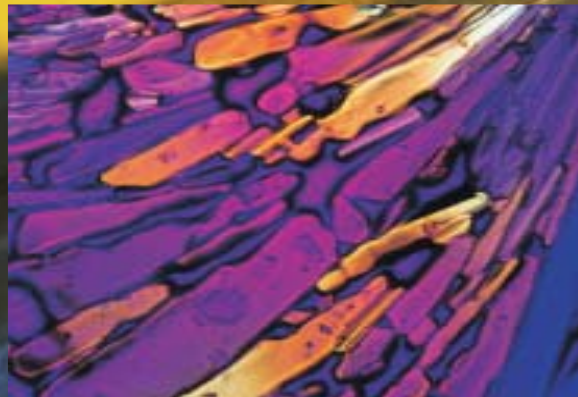




THORNE
R E S E A R C H



MediClear[®]

NUTRITIONAL SUPPORT FOR INFLAMMATION, ALLERGIES,
DETOXIFICATION, AND GASTROINTESTINAL INTEGRITY

Patient Guide

MediClear Program: Patient Guide

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Introduction

Due to your particular health concerns, your health-care practitioner has determined that the MediClear program of cleansing and nutrient support will benefit your health. The MediClear program of recommended dietary suggestions and nutritional supplements will help your body's trillions of cells repair and regenerate. In turn, this will optimize their function and help you reach a new level of health. Your resourceful choice in a knowledgeable health-care practitioner has brought you this far. Now it is up to YOU to take the next step. Follow the program as directed, and see for yourself how the MediClear program works for you!

Are We All Toxic?

In the last 50 years our environment has become increasingly more polluted. This has resulted in a greater human toxic burden than ever before. Unfortunately, tens of thousands of toxic chemicals have been introduced into our environment. So, no matter how careful we are or where we live, we all have some level of exposure. Add to this the use of alcohol, tobacco, and prescription, non-prescription, and illicit drugs, and you can see that this has created a challenging task for our bodies to get rid of these substances. The liver carries the greatest burden of detoxifying foreign substances, as well as substances our bodies create (like hormones). You can help your liver do its job by providing your body with enough protein and the nutrients and botanicals involved in liver function.

The typical American diet is high in fats and sugars. It relies heavily on nutrient-depleted vegetables, grains, fruits, and antibiotic- and hormone-laden meats. This type of unhealthy diet provides inadequate nutrients for many metabolic processes, including detoxification. These dietary habits, and the fact that many of us eat a limited variety of foods, can result in the development of allergies to some of the most commonly eaten foods such as corn, wheat, soy, dairy, and eggs. Food allergies do not necessarily result in a life-threatening immediate reaction, although this is possible. More commonly, they result in poor digestion, gas, bloating, heartburn, headaches, fatigue, chronic ear infections, and a multitude of other disagreeable health conditions.



So, if we are exposed to toxic substances or if we make unwise dietary and lifestyle choices, we can build up many potentially toxic substances in our bodies. Allergies and exposure to toxins in foods, water, and the environment are being increasingly recognized as major contributing factors in many health problems. The MediClear program is designed to do two things: (1) decrease your exposure to toxins and allergens and, (2) help your body cleanse.

What is MediClear?

Your health-care practitioner has chosen to provide you with MediClear by Thorne Research, Inc. MediClear is meticulously manufactured using only the highest quality ingredients.

MediClear is easy to use and pleasant tasting.

MediClear is a unique formulation containing rice protein, vitamins, minerals, and specialized nutrients and botanicals.

MediClear will assist you in the metabolic cleansing process.

MediClear is a rice protein powder with added vitamins, minerals, and special nutrients that aid in the detoxification process. Rice protein is used in MediClear because individuals are rarely allergic to rice. MediClear contains a high concentration of this protein to aid in tissue repair and regeneration. The amino acids that make up rice protein also help in detoxification and elimination of harmful substances in the body. Other beneficial amino acids, including glycine, N-acetylcysteine, taurine, and glutathione are added to assist in this process. Green tea extract provides potent antioxidant and liver protecting activity, and MSM helps detoxification and joint function. A full spectrum of vitamins and minerals, in their most absorbable forms, are also in MediClear to ensure adequate amounts of these nutrients are available for tissue detoxification and regeneration.

Dietary fats in the MediClear powder are readily absorbable and important sources of essential fatty acids (EFAs). A lack of EFAs in the diet leads to an inability of the body to use fat for energy. Medium chain triglycerides (MCTs) in MediClear are easily absorbed and used for energy by the body. They do not contribute to increased fat in the bloodstream. Borage oil is a source of the essential fatty acid gamma linolenic acid (GLA), which has important anti-inflammatory properties, and olive oil has been found to help prevent heart disease.



Why You Need to Use MediClear

If your liver is over-burdened many health problems can arise, including poor digestion, allergies, inflammation, chronic fatigue, blood sugar abnormalities, hormone imbalances (a cause of such things as PMS), and other chronic conditions. MediClear provides an excellent source of protein, beneficial detoxification nutrients, as well as an array of extra nutrients and botanicals that are very beneficial to the liver's ability to function optimally.

The Elimination Diet

In conjunction with the MediClear program, your health-care practitioner may want you to follow the elimination diet. Often, with our busy schedules, we don't spend enough time planning nutritious meals, instead relying on fast food, on-the-run. These foods tend to be high in fat, sugar, and unhealthy food additives, and low in nutritional value. The elimination diet is designed to decrease your toxic burden by providing foods that generally do not cause allergies or intolerances and are free of preservatives, pesticides, hormones, antibiotics, and other toxic elements. The diet is designed in increments to ease you into these dietary changes.

Week 1 Diet:

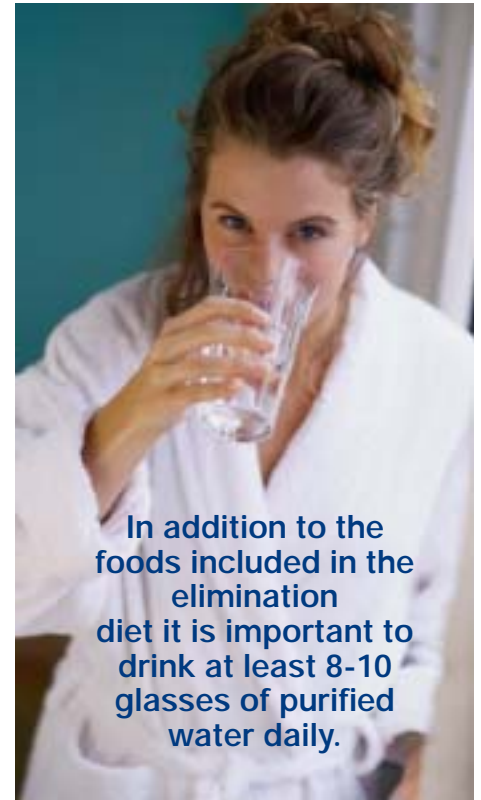
Simply follow the list of foods to eat on pages 4 through 7. Try some of the sample diets suggested in this pamphlet and utilize some of the suggestions we have provided to find foods you can eat. Then follow the regimen your health-care practitioner has outlined for you in the sections on "Instructions for the Use of MediClear" and any other supplements in your treatment protocol.

Week 2 Diet:

In addition to the foods eliminated in Week 1, eliminate meats, fish, and legumes during this week.

Week 3 Diet:

Now you are in the home stretch! The meats, fish, and legumes you eliminated during the second week may now be reintroduced.



In addition to the foods included in the elimination diet it is important to drink at least 8-10 glasses of purified water daily.



How Does the Program Work?

MediClear is simple to use because it comes in a powder form that can be added to water or to fruit or vegetable juices. This results in a pleasant tasting beverage you'll look forward to drinking!

The “elimination diet” portion of the program removes potentially allergenic foods from your diet, and allows you to choose from a group of healthy foods to which you are less likely to be allergic. The foods allowed are also less likely to contain other substances that could interfere with the cleansing process, putting less stress on the digestive and immune systems.

The MediClear allergy elimination and cleansing program is designed to last three weeks. Your health-care practitioner may also modify this program to meet your particular needs. MediClear is prepared by adding one serving (two scoops) of powder to 8-10 ounces of purified (spring, distilled, or filtered) water. As an alternative, your health-care practitioner may approve mixing the powder in fruit or vegetable juice, or rice or nut milk. Use a shaker, mixer, or blender for best results. You can even use MediClear to make delicious, healthful smoothies!

Foods to Avoid

Alcohol
Caffeine — including coffee, black teas, and sodas.
Milk (as well as all other dairy products) and soy milk.
All sodas and fruit drinks which are high in refined sugars.

All gluten-containing foods like wheat, rye, oats, and barley which are commonly found in breads, pasta, and other products from refined flour.

Bad stuff

Eggs and all dairy (milk, cheese, butter, yogurt, etc.)

Any other foods not listed on these pages that you know you are allergic to.

Why?

Both alcohol and caffeine are hard on your liver ... and this is going to be your liver's vacation.

The most common allergies are caused by this group of foods — by avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.

Dairy products are also among the most likely to cause allergies.

Give your health-care practitioner a list of all foods that you know you are allergic to. It is important to eliminate all common allergens and known allergens during this program

Foods to Eat

The beverages you are allowed are: water (lots of water), herbal teas, green tea, fruit or vegetable juices (preferably freshly juiced but if not, only fruit juices without added sugars), and rice and nut milks.

Replace these grains with non-gluten grains such as brown rice, millet, and quinoa. You can also eat cereals made from rice, buckwheat, and tapioca.

Use milk substitutes such as rice milk or nut milks.

Remind yourself this will only last a few weeks — and you will feel MUCH better afterwards.

Why?

You need to drink 8 - 10 glasses of water or herbal tea a day — in addition to the MediClear you drink. This will help flush the toxins from your system.

Good stuff

You can also find rice milk sour cream at your health-food store and utilize Buttery ThinOil for butter flavoring — available from Sound Nutrition (800) 437-6863.



The MediClear program starts gradually, allowing your body to adjust easily to the various phases of the program. It is also combined with an “elimination diet” that follows.

1
2
3

In Week 1 – you will gradually begin using MediClear. You will have many choices for protein in the diet plan.

In Week 2 – the MediClear dose is increased. All animal-based protein is removed to allow for more cleansing to take place.

In Week 3 – the MediClear dose is reduced again and, as in Week 1, you can again include animal proteins (if desired).

Exercise, Stay Active, and Relax

During this program it is recommended that you do mild exercise daily and get adequate sleep. If possible, take a vacation from extra tasks and stresses. At the very least, take an hour per day for yourself to relax: breathe deeply, listen to a meditation tape or the music you love, relax in a hot bath, take a yoga class, or enjoy a walk in the park. Give your body and mind the break it needs to heal.

If you are used to a strenuous exercise routine, such as daily runs or swims, you can continue as usual. However, do not do this program if you are increasing your exercise routine in preparation for a competitive event. If you have a competition planned, wait at least 10 days after the event to start this program, and listen to your body's guidance. Don't push it – work with it. If you find yourself overly tired one day, take a break. If you are feeling high energy, go for it. Your body will tell you what it needs. Most athletes find a detoxification program has lasting results and improves their stamina and endurance. Just don't overdo it when your body is working hard cleansing toxins.

Foods to Avoid

Corn and tomatoes, or tomato sauce.

Foods high in fats and oils — also avoid peanuts, refined oils, margarine, shortening.

Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, and soy products (tofu, soy milk, soy sauce, tempeh, textured vegetable protein, etc.)

Desserts and all processed foods high in sugars — canned, frozen or otherwise.

Bad stuff

Why?

These vegetables are common allergens.

This diet was designed to lessen the burden placed on your system by many foods, including those high in fats and refined and processed oils.

Meats are typically high in unwanted things like estrogens, antibiotics, and other ingredients utilized in processing. Soy is another common allergen.

It is okay to use frozen, jarred, or canned juices if they are only fruit and water — no corn syrup or other added sweeteners.

Foods to Eat

Vegetables (except those listed on the "avoid" side) — organic when possible. Legumes include beans (navy, white, red kidney, etc.) and peas (fresh, split, or snap) — but not soy beans or other soy products.

Fresh fruits may be included.

Limited fats and oils that may include nuts (except peanuts) and seeds — try ThinOil®, and cold pressed olive, canola, or flaxseed oil.

Fish (other than shellfish) and meats such as turkey, chicken (organic only), lamb, and wild game.

You can have fresh fruit for dessert.

Why?

You really can't eat too many vegetables ... steamed, baked, raw or even juiced.

Good stuff

ThinOil (medium chain triglyceride oil) is available from Sound Nutrition (800) 437-6863 — ThinOil is available in plain, buttery, olive oil, and garlic flavors.

Mix some fresh or frozen blueberries and some pear juice to MediClear and make a naturally sweet smoothie. Other recipes for mixing MediClear are on page 15.

REMINDER:

There is more to preparing healthy foods than just cooking:

Be sure to read labels thoroughly to find added ingredients.

Wash all fruits and vegetables thoroughly to remove pesticides and contaminants.

Shop for organic produce whenever possible.



There are many foods available in your local health food store or in the health food section of your grocery store that contain

ingredients okay to consume during this cleansing diet.

MediClear Instructions

Note: One serving of MediClear equals two scoops.

Week 1 (Days 1-4)

One serving MediClear once daily in 8-10 ounces water or juice in the morning just before breakfast. Follow the Week 1 elimination diet outlined on pages 3-7, unless otherwise advised by your health-care practitioner.

Week 1 (Days 5-7)

Increase to one serving of MediClear twice daily, just before breakfast and dinner and continue on diet.

Week 2

One serving MediClear three times daily in 8-10 ounces water or juice, before breakfast, lunch, and dinner. Follow the Week 2 elimination diet outlined on pages 3-7, unless otherwise advised by your health-care practitioner.

Week 3 (Days 1-3)

One serving MediClear twice daily in 8-10 ounces of water or juice, just before breakfast and dinner. Follow the Week 3 elimination diet outlined on pages 3-7, unless otherwise advised by your health-care practitioner.

Week 3 (Days 4-7)

One serving MediClear daily, just before breakfast and continue the diet through the end of the week or as advised by your health-care practitioner.

Week 1:

- Follow MediClear dosage as outlined to the left, OR
- Change MediClear dosage as follows: _____

- Follow the elimination diet for Week 1 as outlined on pages 3-7, OR
- Follow dietary instructions outlined by your health-care practitioner

- Follow the additional supplement plan outlined on pages 12-13, OR
- Follow supplement plan outlined by your health-care practitioner

Week 2:

- Follow MediClear dosage as outlined to the left, OR
- Change MediClear dosage as follows: _____

- Follow the elimination diet for Week 2 as outlined on pages 3-7, OR
- Follow dietary instructions outlined by your health-care practitioner

- Follow the additional supplement plan outlined on pages 12-13, OR
- Follow supplement plan outlined by your health-care practitioner

Week 3:

- Follow MediClear dosage as outlined to the left, OR
- Change MediClear dosage as follows: _____

- Follow the elimination diet for Week 3 as outlined on pages 3-7, OR
- Follow dietary instructions outlined by your health-care practitioner

- Follow the additional supplement plan outlined on pages 12-13, OR
- Follow supplement plan outlined by your health-care practitioner

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
1 cup mixed berries or fruit
3-4 pieces turkey sausage

MID-MORNING SNACK

1 banana

LUNCH

mixed vegetable and romaine salad with your choice of dressing (page 10) AND
grilled chicken breast or salmon fillet with fresh fruit salsa

MID-AFTERNOON SNACK

1 handful Taro Chips

DINNER

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
sliced turkey breast with sage
1 cup cooked rice
steamed or grilled asparagus spears
mixed salad with your choice of dressing
1/2 cup applesauce
OR go to the sushi bar (no soy, shellfish, or tempura)

LATE-NIGHT SNACK

2 rice cakes with nut butter
1 pear

SAMPLE MENU FOR WEEK 2

BREAKFAST

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
1/2 - 1 cup melon balls
1/2 - 1 cup maple buckwheat flakes with rice or nut milk

MID-MORNING SNACK

1/2 cup brown rice snaps

LUNCH

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
1 cup vegetable soup AND
mixed green salad with your choice of dressing (page 10) OR
California rolls (no tofu, soy sauce, shellfish, or fish)

MID-AFTERNOON SNACK

1 small handful *Blue Diamond* nut thins

DINNER

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
1 cup steamed rice AND
1/2 cup cellophane noodles (rice) with stir-fried vegetables (snow peas, mushrooms, carrots, broccoli, onion, bell pepper, and other veggies of your choice, sautéed in olive oil, garlic, and ginger)
AND small mixed green salad with your choice of dressing (page 10)
1 cup sliced peaches

LATE-NIGHT SNACK

1/2 cup sweet potato chips
1 apple

SAMPLE MENU FOR WEEK 1 OR 3

BREAKFAST

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
1/2 cup sliced peaches
wheat-free/gluten-free blueberry waffles (*Waffle Heaven*) with *Atkins* sugar-free syrup

MID-MORNING SNACK

2 apricots

LUNCH

cup of chicken vegetable soup AND
baked potato with steamed broccoli and Buttery Thinoil OR
grilled chicken breast with roast pepper sauce AND
mixed green salad with your choice of dressing (page 10)

MID-AFTERNOON SNACK

1 small handful raw cashews

DINNER

2 scoops MediClear in either water, fruit juice or made as a smoothie AND
broiled salmon with lemon and dill OR
grilled salmon fillet with pesto AND
steamed cauliflower
1 cup beets
1 cup mashed potatoes
1/2 cup melon

LATE-NIGHT SNACK

2 Mochi (a rice pastry available in health food stores)
1 banana

BREAKFAST IDEAS

Breakfasts may include combinations of approved grains, meats, fruits, and beverages.

Cereal

Maple Buckwheat Flakes (*Arrowhead Mills*)

Rice Flakes (*Arrowhead Mills*)

Rice Crisps (*Barbara's*)

Koala Crisp (*Envirokidz*)

Nutty Rice (*Pacific Grain Products*)

Hot cereal (*Bob's Red Mill Creamy Rice Farina*)

Waffles/Pancakes

Wheat free/gluten free plain or blueberry waffle (*Waffle Heaven*)

Buckwheat waffles (*Lifestream*)

Homemade buckwheat waffles or pancakes (make sure buckwheat flour contains no wheat)

Meats

Turkey Sausage (*Shelton's*)

Fruit

All fruits such as strawberries, citrus, pineapple, apples, apricot, avocado, banana, blueberries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, pineapple, plums, prunes, raspberries, etc.

Fruit sauces such as organic applesauce, apple blackberry, apple cherry (*Santa Cruz brand for example*)

Check your grocery or health food store shelves and read the labels.

LUNCH AND DINNER IDEAS

Lunch and dinner may include organic chicken and turkey, wild game, or fish (which are approved meats), grains, legumes, cooked or raw vegetables (a variety), soups, salads, fruits, and beverages. During Week 2 protein such as chicken, turkey, wild game, fish, and legumes are eliminated.

Meats and Fish

Organic poultry (chicken or turkey)

Wild game (venison, buffalo, etc.)

Lamb

Fish (except shellfish) such as salmon, halibut, ahi tuna, swordfish, sole, mahi mahi, cod, snapper, etc.

Turkey Franks (*Shelton's*)

Turkey Burgers (*Shelton's*)

Salmon Medallions (*Northwest Naturals*)

Vegetables and Salads

All vegetables (except corn and tomatoes) such as arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussel sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, spinach, squash (summer and winter), sweet potatoes, taro, turnips, yams, zucchini, etc.

Salads can be a mixture of almost all leafy greens and vegetables (listed above) — either made at home or packaged.

Grains and Legumes

Rice (white, brown, sushi, wild)

Quinoa (a surprisingly tasty grain, somewhat bland on its own, but served with a sauce or gravy — delicious)

Beans (not soy) come in a variety of shapes, flavors and colors. Beans provide an excellent source of protein and may be included in Weeks 1 and 3.

Soups

Split pea

Lentil

Black bean

Cream of Broccoli*

Cream of Asparagus*

Cream of Mushroom*

Vegetable

Chicken vegetable

Bob's Red Mill 13-bean Soup Mix

*Soups may be made from scratch or health food store quality canned or packaged — *see recipes on page 17*

SALAD DRESSING

Oil & Vinegar

Roasted Red Pepper Dressing

Honey Mustard Dressing

Black Olives & Truffle Vinaigrette

Green Garlic Dressing

Raspberry Vinaigrette

Italian Herb Vinaigrette

Shiitake and Sesame Dressing

Dressings may be homemade or purchased at a health food store (*Annie's Naturals* is a good example of a store variety)

BEVERAGES

Almond Milk (*Breeze, Pacific*, other)
Rice Milk (*Rice Dream, Pacific*, other)
Almond drink (*Amazake*)
Pure fruit juices
MediClear smoothie (see page 15 and 16)
Herbal teas, green tea, filtered water
*To drink, add to cereal, or to mix with
MediClear*

SAUCES & CONDIMENTS

Wasabi

A unique Japanese variety of horseradish, Wasabi can be added to broths, meats, fish, and vegetables. Use Wasabi sparingly as it is very potent and a little goes a long way.

Pesto

Rising Sun Farms makes a pure pesto sauce that contains basil, garlic, olive and canola oil and sea salt. There is no cheese in this product. You can put it on vegetables, rice cakes, or in rice or millet.

Horseradish

Almost all horseradish sauces contain grated horseradish, vinegar and salt.

Mustard

Westbrae makes a stone ground mustard that contains mustard seeds, vinegar and salt. Mustard can be used as a stand-alone condiment to spice up meat, fish, or poultry. Mustard can also be used to spice up a salad dressing.

SNACKS

All fruits
Brown Rice Snaps (*Edward & Sons*)
Vegetable Chips
Taro Chips
Sweet Potato Chips
Rice crackers
Carrot sticks
Mochi (a rice pastry available in health food stores)
Rice cakes
Blue Diamond Nut Thins (Almond, Hazelnut, Pecan)

NUTS & SEEDS

Nuts and seeds are good snacks (except peanuts) — almonds, brazil nuts, cashews, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts, etc.

SWEETENERS (Used sparingly)

Almost any of the *Atkins* sugar-free pancake syrups can be used. They include flavors such as cherry, hazelnut and raspberry.

Lundberg makes a pure brown rice syrup that can be used to sweeten pancakes, waffles or nearly anything.

Miscellaneous Sweeteners

Pure honey
Brown rice syrup
Maple syrup
Molasses

SPICES

All spices are allowed — try the "Cajun Spice Rub" in the recipe section on fish or poultry.

DIPS & SPREADS

Dips

Bearitos Vegetarian black bean dips are very tasty and can be used for dipping (ingredients include black beans, green chilies, jalapeno peppers, vinegar, garlic and onion).
Hummus (made at home or purchased at store)

Spreads

Eden Organic apple butter spread contains nothing but apples and apple juice concentrate.

Butters

Nut butters (almond, hazelnut, sesame, sunflower, cashew)

MISCELLANEOUS

ThinOil (flavored MCT oil) — comes in plain, olive oil, buttery, and garlic flavored oils. Can be used in all baking and cooking, and enhances the natural flavor of foods (*available from Sound Nutrition 800-437-6863*).

For your convenience we have included three sample menus. Be creative in your kitchen! Read labels carefully when shopping.

Because you have symptoms of intestinal inflammation – colitis, irritable bowel, gastritis – (which can include diarrhea, gas, bloating, stomach pain, constipation, mucus in stools), your health-care practitioner suggests you take:

GI-Encap at a dosage of _____ capsules, _____times daily.
Perma-Clear at a dosage of _____ capsules, _____times daily.
Glutamine powder at a dosage of _____ scoops, _____times daily added to the MediClear beverage.

For other conditions such as inflamed joints, tendons, and muscles, your health-care practitioner suggests you take:

Phytoprofen at a dosage of _____ capsules, _____times daily.
Super EPA or Omega Plus at a dosage of _____ capsules, _____times daily.

For rheumatoid arthritis, add:

Moducare at a dosage of _____ capsules, _____times daily between meals.
AR-Encap at a dosage of _____ capsules, _____times daily.

For osteoarthritis add:

Glucosamine Sulfate at a dosage of _____ capsules, _____times daily, OR
Glucosamine & Chondroitin at a dosage of _____ capsules, _____times daily.
AR-Encap at a dosage of _____ capsules, _____times daily.

Because you are not having regular bowel movements (at least one well-formed, easy-to-eliminate stool daily), your health-care practitioner suggests you take:

Medibulk at a dosage of _____ scoops, _____times daily in 8-10 oz water or dilute juice.
Herbal Laxative at a dosage of _____ capsules at bedtime.

Because you have symptoms of inhalant allergies (which can include runny nose, sneezing, watery eyes, chronic cough), your health-care practitioner suggests you take:

Quercetone at a dosage of _____ capsules, _____times daily.
Moducare at a dosage of _____ capsules, _____times daily between meals.
QC Nasal Spray at a dosage of 2 sprays in each nostril, _____ times daily or as needed.

Because you have symptoms of food allergies and/or “leaky gut syndrome” (which can include digestive problems after eating or chronic problems such as ear infections, joint pain, asthma, eczema, or sinusitis), your health-care practitioner suggests you take:

Perma-Clear at a dosage of _____ capsules, _____times daily.
Glutamine powder at a dosage of _____ scoops, _____times daily added to the MediClear beverage.

Because you have symptoms of weak liver function (which may include high triglycerides, hormone imbalances, problems digesting fats), your health-care practitioner suggests you take:

T.A.P.S. at a dosage of _____ capsules, _____times daily.
Lipotrepein at a dosage of _____ capsules, _____times daily.
Phosphatidyl Choline at a dosage of _____ capsules, _____times daily.

Because you have symptoms of decreased hydrochloric acid or pancreatic enzymes (which include gas, bloating, fatty stools, malodorous stools), your health-care practitioner suggests you take:

Betaine HCl/Pepsin at a dosage of _____ capsules, _____times daily.
Dipan-9 at a dosage of _____ capsules, _____times daily. OR
Bio-Gest at a dosage of _____ capsules, _____times daily. OR
B.P.P. at a dosage of _____ capsules, _____times daily.

Your health-care practitioner has found evidence of heavy metal, solvent, formaldehyde, or pesticide toxicity. Please follow the recommended detoxification protocol.

Other Health-Care Practitioner Recommendations:

Because you have symptoms of bad bacteria or yeast (dysbiosis) in your intestines (which can include gas, bloating, diarrhea, vaginal itching, skin fungal infections, sinusitis, fatigue), your health-care practitioner suggests you take:

Medibulk at a dosage of _____ scoops, _____ times daily in 8-10 oz water or dilute juice.

For yeast/fungal overgrowth:

Formula SF722 at a dosage of _____ capsules, _____ times daily, OR

Undecyn or Undecyn II at a dosage of _____ capsules, _____ times daily, OR

Berbercap at a dosage of _____ capsules, _____ times daily, OR

Entrocap at a dosage of _____ capsules, _____ times daily.

Lactobacillus sporogenes at a dosage of _____ capsules, _____ times daily.

For bacterial overgrowth:

Berbercap at a dosage of _____ capsules, _____ times daily, OR

Entrocap at a dosage of _____ capsules, _____ times daily.

Sacro B at a dosage of _____ capsules, _____ times daily, between meals.

For parasitic infections:

Artecin at a dosage of _____ capsules, _____ times daily.

For *Helicobacter pylori*:

Formula SF734 at a dosage of _____ capsules, _____ times daily.

NOTES

Frequently Asked Questions

Can I use MediClear if I am pregnant or nursing a baby?

Since MediClear has not been tested in these situations, we recommend that you consult your health-care practitioner before using MediClear.

Why does MediClear feel “grainy” or “gritty” in my mouth?

Even though the rice protein in MediClear is ground into a very fine powder, it has a slightly gritty consistency. Also, the minerals in the product make it feel a bit grainy. We suggest drinking the MediClear beverage right after mixing it, to prevent ingredients from settling to the bottom of the container. Also, it helps to mix a teaspoon of flax oil with the MediClear beverage and rinse your mouth with pure water after drinking MediClear.

I’d like to lose a few pounds. Will the MediClear program help me do this?

Although MediClear is not designed as a weight loss product, many people find they lose a few pounds while doing a cleansing regimen. Sometimes with increased water intake, and the more efficient processing of toxic substances, individuals lose a few pounds of water weight. Others find their body’s metabolism works more efficiently, causing them to burn calories better, resulting in some weight loss.

Is it safe for children to use MediClear?

The MediClear program is designed for adults or youth older than 12 years under the supervision of a health-care practitioner. Your practitioner may deem it necessary to use this product for someone younger than 12, with supervision, although it should not be the sole source of nutrition.

Can I take MediClear if I have diabetes?

The MediClear program is nutritionally well-balanced. Therefore, it can be used if you have diabetes. However, as with any dietary or supplement changes you make, careful and frequent monitoring of blood sugar is a must!

Is MediClear made from white rice or brown rice?

Actually, the rice protein in the MediClear product is made from a combination of brown and white rice.



MediClear Smoothie Ideas

These are just ideas — be creative and design your own favorites.

MediClear Latte

2 scoops MediClear
6 oz Rice or Nut milk
2 - 4 oz cold water
Pero or Dacopa (roasted dahlia syrup from *California Natural Products* — both coffee substitutes) Option: add ice and less water for an iced latte — add a dash of cinnamon

Peach Cooler

2 scoops MediClear
6 oz pear juice
2 oz cold water
1/2 cup fresh or frozen peaches

Tropical Smoothie

2 scoops MediClear
2 oz coconut milk (plain)
4 oz cold water
1/4 cup from a combo of papaya/mango/kiwi or banana blend until smooth
option: add ice and eliminate water

Very Berry

2 scoops MediClear
1/2 cup fresh or frozen blueberries
1/2 cup fresh or frozen raspberries
8 oz cold water OR
4 oz cold water and
4 oz rice milk

Tart and Tasty

2 scoops MediClear
2 oz pomegranate juice (*Knudsen*)
2 oz pear juice
1/2 cup fresh or frozen raspberries
4 oz cold water

Frequently Asked Questions

Why do I avoid dairy and beef?

During a cleansing program you want to avoid putting any extra burden on the body. Unfortunately, the dairy and beef industries inject hormones into the animals and add antibiotics to their feed. These substances can end up in the milk and meat of the cattle, and ultimately they end up in you. Also, many individuals can be allergic to dairy products, which include milk, cheese, cottage cheese, yogurt, butter, buttermilk, cream, sour cream, ice cream, and casein.

If I am allergic to rice, can I take MediClear?

Since MediClear does contain rice protein, if you are allergic to rice, MediClear might not be the product for you. Talk to your health-care practitioner. He or she might suggest trying MediClear for a time, or the use of another protein powder, such as Thorne's Medipro, a pure whey protein powder that includes vitamins and minerals.

Should I expect my symptoms to get better while on the program?

Many patients experience a lessening of symptoms while on the program. However, some do experience a temporary increase of symptoms while their body is cleansing. If your symptoms get worse and are troublesome, contact your health-care practitioner.

What if I am constipated?

To properly do a cleansing program, you need to be having regular (daily or more often) bowel movements. If you are not eliminating well, your health-care practitioner may want you to take a fiber supplement, such as Thorne's Medibulk, as you use the MediClear program. Be sure to communicate any elimination problems to your health-care practitioner.

More MediClear Smoothie Ideas

Orange Standby

2 scoops MediClear
6 oz orange juice (fresh squeezed)
2 - 4 oz cold water
option: add ice and eliminate water

Orange Standby -Version II

2 scoops MediClear
6 oz orange juice (fresh squeezed)
2 - 4 oz cold water
1/2 banana
and/or
1/2 cup fresh or frozen fruit
option: add ice and eliminate water

Apple - Lemon - Double Ginger

2 scoops MediClear
6 oz apple juice
1/2 oz lemon juice (fresh squeezed)
1 tblsp ginger juice (optional)
2 - 4 oz cold water
option: add ice and eliminate water

MediClear Pinacolada

2 scoops MediClear
2 oz coconut milk (plain)
6 oz pineapple juice
add ice and blend
option: add 4 oz cold water and
eliminate ice

hint: if you find the drink to be too gritty
- add 1 tsp flax oil to the smoothie

Frequently Asked Questions

Can I use MediClear without the program?

Yes, MediClear is an excellent source of well-assimilated protein and other nutrients and can be used indefinitely as a gentle cleanse or as a meal addition or replacement.

What do I do when the three-week cleansing program is over?

It is important to introduce potentially allergenic food back into the diet one at a time. Each newly introduced food should be eaten during at least two of the three meals daily for three days. If you begin to react before the three days is up, stop eating the offending food. If you have no reaction after three days, you may introduce another food. However, if you react to an introduced food, it is important to wait until the reaction subsides before introducing another food.

Can I continue the program for more than three weeks?

The diet and the MediClear protocol outlined for weeks 1 and 3 is well-balanced and can be continued if you and your health-care practitioner determine they are suitable for your needs.

Why does MediClear come in both 920 gram bottles of powder and in individual serving packets?

Busy lifestyles make compliance to any diet difficult — so to help you with your program MediClear is now available in individual serving packets for the convenience of patients on the go. Keep your bottle at home for breakfasts and dinners, and take some packets in your briefcase or purse, or in your desk drawer for lunches.

The MediClear label says “new formula” — what’s new?

MediClear now contains a rice protein with a higher level of protein and less carbohydrates, but with the same great taste.



reintroduction
list
dairy
wheat
corn
tomatoes
eggs
coffee
shellfish
SOY
peanuts

Reintroducing Foods to Your Diet After the Three-Week Program

Once the three-week program is finished you will need to gradually reintroduce certain foods back into your diet. In addition to foods that you know you are allergic to, some of the common allergens you have eliminated from your diet over the past weeks may cause you problems once you begin to eat them again. Therefore, it is important that you introduce no more than one food item at a time from the list to the left, and that you allow three days before introducing another food item.

Each newly introduced food should be eaten during at least two of the three meals daily for three days. If you begin to react before the three days is up, stop eating the offending food. If you have no reaction after three days, you may introduce another food. However, if you react to an introduced food, it is important to wait until the reaction subsides before introducing another food.

Begin by making note of how you feel before you start the program, list your major complaints as well as what you would like to accomplish with this program.

Then follow up by making note of how you feel while completing your last day of the diet. Have you accomplished your goals? What has happened to the list of complaints you had before you started the program?

After the cleansing program is completed, choose one of the foods on the “reintroduction list” and add that item back into your diet. During the three days that you take to reintroduce the food item, make notes of any symptoms you notice and be especially aware of any complaints reoccurring that you had prior to starting the program.

Health Questionnaire to be Completed Before Beginning the MediClear Program

1. Please list your primary health concerns.

2. Are you having regular bowel movements?

- a. 1- 3 times per day?
- b. Well-formed?
- c. Easily eliminated?

3. How would you rate your energy level?

excellent good mediocre poor

4. How is your sleep?

- a. Fall asleep easily?
- b. Stay asleep throughout the night?
- c. Wake feeling refreshed?

5. What would you like to accomplish with this program?



Health Questionnaire to be Completed After You Finish the MediClear Program (but before beginning food reintroduction)

1. Please describe how your primary health concerns have changed.

2. Are you having regular bowel movements?

- a. 1- 3 times per day?
- b. Well-formed?
- c. Easily eliminated?

3. How would you rate your energy level?

excellent good mediocre poor

4. How is your sleep?

- a. Fall asleep easily?
- b. Stay asleep throughout the night?
- c. Wake feeling refreshed?

5. Did you accomplish what you had hoped to with this program?



reintroduction
list
dairy
wheat
corn
tomatoes
eggs
coffee
shellfish
SOY
peanuts

Day 1 thru 3

Food introduced: _____

New symptoms noted, if any: _____

Day 4 thru 6

Food introduced: _____

New symptoms noted, if any: _____

Day 7 thru 9

Food introduced: _____

New symptoms noted, if any: _____

Day 10 thru 12

Food introduced: _____

New symptoms noted, if any: _____

Day 13 thru 15

Food introduced: _____

New symptoms noted, if any: _____

Day 16 thru 18

Food introduced: _____

New symptoms noted, if any: _____

Day 19 thru 21

Food introduced: _____

New symptoms noted, if any: _____

Day 22 thru 24

Food introduced: _____

New symptoms noted, if any: _____

Day 25 thru 27

Food introduced: _____

New symptoms noted, if any: _____



Cajun Spice Rub

2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon fine ground pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon oregano
1 tablespoon thyme

Combine together and mix well — use as a rub on chicken, turkey, or any fish with a small amount of olive oil — pan sear or grill.



Roasted Bell Pepper Sauce

3 medium red bell peppers — cut in half and remove seeds. On the top rack of your oven place the peppers skin side up on a cookie sheet and broil until the skins are totally black. Remove and cool. Then wash the burnt skin from the peppers. In a blender add the peppers and a splash of balsamic vinegar and puree. Add salt and pepper to taste.

Can be spread on roasted or grilled zucchini or eggplant, or on grilled or pan seared chicken breast



Marinated Portabello Mushrooms

1 large portabello mushroom per person — marinate for at least 12 hours in balsamic vinegar. Grill for 10 minutes on each side or until cooked. Slice and serve warm over a mixed green salad with a balsamic vinaigrette dressing, or over a wild rice pilaf.



Mashed Potatoes

4 Idaho russet potatoes or 8 good sized red potatoes — boil until fork tender, drain and lightly mash. Add Buttery flavored ThinOil and rice milk and mash to desired consistency. Add salt and pepper to taste.

For a zipped up version try adding horseradish, wasabi, garlic, or onions to taste.

For another look — add 4 oz of cooked, chopped spinach when mashing for the first time.



Fresh Fruit Salsa

Chop into small pieces any combination of fruit such as kiwi, mango, papaya, peaches, apricots, etc. Add 1 tablespoon of finely chopped cilantro. Mix well.

Serve over any type of fish for a fresh taste.



Black Bean Salsa

In a mixing bowl combine 1-1/2 cups prepared black beans (drained), 1/4 cup finely chopped red onion, 2 tbs chopped cilantro, 2 tbs rice wine vinegar, 2 tbs olive oil, and one clove of crushed or minced garlic. Add cayenne and salt to taste. You may also add 1 small minced jalapeno pepper without seeds for more zip. Mix and let sit for at least one hour to develop flavors — serve over grilled chicken or fish. Use the Cajun Spice Rub on the chicken or fish before grilling.



Pesto Salmon

1 salmon fillet per person — place skin side down on a piece of tin foil. Spread a layer of pesto about 1/8 inch thick on top of each fillet. Close the tin foil and place on a grill. Cook for about 8 minutes or until the fish is cooked through.

Stuffed Chicken Breast

Take 1 boneless, skinless chicken breast per person. Slice length-wise into the thin side of the breast to make a pocket. Stuff pocket with roasted garlic, pesto or roasted bell pepper sauce and seal with a few tooth picks. Sprinkle Cajun spice on both sides of the breast and pan fry in a teflon pan with olive oil (or the oil from the roasted garlic) for about 15 minutes or until cooked. Remove the chicken to a serving plate with wild rice pilaf or quinoa. Add 1/8 cup vegetable stock and 1/8 cup rice milk to the pan. Over a medium high heat reduce liquid by 1/2 volume. Pour over the chicken and enjoy.

Cream of Broccoli Soup

Steam 1 head of broccoli in 2-3 cups vegetable broth until done. Strain broth into a bowl. Put broccoli and 1/4 of the broth in blender and blend. Return blended broccoli to stock pot and add balance of the broth. Add 1/4 cup rice milk. Salt and pepper to taste.

For asparagus soup — replace broccoli with a large bunch of asparagus spears.
For cream of mushroom soup — replace broccoli with 1 lb of mixed, diced mushrooms.

Spaghetti Squash Primavera

Cook a whole spaghetti squash until done, cool and scoop out the interior (spaghetti). Put 2 tbs olive oil, 1-2 cloves crushed garlic, and 1/4 cup diced red onion in a teflon pan on medium and sweat. Add zucchini, chopped mushrooms, and broccoli and saute until fork tender. Add spaghetti squash and 1/4 cup roasted bell pepper sauce — toss until warm. Serve with garlic potato cakes.

Roasted Turkey Roll

Take 1 whole (2 breasts) deboned turkey breast (*the butcher will do it if you ask nicely*) and pound it to about 2 inches thick or less. Spread roasted garlic or fresh crushed garlic and roasted bell pepper sauce on the inside of the breast. Add rosemary, salt and pepper. Roll up the turkey breast using the narrowest width and tie with string. Pan sear in a teflon pan with a small amount of olive oil. Place in a baking dish with 1/2 cup vegetable broth and bake at 350 for about 45 minutes or until done. Slice and serve with rice, quinoa, or mashed potatoes.

Garlic Potato Cakes

2 Idaho potatoes shredded — boil until tender and strain. Season with salt and pepper or favorite spices. Let cool, then press into desired shape. Put cakes on a teflon pan. Crush a clove of garlic and mix with a small amount of olive oil and spread on top of cakes. Broil for 5 minutes and serve.

Roasted Garlic

Take 20-30 whole peeled garlic cloves, place in ramekin or small pyrex dish and cover completely with olive oil. Bake at 200 for 45 minutes. Let cool and drain the oil into a container (save for cooking). Mash garlic cloves and use to stuff chicken, spread on potato cakes, grilled vegetables, etc.

Balsamic Vinaigrette

3/4 cup balsamic vinegar
1/4 cup olive oil or olive flavored ThinOil
3 cloves garlic (whole but crushed)
1 tbs Italian spices
salt and pepper to taste
Mix and let stand for 1 hour to develop flavor.



MediClear® is available exclusively from Thorne Research, Inc.,
through licensed health-care practitioners.

Manufactured by Thorne Research, Inc.

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