

DETOX WITH DOCS

Program Overview

(rev 3)

DATE: January 7-14, 2011 (The detox kit is available for purchase at the Born Clinic nutritional pharmacy at any time, this program timeframe is specific to the group detox program only.)

PROGRAM DURATION: A mere 7 days!

DESIRED RESULTS:

- Revitalize healthy liver function
- Restore healthy digestive system function
- Enhance nutrient absorption for more energy
- Improve and support overall good health
- Reduce symptoms associated with toxicity



Hint: Just like a car needs a periodic oil and filter change to keep it running smoothly, our bodies may benefit from a periodic detox!

WHO MAY BENEFIT:

Anyone who wants to improve their overall health or experiences any of the following conditions; Digestion or Elimination Problems, Inflammatory Bowel Disease (ex. Crohn's Disease or Ulcerative Colitis), Malabsorption Syndromes (Celiac disease), Elevated Cholesterol, Overweight/Underweight, Allergies, Skin Disorders, Fatigue, Anger, Depression, Irritability, Dark Circles Under Eyes, Blood Sugar Issues, Hormonal Imbalances, PMS, Asthma, Insomnia, Chemical Sensitivities, Muscle and Joint Pain, Achiness just to name a few, etc.

PROGRAM COMPONENTS:

1. **Supplements:** Your detox kit will come with supplements and a powder you will take during the seven days that will provide fiber and nutritional support for the detox process.
 - 1 Bottle of Core Support Powder
 - 1 Box of Alpha Base blisters (contains 30 capsules)
 - 1 Bottle of PhytoCore capsules (contains 20 capsules)
2. **Meal Plan:** Shopping and meal planning is made easy with a meal plan, grocery list, list of foods to avoid, those to incorporate and recipes to make it all work. These items are all included in the detox kit and are posted on the Born Clinic Website. These foods will reduce the load of incoming toxins and improve the bodies ability to detoxify.

3. **Support Network** (optional- at discretion of the participant)

- Daily supportive emails from “Detox with Docs” program administrator
- Facebook
- Twitter-Stay engaged and get motivated by tweets
- Read the Blog- Benefit from others experiences

DETOX PROCESS: Follow the easy to understand seven day plan detailed in the manual which is included in the Core Restore Detox Kit (this guide is also available on the Born Clinic website) of the seven day comprehensive detoxification process.

HOW THE DETOX WORKS: To understand the detoxification process, please refer to the patient guide for details (It is both in the kit and posted on the website.)

Hint: Read through the manual a couple times and make copies of the schedule and put it on your refrigerator and in your briefcase or purse.

ABOUT THE SCHEDULE

It is recommended that the detox begins on when you can have less strenuous schedule for the first two days as those are both fasting days with the exception of drinking the powder and taking the one of the two capsule supplements. On the third day you will add the second capsule supplement and begin the recommended diet. For details, see the patient guide posted on the website or reference the guide included in the kit.

WHO SHOULD NOT PARTICIPATE: Anyone who is or may be pregnant or breast feeding

WHO SHOULD CONSULT THEIR PHYSICIAN BEFORE DETOXING:

Anyone under 18 years of age

Anyone with the following conditions:

- ✓ Diabetes
- ✓ Appendicitis
- ✓ Liver condition
- ✓ Kidney Disease
- ✓ An eating disorder (ex. Anorexia or bulimia)
- ✓ Impacted Gallstone(s) or any other condition related to the gall bladder
- ✓ Liver disease (ex. Chronic hepatitis or cirrhosis)

PROGRAM DISCLAIMER:

Availability of this program and the accompanying virtual support network does not constitute an official medical opinion because the physicians at Born Clinic, P.C., has not performed an examination. If you need specific medical advice or need to consult with a physician, make an appointment with a licensed medical professional in the appropriate specialty in your area. Additionally, the “Detox with Docs” program is not meant to take the place of medical care nor is it meant to replace any other detoxification programs recommended by your current treating physician.

REGISTRATION PROCESS: (Note: There is no charge to register for the “Detox with Docs” Program- the only charge is the actual detox kit). When you stop to get your detox kit at the Born Clinic Nutritional Pharmacy or call them at (616) 656-3700 (ext 3003) to order a kit to have it shipped, let them know you would like to be part of the “Detox with Docs” group and they will get the pertinent information to enroll you:

Hint: Why not form your own support network, and make it even more fun, ask family members, friends, co-workers, and/or exercise buddies to join you in the detox!

PURCHASING THE KIT: Stop by the Born Clinic Pharmacy and pick up your “Core Restore Detox Kit” or call them at (616) 656-3700 (ex. 3003) to place your order and have it shipped to you. If you will be registering for the “Detox with Docs” Program, please be sure to order your kit in time to join the group at the start of the detox (January 7, 2011). The pharmacy voicemail is confidential should you need to leave information or requests.

Hint: Why not give someone a truly healthy gift, wrap up a Detox Kit for the holiday's or “just because”. They can either plan to detox with the “Detox with Docs” group, or do it when it fits into their schedule.

COST: Good news! There will be a discount on the kit (actually all supplements) January, 2011, call the pharmacy for the current pricing.

Hint: Why not get a kit now even if you can't start it until next month!

WHY THIS DETOX, WHY NOW?

- ✓ Support of Doctors & Others – Doctors and staff will share experiences and encouragement via Born Clinic Twitter, Facebook, blog and emails. Sign up for daily supportive emails! You don't have to feel alone be part of the group that's getting healthy in the new year!
- ✓ Economical Program – The detox kit is reasonably priced and has promotional pricing January 2011,
- ✓ Easy to Follow Program – Kit includes only a few supplements to take and has an easy to understand guide with detailed list of everything needed. We help you think of it all!
- ✓ Tasty – Many detox regiments include drinks or shakes or supplements that do not taste good -- this one “tastes good!”

- ✓ Limited Time Commitment – 7 day protocol makes it easy to finish feeling better in just a few days!
- ✓ Excellent Product – CORE Restore BT is a product developed by one of our well respected professional quality supplement companies.

ACTIONS:

- **ENCOURAGE YOUR FAMILY, FRIENDS, CO-WORKERS, EXERCISE BUDDIES** or whoever else you think might benefit from detoxing to join you in starting the new years off right and keeping each other accountable!
- **PURCHASE PRODUCT** in time to start with the group (See purchase process above in this document)
- **REVIEW GROCERY LIST & SHOP-** Review the meal plan provided and be sure you have the necessary items available for you to follow and complete the regiment as laid out in the manual
- **REVIEW BORN CLINIC SOCIAL MEDIA POLICIES** –located on the “About Us” tab on the website
- **FOLLOW US ON FACEBOOK** (*optional*) Join the Born Clinic Facebook if you would like to hear what the doctors have to share about their experiences . *Note: Please see the social media policy (located on the “About Us” tab under policies)*
- **FOLLOW US ON TWITTER:** (*optional*) Look for the Born Clinic on TWITTER if you would like tweets related to the program. *Note: Please see the social media policy (located on the “About Us” tab under policies)*
- **RECEIVE SUPPORTIVE DAILY EMAILS:** (*optional*) When you register, you will be asked if you would like to provide us with your email so that you may receive encouraging and supportive emails from the Born Clinic program administrator. Emails will be eliminated at the programs conclusion and will be used for no other purpose. *Note: Please see the social media policy (located on the “About Us” tab under policies)*
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