

# Neways 30-Day Total Body Tune-Up

(7.10.12 SH)

## Helpful Hints

- For best results use these instructions for preparing the **Cleansing Tea**:
  1. Bring water to a rolling boil (if you do this in the microwave, thank, appreciate and love the water first, per Dr. Masuro Emoto's studies)
  2. Steep tea for 5 to 7 minutes, or to your taste. Can make a larger pot and use over 2 days.
  3. Sweeten with honey, agave, stevia or other flavoring if desired
- *Purchase all the product you will need for the month.*
  - **Cleansing Tea** provides a blend of herbs that helps detoxify the colon and encourages a healthy movement of fecal matter without weakening adjacent muscles and tone.  
*(1 or 2 boxes needed--see questions pg.2) #1031 \$28.50 PV/Whls, \$40.90 retail*
  - **Maximol Solutions®** gives your body a rich source of essential minerals to sustain healthful vigor and promote mineral balance. 1 oz. = 2 TBS. Can take at one time or separate portions. *(2 bottles needed) #1835 \$28.80 PV/whls, \$41.45 retail*
  - **Green Qi** powerfully alkalizes, detoxifies, and provides vitamin & mineral support. Can mix with juice if desired. *(1 jar needed) #1710 \$30.70 PV/whls, \$43.95 retail*
  - **Fiber 5** provides multiple sources of fiber and probiotics with a light citrus flavor that can be mixed at the last minute into the Green Qi. Drink quickly as it thickens over time.  
*(1 jar needed) #1705 \$32.PV/ \$35.00 whls, \$51.00 retail*
  - **Feelin' Good®** provides a rich fiber source with detoxifying herbs to facilitate cleansing (Take this at the opposite time of day - AM/PM - than you do the Fiber 5).  
*(1 bottle needed) #1400 \$23.90 PV/ \$28.90 whls, \$41.40 retail*
- It's beneficial to do a companion liver-cleanse, with **Protectiver**; just take one Protectiver tablet 2 - 3 times daily while participating in the Neways 30 Day Total Body Tune-Up Program.  
*(2 bottles needed) #2735 \$18.90 PV/whls, \$27.00 retail*
- **Drink plenty of water.** The most important part of cleansing is to adequately hydrate oneself. This will help to flush out toxins, avoid constipation and alkalize cells. The following formula will help you determine the appropriate amount of water to drink each day.  
**Body weight ÷ 2 + 50 = daily water requirement (in ounces)**  
Take your body weight, divide it by two, and add 50. This will equal the amount (in ounces) of water you should consume daily. For example, a 160-pound individual using the above formula would need 130 ounces of water daily ÷ 8 oz. = 16 ¼ glasses of water daily (or as close to that as you can get it!)
- **Dry Skin Brushing *daily***– Use a natural bristle long handled brush, or loofah. Start at your extremities and brush *all your skin towards your heart* to increase lymphatic drainage. Especially important during colon and parasite cleansing....but good all year round.
- Neways 30 Day Total Body Tune-Up cleansing program may be used every 4-6 months for optimal intestinal health. You can also do it for a couple months in a row if needed.
- If one wishes to use the 30-day Total Body Tune-Up with the 60-Day Purge Purification Program, do the 30-day program first, then begin the 60-Day program the next month or so.

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Neways 30-Day Total Body Tune-Up  
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**Determine how much Cleansing Tea you will need to take:**

ALTHOUGH EVERYONE HAS SIMILAR NUTRITIONAL NEEDS, EACH PERSON'S BODY WILL REACT DIFFERENTLY TO NEWAYS CLEANSING TEA. THIS QUESTIONNAIRE WILL HELP YOU DETERMINE YOUR OPTIMAL CLEANSING PROGRAM.

Neways Cleansing Tea  
**DOSEAGE QUESTIONNAIRE**

1. How frequent are your bowel movements?
  - a. 1+ movements daily
  - b. 1 movement every 2 days
  - c. 1 movement every 3+ days
  
2. What is the average consistency of your stool?
  - a. Soft to watery
  - b. Firm without discomfort
  - c. Hard and fibrous
  
3. What is your history of laxative use?
  - a. Never or infrequent
  - b. Once a week
  - c. Daily

For each answer (a) give 1 point, (b) give 2 points, and (c) give 3 points.

3-5 points follow 1-cup program  
6-9 points follow 2-3 cup program

Having now determined which program is right, and the amount of water you will need, you are now ready to embark on your intestinal cleansing program. The instructions follow.

**If you are above 5 points, have problems with digestion, bloating, gas, frequent colds, fatigue, or have been on anti-biotics, consider adding the following products:**

- o **D-Zyme®** is an excellent source of digestive enzymes to aid in breaking down food.  
*(1 bottle needed) #1040 \$35.90 PV/whls, \$52.45 retail*
  
- o **ProtoZymes™** introduces favorable bacteria essential to healthy digestion & colon motility.  
*(1 bottle needed) #1029 \$34.90 PV/whls, \$49.95 retail*
  
- o **VMM™** strengthens the immune system that has been auto-intoxicated from inadequate digestion/enzymes/chewing, bad food combining, constipation, leaky gut, etc..  
*(1 bottle needed) #1182 \$29.90 PV/whls, \$42.95 retail*

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**1 CUP/DAY CLEANSING PROGRAM**

Check each box as the day's dose is completed

**PREPARE**

Day 1

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 2

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 3

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 4

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 5

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 6

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 7

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

**CLEANSE**

Day 8

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 9

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 10

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 11

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 12

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 13

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 14

- 1 bag Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

**REPLENISH**

Day 15

- 6 caps. D-Zyme®
- 6 caps. ProtoZymes™

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®

- Water

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## Neways 30-Day Total Body Tune-Up (7.10.12 SH)

### Day 16

- 6 caps. D-Zyme®
- 6 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 17

- 5 caps. D-Zyme®
- 6 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 18

- 5 caps. D-Zyme®
- 6 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 19

- 5 caps. D-Zyme®
- 5 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 20

- 5 caps. D-Zyme®
- 5 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 21

- 5 caps. D-Zyme®
- 5 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 22

- 4 caps. D-Zyme®
- 5 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### **MAINTAIN**

### Day 23

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 24

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 25

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 26

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 27

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 28

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 29

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

### Day 30

- 3 caps. D-Zyme®
- 2 caps. ProtoZymes™
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

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**2-3 CUP/DAY CLEANSING PROGRAM**

Check each box as the day's dose is complete

**PREPARE**

Day 1

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 2

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 3

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 4

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 5

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 6

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 7

- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

**CLEANSE**

Day 8

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 9

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 10

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 11

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 12

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 13

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

Day 14

- 2-3 bags Cleansing Tea®
- 1 oz. Maximol Solutions®
- 1 scoop Green Qi™
- 1 scoop Fiber 5
- 6 tablets Feeling Good®
- Water

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## Neways 30-Day Total Body Tune-Up (7.10.12 SH)

### REPLENISH

#### Day 15

- ❑ 6 caps. D-Zyme®
- ❑ 6 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 16

- ❑ 6 caps. D-Zyme®
- ❑ 6 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 17

- ❑ 5 caps. D-Zyme®
- ❑ 6 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 18

- ❑ 5 caps. D-Zyme®
- ❑ 6 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 19

- ❑ 5 caps. D-Zyme®
- ❑ 5 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 20

- ❑ 5 caps. D-Zyme®
- ❑ 5 caps. ProtoZymes™

- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 21

- ❑ 5 caps. D-Zyme®
- ❑ 5 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 22

- ❑ 4 caps. D-Zyme®
- ❑ 5 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

### MAINTAIN

#### Day 23

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 24

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 25

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™

- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 26

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 27

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 28

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 29

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

#### Day 30

- ❑ 3 caps. D-Zyme®
- ❑ 2 caps. ProtoZymes™
- ❑ 1 oz. Maximol Solutions®
- ❑ 1 scoop Green Qi™
- ❑ 1 scoop Fiber 5
- ❑ 6 tablets Feeling Good®
- ❑ Water

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