



# Detox & Rejuvenate Program

# The Toxic Connection

Everybody needs a vacation from the daily demands of life. But how can your body take a much needed break from its ongoing process of keeping you alive? One of the most effective methods of giving your body an inner vacation is through AIM's detoxification program—an effective way to help your body rest, cleanse, and rejuvenate.

Toxins that impact your health can come from internal sources, including food, water, and stress, as well as external sources, such as body care products and pollution. Your body cleanses itself every day by removing toxins through the skin, lungs, liver, colon, and other major organs. Even though this automatic mechanism never stops, it can become clogged and work less than optimally. Over time the build-up of toxins leads to a weakened immune system—your body's defense system—and an inability to fully utilize nutrients from your dietary intake. This opens the door to any number of health issues and disease.

The average North American diet contributes greatly to inhibiting the body's natural detoxification process with its excess of meat, saturated fat, sugar, and chemicals found in refined and processed food.

Even if you maintain a healthy diet and active lifestyle, regular cleanses can boost your immune system, further protecting yourself against toxins that invite disease-causing bacteria, parasites, and viruses.

When you consider the consequences of not cleaning the outside of your body on a regular basis with showers or baths, think about what you may be missing by not doing internal cleansing. AIM's detoxification program not only rejuvenates your body's natural ability to purify itself, it is a fundamental step in practicing prevention.

## Time to Detoxify?

To determine a need for an inner cleanse, check any of the following statements that apply to you:

- I feel tired and have less energy.
- I have gained weight without eating more food than usual.
- I feel like I'm walking in a fog.
- I feel bloated, constipated, or congested.
- My hair and skin are not as healthy looking as they used to be.
- I regularly get colds, mouth sores, yeast infections, urinary tract infections, or unusual allergies.
- I feel run-down.

Checking any of the above may indicate an inner imbalance that can be improved by the Detox and Rejuvenate Program.

# The AIM Detox & Rejuvenate Program

You have decided to do an internal cleanse. AIM makes it simple for you to begin and follow through with your detoxification program. This booklet will take you through the process step-by-step in regard to food, beverages, and four AIM supplements that effectively cleanse your body of toxins.

We humans are creatures of habit, so try and think outside the box with food and beverages. Get creative! More movement in your life is necessary, so walk more or do something active that you love. Natural supplements are a must to reinforce healthy changes.

The first thing to be aware of as you start this program is that your body will go through changes as you detoxify. This is true for starting anything physically different. For example, if you have never done sit-ups, your abdominal muscles will feel sore afterward. Anytime you make a physical change in your regular routine you may experience temporary discomforts that eventually disappear as your body strengthens.

Every person is different, so the signs of detoxification vary from individual to individual, and not everyone experiences symptoms. If you do, the important thing to remember is that what you are feeling is a natural process. As toxins are removed, your body reacts to this physical change.

Detoxification allows your body to utilize the healthy nutrition that you provide. Following through with the AIM Detox and Rejuvenate Program results in a natural body cleanse that strengthens your immune system and provides a preventative step against illness.

**If you have a medical condition, consult your health care practitioner before starting this program.**



*Greater Energy!*

# The AIM Detoxification Supplements

The Detox and Rejuvenate Program uses four AIM products that help to eliminate toxins from your body. The following combination of supplements provides a thorough body cleanse for effective detoxification.

## Herbal Fiberblend® (raspberry) 5 g of fibre per serving

Helps to maintain whole-body health by providing natural psyllium fibre (soluble and insoluble) and cleansing herbs that remove toxins from the body. Maintains digestive health and promotes regular bowel movements.

The benefits of plant-based, water-soluble fibre are numerous and include maintaining healthy cholesterol and blood sugar levels.

Promoting overall wellness, the many herbs help to support a healthy GI tract by providing a wide range of benefits to remove waste, mucus, and parasites and to combat inflammation.

## Fit 'n Fiber™ (peach) 10 g of fibre per serving

Helps to promote digestive health with natural psyllium and oat fibre and herbs that cleanse the intestinal tract. Oat fibre relieves irregularity to improve detoxification. Apple fibre reduces appetite to assist with weight loss.

## Herbal Release®

Helps promote bowel movements, cleanse the intestinal tract and support the immune system.

Each herb, including cascara sagrada, barberry, echinacea, and parsley, was carefully selected to support the stomach, liver, kidneys, gallbladder, pancreas, spleen, skin, and digestive system.

## FloraFood®

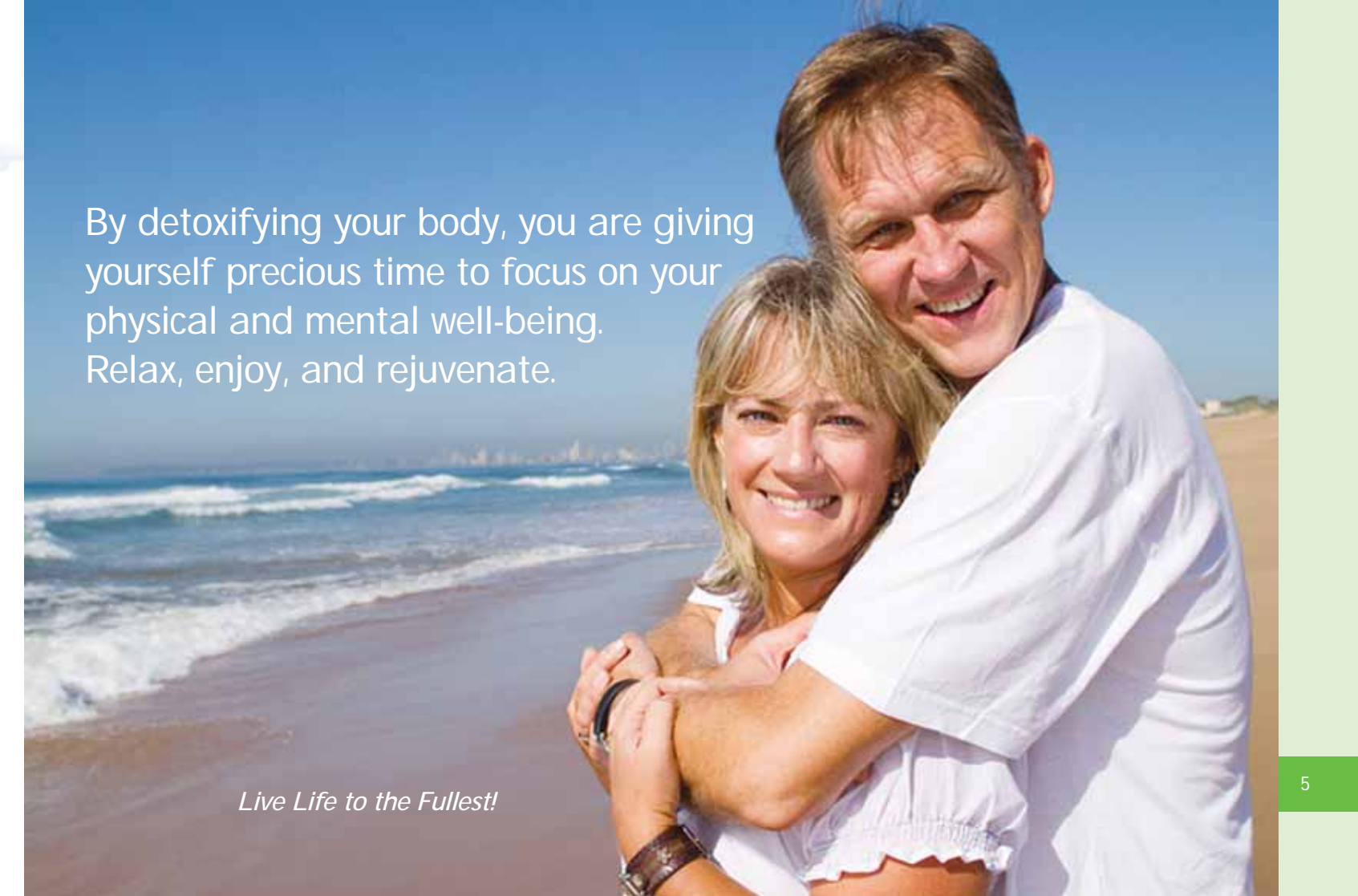
Helps to maintain digestive health with a unique blend of probiotics—*Lactobacillus gasseri*, *Bifidobacterium bifidum* and *Bifidobacterium longum*—that restore and maintain a balanced intestinal flora. These friendly bacteria stimulate and enhance the immune system, balance intestinal pH, and protect against environmental toxins.

Additional detoxification support and nutrition is available from AIM: BarleyLife®, Garden Trio®, RediBeets®, ProPeas®, AIMega®, PrepZymes® and Proancynol® 2000.

The AIM Detox & Rejuvenate Program, along with a healthy diet and exercise regime, goes hand in hand with the five steps of the AIM Healthy Cell Concept.



The recommended daily intake of fibre is 25-38 grams, and the average person consumes less than half that amount daily.

A photograph of a middle-aged couple embracing on a beach. The man is wearing a white shirt and has his arms around the woman. The woman is also wearing a white top and has a watch on her left wrist. They are both smiling warmly at the camera. The background shows the ocean with waves and a clear blue sky.

By detoxifying your body, you are giving yourself precious time to focus on your physical and mental well-being. Relax, enjoy, and rejuvenate.

*Live Life to the Fullest!*

	DAYS 1 – 21	DAYS 22 – 28	ONE WEEK	ADDITIONAL
Morning	<b>Herbal Fiberblend*</b> Mix 1 tablespoon of powder in 240 mL (8 oz) of water and drink (or take 6 capsules) at least 30 minutes before breakfast.  <b>FloraFood</b> Take 1 capsule with breakfast.	<b>Fit 'n Fiber</b> Mix 1 tablespoon (8 g) in 120 mL (4 oz) of almond milk or water. Drink at least 30 minutes before breakfast.  <b>FloraFood</b> Take 1 capsule with breakfast.	<b>BREAK</b>  After your 1-week break, you can repeat another 4-week program, but use Fit 'n Fiber for the first 3 weeks and Herbal Fiberblend for the last week.	<b>SUPPORT PRODUCTS</b>  BarleyLife Garden Trio RediBeets ProPeas AIMega Proancynol 2000 PrepZymes  (see page 8 for more information.)
Noon	<b>AIMega (optional)</b> Take 3 capsules with lunch.	<b>AIMega (optional)</b> Take 3 capsules with lunch.		
Evening	<b>FloraFood</b> Take 1 capsule with dinner.  <b>Herbal Fiberblend*</b> Mix 1 tablespoon of powder in 240 mL (8 oz) of water and drink (or take 6 capsules) before bedtime.	<b>FloraFood</b> Take 1 capsule with dinner.  <b>Fit 'n Fiber</b> Mix 1 tablespoon (8 g) in 120 mL (4 oz) of almond milk or water. Drink at least 30 minutes before dinner.  <b>Herbal Release</b> Take 4 capsules before bed.		
All Day	Drink 8 glasses (2 liters) of pure water.			

You have options. This program can be followed for 3 days or 1 week if you are not able to do it for 4 weeks.

# How you can structure your day

## On Rising

Drink a large glass of filtered, room-temperature water with the juice of 1 lemon.

Take Herbal Fiberblend 30 minutes before breakfast.

## Breakfast

You have numerous options for breakfast—the most important start to the day:

- Breakfast smoothie – almond or rice milk with ProPeas, BarleyLife, banana, and berries
- Greek yogurt – add fresh berries
- Hard-boiled egg
- Oatmeal or granola

## Lunch

Mix almond milk, ProPeas, and CoCoea LeafGreens in a shaker cup or create a smoothie with fruit of your choice.

Light salad – sliced heirloom tomatoes, cucumbers, and red onion with crumbled feta cheese and fresh oregano.

## Mid-Afternoon

Garden Trio with water and lemon juice or 1/3 apple juice and 2/3 water.

## Dinner

Salad – organic mixed greens, green apple slices, sliced avocado, and shaved parmesan. Keep the dressing simple: extra-virgin olive oil with balsamic vinegar or lemon juice.

Optional: add grilled chicken breast or wild salmon.

## Before Bed

Take Herbal Fiberblend.

Keep in mind, juices and soda pop are not water. They are high in sugar and acidic. If drinking juice, dilute it (1/3 apple juice to 2/3 water). This applies to most juices. A simple formula to remember is 4 grams = 1 teaspoon of sugar. If 8 oz. of apple juice has 24 g of sugar, this equals 6 teaspoons of sugar!

There you have it! Follow this program as closely as possible for a minimum of 3 days to really see the results. Use the Garden Trio juices throughout the day. Just make sure you are not adding too many sweet fruits as you want to avoid placing an added sugar (acidic) load in your body during this cleanse.

If you get unbearably hungry, snack on a handful of almonds. For lunch, you may also alternate a cold smoothie or vegetable juice with a hot vegetable soup, which will be comforting if you live in a cold climate. You will notice that after the second day of detoxification your body will start adapting to the routine, and you will have fewer hunger pangs. Most of all, stick with it. The results will soon follow.

# Additional Support

Consider adding the following AIM products to your



**BarleyLife**® is a barley grass juice powder concentrate that helps provide daily nutrition during your detox program. Young green barley grass has a natural spectrum of vitamins, minerals, chlorophyll, antioxidants, phytonutrients, and enzymes. BarleyLife has a neutral pH which helps combat acidity. Available in both powder and vegan capsules.

Non-GMO • Gluten-Free • Vegan

*AIM Garden Trio: BarleyLife, Just Carrots, RediBeets—offers a great nutritional boost and pick-me-up.*



The detoxification properties of **RediBeets**® are particularly beneficial for supporting the liver—your first line of defense against toxins. The concentrated beet juice powder of RediBeets provides a rich source of betaine, which helps the liver to process fats, and betalains, phytonutrients that support detoxification.

Non-GMO • Gluten-Free • Vegan



**ProPeas**® provides an all-natural vegan source of protein made from peas that helps you to manage your weight by increasing your feeling of fullness, boosting your metabolism, and maintaining lean muscle mass. A ProPeas smoothie can ensure adequate protein intake during the detoxification program.

Consider substituting a serving of ProPeas for a serving of meat daily as it is low in methionine and cysteine—amino acids found in high amounts in animal protein that have an acidic effect on the body.

Non-GMO • Gluten-Free • Vegan



Detoxifying at the cellular level, **AIMega**® provides a balanced 2:1 ratio of omega-3 and -6 essential fatty acids (EFAs) from organic seed oils (flax, sesame, sunflower, and olive oil)—essential because your body cannot produce these omegas. They must come from your diet. Every tissue, gland, and organ in your body requires EFAs—the main structural components of every cell membrane and necessary for cell repair, growth, and activity.

Non-GMO • Gluten-Free



## 4-week Detox & Rejuvenate Program



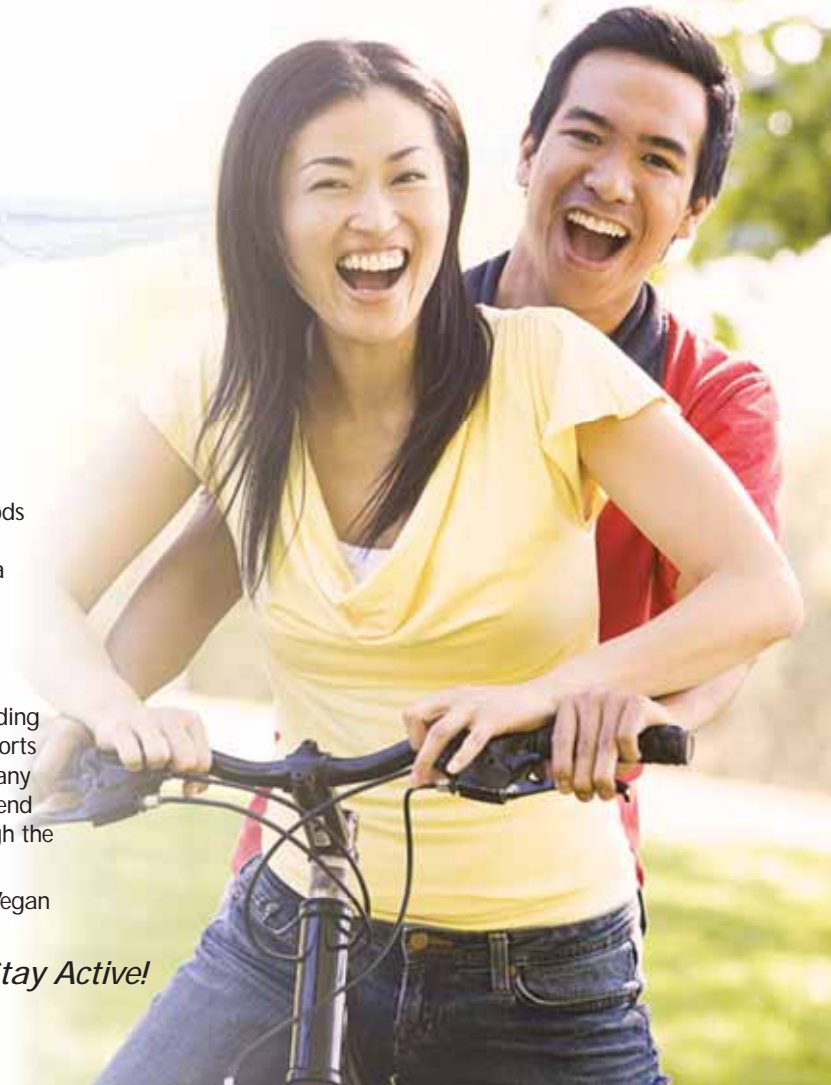
**Proancynol® 2000** can provide a wide variety of antioxidants from green tea leaf, rosemary leaf, and grape seed extract plus selenium, N-acetylcysteine, lycopene, and alpha-lipoic acid. Antioxidants boost your immune system by neutralizing the damaging effects of free radicals. Cellular damage can result from the build-up of free radicals and toxins in your body. Add an army of antioxidants to your cleanse with the protective help of Proancynol 2000.

Non-GMO • Gluten-Free

If you are eating cooked foods during your detox program, the cultured-enzyme formula of **PrepZymes®** can improve digestion for the maximum absorption of nutrients in protein, sugar, starches, fats and oils, and milk sugar. Adding supplemental enzymes supports your metabolism and the many chemical reactions that depend on enzymatic activity through the duration of your cleanse.

Non-GMO • Gluten-Free • Vegan

*Stay Active!*



Water!

Water!

Water!

Along with breathing clean, fresh air, drinking pure water is fundamental for maintaining good health. The purifying elements of water are an essential part of your detox program. You need enough water for the optimal removal of toxins from your body, so drink at least eight glasses daily.

A dehydrated body becomes a sick body. Make sure your cells have all the water they need to function and keep you healthy.



# Food Choices

To achieve the maximum benefits from the AIM Detox & Rejuvenate Program, consider a raw food diet for the duration of your cleanse. The wealth of nutrients, fibre, and enzymes found in vegetables and fruit provide healthy nutritional support as your body goes through the process of eliminating toxins. Use a variety of greens for different meals—arugula, spinach, mixed organic greens, and sprouts. Add berries, nuts and seeds. Whenever you can, choose organic produce, preferably locally grown. Eat as much raw food as possible.

You do have the option of having cooked vegetables, ancient grains (quinoa) and vegetable broths and soups.

Protein options can include tofu, garbanzo beans, cheese (not dyed), boiled eggs, chicken or wild salmon. If you need to eat the occasional cooked meal, avoid fried foods, red meat, dairy and wheat, as well as sugar, food preservatives and chemical additives.



# Monitor Your Body pH

As you begin your detox and rejuvenate program, you should start monitoring your body pH with the AIM pH Test Kit to check for acidity. An acidic pH creates a body environment that can lead to health problems and disease. Neutralizing the excess acid in your body provides many benefits, including inflammation reduction and weight loss. Balancing your body pH is one of the many benefits experienced through detoxification. Monitoring your pH is simple with easy-to-use test strips that indicate when you have reached the optimal range of 7 – 7.5.



# Healthy Cell Concept

We are only as healthy as our cells—the basic units of our bodies. Cells form organs, which, in turn, form body systems. Strong, healthy cells equal a strong, healthy body. The AIM Healthy Cell Concept is a five-step guide to personal health.



## 1 Cell Food

Our cells need the nutrients from fresh, whole foods, as well as high-quality nutritional supplements. Consistent nutrition for your body can improve pH, prevent inflammation, and support the immune system.

## 2 Cell Exercise

Exercise provides strength, endurance, flexibility, mental alertness, and stress relief.

## 3 Cell Environment

A clean environment, beginning with the water we drink and the air we breathe, has an impact on the body's cells.

## 4 Cell Protection

A healthy immune system is the best defense against disease and illness. Proper nourishment, rest, and stress management will help support and strengthen the body.

## 5 Healthy Mental Attitude

A positive attitude yields positive results. Laugh, be happy, and you can help your cells fight off illness and disease.



*Move!*

# Q & A

## Q What is detoxification?

A Detoxification is the term used to describe the process your body goes through to get rid of toxins that accumulate from a variety of sources, including your diet and the environment.

Your liver plays a central role in detoxification. The AIM Detoxification Supplements are designed to give this and other organs nutritional and cleansing support for the detoxification process.

## Q Why do I need a detoxification program?

A Toxins can accumulate in your body throughout your lifetime. Some come from your diet while others are due to the environment around you. Of course, lifestyle is also a factor. For example, if you smoke or if you drink alcohol, you accumulate even more toxins.

Poor health and illnesses can result from this toxic build-up, since your body's natural detoxification process becomes overburdened. A detoxification program assists your body in removing these toxins so that it can return to its optimal detoxifying ability.

Using AIM's high-quality, nutritional supplements in conjunction with healthy food choices during your cleanse provides your body with nutritional support required to detoxify and rejuvenate.

## Q Are there any symptoms involved when my body is detoxifying?

A When you make a healthy change in your diet or lifestyle, toxins are released into the bloodstream and carried through the circulatory system before being eliminated from your body. This process may result in a variety of symptoms, including headache, diarrhea, or constipation. Toxins are often eliminated through the skin, resulting in rashes or skin problems. You may also feel a lack of energy.

### Detoxification Symptoms

- Clogged sinus
- Constipation
- Cough
- Diarrhea
- Fatigue
- Fever
- Flu-like symptoms
- Cold-like symptoms
- Gas
- Headache
- Irritability
- Moodiness
- Skin rash
- Stomach ache



# Q & A

Q How severe are the symptoms and how long do they last?

A The duration and severity of symptoms depends on your lifestyle before making a change and how quickly you make it. Drastic or gradual changes determine a long or short duration.

Symptoms can also come in cycles, so you may start to feel better and then experience additional symptoms as even more toxins are eliminated. However, you will find that the period of symptoms becomes shorter and the period of well-being becomes greater.

Q What should I do if I experience detoxification symptoms?

A Rest, and let your body do what it needs to detoxify. If you have the luxury of staying home, do so. If not, limit social engagements and cut back on any exercise you are getting. Give your body as much energy as possible to do its job. Eat light meals that are easy to digest—consume vegetables and fruits and drink plenty of water.

*Balance Your Life!*



We are here to help. Contact us if you have any questions:

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