



# DETOXIFICATION GUIDE

CLEANSE TOXINS,  
REVITALIZE THE WHOLE BODY,  
AND IMPROVE OVERALL HEALTH



# WELCOME

A MESSAGE FROM M'LIS FOUNDER

DR. LINDA T. NELSON



Detoxification is one of the most important factors in the promotion of overall health and disease prevention. The M'lis Detoxification Program helps the body to cleanse itself of toxins, mucus and other waste materials in the intestinal tract and major vital organs, improving the way they function. This restores new energy to vital organs, and as a result, to the entire body as well.

Since 1985—long before detoxification was a popular concept—M'lis has offered one of the original detoxification programs. This history gives you confidence that the program is natural, safe, and effective. It has changed the lives of thousands of people struggling with fatigue, weight issues, digestive problems and irregularity, cravings, addictions, and headaches. It has helped thousands of others with mood swings, anxiety, depression, low resistance to illness, allergies, asthma, and skin disorders.

I am excited for you to discover how amazing your body is when it is clean. Detoxification should be part of your health maintenance and preventive health regimen 3 to 4 times per year.

To your success,

A handwritten signature in black ink that reads "Linda T. Nelson". The signature is fluid and cursive, with a long horizontal line extending from the end.

Linda T. Nelson Ph.D., R.N.D.

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## BENEFITS OF DETOXIFICATION:

- Increased energy levels and mental clarity throughout the day.
- The digestive tract can rid itself of accumulated waste and putrified bacteria.
- Typical loss is between 2-8 lbs. of water and waste during detoxification.
- Dependency on habit-forming substances is greatly diminished.
- Bad eating habits are broken making it easier to choose healthier food options.
- Stomach can return to normal size, making it easier to control food portions.

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# OVERVIEW

## GETTING READY

- Contents of your detoxification kit
- Ingredients needed for liquid-only-days lemon mixture
- Dump the junk and stock up on clean fuel for your body

## 7-DAY DETOXIFICATION



Preparation  
2 days



Liquid Only  
3 days



Reintroducing  
2 days

**PREPARATION:** For 2 days you will ease into the full detoxification, preparing your body with a totally clean, solid food diet and detoxification herb regimen.

**LIQUID-ONLY DETOXIFICATION:** For 3 days your body will focus on one task, cleansing toxins. Your diet will consist of the lemon mixture and herbal supplements.

**REINTRODUCING FOODS:** For 2 days you will reintroduce your body to clean solid food and finish the detoxification with the herbal supplement regimen.



This guide provides you with the essentials of performing a 7-day detoxification. The system will help you create a healthier lifestyle, where you can reach your goals faster and maintain those results long term.

Introductory detoxification knowledge is provided in this guide and additional sources for support can be found on the back cover.

## POST DETOXIFICATION PLAN

- **Wellness System:** Simple to use, detoxification is the first step in this system.
- **Personalized Solutions:** Custom tailored solutions to meet your individual goals of weight loss, improved skin, overcoming candida or fibromyalgia, and more.
- **Body Contouring:** Focus your efforts on smoothing cellulite and sculpting your personal best body.

# GETTING READY

The M’lis Detoxification Program is not intended to take the place of medical care. However, when undertaken in conjunction with a clean and nutritious diet, this program can help you attain better health and aid the body in resisting disease.

## CONSULT YOUR PHYSICIAN IF YOU:

- are presently under his/her care
- are pregnant and/or lactating
- are on prescribed medication
- are 65+ years old
- are using this program in connection with weight loss; especially if you are obese, have heart or cardiovascular conditions, kidney disease, diabetes, hypoglycemia, gout, or chronic infections or any other type of serious medical condition.

## CONTENTS OF YOUR DETOXIFICATION KIT

- **DETOX Body Purifier:** Herbal formula that helps remove toxins and mucus from the major organs. Helps purify the bloodstream and cleanse the lymphatic system.
- **CLEANSE Intestinal Cleanser:** Herbal bowel tonic, helping to clean hard encrustation of old fecal matter. Provides nutrients to help restore peristaltic action of the colon. Helps expel parasites.
- **FIBER Wheat Bran and Psyllium:** Restores dietary fiber to the system, cleans the bowels and intestines without calories, and helps to lower cholesterol levels. Psyllium cleans debris from the system and combats constipation. This product is gluten free.

## OPTIONAL APPETITE APPEASER:



**SLENDER-AID** is not a mandatory part of this program. However, it is a very useful tool in weight loss, if that is the desired outcome. The standard M’lis DETOXIFICATION KIT does not include this product.

**USE:** 2-3 capsules can be taken before each meal to help curb “feed-me-now” urges and help regulate blood sugar levels.

## LEMON MIXTURE INGREDIENTS LIST



Grab these essentials for your lemon mixture, used on days 3-5.

### 3-4 GALLONS OF DISTILLED WATER

2 gallons for the lemon juice mixture, and the rest for general hydration. Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. Distilled water also has the ability to extract, providing an increased capacity for detoxifying the body. Do not use bottled mineral water, as it may contain high concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

### 30 OZ. PURE MAPLE SYRUP

Make sure the brand you select does not contain any artificial flavors or sweeteners. Pure maple syrup contains many vitamins and minerals which will provide the body with energy. In addition, it is a balanced, natural sweetener and can be used without causing an unhealthy insulin response. Because of this, many with blood sugar issues can use the program without fear of lowering or raising blood sugar levels.

### 21 FRESH LEMONS (for about 30 oz. fresh-squeezed lemon juice)

Fresh lemons contain live enzymes beneficial to the detoxification process. Other juices contain high levels of sugar. In addition, lemon juice boasts many health benefits and its astringent action makes it a superb cleansing agent. If necessary, your M’lis consultant can answer questions regarding alternate juices.

*(lemon mixture single-serving recipe is located on page 9)*

## CAN I CLEANSE WITH JUST WATER?



For best results, cleansing with water only is not recommended. Water alone will not provide your body the necessary calories for energy and nutritional support for the best possible cleanse. Additionally, the lemon mixture is immediately “ready to use”, allowing your body to receive energy without working to process or digest.

# GETTING READY

## GET RID OF TOXIC FOODS (JUNK)



Detoxification will rid your body of harmful toxins, many of which are in foods found in the Standard American Diet (SAD). You must avoid these foods. Doing so will maximize your efforts while cleansing and help you develop a lifelong habit of healthy, clean eating.

### AVOID:

- **BEVERAGE:** Wines, cordials, cocktails, beers, whiskeys, cola drinks, soda pop of all kinds, ginger ales, and club sodas.
- **JUICE:** Grape, apple, and prune juice, which are high in natural sugars.
- **PREPARED FOOD:** White flour bakery products, rice, white spaghetti, macaroni, noodles, and gravies. Any foods prepared with refined white flour or trans fats.
- **VEGETABLE:** Hominy, yams, potatoes (except raw or baked—only 2x weekly), corn, and dried beans. These are high in starch and natural sugars.
- **MEAT:** Ham, bacon, sausage, and other processed meats should be eliminated completely.
- **DESSERT:** Candy and other sweets, such as cakes, pies, pastries, custards, jellos, ice creams, sherbets, and puddings.
- **ALWAYS AVOID:** Refined sugar, salt and processed foods with artificial additives.

## UNDERSTANDING TOXIC FOODS



The foods listed above DO NOT help the body to detoxify. In fact, they add more toxins! Most people are addicted to a toxic diet that is wreaking havoc on their waist lines, energy, mood and health.

For best results, avoid these foods however possible. Take this opportunity to break dependencies and make a long-lasting lifestyle change.

## STOCK UP ON CLEAN FUEL FOR YOUR BODY



Clean food that will help your detoxification is simple, whole, unprocessed, and nourishing. Processed foods provide calories to keep you alive, but truly clean food promotes great health and the best possible detoxification.

### APPROVED:

- **BEVERAGE:** Water (preferably distilled), herbal tea (no sugar), see other options from M'lis at bottom of page.
- **JUICE:** Any unsweetened fruit\* or vegetable juice except those listed in “avoid” foods list. Juicing from fresh, organic sources is always best.
- **VEGETABLE:** Any raw or steamed vegetables not listed in “avoid” foods list.
- **MEAT:** Fish and poultry are best choices. (veal, beef, pork, and lamb are difficult to digest and should be eaten in moderation, if at all.)
- **FRUIT\*:** Apricots, apples, berries, melons, peaches, pears, pineapples, tangerines, grapefruits, oranges, cantaloupes, strawberries, watermelons, and plums.
- **DESSERT:** Fresh fruit across the spectrum of colors.

*\*NOTE: Fruits should be eaten raw or cooked without sugar. If you use canned fruit, make sure it is not packed in syrup or sugar. Raw fruit is always best. Fruit and beverages may be sweetened naturally with M'lis SIMPLY SWEET.*

*Fruit is not an option for those on the Candida Program.*

## M'LIS BEVERAGE OPTIONS



Also included among the approved beverage options are super-clean nutrition products from M'lis. Ask your M'lis wellness consultant about:

Heart Healthy Essentials

Essential Greens

Daily Antioxidant Essentials

M.R.P. – Instant Meal

# 7 DAY DETOXIFICATION

## STEP 1 PREPARATION: DAYS 1 & 2

For two days you will prepare your body for a deep cleanse by eating clean food, getting plenty of hydration and taking your detoxification herb regimen. This will allow your body to ease into the full detoxification, liquid-only days (days 3-5).

	DAY 1 AM	DAY 1 PM	DAY 2 AM	DAY 2 PM
FIBER	8	8	8	8
CLEANSE	2	2	2	2
DETOX	2	2	2	2

- DIET: Eat lean meats, vegetables, fruits,\* and unsweetened yogurt\*
- LIQUID: At least ½ your body’s weight in ounces of water per day. See the chart below to determine your daily hydration needs.
- ACTIVITY: You will have plenty of energy from eating solid foods. Engage in 20-40 minutes of physical activity to raise you heart rate.
- REST: Get 8 hours of sleep each night.

\*Fruit and yogurt is not an option for those on the Candida Program.

## STEP 2 LIQUID-ONLY DETOXIFICATION: DAYS 3-5

For three days your body will focus on one task, cleansing. Your diet will consist of the lemon mixture and herbal supplements.

	DAY 3 AM	DAY 3 PM	DAY 4 AM	DAY 4 PM	DAY 5 AM	DAY 5 PM
FIBER	8	8	8	8	8	8
CLEANSE	2	2	2	2	2	2
DETOX	2	2				
			3	3		
					4	4

Note: Spread mixture and herbs out to maintain blood sugar levels throughout the day.

- DIET: These are liquid-only days. Do not consume any solid food.
- LIQUID: At least ½ your body’s weight in ounces of water per day. Included in this is the lemon mixture. See chart below for instructions on mixing your daily lemon mixture drink.

NOTE: You may also drink herbal teas, M’lis Daily Antioxidant Essentials, Heart Healthy Essentials or Essential Greens.

- ACTIVITY: Your body needs to focus all its energy on the detoxification process. Abstain from heavy physical activity during the liquid-only days.
- REST: Get 8 hours of sleep each night.

## CALCULATE YOUR DAILY HYDRATION NEEDS



Enter your body weight:

Divide your body weight in half:

oz.

This number is the minimum ounces of liquid you should drink each day.

## LEMON MIXTURE - 2X DAILY



- 1 ½ cups fresh lemon juice
- Pure maple syrup (grade A, B, or C)
  - Women: 1/4 cup
  - Men: 1/3 cup
- 2 quarts distilled water

This blend will work well for most people. Depending on activity level and basal metabolic rate, some people may need more maple syrup in their mixture each day. Consult with your M’lis Detoxification Specialist for more information.

# 7 DAY DETOXIFICATION

STEP 3

## REINTRODUCING FOODS: DAYS 6 & 7

During your final two days you will reintroduce your body to a clean solid food diet. This will allow your body to ease back in to digesting solid foods and complete the detoxification process.

	DAY 6 AM	DAY 6 PM	DAY 7 AM	DAY 7 PM
FIBER	8	8	8	8
CLEANSE	2	2	2	2
DETOX	2	2	2	2

- **DIET:**  
Day 6: Fresh fruits\* and vegetables only  
Day 7: Continue with fresh fruits\* and vegetables, and add unsweetened yogurt and lean proteins.
- **Liquid:** At least ½ your body’s weight in ounces of water per day.
- **Activity:** You will have an increase of energy from eating solid foods again. Engage in 20 minutes of physical activity to raise you heart rate.
- **Rest:** Get 8 hours of sleep each night.

*\*Fruit is not an option for those on the Candida Program.*

## TRANSITIONING TO A SOLID FOOD DIET



It is important that you do not jump straight back in to your pre-cleanse diet after the liquid-only days. Following the diet guidelines for days 6&7 reduces potential discomfort and creates a natural transition for your digestive system back to solid foods

Part of detoxification is adjusting your lifestyle and continuing forward with a new, healthier, toxin-free diet.

# YOU’RE FINISHED!

## HOW DO YOU FEEL?

You are ready to tackle any health goal now that your body is clean. Now it’s time to decide what to do next. Below are a couple of options to consider with the help of you M’lis Wellness Consultant.

- **WELLNESS SYSTEM:** This simple-to-use system is designed to counteract environment, lifestyle, genetics and other daily stressors you face. The first step is a detoxifying cleanse, so check that off the list.  
  
Maintaining your clean lifestyle is the key to reaching your goals. You can do this by following the M’lis Wellness System, incorporating Daily Essentials and M.R.P into your diet.



Daily Essentials  
1-2 packets daily



M.R.P. - Instant Meal  
1-2 servings daily

- **PERSONALIZED SOLUTIONS:** The M’lis Wellness System addresses issues common to every body. Personalized solutions and lifestyle programs work specifically to help you achieve your individual desired goals. Discuss these options with your M’lis Consultant to determine which program is best for you.
- All-natural weight loss (shown here)
  - Healthy hair, skin, and nails
  - Muscle and joint relief
- Hormone balancing
  - Candida or fibromyalgia
  - Ask about additional options

## BODY CONTOUR WRAPS



This service is the perfect complement to your detoxification. A series of body wraps will smooth cellulite, slim inches, and shape your body.

Cellulite is frustrating and impacts people regardless of their weight or size. Contour wraps target the true source of cellulite. They also slim 4-14” with each one hour treatment and help contour your ideal body shape.

# DETOX KNOWLEDGE

## CAN I DETOXYFY FOR LONGER THAN 3 DAYS?

People with more severe toxicity could benefit by cleansing for longer periods, up to 10 days maximum. Consult with your M'lis Wellness Professional to determine what is best for your situation. Our best recommendation is to utilize the 7-day program regularly—3-4 times a year—rather than extending the detoxification program timeline.

## WILL I BE HUNGRY?

During the cleansing process your body will likely be confused. This is good! At times your body will signal to you that you are hungry, but your focus actually needs to be on your energy levels. If you follow the dietary protocol each day, you will receive all the nutrients your body needs to accomplish the task at hand – getting clean.

## IS DETOXIFICATION SAFE?

Absolutely. Body cleansing for health is a concept that has been in use for thousands of years. This type of internal cleanse has been used safely by M'lis professionals for over 30 years.

## CAN I DETOXYFY IF I HAVE HYPOGLYCEMIA?

Detoxifying can be especially beneficial to those with hypoglycemia. Make certain to only use pure maple syrup in the lemon mixture. Honey or other sweeteners will trigger an unhealthy insulin response. M'lis SLENDER-AID will also help to regulate blood sugar levels. If necessary, consume additional pure maple syrup to raise blood sugar levels.

## HOW DOES DETOXIFICATION AFFECT CELLULITE?



Cellulite is waste materials trapped in connective tissue and fat cells, and is very resistant to ordinary dieting and exercise. While Detoxification will not remove cellulite, it does cleanse the intestinal tract and the body's liquid waste system, thereby speeding up the elimination of toxins from the body, which aids in cellulite removal. Improved results can be achieved when done in conjunction with M'lis Body Contour Wraps.

## WHAT IS A HEALING CRISIS?

The body's natural cleansing abilities help to expel harmful substances through four eliminative organs: bowels, skin, lungs, and kidneys. When an invader enters, the natural process is for the body to remove it through these organs. This often occurs through coughing, perspiration (fever), diarrhea, vomiting, mucus, or nasal discharge.

During detoxification and the days following, many people experience some of the signs of a healing crisis as toxins are quickly eliminated, which may include: head-aches, skin breakouts, bowel sluggishness, diarrhea, fatigue, sweating, frequent urination, congestion, nasal discharge, or body aches. A few may also briefly experience anxiety, irritability or mental depression.

While you are cleansing and detoxifying, your body is using all the energy it normally spends on digestion to throw out poisons. This increases your body's natural ability to cleanse and the healing crisis is a positive occurrence.



## COPING WITH A HEALING CRISIS



Drink plenty of water to facilitate the process and get some rest. The healing crisis generally lasts from just a few hours to a few days. The healthier one's body is to begin with, the fewer symptoms there will be. Each healing crisis is followed by increased vitality and improved well-being. *Prescription medication should NOT be discontinued without a medical doctor's approval.*

The **M'lis Detoxification System** is a complete internal process that purifies the liver, bowels, kidneys, and blood, while cleansing all tissues of the body. This total-body program is the first step in reversing the course of chronic health conditions, and is an important part of a regular health maintenance and prevention regimen.



## ADDITIONAL SUPPORT

Your M'lis Wellness Professional is a trained detox consultant, ready to help you with your health needs. As needed, please feel free to connect with us for additional support.

## SHARE YOUR EXPERIENCE!

We would love to see and hear about your amazing results.

Your experience may be the exact motivation someone is looking for.



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## M'LIS WELLNESS SYSTEM



To learn more about M'lis 1.800.548.0569 | [www.mlis.com](http://www.mlis.com)