

Spring Detox Guide

A 14-Day Gentle Cleanse with DesBio's OmniCleanse Program



Welcome

Congratulations on taking a powerful step toward renewing your health! Spring is the perfect season to support your body's natural detoxification processes. Just as we clear out our homes during spring cleaning, this is a beautiful opportunity to refresh your body, mind, and energy.

I really like using the **OmniCleanse Detox Kit** by DesBio because it provides a comprehensive, gentle, and effective way to support your liver, kidneys, lymphatic system, and gut health. Its a 14-day detox that will help you release toxins, reduce inflammation, boost energy, and restore balance with high-quality nutrients, botanicals, and homeopathic ingredients.

This guide walks you through everything you need to get the most out of your 14-day reset.

What's in the OmniCleanse Detox Kit?

The kit includes:

- **OmniCleanse Powdered Drink Mix** - Nutrient-rich detox shake with liver and digestive support
- **OmniCleanse Capsules** - Targeted herbal and nutritional support for detox organs
- **OmniCleanse Detox Homeopathic Drops** - Gentle homeopathic formula to activate drainage and toxin release



OmniCleanse

FOUNDATIONAL DETOX

The only practitioner-directed detox & drainage program that specializes in a detoxification process for the entire body.

WHOLE-BODY DETOX & DRAINAGE



A 14-day system encompassing nutrition, botanical, and homeopathic medicine.

Why OmniCleanse?

1

Support the body as it detoxes. For the modern-day patient, the unavoidable toxins in our food, air, household products, and water supply make cleansing almost a necessity.

This accumulation of toxic build-up, known as the toxic load, can drastically impair the hormonal, digestive, neurological, and immune systems creating a multitude of symptoms and health conditions.

2

Support nutrition in the body through proper diet and supplementation.

- Cleansing and nourishment of multiple body systems
- Support for healthy energy levels and mental clarity
- Improvement in body composition
- Promotion of healthy immune, digestive, and endocrine function
- Preparation of the body for better response to weight-management, pathogen, or other detox protocols

OmniCleanse Program

The Comprehensive Homeopathic Detox & Drainage Kit

This kit contains six homeopathic remedies, each focused on addressing detox symptoms within a particular organ system(s), temporarily relieving symptoms related to blockage of drainage pathways in the body.



LIVER

KIDNEYS
& BLADDER

IMMUNE &
LYMPHATIC

BRAIN

NERVOUS
SYSTEM

INTERSTITIAL
MATRIX

Whole-Body Detoxification

The concept of whole-body detoxification is of paramount importance in the OmniCleanse Detox Program. Many detoxification programs promote organ-specific approaches (such as a liver or GI cleanse), however toxins can be stored throughout the body and focusing on one organ system neglects a large portion of the patient's toxic load.

The OmniCleanse Detox Program provides support for the central and peripheral nervous systems, extracellular space, liver, gastrointestinal tract, bladder, kidneys, and immune systems.



OmniCleanse Capsules & Powdered Beverage

OmniCleanse Capsules provide a sophisticated blend of nutrients, amino acids, botanicals, and enzymes for the advanced support of liver detoxification processes.

The **OmniCleanse Powdered Beverage** is a shake that combines a multivitamin, a greens blend, an organic fruit and vegetable blend, and specialty nutrients to support each step along in the detox pathway.

How to Use the Program (14-Day Protocol)

Days 1-14:

- **Morning**
 - 1 scoop OmniCleanse powder in water or non-dairy smoothie
 - 30 drops of OmniCleanse homeopathic drops under the tongue

- 2 OmniCleanse capsules with water
- **Evening**
 - 30 drops of OmniCleanse homeopathic drops under the tongue as directed
 - 2 OmniCleanse capsules with water

OMNICLEANSE CALENDAR

<p>01</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day CerebroMax, SpinalMax, Matrix Support ☐ 2 capsules, OmniCleanse Capsules 	<p>02</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day CerebroMax, SpinalMax, Matrix Support ☐ 2 capsules, OmniCleanse Capsules 	<p>03</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day CerebroMax, SpinalMax, Matrix Support ☐ 2 capsules, OmniCleanse Capsules ☐ 1 serving, OmniCleanse Powdered Beverage <p>Begin the OmniCleanse Diet</p>	<p>04</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day Detox I, Detox II, Detox III ☐ 2 capsules, OmniCleanse Capsules ☐ 1 serving, OmniCleanse Powdered Beverage <p>Continue the OmniCleanse Diet</p>	<p>05</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day Detox I, Detox II, Detox III ☐ 2 capsules, OmniCleanse Capsules ☐ 1 serving, OmniCleanse Powdered Beverage <p>Continue the OmniCleanse Diet</p>	<p>06</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day Detox I, Detox II, Detox III ☐ 3 capsules, OmniCleanse Capsules ☐ 2 serving, OmniCleanse Powdered Beverage <p>Continue the OmniCleanse Diet (No Starches)</p>	<p>07</p> <ul style="list-style-type: none"> ☐ 10 drops, 3 times per day Detox I, Detox II, Detox III ☐ 3 capsules, OmniCleanse Capsules ☐ 2 serving, OmniCleanse Powdered Beverage <p>Continue the OmniCleanse Diet (No Starches)</p>
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Note: Always follow with plenty of filtered water throughout the day.

Omni Cleanse Diet

Enjoy plenty of:

- Fresh, organic vegetables (especially leafy greens)
- Fruits (in moderation, preferably low-glycemic)
- Lean proteins (grass fed beef, chicken, wild-caught fish, legumes if tolerated)
- Healthy fats (avocado, olive oil, coconut oil)
- Herbal teas & filtered water

Reduce or avoid:

- Sugar and artificial sweeteners
- Processed foods and additives
- Alcohol, caffeine, and tobacco
- Dairy & gluten (if sensitive)

Water is essential to help the body flush toxins out of the system. Aim for at least 8 cups of unflavored water per day.



Two or less servings per day. Stick to healthy fats like coconut oil, salmon, and avocado, and avoid artificial sweeteners, refined sugars, hydrogenated oils.



Recommendation is to eliminate dairy. If patient chooses to consume dairy, focus on unsweetened, cultured forms and limit servings. Avoid all creamy sauces and dressings.

Five or more servings of fresh, organic produce per day – especially dark green vegetables like kale, broccoli, and spinach. Avoid nightshade vegetables. Fruit is allowed but limit quantity.



Tip

Avoid alcohol and excessive caffeine intake (1 cup coffee per day allowed)

Three or more servings of lean protein per day. Limit nuts, nut butters, and seeds to two servings or less per day unless substituting for protein. For vegetarian or vegan diets, soy is an option but is often allergenic, highly processed and comes from GMO sources. Always stick with organic/non-GMO non-processed varieties like tofu, tempeh, and miso; and avoid soy meat-replacement products.

Eliminate starches on days 6-9. Otherwise, limit grains, legumes, and starches to less than two servings per day. Choose organic, whole grains. Gluten should be avoided when possible.

Gentle Detox Support Tools

To help your body release toxins naturally:

- **Dry Brushing:** Stimulates lymph flow and exfoliates skin
- **Epsom Salt Baths:** Helps draw toxins out while calming the nervous system
- **Light Movement:** Walking, stretching, yoga
- **Deep Breathing or Meditation:** Supports emotional detox and nervous system reset

Frequently Asked Questions

Can I work during the detox?

Yes! This is a gentle cleanse designed to support your day-to-day activities. Just be sure to rest when needed and hydrate often.

What if I feel tired or emotional?

This can be part of the detox process. Honor your body, drink water, rest, and consider journaling or light stretching to support release.

What if I forget a dose?

Just resume with your next scheduled dose. No need to double up.

Words of Encouragement

Healing is a process—and detoxing is one way to open the door to more clarity, vitality, and balance. Trust your body, nourish it well, and take this time as an act of self-care and intentional healing.

Ordering Instructions

Ready to get started? You can order your DesBio OmniCleanse Detox Kit through my direct DesBio Dispensary link: 🖱️ <https://dbscript.com/?direct=OptimumHealthTucson>

More detailed information about the kit on the next 2 pages

Questions or Support?

If you need guidance before or during your detox, I'm here to help.

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