



# 15-Day Metabolic Cleanse Feel Better - Lose Weight

*"I conducted a clinical trial with 12 patients to evaluate the effectiveness, how patients liked it and the "do-ability" of the program."*

On this Wellness Minute I'd like to share a simple method of how symptoms can be reduced an average of 65% in only 15 days! The method I am talking about is called the "NutriClear Plus 15-Day Metabolic Cleanse Program." I was curious to find out how well this cleanse worked, so I conducted my own independent clinical trial with 12 trial kits to evaluate effectiveness, how patients liked it and the "do-ability" of the program. Patients filled out symptom questionnaires before and after the 15 day program. Take a look.

On this graph, you can see the scores ranged from 13, patient F, to 106, patient K, so there was a tremendous range of symptoms. Here's a graph overlaying the before and after symptoms. Some of the drops were significant. Patient A went from a score of 50 to 8 with a drop in symptom scores of 84% and she lost 12 pounds.

In reviewing the numbers, I also considered the possibili-



ty that some men are not as precise with the description of their symptoms, for example Patient K. His score only dropped from 106 to 72, 32%, but here's what he said about the program. "I have lived with chronic joint and back pain for years and was very skeptical that anything could ever help. I really did not think doing a cleanse for only 15 days would make any difference. I was very wrong. After 15 days the pain in my hands and knees was nonexistent. The pain in my back was greatly reduced and as an added bonus I

also lost some weight. For anyone that is the least bit skeptical I say do it. It is truly a game changer and will help you continue on a path to wellness."

Even though his symptom score dropped only 32%, he lost 10 pounds and is highly motivated to get healthier. Patient I said her symptoms dropped from 76 to 12 or 84%. She lost 8 pounds. Here's what she said. "Despite participating in traditional medical therapies, I struggled with several serious health crises for

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several years. Since the therapies I was using were not working, I was excited to start the 15 day cleanse. I found the shakes delicious and the diet to be very easy to follow. After the first week, I noticed that I had more energy and I had started to lose weight and felt a dramatic reduction in pain and inflammation. I highly recommend the 15 day cleanse if you want to begin a healthy lifestyle."

Here's a weird phenomenon. Patient E only scored 13 on his pre-test, normally someone I would not put on a cleanse. But he had suffered from an extreme eczema outbreak on his hands for eight months. Here's what he said, "Nothing topical was helping to give me relief. The 15 day cleanse, and giving up dairy in my diet, cleared up my eczema." Patient E's post symptom score dropped to 2 and oh, he lost 4 pounds.

Finally, here's what Patient G had to say after she had a drop in symptom score of 85%. "I literally had severe pain in all my joints from my toes to my neck. All my muscles hurt. I went to see several chiropractors 2-3 times a week for four years to deal with the pain and inflammation and relief was temporary at best. Despite daily ibuprofen, botanicals, aspirin, occasionally some script meds the pain was tolerable but it was always present. After going on the internet, I thought I had fibromyalgia although I never went to see an MD. Virtually, my whole body hurt every day. By the second week of the cleanse I was dramatically better. My alternating constipation and diarrhea have ceased and now I have two regular bowel movements each day. I sleep better and longer. This has been a life changing experience for me and my family. "



Here's how the kit looks. As you open the box you see 30 powder pouches, and in a separate compartment, 30 packets of supplements, along with a guidebook. The powder mixed as a shake and a supplement packet are taken twice per day. From the guidebook, a choice for one prepared meal is selected daily. Suggestions are also included for between meal snacks.

The powder in each pouch contains 17 grams of protein from organic peas and 6 grams of fiber. The goal of the mixed shake is to heal the gut and supply the microbiome with healthy foods to multiply. Since 2 pouches are taken each day, you are getting 34 gram of protein and 12 grams of fiber in addition to the vitamins, minerals, amino acids in a chlorophyll rich base that feeds the microbiome. The 30 packets contain digestive support, organic beets to facilitate liver-gallbladder drainage and a host of liver-lymph nutrients to support methylation and liver detoxification.

I think you get the flavor. As a result of the 15 day cleanse, all 12 patients experienced a reduction in their symptoms, a total average of 65%. And all patients lost an average of 7-9 pounds. Whether their scores were high or low, they all reported less inflammation and more mobility. NutriClear Plus is a great way to "reset" or "jump start" your health. It's easy. The program comes with a guidebook for the one prepared meal daily, and suggestions for between-meal snacks.

You can learn more about NutriClear Plus by contacting the clinic on this page. After conducting my own independent trial, I'm convinced. As for anyone else, think about that quote by Patient K, who said "For anyone that is the least bit skeptical, I say do it."

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