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.

**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.

**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.

For more information visit ClearChangeProgram.com