



When you're ready to detox, be sure to do it right!

Clear Change® Program

Safe and Effective Metabolic Detoxification Program – brought to you by Lavage Wellness Center and Metagenics®

At Lavage Wellness, I care about your health and encourage you to own your wellness journey. When it's time to detox, I have designed a program using the gold standard in metabolic detoxification as the foundation, supplemented by colonics, supporting supplements, and additional detox spa treatments.

In the United States, tens of thousands of chemicals—many of which are toxic—are used by industries to make products such as automobiles, clothing, and pharmaceuticals.¹ In 2012 alone, the Environmental Protection Agency (EPA) Toxin Release Inventory (TRI) reported that 3.63 billion pounds of chemicals were disposed of or released to air, water, or land.¹ The sheer volume to which humans are exposed to these toxicants and biological toxins on a daily basis can overburden the body's natural metabolic detoxification capacity. Long-term exposure to toxins is associated with a number of challenges, such as fatigue, waking up feeling unrefreshed, difficulty concentrating, mood disturbances, and gastrointestinal disturbances.*²⁻⁴

Research has shown that certain nutritional ingredients including xanthohumol, broccoli, isomaltoligosaccharides, green tea catechins, ellagic acid, N-acetyl-L-cysteine, L-ornithine, and zinc can support the body's detoxification function and help facilitate the removal of undesirable compounds from the body.*⁵⁻¹⁴

The Clear Change Program – which includes these targeted ingredients – is designed to enhance the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities.* We offer value-priced bundles for 10-day and 28-day programs that include a low allergy-potential menu plan, targeted nutritional support, moderate exercise recommendations, and tips for stress management.



Why Clear Change?

- Choice of UltraClear Plus®, UltraClear Plus® pH, or UltraClear® RENEW nutritional powder mix for metabolic detoxification support.*
- All UltraClear formulas deliver advanced, specialized nutritional support for Phase I and II detoxification.*
- UltraClear RENEW and UltraClear Plus pH also benefit Phase III detoxification by nutritionally supporting alkalization and excretion.*
- All UltraClear formulas are designed to complement a diet that is strategically structured to reduce the impact of processed foods and excess simple sugar by providing an array of nutrients that support the 3 phases of detoxification.*
- AdvaClear® dietary supplement supports balanced metabolic detoxification activity and provides antioxidant protection.*
- Free blender cup, comprehensive program guide, and program diary.
- Online support options include a free webinar, additional recipes, FAQs, and daily motivational emails.

*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.

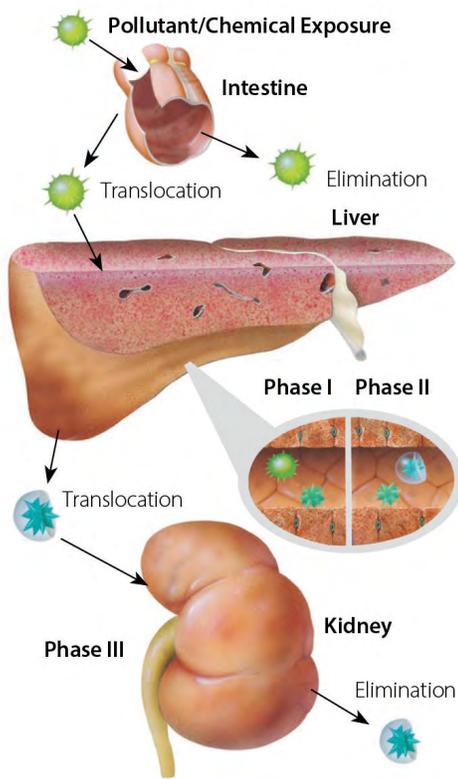


Figure 1: Three Phases of Metabolic Detoxification

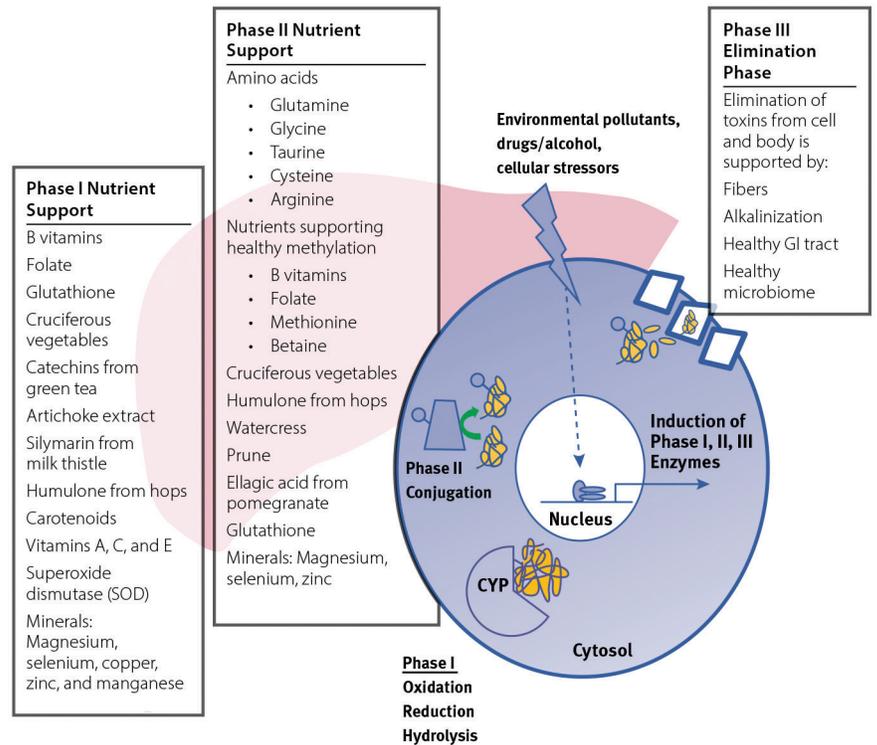


Figure 2: Phases of Detoxification and Associated Nutrients and Foods that support the process.

Scientific Rationale

Metabolic detoxification consists of 3 main phases (Figure 1):

Phase I (functionalization) — Cytochrome P450 enzymes in the liver break down harmful substances, generating highly reactive molecules and free radicals.

Phase II (conjugation) — Large molecules are conjugated with newly modified substances, producing more water-soluble, less harmful substances.

Phase III (elimination phase) — Protein transporters export conjugated substances from the cell for eventual elimination. Toxins are mainly eliminated from the body via urine, feces, and sweat.

The impact of toxic exposures on the body can be exaggerated or mitigated by the person's nutritional status.¹⁵

It is important to promote the endogenous mechanisms of detoxification to promote health. Many nutritional ingredients have been shown to support metabolic detoxification and protect against free radicals generated during the detoxification process (Figure 2).*

References:

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13. Batra N, Nehru B, Bansal MP. The effect of zinc supplementation on the effects of lead on the rat testis. *Reprod Toxicol.* 1998;12(5):535-540.
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Lavage Wellness Center Clear Change® Package

10-Day Option or 28-Day Option

When you enjoy the gold standard in metabolic detoxification, the Clear Change® program from Metagenics, combined with specially selected services from Lavage Wellness Center, you will feel a difference! This detox package is a great way to reset, reboot, detoxify, and feel good. Round it out with support from fish oil and probiotics, and you are on your way to feeling great!

Not all cleanses are the same. Metagenics Clear Change is tested, tried and true, for over 30 years. In addition to all its great benefits, it is the only detox on the market that has Phase 1 & 2 liver enzyme nutritional support, Phase 3 elimination nutritional support, and heavy metal clearance nutritional support.

Benefits in just 10 days:

- Average 7-10 lbs weight loss
- Boost Immunity
- Improve digestive/GI Health
- Reduce Inflammation
- Balance Hormones
- Recharge Energy
- Lower your toxic burden
- Reset clean eating

Choose between the 10-day or 28-day program. Don't know which one you need?

You can take this [detox questionnaire](#) self-assessment to help you decide which program is right for you.

Metabolic Detoxification Questionnaire

Part 1: Symptoms

Name: _____ Date: _____

Rate each of the following symptoms based on the last week using the point scale below:

0 Never or rarely have the symptom	3 Frequently have it, effect is not severe
1 Occasionally have it, effect is not severe	4 Frequently have it, effect is severe
2 Occasionally have it, effect is severe	

<p>Digestive Tract</p> <p>Nausea, vomiting <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Diarrhea <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Constipation <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Bloated feeling <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Heartburn <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Intestinal, stomach pain <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Digestive Total: 0</p> <p>Joints / Muscles</p> <p>Pain or aches in joints <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Arthritis, joint swelling <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Stiff or limitation of movement <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Pain or aches in muscles <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Feeling of weakness or tired <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Joints / Muscles Total: 0</p> <p>Emotional</p> <p>Mood swings <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Anxiety, fear, nervousness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Anger, irritability, aggression <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Depression <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Emotional Total: 0</p> <p>Weight / Food</p> <p>Binge eating, drinking <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Craving certain foods <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Excessive weight <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Compulsive eating, food addictions <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Water retention <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Underweight <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Weight / Food Total: 0</p> <p>Energy / Sleep</p> <p>Fatigue, sluggishness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Appathy, lethargy <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Hyperactivity <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Restlessness, achiness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Sleep disturbances <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Energy / Sleep Total: 0</p> <p>Skin</p> <p>Acne <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Hives, rashes, dry skin, redness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Hair loss <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Flushing, hot flashes <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Excessive sweating <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Skin Total: 0</p> <p>Heart</p> <p>Irregular or skipped heartbeat <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Rapid or pounding heartbeat <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Chest pain <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Heart Total: 0</p> <p>Other</p> <p>Frequent illness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Frequent or urgent urination <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Genital itch or discharge <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Other Total: 0</p>	<p>Respiratory</p> <p>Chest congestion <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Asthma, bronchitis <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Shortness of breath <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Difficulty breathing <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Respiratory Total: 0</p> <p>Eyes</p> <p>Watery or itchy eyes <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Swollen, red, or stinky eyelids <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Bags or dark circles under eyes <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Blurred or restricted vision <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Eyes Total: 0</p> <p>Nose</p> <p>Stuffy nose <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Sinus problems or dripping nose <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Hay fever <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Sneezing attacks <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Excessive mucus <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Nose Total: 0</p> <p>Mouth / Throat</p> <p>Frequent, consistent coughing <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Gagging, need to clear throat <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Sore throat, hoarse, loss of voice <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Swollen or discolored tongue, gums, or lips <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Canker sores, other mouth sores <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Mouth / Throat Total: 0</p> <p>Ears</p> <p>Itchy ears <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Earaches, ear infections <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Drainage from ear, wax buildup <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p> ringing in ears, hearing loss <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Ears Total: 0</p> <p>Head</p> <p>Headaches <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Faintness or lightheadedness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Dizziness <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Head Total: 0</p> <p>Cognitive</p> <p>Poor memory, recall <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Confusion, poor comprehension <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Poor concentration <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Poor physical coordination <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Difficulty in making decisions <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Stuttering, stammering <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Slurred speech <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>Learning disabilities <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p style="text-align: right;">Cognitive Total: 0</p>
<p>Grand Total 0</p>	

For Practitioner Use Only:

Urinary pH _____



Clear Change Option 1: 10-Day Detox + Colonic + Spa Treatments!

\$259 (Value \$330)

What you get:

UltraClear Renew

Advaclear- provides detoxification and antioxidant support

Shaker cup and blender ball

Cleansing guide including online web based daily support

One Colon Hydrotherapy Session

Two Spa Treatments of your choice

10-15 minute consultation call with Lucinda to answer questions
(if desired- not required)

*Fish oil and probiotics needed to support program. If you do not have them, you may purchase them along with your detox kit (additional \$68 includes both).



Clear Change Option 2: 28-Day Detox + Colonics + Spa Treatments!

\$589 (\$679 value)

What you get:

UltraClear Renew for 28 days

Advaclear- provides detoxification and antioxidant support

Shaker cup and blender ball

Cleansing guide including online web based daily support

Two Colon Hydrotherapy Session

Four Spa Treatments of your choice

10-15 minute consultation call with Lucinda to answer questions
(if desired- not required)

*Fish oil and probiotics needed to support program. If you do not have them, you may purchase them along with your detox kit (additional \$68 includes both).

