



7 DAY METABOLIC DETOX

Why Detox?

Simple...
to “Get Your Life Back!”

GETTING STARTED IS SIMPLE

Use the information in this booklet, along with your practitioner’s instructions and supervision, and you will be well on your way toward accomplishing your goals!



*This information has not been reviewed by the Food and Drug Administration. These formulas are not intended to diagnose, treat, cure, or prevent any disease.

†These benefits represent a compilation of results of many patient cases. The reader may not experience and should not expect the same results as those achieved in other cases.



KIZER
wellness X

**FORMULAS
TO HELP
YOU ALONG
THE WAY**

Reset & Renew is a comprehensive, fructose-free, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Vegan Protein Blend, Kizer Pharmacy's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic®† and methylcobalamin. In conjunction with a modified elimination diet, Reset & Renew addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.*

ColonEase is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.*

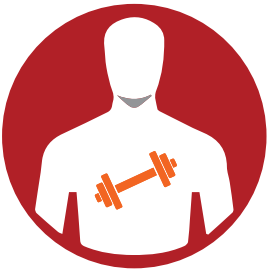
THREE IMPORTANT COMPONENTS FOR A SUCCESSFUL CLEANSE

HYDRATION



Water is essential for adequately hydrating cells and ensuring a successful cleanse. You should drink at least two quarts of water daily, preferably filtered through an absolute 1 micron water filter or by reverse osmosis for the best purity. A good rule of thumb to follow is to take your weight, divide it in half and consume that number in ounces of water per day. So, a 150 pound person should drink 75 ounces of water daily.

EXERCISE



As your practitioner will tell you, exercise is an important component of a healthy lifestyle, but it is also an important component of a healthy cleanse. If you don't already have an exercise routine, you should work with your practitioner to develop one that works for you. Not only can exercise help you control weight and combat a variety health problems, exercise can also help improve your mood and energy levels, and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise, as this can hinder the success of your cleanse.

REST



Your body's cells go into "repair mode" at night, which is why it's essential to get seven to eight hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbs and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases.

DIETARY SUPPLEMENT SCHEDULE

TWO DAYS BEFORE STARTING THE DIET AND SHAKES:

1. Swallow two capsules of ColonEase with water at bedtime. If your GI tract is experiencing optimal elimination, take only one capsule of ColonEase with water at bedtime or as directed by your healthcare practitioner.

Formula	Dose	When	Notes
ColonEase	2 capsules daily with water	bedtime	If good bowel regularity and stool consistency, may use 1 capsule

DURING YOUR CLEANSE:

1. Continue to take one or two capsules of ColonEase at bedtime as above, or as directed by your healthcare practitioner.
2. Consume Reset & Renew shake(s) according to the shake schedule on page 10, or as directed by your healthcare practitioner.

Formula	Dose	When	Notes
ColonEase	1-2 capsule(s) daily with water	bedtime	Dose based on bowel regularity and consistency
Reset & Renew	1-2 shakes daily	breakfast and snack	See shake calendar. May substitute for lunch or dinner protein occasionally*

*Follow specific guidelines described in Reset & Renew directions in the Sensitive Patient section (Page 11).

3 EASY STEPS

Choose Your Foods

Design Your Menus

Make Your Shakes

A large part of your cleanse involves eliminating certain foods from your diet that are commonly seen allergens or sensitivities, or may interfere with your body's natural detoxification processes. Even though some of your favorite foods might be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself, it's about making small improvements in your diet to improve your health. These guidelines focus on good, whole foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.

Step 1: Choose Your Foods

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce, non-GMO, grass-fed, free-range protein sources, and wild fish from cold, deep waters, using the options listed in the "Eat This" column of the Modified Elimination Diet (pages 8-9). If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained on the table below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

Buy ONLY Organic

Apples	Nectarines (Imported)
Celery	Peaches
Cherry Tomatoes*	Potatoes*
Cucumbers	Snap Peas (Imported)
Collards	Spinach
Hot Peppers*	Strawberries
Kale	Sweet Bell Peppers*

OK to Buy Non-Organic

Asparagus	Mangoes*
Avocados	Onions
Cabbage	Papayas
Cauliflower	Pineapple
Eggplant*	Sweet Corn
Grapefruit*	Sweet Peas (Frozen)
Kiwi	Sweet Potatoes

*These foods are not included within the "Eat This" options of the Modified Elimination Plan.

Step 2: Design Your Menus

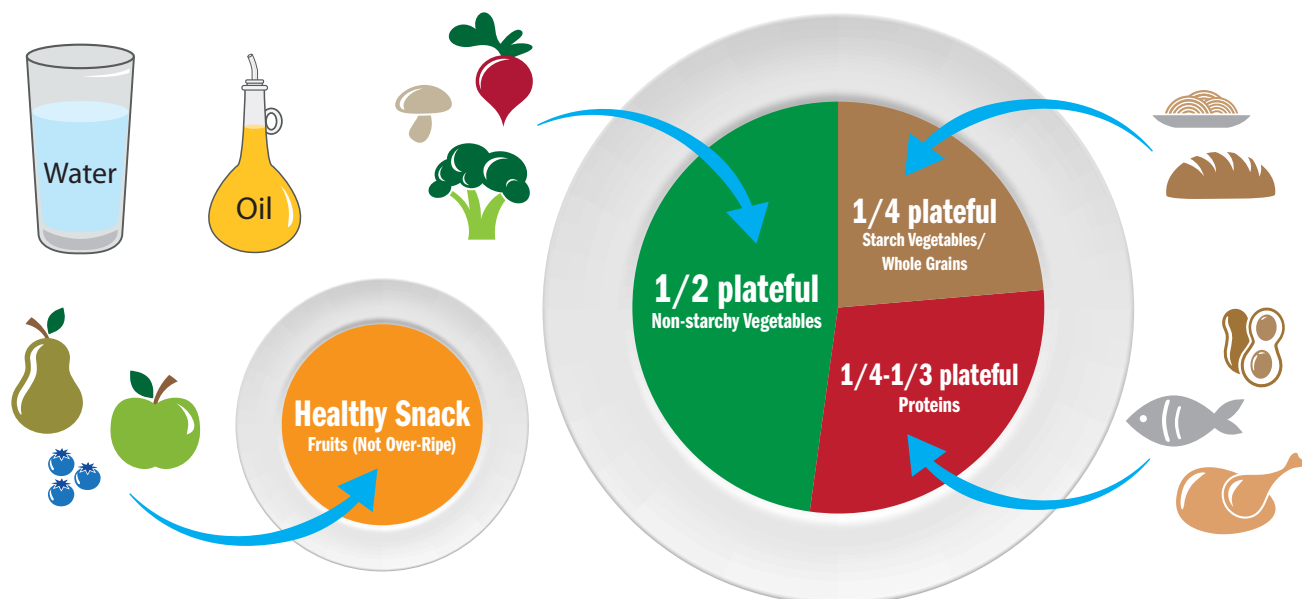
Choose foods from the “Eat This” column on the Modified Elimination Plan to arrange three meals per day. You may also add the occasional snack. Unless your practitioner has made specific recommendations regarding the amount and distribution of carbohydrates, proteins and fats for each meal, select at least one source each of protein, carbohydrate and fat per meal. Examples of these macronutrients are below.

Proteins	animal sources, poultry or fish, eggs, cheese, nuts, nut butter, beans
Carbohydrates	fruits, vegetables, beans, breads, cereals, pasta, grains
Fats	butter, oils, coconut, nuts, nut butters, avocado, naturally occurring fat in protein sources






Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources, as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.

Select a variety of colorful foods at each meal – your plate should look like a rainbow. Now is a great time to experiment and try new foods, and don’t forget to make use of leftovers. The goal is to try and eat as wide a variety of foods, but not just over the course of your cleanse, try to maintain these habits for life.

Healthy Eating






Modified Elimination Diet

Food Group	Eat This (preferably organic) Avoid all foods of known allergy/sensitivity	Don't Eat This
Meat, Poultry, Fish, Legumes 	Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.), all legumes, dried peas, beans, lentils	Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish, and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved.
Dairy Products 	Unsweetened milk substitutes such as rice, almond, coconut, hemp milk (only if not allergic/sensitive to nuts); vegan-style rice cheese; unsweetened cultured coconut milk	Milk, soy milk**, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese**, casein/caseinate-containing rice cheese.
Starches, Breads, Cereals 	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/wild/basmati rice, beans, peas, plus any 100% whole grain cereal or baked goods made from the above or any other gluten-free and allowed ingredients	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, "farro", triticale, malt). Avoid soy**, oats**, corn**, and products made from these, unless practitioner approved. Avoid yeast, unless practitioner approved.
Vegetables 	All vegetables (except those in the "Don't Eat " box) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, watercress, radish, turnip, turnip greens, kohlrabi; vegetables in the Lily family such as asparagus, chives, garlic, leek, onion, shallot and yucca	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially-prepared casseroles, vegetables in the nightshade† family including: eggplant, peppers, potato, tomato, tomatillo
Fruits 	Preferably whole and fresh or unsweetened frozen. Preferably low-glycemic, all berries, apple, plum, apricot, etc.	Overly-ripened fruit, high-glycemic fruits (pineapple, raisins, ripe banana, dates, watermelon, etc.), highly allergenic fruits (citrus, mango), sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups

** Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oat only if your practitioner approves. Corn has a relatively high glycemic index and is not tolerated by everyone. Use only in small amounts and as tolerated. Avoid peanuts and tree nuts, unless practitioner approved. Use soy only if practitioner approved.

† Nightshades include pepper (except black and white), pimento, and paprika.

Modified Elimination Diet

Food Group	Eat This (preferably organic) Avoid all foods of known allergy/sensitivity	Don't Eat This
Soups 	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient. Any soup containing MSG and/or yeast
Beverages 	Unsweetened, freshly prepared vegetable juices from allowed vegetables, filtered water, caffeine/citrus-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas
Fats, Oils, Nuts 	Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/additive free), nuts, unsweetened nut butter made from nuts to which there is not sensitivity or allergy (not > 2 tbsp per day)	Margarine, shortening, unclarified butter, refined oils, salad dressings and spreads, peanuts, nuts/nut butters prepared with extra fat and/or sugar. Dry roasted nuts
Sweeteners 	Stevia, xylitol (as tolerated)	Brown sugar, honey, molasses, maple syrup, agave, fructose, all artificial sweeteners
Condiments 	Salt-free herbs and seasonings; for example, basil, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, tumeric. Iodized sea salt, not to exceed _____ per day.	Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika, cayenne

To ensure optimal detoxification, be sure to stick to foods in the “Eat This” column of this modified elimination diet list. These foods were chosen because they are: nutrient dense, easy to digest, non-fermented, non-refined, low-glycemic, have a low allergenicity and are low on the food intolerance/sensitivity spectrum, and are also free of gluten, nitrates, MSG, high-fructose, trans/hydrogenated fats, hormones and antibiotics.

Step 3: Make Your Shakes

The functional food shake your practitioner has recommended is a vital part of your detox program. Consume it in the amount and frequency noted, or as directed by your practitioner. To maximize your enjoyment, mix it up by trying some of the shake recipes below.

DIRECTIONS:

Blend, shake, or briskly stir two level scoops (53 grams) of Reset & Renew into 10-12 ounces of chilled water and consume as your breakfast or as a snack. Consume according to the schedule in this guide, or use as directed by your healthcare practitioner.

A Berry Delicious Shake

10 oz. cold, filtered water
1-2 oz. crushed ice
1 scoop Reset & Renew Vanilla
5 medium frozen blackberries
5 medium frozen blueberries
7 pecans
Combine in blender; mix until smooth.

Chai Tea Shake

2 scoops Reset & Renew Vanilla
1/2 cup liquid Chai tea
(Such as Third Street or Tazo)
1/2 cup water
5 or 6 ice cubes
Combine in blender; mix until smooth.

Cherry Vanilla Shake

2 scoops Reset & Renew Vanilla
8 frozen cherries
1 cup water
3 to 4 ice cubes
Combine in blender; mix until smooth.

Pumpkin Pie Spice/Café Shake

1 ½ cups ice and water (or cold decaf coffee)
1 scoop Reset & Renew Vanilla
1/8 tsp pumpkin pie spice or to taste
Combine in blender; mix until smooth.

Shake Schedule

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Shake	Shake	Shake	Shake	Shake	Shake	Shake
Snack [†]							
Lunch	Shake	Shake	Shake	Shake	Shake	Shake	Shake
Snack [†]							
Dinner							
Snack [†]			*	*	*	*	

[†]Snacks (food) are optional; generally not encouraged, except occasionally.

* The afternoon shake may be used at bedtime if preferred.

Also note: You will have a few extra servings of shake mix in the canister.

You may wish to use these for a quick nutritious breakfast or a snack even after you have finished your cleanse.

Guidelines for Sensitive Patients

If you are considered a reactive or “delicate” person, it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support or a genetically altered ability to detoxify. Sensitive patients are like “weather vanes.” Any gust or change in the wind may affect them—from foods to perfumes and household cleansers to cosmetics—because they are already overburdened.

Using the rule “**START LOW, GO SLOW**” is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of Reset & Renew, you will need to take things slowly, and in small steps. These responses are **not from the product**, but rather from the **release of toxins** from your cells as your body works to eliminate them. The body wants toxic compounds to be released so that the metabolism of the cell can work as it should.

**Sensitive patients should follow
the modified dietary supplement schedule below.**

ColonEase – *One or two capsules taken at bedtime allow the bowel to evacuate gently and more completely. **NEVER DETOX** if you are constipated. The goal is to get the toxins out. Begin taking ColonEase two nights **BEFORE** starting Reset & Renew to ensure a functioning bowel.*

Reset & Renew – *The comprehensive pea/rice protein in this formula allows gentle detoxification while it supports gastrointestinal comfort and function. Free of reactive ingredients, like gluten, soy, GMOs, artificial compounds, and more, Reset & Renew can assist you in ridding your body of troublesome toxins. You can enjoy better health and vitality, while reducing your sensitivity to a toxic world. Reset & Renew started at one scoop, one time per day, for two to five days. The increase to one scoop two times per day should happen after the assurance that there will be no uncomfortable detox response. Each increase should be maintained for two to five days before advancing to the higher dose. Ultimately, dosing should cap at two scoops per day, twice per day, with the first serving as breakfast and the second as a late-afternoon snack.*

If you experience any instance of discomfort, return to the previous dose for two days, then increase again. Stay optimistic, your patience will be well-rewarded!



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If pregnant or lactating, please consult your healthcare practitioner before using any nutritional supplement.

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