



Nourish and Revive



Specializing in Natural
Energy & Allergy Solutions
with Nutritional Support





Covid-19

Do you know someone who gained 19# since Covid started?

21 Day
Detox
Challenge



Three bright green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, and is the largest. Two other apples are behind it, one to the left and one to the right. The background is white, and the bottom of the image has a solid green gradient bar.

Welcome to the Intro to the
21 Day Detox
& *Weight Loss Management*
Program

Disclaimer

The information provided is an introduction to the use of whole food concentrates. The information should not be constructed as a claim or representation that product mentioned constitutes a specific cure, palliative, or remedy for any condition. The material and information contained in the presentation is not for the diagnosis or treatment of disease.



What are your health goals?

- Do you have as much energy as you would like?
- Do you sleep as good as you would like?
- Is your weight close to where you want it?
- Are you as healthy as you would like to be?



Who Needs to Detoxify?



Who Needs to Detoxify?

- Anyone who has consumed or used:
 - Processed foods, sodas, or sweets
 - Non-organic produce
 - Meat and poultry that are not free-range
 - Genetically modified foods
 - Artificial sweeteners
 - Coffee, alcohol or drugs
 - Foods containing preservatives, additives, dyes
 - Fast foods
 - BBQd or burnt foods



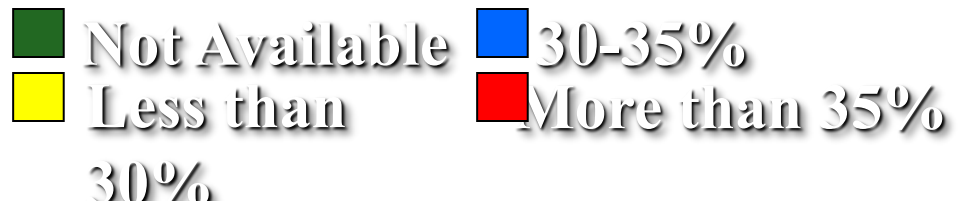
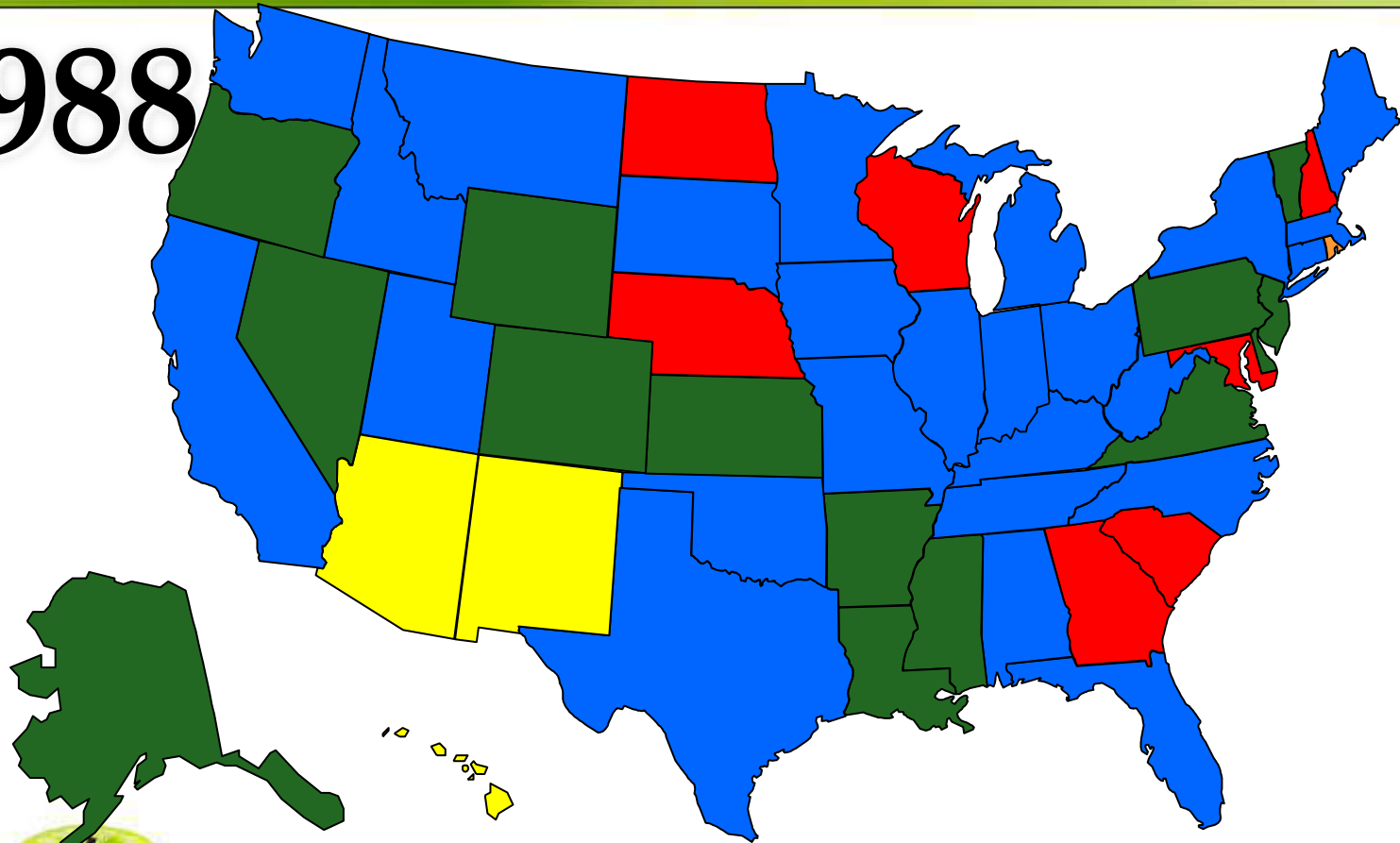
Who Else Needs to Detoxify?

- If you have been exposed to the following:
 - Petroleum products
 - Pesticides, herbicides, chemical fertilizers
 - Hairspray, candles, air fresheners
 - New carpet, paint, furniture or flooring
 - Amalgam (mercury) dental fillings
 - Household or industrial cleaning solutions



Overweight Adults in the U.S.

1988

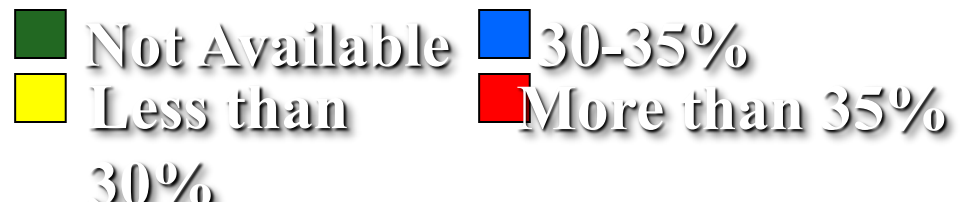
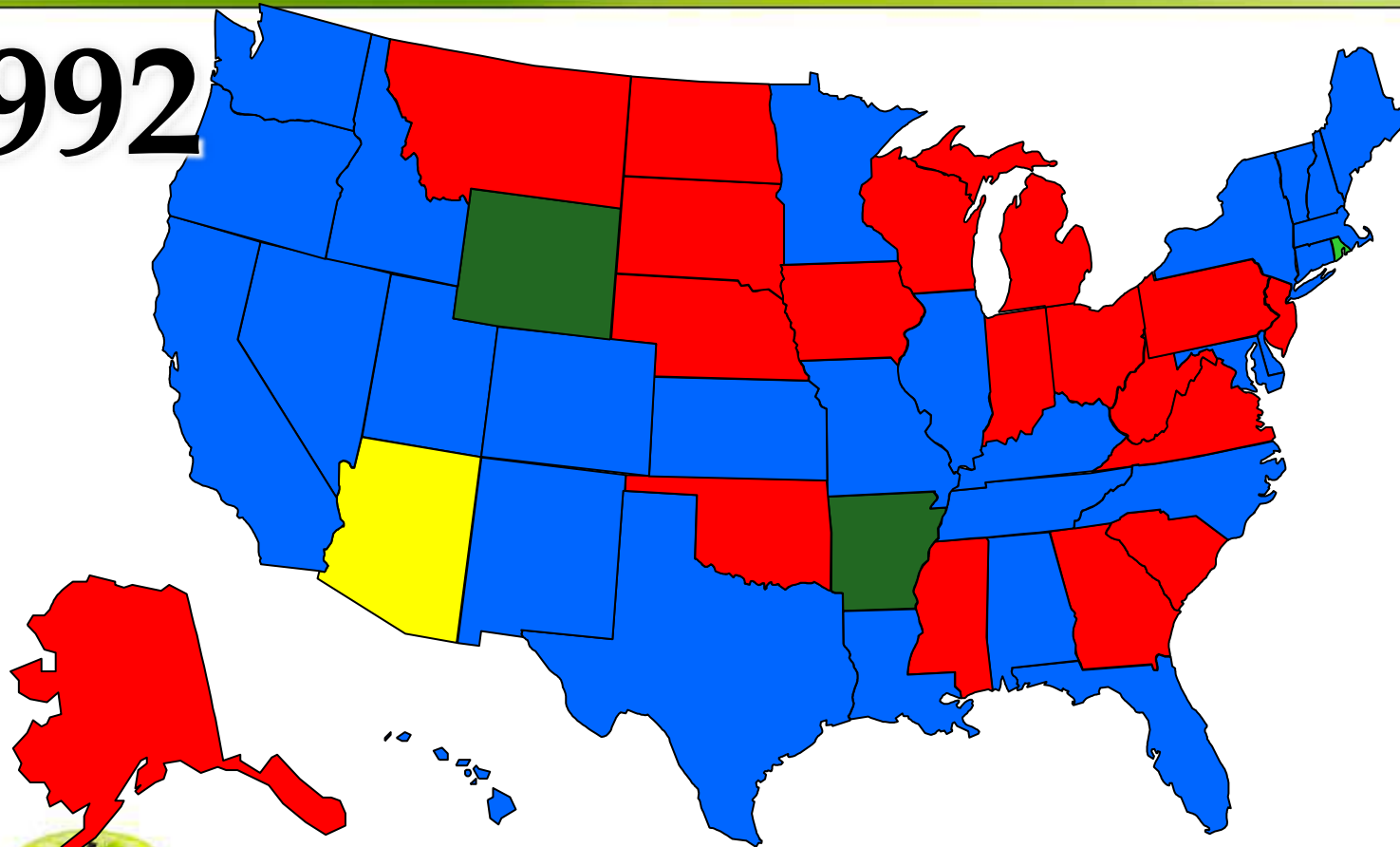


DATA SOURCE: 1998 BRFSS, CDC



Overweight Adults in the U.S.

1992

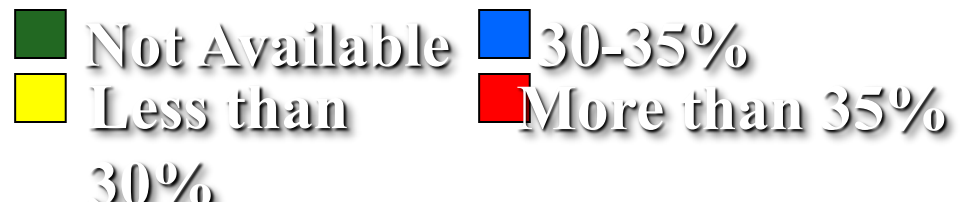
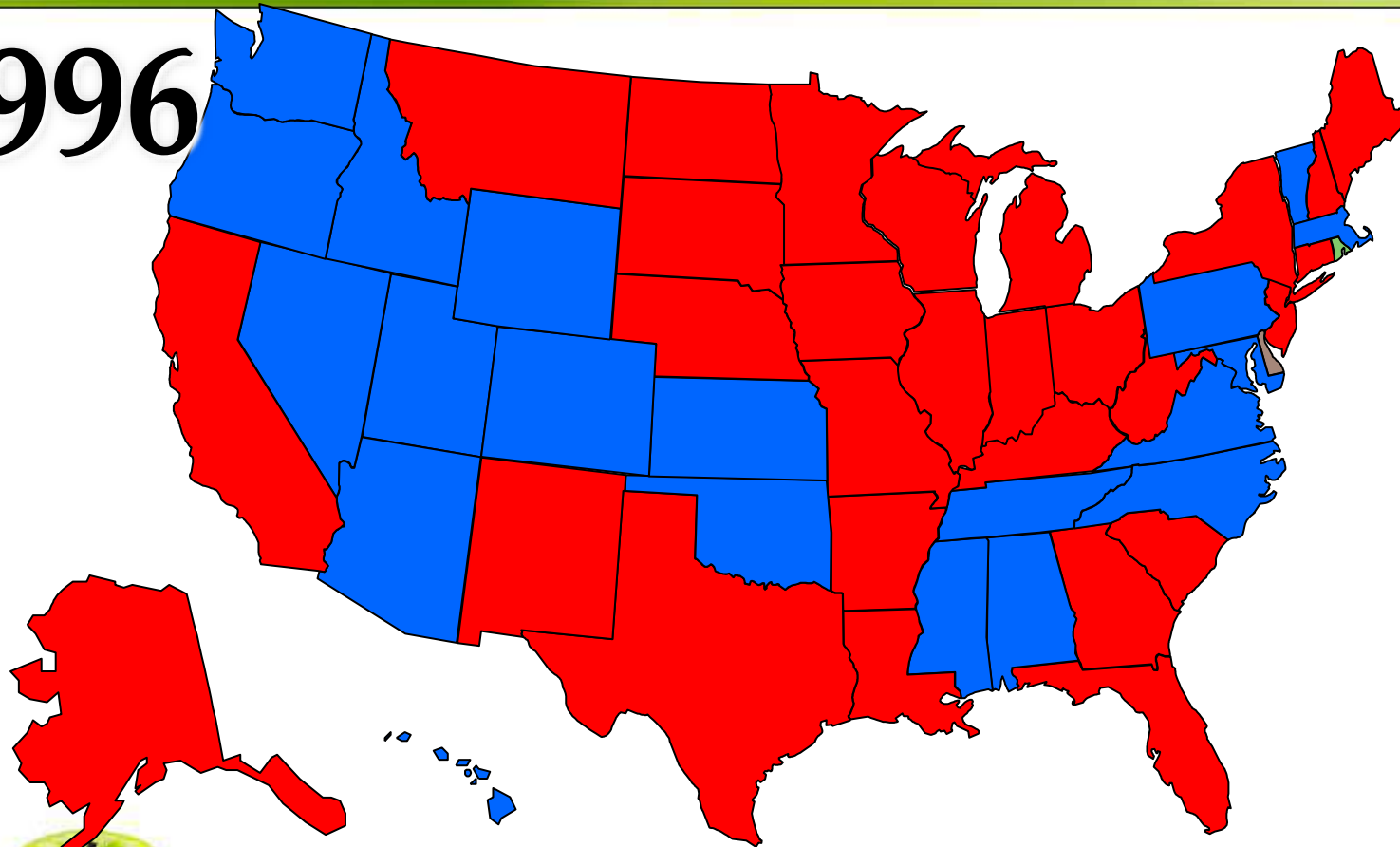


DATA SOURCE: 1998 BRFSS, CDC



Overweight Adults in the U.S.

1996

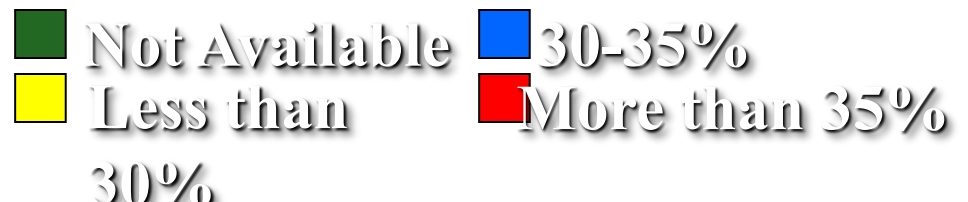
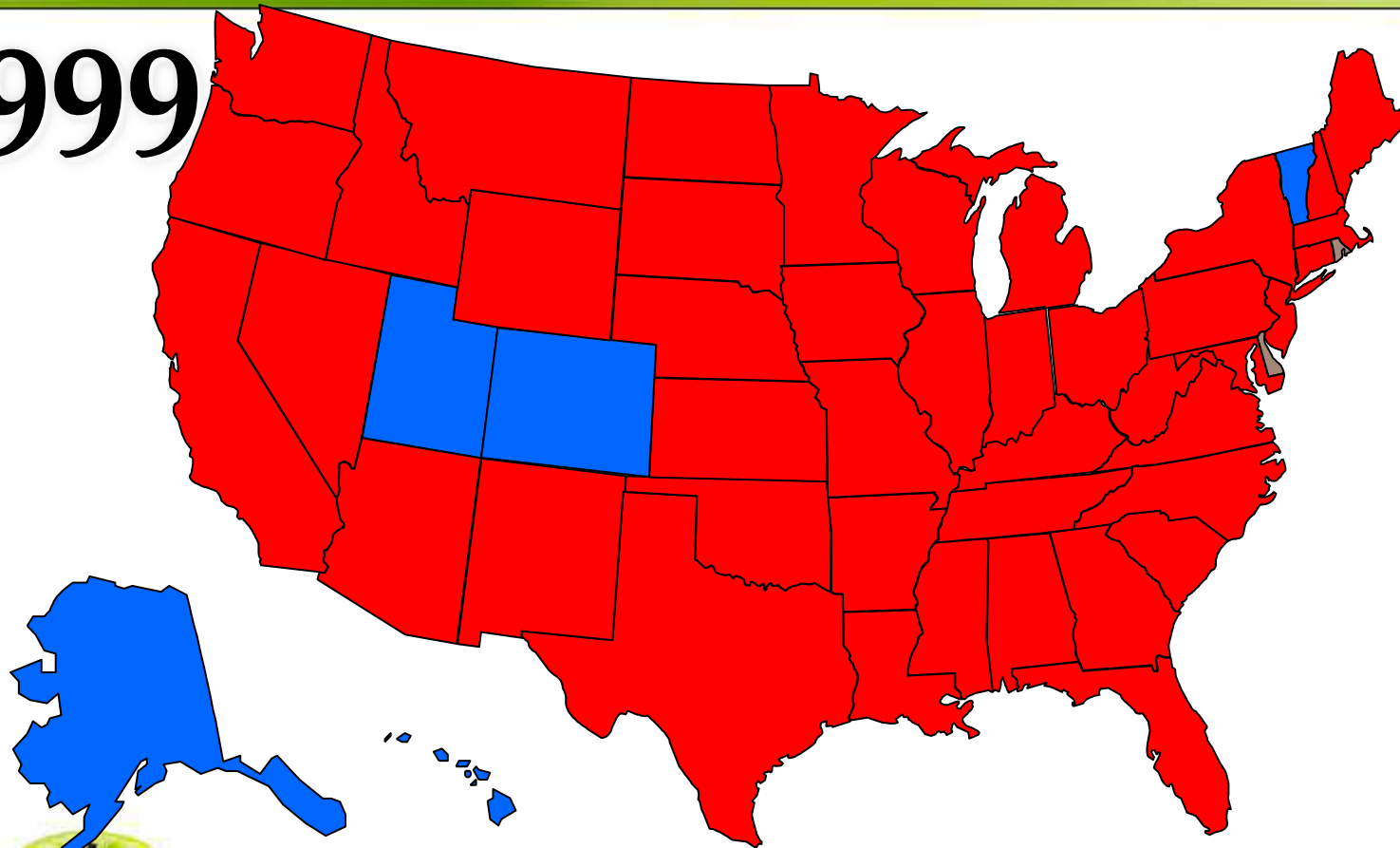


DATA SOURCE: 1998 BRFSS, CDC



Overweight Adults in the U.S.

1999

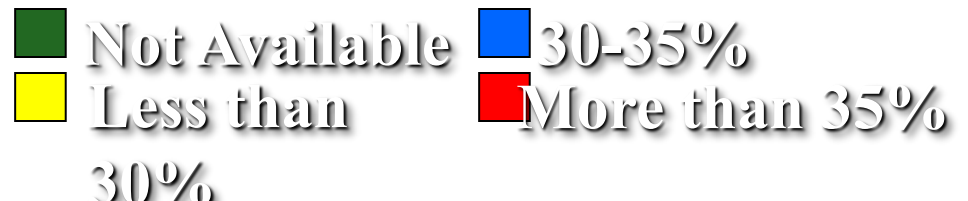
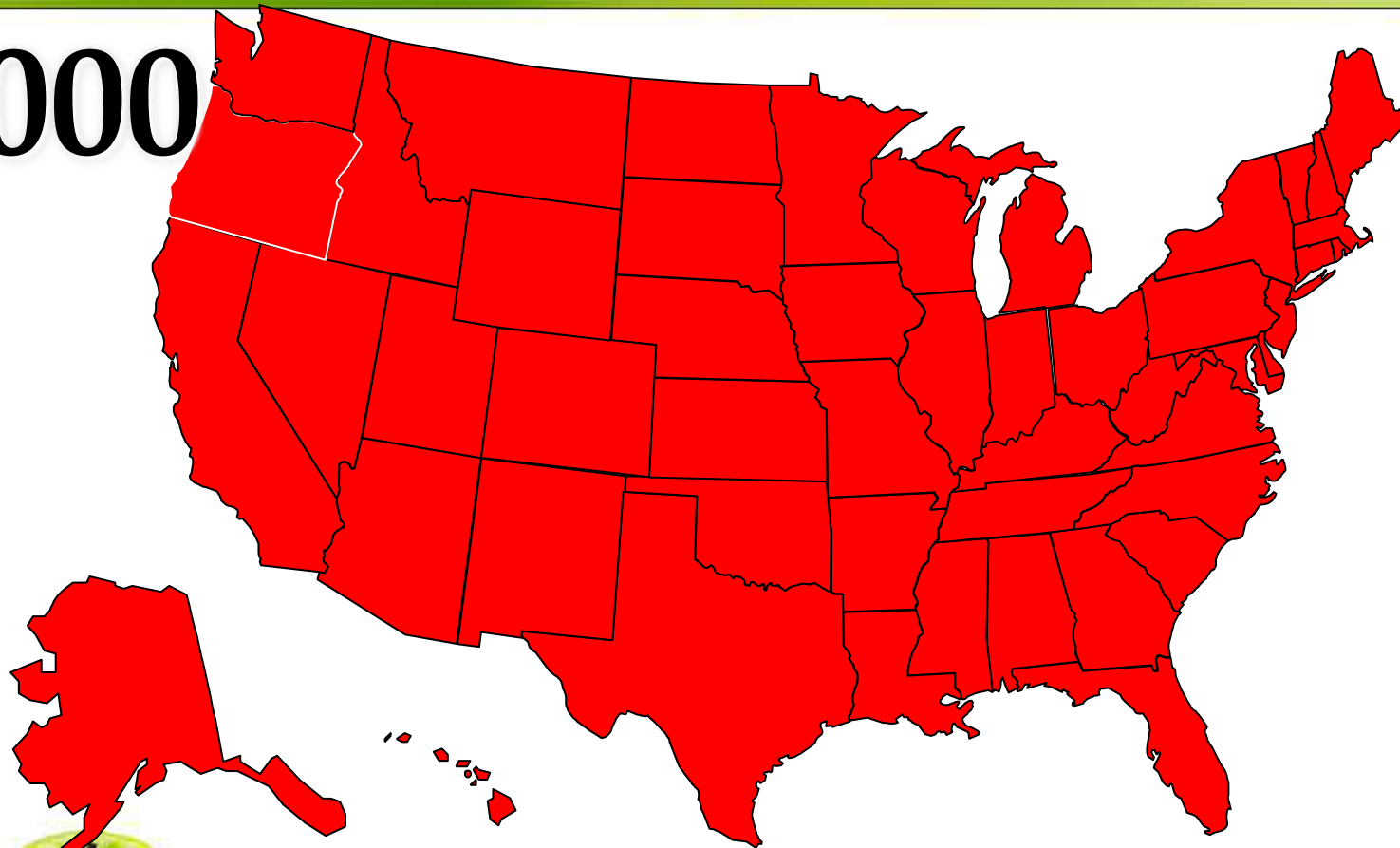


DATA SOURCE: 1998 BRFSS, CDC



Overweight Adults in the U.S.

2000



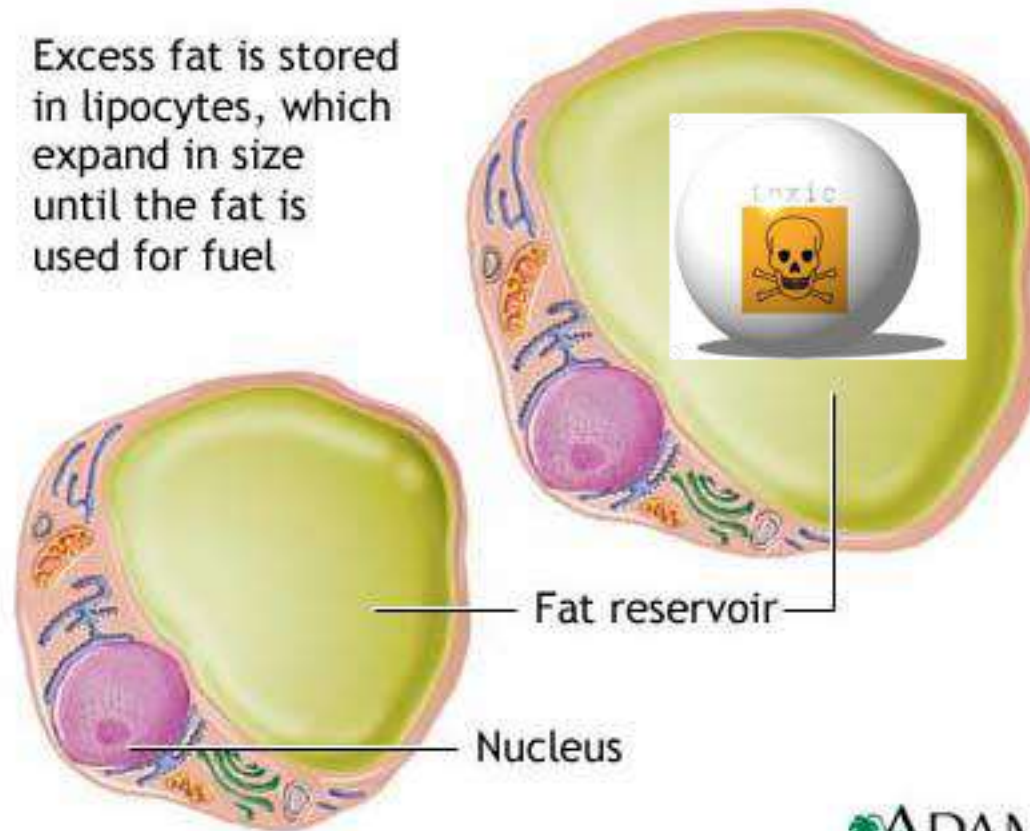
DATA SOURCE: 1998 BRFSS, CDC



Where do Toxins Store in the Body?

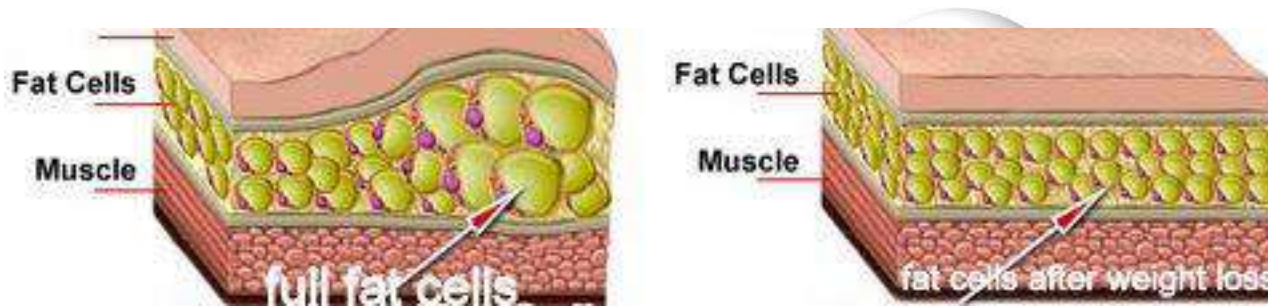
Toxins are Stored in Fat Cells

Excess fat is stored in lipocytes, which expand in size until the fat is used for fuel



Detoxification

Detoxification pushes toxins out of fat cells into circulation



Others Needing to Detoxify

- Anyone wanting
 - More energy
 - Increased weight loss
 - Better Sleep
 - Improved mental clarity
 - Decreased sugar cravings
 - Revived libido
 - Overall well-being



Standard Process Difference

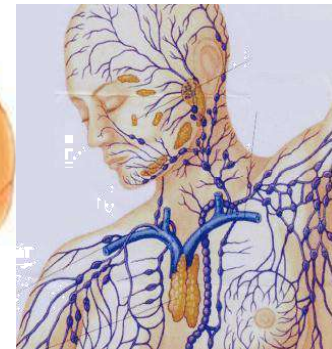
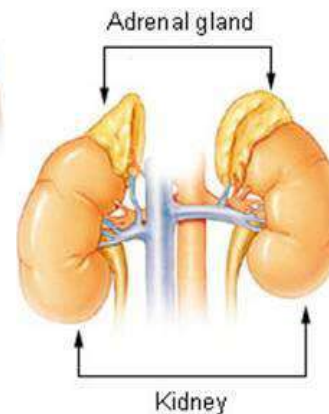
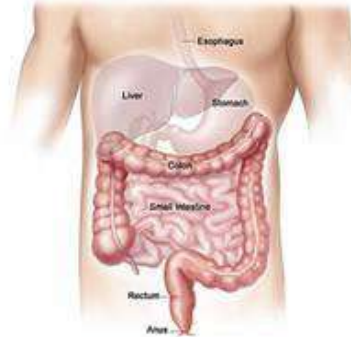
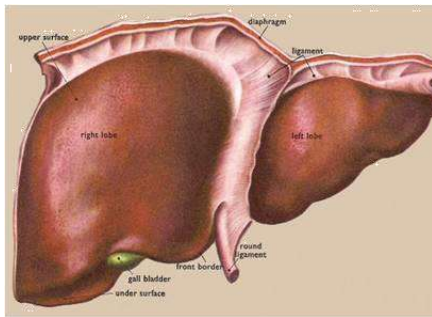
- Organic whole foods
- Ingredients harvested at the peak of their nutritional value
- Unique manufacturing process
 - ❖ Low heat, high vacuum



The whole foods & herbs used in the Standard Process Purification Program provides a natural & consistent way to help rid your body of harmful toxins.

Purify ~ Renew ~ Restore

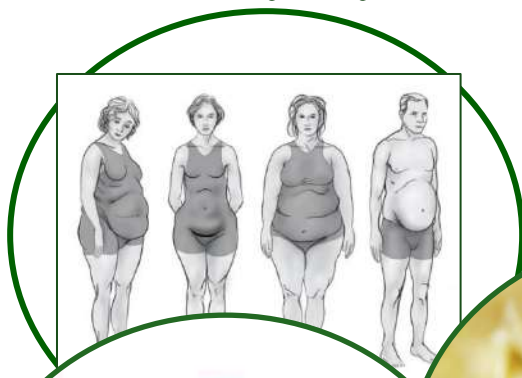
- Uniquely combined whole food products support and assist the primary detoxification organs (Liver, Kidneys, Colon, Lymphatic System, Skin, and Lungs) to function optimally.



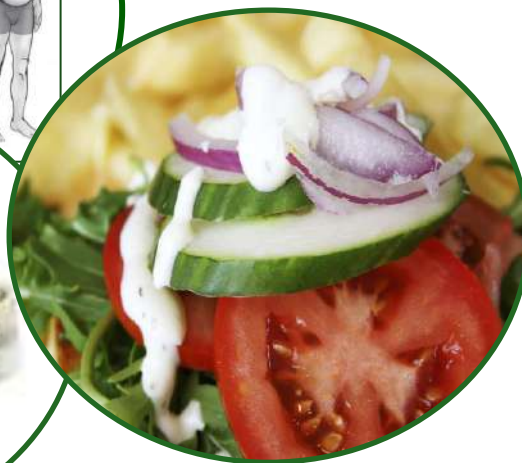
Weight Loss



ID Body Type



Portion Control



Muscle Mass



Sweet Cravings



- Personal Strength – “will power”
- Remember Objectives



- Maintaining healthy blood sugar
- Greatly reduce your sugar cravings



Constipation



Your Bowels **MUST** keep moving – 2-3 times/day!

Other Necessities



Appropriate Exercise



Adequate Sleep



Drink Water

Cholesterol

Before

July 1st

Cholesterol 263

Triglycerides 181

LDL 174

TEST	RESULTS	UNITS	EXPECTED RANGE
GATTED CMP+4AC + LIPID + IRON PROFILE			
GLUCOSE	92	MG/DL	65-100
BUN	12	MG/DL	8-25
CREATININE	0.5	MG/DL	0.8-1.4
CALCULATED BUN/CREAT	15		6 - 28
URIC ACID	4.1	MG/DL	3.3 - 8.5
SODIUM	140	MEQ/L	133-146
POTASSIUM	4.4	MEQ/L	3.5-5.3
CHLORIDE	103	MEQ/L	97-110
CARBON DIOXIDE	23	MEQ/L	18 - 30
CALCIUM	9.5	MEQ/L	9.3 - 10.3
PHOSPHORUS	3.1	MEQ/L	18 - 30
CHOLESTEROL	263	MG/DL	8.5-10.5
TRIGLYCERIDES	181	MG/DL	2.2 - 4.5
HDL CHOLESTEROL	53	MG/DL	< 200
CALCULATED LDL CHOL	174	MG/DL	1150
RISK RATIO LDL/HDL	3.28	RATIO	> 39
PROTEIN, TOTAL	8.1	MG/DL	> 100
ALBUMIN	4.4	G/DL	4.3-5.5
CALCULATED GLOBULIN	3.7	G/DL	3.0-3.4
CALCULATED A/G RATIO	1.1	G/DL	2.9 - 5.0
BILIRUBIN, TOTAL	1.0	G/DL	2.0 - 3.0
ALKALINE PHOSPHATASE	40	U/L	0.9 - 2.5
SGOT (AST)	21	U/L	0.9 - 2.5
SGPT (ALT)	17	U/L	5-35
LDH	144	U/L	7-56
CK, TOTAL	195	U/L	60-270
IRON, SERUM	100	UG/DL	37-269
			35 - 158

CALCIUM		
PHOSPHORUS	7/04	7/06
CHOLESTEROL	187	263
TRIGLYCERIDES	181	180
HDL CHOLESTEROL	53	53
CALCULATED LDL CHOL	174	174
RISK RATIO LDL/HDL	3.02	3.28

263
181
174

After

September 15th

Cholesterol 178

Triglycerides 107

LDL 107

GLUCOSE	92	MG/DL	65-100
BUN	12	MG/DL	8-25
CREATININE	0.5	MG/DL	0.8-1.4
CALCULATED BUN/CREAT	15		6 - 28
URIC ACID	4.1	MG/DL	3.3 - 8.5
SODIUM	140	MEQ/L	133-146
POTASSIUM	4.4	MEQ/L	3.5-5.3
CHLORIDE	103	MEQ/L	97-110
CARBON DIOXIDE	23	MEQ/L	18 - 30
CALCIUM	9.5	MEQ/L	9.3 - 10.3
PHOSPHORUS	3.1	MEQ/L	18 - 30
CHOLESTEROL	178	MG/DL	8.5-10.5
TRIGLYCERIDES	107	MG/DL	2.2 - 4.5
HDL CHOLESTEROL	53	MG/DL	< 200
CALCULATED LDL CHOL	107	MG/DL	1150
RISK RATIO LDL/HDL	3.28	RATIO	> 39
PROTEIN, TOTAL	8.1	MG/DL	> 100
ALBUMIN	4.4	G/DL	4.3-5.5
CALCULATED GLOBULIN	3.7	G/DL	3.0-3.4
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			35 - 158

PHOSPHORUS	6/06	6/06
CHOLESTEROL	263	178
TRIGLYCERIDES	181	107
HDL CHOLESTEROL	53	53
CALCULATED LDL CHOL	174	107
RISK RATIO LDL/HDL	3.28	3.28

107

Patient: John H.

Before

April 1st
 Cholesterol **230**
 Triglycerides **145**
 Heart Risk **5.5**

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
COLLECTED 04/01/05 20:09 RECEIVED 04/01/05 20:09				
Cholesterol	230	H	100-200	mg/dL
Triglycerides	145		40-250	mg/dL
HDL Cholesterol	42		>35	mg/dL
LDL Cholesterol	159	H	<130	mg/dL
LDL is a calculated result and requires a 12-hr fast.				
VLDL Cholesterol	29			mg/dL
Cholesterol/HDL Ratio	5.5			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:	Male	Female		
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		
Above average	6.7 - 14.3	5.6 - 8.3		

After

April 23rd
 Cholesterol **185**
 Triglycerides **85**
 Heart Risk **5.0**

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
COLLECTED 04/23/05 09:00 RECEIVED 04/23/05 18:55				
Cholesterol	185		100-200	mg/dL
Triglycerides	85		40-250	mg/dL
HDL Cholesterol	37		>35	mg/dL
LDL Cholesterol	131	H	<130	mg/dL
LDL is a calculated result and requires a 12-hr fast.				
VLDL Cholesterol	17			mg/dL
Cholesterol/HDL Ratio	5.0			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:	Male	Female		
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		

Patient: Jane M.

Before

March 23rd
 Cholesterol **231**
 Triglycerides **128**
 Heart Risk **4.2**

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
COLLECTED 03/23/05 16:53 RECEIVED 03/23/05 16:53				
Cholesterol	231	H	100-200	mg/dL
Triglycerides	128		40-250	mg/dL
HDL Cholesterol	55		>35	mg/dL
LDL Cholesterol	150	H	<130	mg/dL
LDL is a calculated result and requires a 12-hr fast.				
VLDL Cholesterol	26			mg/dL
Cholesterol/HDL Ratio	4.2			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:		Male	Female	
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		
Above average	6.7 - 14.3	5.6 - 8.3		

After

April 18th
 Cholesterol **176**
 Triglycerides **87**
 Heart Risk **3.8**

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
CHEMISTRY PROFILE				
COLLECTED 04/18/05 13:31 RECEIVED 04/18/05 22:48				
Cholesterol	176		100-200	mg/dL
Triglycerides	87		40-250	mg/dL
HDL Cholesterol	46		>35	mg/dL
LDL Cholesterol	113		<130	mg/dL
LDL is a calculated result and requires a 12-hr fast.				
VLDL Cholesterol	17			mg/dL
Cholesterol/HDL Ratio	3.8			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:		Male	Female	
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		
Above average	6.7 - 14.3	5.6 - 8.3		

Patient: Megan G.

Before

April 9th
 Cholesterol **344**
 Triglycerides **787**
 Heart Risk **7.2**

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
COLLECTED 04/09/05 08:40 RECEIVED 04/09/05 18:35				
Cholesterol	344	H	100-200	mg/dL
Triglycerides	787	H	40-250	mg/dL
HDL Cholesterol	48		>35	mg/dL
LDL Cholesterol	NOT VALID		<130	mg/dL
Triglyceride >400 invalidates LDL and may elevate VLDL.				
LDL is a calculated result and requires a 12-hr fast.				
Cholesterol/HDL Ratio	7.2			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:	Male	Female		
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		
Above average	6.7 - 14.3	5.6 - 8.3		

After

C H E M I S T R Y				
TEST-NAME	RESULT	AB	REF-RANGE	UNITS
COLLECTED 05/07/05 19:07 RECEIVED 05/07/05 19:07				
Cholesterol	182		100-200	mg/dL
Triglycerides	108		40-250	mg/dL
HDL Cholesterol	44		>35	mg/dL
LDL Cholesterol	96		<130	mg/dL
LDL is a calculated result and requires a 12-hr fast.				
VLDL Cholesterol	22			mg/dL
Cholesterol/HDL Ratio	3.7			
Interpretation of Cholesterol/HDL Ratio:				
CHD Risk:	Male	Female		
Below average	2.7 - 4.0	2.5 - 3.7		
Average	4.0 - 6.7	3.7 - 5.6		
Above average	6.7 - 14.3	5.6 - 8.3		

May 7th
 Cholesterol **182**
 Triglycerides **108**
 Heart Risk **3.7**

What to Expect During Purification



What to Expect After Purification

- Increased Vitality
- Easier Weight Loss
- Fewer Headaches
- Less Digestive Upset
- Improved Mood
- Diminished Sugar Cravings
- Better Mental Focus



Purification Support Emails

The night before, an email is sent to you with instructions, tips and tricks and explanations of what is taking place and what to expect the next day..



Personalized Email Support

You will have a Purification Expert “Heidi Jo Rickard, NTP” supporting you through all 21 Days. She has strong experience in taking patients successfully through the 21 Day Program and helping them to find enjoyment, recipes and answering any questions.



This 21 Day Detox Program Will Transform Your Life!

The DETOX package includes:

~~~Detox supplements and wheatgrass powder

~~~Nutritional and detoxifying protein shakes

~~~Adrenal supplements

~~~Vitamin D3-K2

~~~Fiber

~~~Probiotic supplements

~~~Homeopathic Emotional Support

~~~Healthy teas and coffee substitutes

~~~Healthy natural sweeteners

~~~A purification packet on how to live a healthy lifestyle

~~~An eating plan and corresponding healthy recipes

~~~Advanced detox recommendations

~~~Daily email support

**\*\*\*You will be personally instructed on how to do the program by a certified nutritional practitioner.\*\*\***

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*Reviews about Heidi's services and detox program! [Google Reviews](#) and [Yelp Reviews](#)*

*Email [heidi@nourishandrevive.com](mailto:heidi@nourishandrevive.com) with questions or to sign up.*

*You can start your detox anytime!*





# What to Expect After Purification

- Increased Vitality
- Easier Weight Loss
- Fewer Headaches
- Less Digestive Upset
- Improved Mood
- Diminished Sugar Cravings
- Better Mental Focus



# References

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- Dr. Holly Carling, DOM, LAC, PhD
- Curt Hamilton, CCN, Standard Process Northern Texas Representative
- Tim Bahan, Standard Process Ohio Representative
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