

NutriClear Plus Caveats

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I just returned from a brief speaking tour, teaching doctors how to incorporate the NutriClear Plus program into their practice and the positive feedback was overwhelming. Participants were excited about the simplicity of administration but mostly about the results their patients were experiencing. We all know that every program has caveats so I thought it would be interesting to review some possible scenarios; so if they come up, you are familiar with them and the resolutions.

First, it's important to reframe the mindset of your patients if there is a challenge during any therapy you administer. Patients need to be reminded that positive or negative reactions to therapeutic programs bring greater clarity to the uniqueness of their biochemistry, since the goal of this program is to clean the body and feed the body. During a detox process, welcome a problem if one comes up. Problems are clues about the deeper issues that need to be resolved for a patient to achieve optimal health.



From my experience over the last 30 years, when cleansing or detoxing, if someone has a reaction, they either have a food sensitivity to something in the cleanse, have underlying digestive issues or they are cleansing too quickly. Let's address each of them separately.

Sensitivities: In the past, we've discussed using the modified coca pulse test and how valuable it can be to assess the cause of a reaction. You can see a link to the right on how to use it.

Knowing if a reaction is caused by a detox reaction or food sensitivity generates two

different responses. If the difference between a before and after 60 second pulse is greater than 5, the increased pulse is caused by a sympathetic response to the substance tested. This can be a food / supplement sensitivity reaction or an actual food allergy and the substance tested should not be used.

If the difference is 4 or less, we know it is a detox reaction. A detox reaction can usually be fixed by increasing pure water intake, following the anti-inflammatory diet and giving one powder pouch and one nutrient packet a day for 10 days. Then resume two pouch packets and two nutrient

packets until they are gone. Instead of 15 days, the cleanse becomes extended to 20 days.

In terms of food sensitivity options you can see some options to the right.

Next, underlying digestive issues may become evident as gas, bloating or burping. A good patient history may also reveal bad breath, body odor, loss of taste for meat, anemia, or low mineral values. These symptoms occur for several reasons: undigested vegetable protein, an acidic small intestine creating fermentation or even the redistribution of microbiome. The ingredients in the pouch packets is approximately 75% organic pea protein, 25% organic gluten-free grasses, vegetables and fruits from heirloom seeds and then both prebiotics and probiotics. So the microbiome will be shifting in a healthy direction. However, as the microbiome shifts and goes into balance, some bugs are dying and some are multiplying; the result can be gas.

For underlying digestive issues consider HCl-Plus, 2 tablets in the middle of each meal and increase by 1 tablet every three days until the symptoms are controlled. This alone has been a game changer for some people.

Finally, let's look at cleansing too quickly. Since this program was created for someone consuming the standard America diet, the pouch packets have a slight berry flavoring. Most people love it, but some people who are sensitive to multiple foods or chemicals may not like it. These are the people who may need to cleanse slowly. One option is to use one packet a day for 10 days and then increase to 2 packets for 10 days.

Another option is to do some internal house cleaning first. Put "the cleanse" products on hold for 30 days. Continue on the NutriClear Plus anti-inflammatory diet and use the following: NutriClear Free and GI-Resolve as a meal replacement, and ScentArest. Two scoops of NutriClear Free and 2 teaspoons of GI-Resolve can be used as a meal replacement. This com-

bination will provide a stellar healing base for the stomach, small intestine and large intestine while supporting liver detoxification. You can see information regarding GI-Resolve to the right.

ScentArest is an unsung hero for supporting people with chemical sensitivities. Start with 1 a day and after a few days increase to 2 a day until your patient is taking 6 daily.

Dr. Mark Force developed the product for patients who knowingly or unknowingly have chemical sensitivities. Many reactions from chemicals occur because the body can't process chemicals fast enough after being exposed to them.

ScentArest helps the body detox or reduce the total toxic load by improving a number of detoxification pathways, including methylation.

It's the liver's job to flush the bowel; and if the liver is releasing toxins, there may be mild inflammation resulting in temporary constipation. Most people report healthy bowel movements on "the cleanse." However, constipation is not something we want to ignore.

Magnesium in the form of Mg-Zyme is a great way to alkalize the body and provide water to the colon creating a loose stool. Use 3 at bedtime and increase to the point where patients experience a loose but formed stool.

An even easier way is to have patients drink a cup or two of the herbal tea "Smooth Move" by Traditional Medicinals found in many grocery stores.

Remember reactions are an opportunity to create dialog that will change behavior to create a wellness mind set. It may take suggesting additional resources but helping the patients with some of these caveat reactions will make them a walking referral source and a patient for life.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.