synergistically with Organic Vision's Prime Probiotics, by further ensuring they have sufficient food sources to keep on multiplying inside our digestive tract.

HOW DOES IT WORK?

Digestion Enhancer

We recommend drinking a glass of freshly juiced vegetable juice with ginger every morning with 1 scoop of Organic Vision's Aloe in Mix, to give your digestive tract a boost of fibre and extra antioxidants. This will start preparing you to get into the habit of drinking vegetable juices during your 30 Day Detox 2-5-2 afterwards.

Toxin Remover

Aloe helps the immune system remove toxins. It contains amino acids and saponins which act like an internal cleanser, cleaning out heavy metals and other waste products. It is also antimicrobial and prevents the microbes from latching on to the lining of the stomach and intestines and protects them from the action of toxins and allergens.⁶

Body Alkalizer

Vegetable juices are loaded with live enzymes, phytonutrients, antioxidants, vitamins, minerals and flavonoids. Juices that are rich in these nutrients have an alkalizing effect on the blood, helping to promote a healthy body.⁷ This will also aid in cleansing your kidneys.

Additionally, we recommend you drink at least 10-12 glasses of water daily to assist your kidneys in flushing out toxins, and to ease pressure off of them.



Aloe Vera has incredible healing properties, soothing any pain or discomfort along our digestive tract.

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4557234/>

7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>



3 BLOCK THE FAT

FAT-BLOC

Do restaurants tell you what oil they're using? Do fast food restaurants replace the oil used in fryers frequently? When we eat, many times we don't know exactly what is in your food. Therefore, blocking bad fats and oils is our third step which is crucial to our wellbeing. Organic Vision's Fat-Bloc is a powerful fat magnet that renders these unhealthy fats and oils completely indigestible!

Fats and Oils

Fats and oils help to fuel us and protect our cells. However, not all fats are created equal, some are good for us whilst others can cause damage to our body. One example is trans fats. They cause inflammation, which is linked to heart disease, stroke, diabetes and other chronic conditions⁸. Another is saturated fats. Too much can lead to an increase in total cholesterol, prompting blockages to form in our arteries.

Like we said earlier though, not all fats are bad for us. Monounsaturated fats from sources like extra-virgin olive oil, avocados and many varieties of nuts play a major role in building up our cells protection. Omega 3 oils from sources like fish or chia seeds provide anti-inflammatory benefits making it key for our wellbeing.

HOW DOES IT WORK?

Fat Sponge

We recommend you take Fat-Bloc with lunch and dinner. Simply take it a few minutes before you eat. It acts as a fat and oil sponge! It forms a gel like substance in your stomach and adheres magnetically to fat molecules. Imagine a giant grease ball of fat being formed which is too large to be absorbed into your bloodstream. This helps protect us from the harmful effects of the bad fats and oils in meals that we eat outside.

Super Chitosan

Fat Bloc contains a natural fat inhibitor called Super Chitosan. Chitosan is a naturally occurring substance that is chemically similar to cellulose, which is a plant fiber, therefore it has no caloric value. It has the remarkable ability to absorb 6-8 times its mass of fats and oils from your food, then excreting it from your body. We use a unique form of chitosan called Liposan Ultra which acts instantly! It can be quickly dissolved and absorbed within 3-5 minutes of ingestion. Most other forms of chitosan require a longer time for absorption, anywhere up to an hour beforehand.

Fiber

We have added Fibersol, a natural bulk producing soluble fiber that promotes natural waste elimination without chemical stimulants. It can help manage hunger and promote a feeling of fullness up to two hours after a typical meal so we do not overeat.



Super Chitosan
absorbs 6-8 times
its mass of fats and
oils from your food
then excretes it
from your body!



4 LIVER FLUSH

The fourth step involves going through a liver flush to clean our livers and maximizing their detoxing capacity. We want to ensure it has the capacity to metabolize the toxins which will be released into your bloodstream from each of your cells during this First Detox and the future 30 Day Detox 2-5-2.

WHAT HARMS THE LIVER

Simple Carbohydrates. The body converts excess simple carbohydrates such as white rice, white bread, sodas and all sugary food into triglycerides, which are then stored in the liver as fat. The more fat stored in the liver, the harder it is for the liver to perform its full range of normal functions.

Alcohol and Drugs. Our liver is in charge of processing all of the drugs and alcohol to be excreted from the body. Alcohol and drugs add stress to our liver causing it to be inflamed. When it is inflamed it cannot function optimally and is no longer able to regenerate itself leading to a net result of cirrhosis or hardening of the liver.

Toxins, Heavy Metals, and Pesticides. We are surrounded by toxins in the air, in the water and in our food. All of these pollutants end up in our bloodstream which the liver is in charge of filtering and removing.

LIVER FLUSH

Lack of exercise. Low levels of activity can cause us to have a build-up of excess body fat. This could lead to the fattening of our liver thus lowering its ability to function optimally.

GALLBLADDER AND GALLSTONES

The gallbladder is an organ that works closely with our liver. Its primary function is to store bile that is used in the digestion of fats and oils. This bile is also used by the liver to help drain toxins and waste products. One such toxin is excess cholesterol. Our liver removes excess cholesterol from our body by converting it to bile salts and putting it into the bile to be excreted.

Occasionally the bile may thicken and harden into gallstones before it can be removed by the gallbladder. If the gallstone obstructs the bile duct it can affect the normal functioning of the gallbladder, leading to life-threatening diseases of the liver.

LIVER FLUSH

By doing Organic Vision's Liver Flush during your First Detox, we are gently inducing the liver to purge all of the fats, old cholesterol deposits, gallstones, drug residues, and waste stored within. This will make a marked difference in your overall health, bringing your liver back to its peak performing capabilities.

OUR GOALS

What do we want to achieve?

- Remove all the excess fat from the liver
- Get bile flowing freely again
- Eliminate waste that our livers have filtered out
- Dissolve and pass out the accumulated gallstones that are stored in our livers
- Regenerate the damaged cells of the liver

HOW TO DO A LIVER FLUSH

We recommend you do 1 liver flush during your First Detox. You may select any day that you feel comfortable doing it. We recommend keeping the day following your liver flush free as well to relax.

INGREDIENTS & PREPARATION

Epsom Salts with Organic Aloe in Mix / Organic Aloe Fusion

You will need:

- 2 tablespoons of Epsom Salts
- 6 scoops of Organic Aloe in Mix in 750ml of water **OR** replace with 750ml Organic Aloe Fusion



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 use.

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.

NOTE For your first Liver Flush, you may choose to 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. Have your normal morning routine of Probiotics and Vegetable Juice with Aloe as your breakfast and eat a light lunch. We will use sleeping at midnight as the example for below:

1

14:00

Stop eating. Only have light drinks (unsweetened) such as vegetable juices, aloe, green tea, nut milk, clear broth and water.

2

18:00

Stop eating and drinking to allow pressure to build in your gallbladder.

3

20:00

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

4

21:00

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.

5

23:00 - 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.

6

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.

7

10:00 (the next day)

Take your 9 Prime Probiotics 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.

TIME RESTRICTED EATING

A great tool to help you on your road to better health is **Time Restricted Eating**, a form of intermittent fasting. Try to only drink your vegetable juice in the morning and then eat in an 8 hour period (lunch and dinner) instead of at any time you like.



YES

Good habits to build

- Increase your consumption of fresh vegetables and fruit
- Increase your intake of whole grains such as brown, red or wild rice, whole wheat pasta, whole wheat bread, quinoa, bean noodles
- Switch to healthier protein sources such as beans (vegan), and eggs, white meat such as seafood, chicken, turkey (animal sources)
- Drink 10-12 glasses of water a day



NO

Avoid these habits

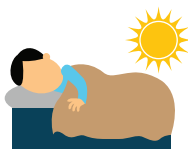
- Indulging often in sugary treats such as chocolate, cakes and cookies
- Eating refined grains such as white rice, white bread, white pasta, biscuits, wheat noodles
- Consuming lots of red meat such as pork, beef, lamb
- Having large amounts of coffee, soda, fruit juice



For even better results, we recommend you take Organic Vision's other supplements based on your needs.

14 DAY DAILY SCHEDULE

Organic Vision's First Detox Pack uses the most potent supplements, made with the highest quality of organically grown ingredients to assist you on this first, vital step towards detoxing your body.



WAKING UP

Take **9 capsules of Prime Probiotics** with water right when you wake up.



BREAKFAST

Drink **1 glass of Vegetable Juice** (e.g. cucumber, celery, tomato, ginger, etc) mixed with **1-2 scoops of Organic Aloe in Mix**.



SUGGESTION: BOOST IMMUNE SYSTEM

We recommend you take one set of **Triple Defense** (ImmuStrong, Reishi Plus, Bee Young) according to your needs for even better results.



BEFORE LUNCH

Take **4 capsules of Fat-Bloc** before you have your meal, preferably salad with lean meats.



BEFORE DINNER

Take **4 capsules of Fat-Bloc** before you have your meal, preferably with whole grains, vegetables and lean meats.



BEFORE BED

Take **9 capsules of Prime Probiotics** with water right before you sleep, at least 2 hours after you last ate.



Note If you are doing a liver flush on that day, skip your supplements for Before Dinner and Before Bed.



We wish you the very best on your voyage to a healthier you! We hope that **Organic Vision's First Detox Pack** will already start to help you feel better, and more confident on taking the next step in the healing process.

You are ready now to take on the **30 Day Detox 2-5-2!** We recommend you start right away to continue your journey to a healthier you!

MORE ON PRODUCTS

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

