

# Clear Change® Metabolic Detoxification

## Reset & Renew Your Body with the Clear Change Program

Metabolic detoxification is a targeted nutritional therapy that enhances your body's natural purification process to help eliminate unwanted chemicals or harmful compounds.



### CHOOSING THE RIGHT DETOXIFICATION PROGRAM

When choosing a detox program, it's important to verify that it:

- is based on researched protocols
- supports all 3 phases of detox
- comes from a trusted healthcare manufacturer
- is practitioner-supervised
- is tested for safety and efficacy
- ensures proper nutrient intake
- provides comprehensive tools and support

Achieve your maximum health potential by choosing the right detox program—one that will help you reset and renew your body through targeted nutritional support.

### Signs You May Need a Clear Change

- Difficulty concentrating\*
- Mood swings\*
- Irritability\*
- Trouble sleeping\*
- Waking up feeling unrefreshed\*
- Live or work around environmental pollutants\*
- Lack of energy\*
- Chemical sensitivity
- Desire to enhance liver detoxification function\*
- Feeling bloated\*
- Digestive discomfort\*

### ENVIRONMENTAL FACTORS

The CDC's Fourth National Report on Human Exposure to Environmental Chemicals tested

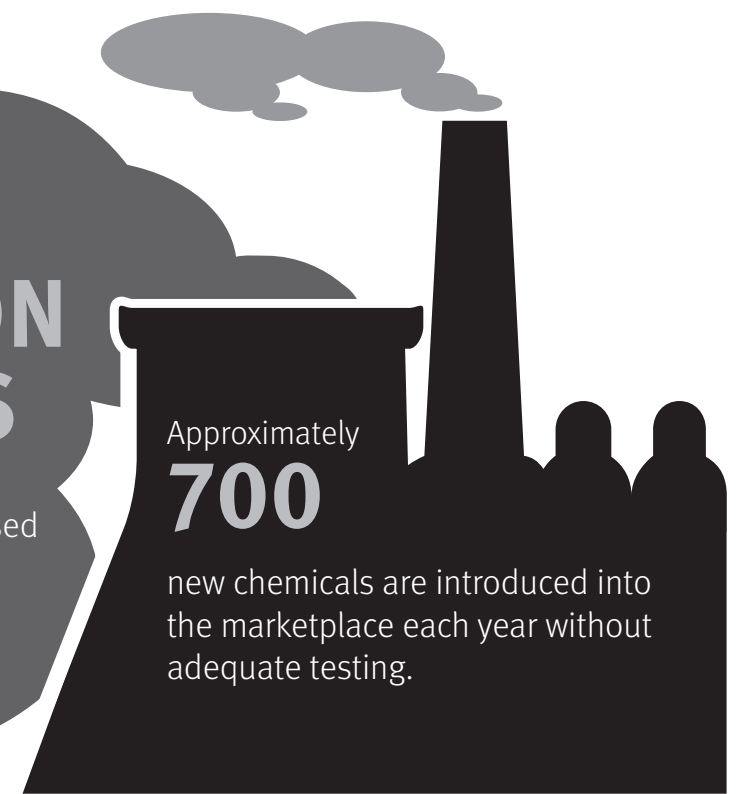
**212 CHEMICALS**  
AND FOUND ALL TO BE IN THE BLOOD AND URINE OF MOST AMERICANS.



Each year, more than

**4 BILLION POUNDS**

of chemical compounds and pollutants are released into the environment.



Approximately **700**

new chemicals are introduced into the marketplace each year without adequate testing.

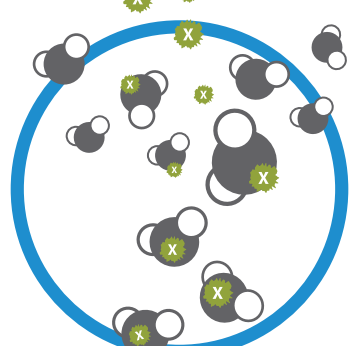
### HOW SHOULD METABOLIC DETOXIFICATION WORK

The body is naturally designed to undergo 3 separate phases of the purification process. Environmental overload combined with a lack of nutrients can undermine or alter this process, leading to various health-related concerns. The three phases are as follows:



#### PHASE I—Functionalization

Enzymes in the liver break down xenobiotics (foreign chemical substances), which produces highly reactive, free radical molecules that can impact cellular function unless further processed.



#### PHASE II—Conjugation

Large molecules join together with modified xenobiotics to produce water-soluble substances that could be removed from the body.



#### PHASE III—Elimination

During elimination, water-soluble substances are excreted mainly via the urine or stool.

### LIFESTYLE FACTORS



UNHEALTHY DIET



HERBICIDES



INSECTICIDES



POLLUTED WATER



SANITIZERS



ALCOHOL CONSUMPTION



### NOT ALL DETOXIFICATION PROGRAMS ARE "SAFE"

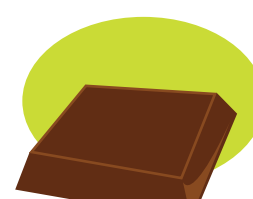
A practitioner-supervised detoxification program is the safest. Typical cleanses and juice fasts may actually deprive your body of the essential nutrients it needs, causing unwanted side effects.



FAD DIETS

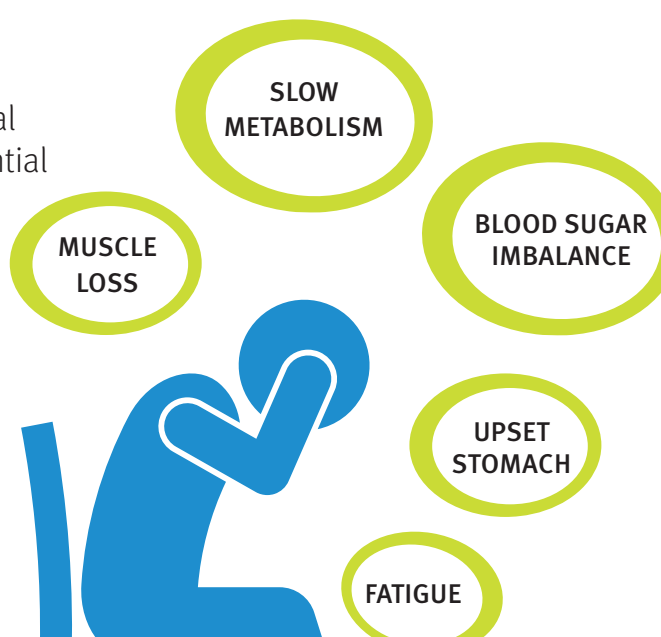


JUICE FASTS



LAXATIVES

Potentially harmful programs may lead to:



For more information visit [ClearChangeProgram.com](http://ClearChangeProgram.com)

