

## Standard Process 21-Day Purification Program:

### TROUBLESHOOTING

Tiredness & Fatigue	Common during the first couple days and should pass quickly. Ensure 7-8 hours of sleep a night.  Try adding SP Whey Protein to your shakes for additional protein (1 scoop).
Constipation	Ensure a minimum of 8 glasses of spring water a day. Try drinking Senna tea. Consult Dr. K about adding supplements for bile congestion support.
Diarrhea	Possible reaction on first day, but not common. If lasting more than 1 day, call the office immediately.
Skin Breakouts	If a severe rash develops call the office immediately.  It is common to experience skin irritation due to increased removal of toxins via the pores of the skin. As the body attempts to clear away toxins and move them out to the urine, stool and sweat, a brief inflammatory response may be encountered. This will usually disappear quickly.
Headache	Headaches can occur in the first week of the program. Caffeine and sugar withdrawal is the usual culprit. Coffee/cola drinkers may use Green Tea to step off from caffeine. Avoid synthetic NSAIDS, Tylenol and aspirin. Consult Dr. K about adding a natural pain reliever or anti-inflammatory.
Heavy Cravings	Eat more frequently. Try adding cinnamon to your shakes. Consult Dr. K about adding Gymnema supplement for blood sugar support.
Eating Out	Drink a shake or eat an approved snack prior to going out. It will curb your appetite and make sticking to the program easier. Know in advance what you are going to order and stick with it! Most restaurants have online menus and nutritional data. Ask how food is prepared. Often on request, many restaurants will substitute lemon juice instead of butter. Ask for fish to be grilled or baked instead of fried. Be careful at salad bars! Order dressings on the side, opting for oil and vinegar or simple lemon, pepper and salt.