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What if I told you a simple 15-day program could reduce your patients’ overall symptoms an average of 65%? I don’t know about you, but I get a little gun shy when I hear about a new program. I’m open to change, but I am cautious. The program I am talking about is called the “NutriClear Plus 15-Day Metabolic Cleanse.”

So, I conducted my own independent clinical trial with 12 kits to evaluate effectiveness, compliance, and the “do-ability” of the program. Patients filled out symptom questionnaires before and after the 15-day program. The symptom questionnaire we used was developed by Dr. Abbas Qutab for his comprehensive detox program. You may want to consider adding this form to your intake process. There’s a link to it on this page. Feel free to download it and use it.

Dr. Abbas finds anyone with a score of 14 or more will benefit from a cleanse program. Here’s the graph overlay we used to chart patient symptom scores for the clinical trial. As you can see, any patients whose scores are above the dotted line (in the red area) are good candidates



for a metabolic cleanse program. Here’s the charting of the 12 patients’ total symptom score before the cleanse. All but 1 of the patients were in the red area with many of them having a high symptom burden. You can see the scores ranged from 13 (patient F), who didn’t really need a cleanse, to 106 (patient K), so there was a tremendous range of symptoms.

Patients A-L all went on the simple NutriClear Plus 15-Day Metabolic Cleanse. I was actually kind a shocked at these results. The top line is the pre-cleanse symptom burden, the lower line shows post-cleanse symptom scores. The average drop in symptoms for

the 12 patients was 65%! 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 learned to not be attached to the high scores. I think some men are not as precise with the description of their symptoms. For example, patient K’s 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 only dropped 32%, he lost 10 pounds and is highly motivated to take the next step.

Look at patient I. Her symptoms dropped from 76 to 12, or 84%, and she lost 8 pounds. Here's what she said. “Despite participating in traditional medical therapies, I struggled with several serious health crises for 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 been suffering 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, but 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 has ceased, and now I have two regular BMs 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 1 prepared meal is selected daily. Also, suggestions are 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 shakes 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 feed 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. Patients experience a reduction in their symptoms via various mechanisms. Whether their scores were high or low, they all reported less inflammation and more mobility. The average weight loss was between 7 and 9 pounds over 15 days.

Consider using this program with all your new patients. To me, this is a great way to start a patient on an anti-inflammatory wellness program while you are gathering data or adjusting their musculoskeletal system.

I strongly suggest you to try this yourself and with your staff. I always like to try programs, so I can judge “user-friendliness.” It's so easy, and compliance rate is high. By the way, make sure you use the attached symptom survey and get pre and post scores including weight measurements. The more you can show people how they have changed, the easier it is to “keep them in the GAME” and asking for more.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.