



CHEMICAL FREE
BODY

GUT DETOX GUIDE

10 EASY STEPS FOR
**WEIGHT LOSS
& ENERGY**

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THE CHEMICAL FREE BODY GUT DETOX GUIDE

10 EASY STEPS FOR WEIGHT LOSS AND ENERGY



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YOUR CHEMICAL FREE COACHES

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www.chemicalfreebody.com



ABOUT CHEMICAL FREE BODY

ChemicalFreeBody.com Is a mission-based organization that is passionate about **helping everybody ignite their highest excitement in life by putting themselves and their health first.** Our goal is to rescue one gut at a time with honest, pure and natural ingredients that taste great!

We teach **“The Daily Detox”** protocol while bringing **all the superfood nutrition** into your life, making it easy to **transform your health in just minutes a day** with the highest quality, 100% truly natural products.

WORDS OF ACKNOWLEDGEMENT

“NOTHING HAPPENS UNTIL SOMETHING MOVES”
- ALBERT EINSTEIN

We want to encourage you to **never stop following your dreams to be happy and healthy!** If you have tried to lose weight or improve your health in the past and you did not experience the results you wanted, most likely it’s not your fault.

When you learn how-to **daily detox and nourish your body** properly from the inside out, your **energy and skin improves and the weight just falls off naturally!** Implement the daily detox & nutrition easy steps in this guide and **your belly will get flatter, your skin will glow and your health will transform!** We did it, hundreds of our coaching clients have done it and so can YOU!

WANT FASTER RESULTS?

**CLICK HERE FOR A FREE 30 MINUTE HEALTH CONSULT!
(\$97 VALUE)**

MY TRANSFORMATION STORY...

HOW I LOST 38 POUNDS WITH PROPER DETOX & NUTRITION

I spent years eating mostly cooked and processed foods (basically the Standard American Diet) and when I was young and active I was able to pull it off, not gain weight, and never thought much of it. I believed that I was super healthy. I ate meat for protein, whole grain bread for good carbs and I drank milk for calcium. I did what I was suppose to do.

By the time I had reached the age of 37 I found myself 38lbs overweight, tired, not sleeping well, skin issues, acne, digestive tract issues, rock hard bowel movements with blood, surgery to remove an organ and heartburn. Pretty bad huh? My quality of life sucked and I told no one. I was secretly living in fear.

Then in 2011 I went to the Hippocrates Health Institute with **my friend Charles who was diagnosed with incurable cancer to see if their natural approach would save his life. There I learned how to detox and nourish my body properly** and that was the point in my life where everything changed.

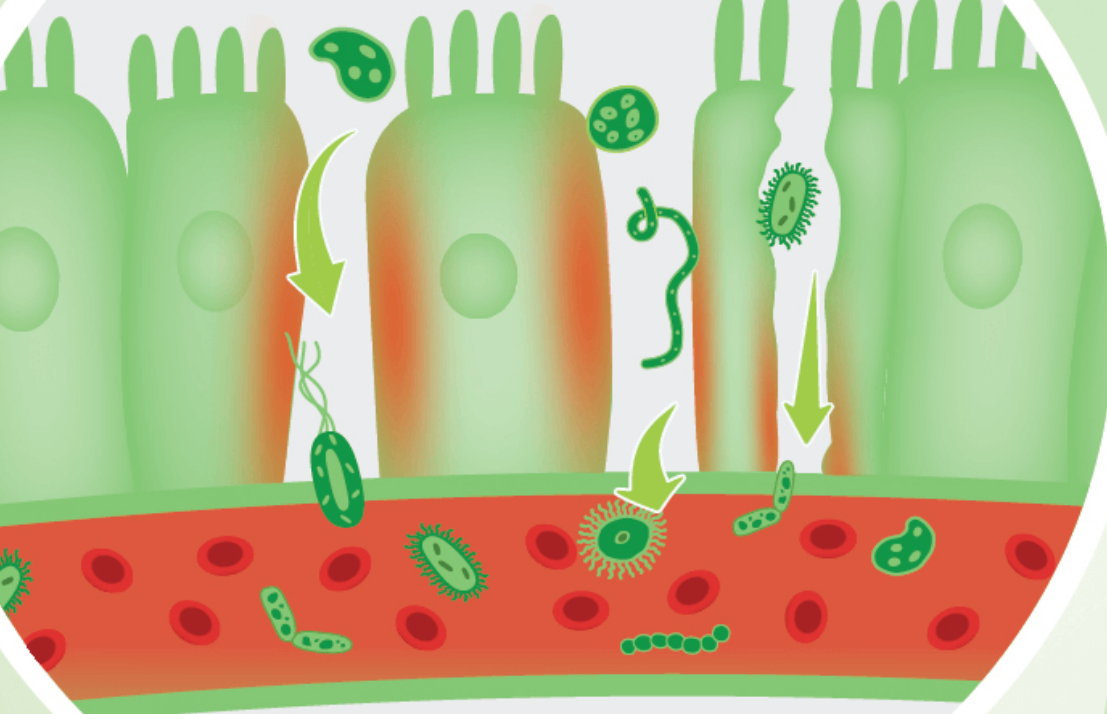
Today, I have none of those health issues, **I lost all the weight and kept it off now for over 9 years, my energy is amazing, I look 10 years younger, and Charles is alive and thriving with no cancer in sight. Winning!**



After completely transforming my health **I became obsessed with detox and proper nutrition.** I have invested several hours a day geeking out on this stuff, reading books, watching videos, attending wellness clinics, and interviewing people that have healed themselves too.

Over the last 9 years I have continued to refine my lifestyle choices while **personally coaching hundreds of people through this process. When you follow the simple steps outlined in this guide you too can have similar results.**

- Tim James AKA Health Hero



LEAKY GUT 101

What is Leaky Gut? Basically small holes in the gut lining that allow undigested food particles, microbes, and chemical toxins into your bloodstream. This causes inflammation and wreaks havoc on your glands such as the thyroid and everywhere else the blood travels.

The Royal Society of Medicine did a major study and found that **the colon is the major contributor to 85% of all illness and disease.** After my experience I agree and we need to focus on our digestive tracts health if we want our whole body to be healthy.

The beginning of Leaky Gut is not drinking enough purified water. 95% of people are not drinking enough of it! Meaning, most of us are walking around with what is called “**cellular dehydration**”. **This is when cells are dehydrated and do not contain enough moisture to operate properly.**

Your blood, your lymphatic (garbage removal) system, your brain, and your digestion requires water to operate effectively. If any of these are **low on water then the first place the body goes to get it is the colon.**

Your **colon needs to be well hydrated to remove waste.** If it is not hydrated, waste matter eventually builds up on the lining of the colon and starts causing problems. **The average person has built up 6-12 pounds of waste material in the colon in their lifetime.** Eventually the colon becomes so polluted it works its way up into the small intestine and pollutes it as well and that is the beginning of Leaky Gut.

The [Chemical Free Body](#) product line and this guide are designed to help you “re-set” your digestive tract and take it from acidic to alkaline by detoxing and nourishing it naturally.

GUT DETOX 10 EASY STEPS

1. WATER

“WATER IS THE DRIVING FORCE OF ALL NATURE”
-LEONARDO DA VINCI

Your body is roughly 75% water, therefore it is foundational. Your water should be clean and free of harmful chemicals like chloride, fluoride etc. **Types of purification processes are: Reverse Osmosis, Distillation & Deionization.**

Only 1 out of 20 people are actually consuming enough water to be healthy. That's scary... but at the same time very exciting because **as soon as you up your water intake, your health will improve, promoting weight loss and increasing energy!** Carol, one of our clients **lost 50lbs in eight months just focusing on STEP 1: drinking the right amount of water.** Do not underestimate what water will do for you!



DIRECTIONS:

#1. Drink 1/2 your body weight in liquid ounces of purified water daily! Add lemon or lime juice or raw apple cider vinegar to further alkalize your body.

#2. Use a measurable tool that holds 16-32 ounces for ease of use.

#3. Use a glass (mason jars) or stainless steel container to eliminate toxic plastic.

2. DAILY DETOX

GUT CLEANSE PLUS

DON'T WORRY ABOUT DIARRHEA! This is a very gentle detox. If you are concerned about diarrhea just start off with 1 Capsule and work your way up to 3 Capsules.

It is critical to remove these toxic blockages and pave the way for elimination of more toxins that will be exiting your body as you drink more water, continue with [Gut Cleanse Plus](#) and drink [GREEN 85 Juice Formula](#). On average you can expect to detox between 6-12 pounds of impacted fecal material that has built up in the intestines during the initial 15 day cleanse.

TIP: It is also recommended that you go for walks or do some type of mild to moderate exercise to assist your body to remove toxins.



3. NOURISH

WITH SUPERFOODS

Drinking [GREEN 85 Juice Formula](#) 1-2 times per day loads your body with high quality, concentrated nutrients, which are the building blocks our body requires to restore our gut lining and **run our Body and Brain at 100%**.

[GREEN 85](#) reduces food cravings in two ways:

#1. The high quality absorbable proteins help to regulate our blood sugar.

#2 It replaces roughly 85% of nutrients that are missing in our soil and when our cells are properly nourished they send us “Not Hungry” signals and **we simply eat less.**

Tip: Mix with any nutmilk to make the perfect meal replacement for weightloss.



4. GUT BALANCE WITH PROBIOTIC SPORES

Did you know that most probiotics on the market die in your stomach acid? Very little make it to your intestines to recolonize and build your immune system. That is why we believe [Probiotic Spores](#) the best because all of the spores make it through the stomach acid to recolonize the good bacteria. Probiotic Spores are very powerful and we also feed them with Prebiotics (probiotic food) to help them grow and recolonize the immune system.

[Probiotic Spores with Prebiotics](#) are critical for a strong immune system, brain function, and a healthy gut.

TIP: [Probiotics](#) are specially important if you have taken antibiotics to rebuild your gut bacteria again



5. REHABILITATE "RECOVERY IS ABOUT PROGRESSION NOT PERFECTION" -ANONYMOUS

Muscles that line your small intestine and colon contract and relax in a rhythm that produces a wavelike motion. This movement, called peristalsis (gut action), pushes food through the length of your digestive tract. **Weak gut action leads to weight gain, poor skin, fatigue, poor bowel movements, constipation, and leaky gut!** Now that your digestive tract is clean and nourished **it's time to rehabilitate and get amazing gut action with raw foods!**

ADDING IN RAW (UNCOOKED) FOOD

Adding in Raw, uncooked foods will start the rehabilitation process of our digestive tract. The long term **goal is to get to 50-75% of your plate be Raw & Living foods.** Whatever percentage of raw foods you're currently at, just add 10% more and work your way up over a 6 -12 month period.

Tip: Buy the freshest produce possible and have a BIG SALAD every day!

TRY THESE FINGER LICKING SALAD RECIPES

LOADED CAESAR'S SALAD

Prep Time 20 minutes serves 2

Ingredients:

- 5 hearts romaine lettuce
- 2 C kale, spring greens, or/and sunflower sprouts
- ½ cucumber peeled and diced
- 1 pack Tempeh Bacon
- 8 oz non-soy tempeh cubed
- 1 ripe avocado
- ½ C of pumpkin seeds

Easy Caesar Dressing: (whisk all together in a small bowl - add little water until creamy)

- 4 tbsp soy-free Veganaise
- 1 tbsp of lemon juice
- 2 tsp of garlic powder
- ½ tsp of onion powder
- ½ tbsp of capers with juice
- 1 tsp of nutritional yeast or 1 tbsp vegan parmesan (see recipe)

Instructions:

Bake or saute tempeh bacon in small pieces until crunchy . Bake or blackened Tempeh and cut in squares.

Cut romaine into ½ -1 in square put in a bowl with the rest of greens, add cucumbers, Caesar dressing generously mix in and serve in plates

Add ½ avocado to each plate, pumpkin seeds, tempeh bacon and blackened tempeh, top with vegan parmesan.



ASIAN SALAD

Prep Time 20 minutes serves 2

Ingredients

- 3 C baby spinach
- 1 Red bell pepper diced
- 1 head of broccoli florets lightly steamed
- ⅛ purple cabbage shredded
- 1 C mung bean sprouts
- 1 C quinoa cooked al dente
- ½ C white onion diced
- 1 C snow peas
- ¾ C pecans or almonds chunks
- Sesame seeds

Asian Almond Sauce

- 3 tbsp almond butter
- 2 tbsp Liquid Aminos
- 2-3 drops of stevita (add to taste)
- ½ juice of lime
- ½ tsp fresh grated ginger and red pepper flakes (optional)

WHISK all ingredients in a small bowl adding hot water 1 tbsp at a time and whisk until desired consistency.

Instructions:

In a large bowl add spinach, pepper, broccoli, cabbage, mung beans, quinoa, onions, snow peas and nuts, mix thoroughly then add asian almond sauce and massage with your hands for a couple of minutes.

Serve generously in bowl and garnish with sesame seeds



[Recipe Creator: Lili Joo](#)

6. CHEW YOUR FOOD UNTIL LIQUIFIED



Chewing your food until liquified is the First Step in digestion. I promise, if you make a practice of chewing your food well, it will become a habit that you don't even think about. This choice is yours to make, and it is our choices and our daily rituals that determine our true health and happiness.

Tip: Chew 20 times per bite.

7. ABDOMINAL & CORE EXERCISES

If you suffer from constipation or slow bowels, doing abdominal exercises and core work 6-7 days per week is highly recommended to rebuild the muscle structure of the digestive tract to assist in eliminating food waste properly.

Tip: Plank pose is very effective and a safe way to work the core, try holding it for a minute and work your way up to 5 min a day.



8. GUT CLOCKWORK

WITH DIGESTIVE ENZYMES

These [Digestive Enzymes](#) will help break down the Raw & Living “uncooked” foods and be like your “spotter” on the bench press helping your digestive tract to rebuild the muscle structure and gut action as it processes raw foods.

That is why it is critical to chew your food really well and also add [digestive enzymes](#) to your heavy meals.

You can take the [digestive enzymes](#) before, during, or right after your meal with just a enough water.

Tip: [Digestive enzymes](#) are anti-aging because they protect your cells from radical damage.



6 FOODS FOR CLOCKWORK DIGESTION

#1 FLAX SEED WATER: In a pitcher put 1 part flax seed to 5 parts purified water. Let set for 8 hours in the fridge. Then stir and pour through a strainer to remove seeds. **Have a couple of glasses of flax seed water daily. Add to smoothies or protein shakes.** This is soluble fiber to aid digestion, great source of protein and omegas! Use the seeds again with fresh water up to 3 times to make more.

#2 FLAX SEED MEAL: Grind flax seed in a spice grinder or in a dry blender. Then **add a tablespoon to purified water, smoothies, protein shakes.**

#3 ALOE VERA: Take 1 ounce of the fresh inner leaf daily for maintenance. Take 1 ounce twice daily for cleansing and rebuilding.

#4 CHIA SEED: Also creates a gel that aids digestion. Loaded with omegas, vitamins and minerals. **Add 1 Tbsp. to water, juices, smoothies, protein shakes and shake well. You can also make chia pudding by adding 1 part chia to 3 parts nut milk. Shake well then let sit in fridge for 15 minutes.**

#5 FERMENTED FOODS: Sauerkraut, kimchi and tempeh all have natural probiotics and prebiotics.

#6 SPROUTED BEANS: Nothing will give you more roughage than a sprouted bean, they are a perfect protein source and great brain food. Simply **soak any bean in water first and now it is “Sprouted” and alive. You can cook the bean or continue to rinse it with water morning and night until the tail “pops out”.**

NOTE: If you have any digestive tract issues such as IBS, crohn’s, colitis, ulcerative colitis, diverticulitis or diverticulosis **DO NOT CONSUME SEEDS.** They can stick in the pockets of the already irritated intestinal lining and cause infection.

9. AVOID DRINKING LIQUIDS WITH MEALS

Drinking liquid with meals dilutes your digestive enzymes your that your saliva glands excrete. Liquids with meals causes fermentation in your gut and over time will destroy your gut health and impede nutrient absorption.

TIP: Stop drinking liquids 30 minutes before meals and wait at least 1 hour after eating to drink again!

10. SQUAT FOR EASY BMS

If we go out into nature and go potty we will find ourselves squatting. This is very common in the Japanese culture and other cultures around the world.

By squatting you actually line up your colon for easy elimination and cut your “potty time” in half.

TIP: Get a stepping stool or anything that can elevate your feet in a squat position.



Photo courtesy of Squatty Potty
You can also place some phone books next to the toilet to put your feet up on or use a small stool.
To purchase a “Squatty Potty” online go to: www.squattypotty.com

WHAT TO EXPECT?

**"HOLD UP YOUR HEAD YOU WERE
MADE FOR VICTORY" - ANNE GILCHRIST**

As you detox your body, you may go through some symptoms like: headaches, nausea, night sweats, irritability, bloating, fatigue, poor sleep, parasites exiting the body, a metallic taste on the tongue and skin rashes and breakouts. These detox symptoms can last 1-3 weeks or you may have none at all... everyone is different. Most people feel better after 2-3 days, just rest and pamper yourself with a hot bath and a warm cup of tea.

**WE GOT YOUR BACK! TO ENSURE YOUR SUCCESS WE
CREATED THE GUT DETOX SUCCESS TRACKER**

CLICK HERE TO DOWNLOAD FREE

If you feel that the detox is too much or you're itching or swelling, **Stop taking everything, drink lots of purified water, and let it settle down for a few days.** Then start back on The Gut Cleanse Plus for a few days, see how that makes you feel. Then add in GREEN 85 again for a few days, see how that makes you feel, then the same with the Probiotics and Digestive Enzymes.

Through the process of elimination you can identify which products are working and which ones you may have to put on hold. If you identify that you were allergic to one of our supplements please give us a call **at 888-368-9898 or email us at: support@chemicalfreebody.com**

O.K. That's it. Now it's up to you! Call us or go to www.chemicalfreebody.com to get started. Please let us know how it's going for you. Also, **every Wednesday @5pm PT/ 8pm ET we have FREE LIVE Group Coaching on our Facebook page @Chemical Free Body.** Join the community and ask any question! **[If you are interested on private coaching click here to learn more!](#)**

NOTE: A very small percentage of people's colon is so backed up that when they start taking Gut Cleanse Plus and the other products they become constipated. This happens because these products clean from the top down and as waste material exits the digestive tract it simply gets plugged up at the bottom. This is very rare but it can happen. If it does we recommend you stop taking all products, stop eating, just drink water and see a colon hydrotherapist asap. You can also do an enema at home or take a magnesium product to liquefy everything. If that doesn't work, seek medical help.

SAVE 25%

WITH OUR GUT DETOX BUNDLES!

“IT IS HEALTH THAT IS REAL WEALTH NOT PIECES OF GOLD AND SILVER”
-MAHATMA GANDHI



JUMPSTART BUNDLE

RETAIL VALUE \$139.90

NOW \$95.90

\$44 SAVINGS - 31% OFF!

GET IT NOW!



WEIGHT LOSS BUNDLE

RETAIL VALUE \$214.90

NOW \$161.50

\$53.40 SAVINGS - 25% OFF!

GET IT NOW!



TOTAL HEALTH & DETOX BUNDLE #1 BEST SELLING

RETAIL VALUE \$403.70

NOW \$293.33

\$110.37 SAVINGS - 27% OFF!

GET IT NOW!

THIS IS WHY PEOPLE LOVE OUR DETOX BUNDLES...

“Love, love, love these products! I used the [Jump-start Bundle](#) as a pregnant women with constipation and again in the hospital. With all the pain meds of having a C-section (even on half a pain pill) you become extremely backed up. This is something no one tells you. At first, I relied on the stool softener but when those didn't work and I had severe constipation I pulled out my bottle of [“GUT CLEANSE PLUS”](#) and started feeling much better after a short while. I only took one tablet in the beginning and now I do three tablets daily with [the greens](#) and my energy is amazing!”

**-Tiffany Gidley, Real Estate Agent
Bend, OR**



“I started with the [Total Health & Detox Bundle](#) because as a health care provider I understand the importance of having a healthy gut. It is our 2nd brain after all. Now I have more energy, get better sleep, and have an increased feeling of well-being. The Gut Detox Guide that comes with the program is spot on and has many great strategies to improve one's health. Plus, I like the fact that your companies mission is to make sure all of the products are free of chemicals. That is very important to me. I recommend [this detox](#) to all my patients. It is effective and simple to do even if you have a busy schedule like mine.”

**-Dr. Rich Vanderloo, Vanderloo Chiropractic West
Portland OR**

THIS IS WHY PEOPLE LOVE OUR DETOX BUNDLES...

“I chose to try the [Total Health & Detox Bundle](#) to enhance my weight loss and health journey. I felt I needed to not only focus on what I was putting into my body, but also cleaning out what was already inside. It has been several months since I started and I feel great. I’ve noticed more energy, regularity, a decrease in appetite and cravings, and I’ve lost a significant amount of weight. I would recommend these great products for absolutely anyone. Whether it’s to enhance your current healthy routine or if it’s your first step towards a healthier you!”

-Mikaela Villepique
Simi Valley, CA



“I started the [Jump Start Bundle](#) because I didn’t like the way I looked and felt about myself or the food I was consuming, I just didn’t look or feel healthy. Now, after doing the initial detox, drinking [GREEN 85](#) in the mornings and taking [Gut Cleanse Plus](#), my extra weight basically fell off. I’ve lost fat and cellulite. I had thought that because I’m a 45 year old woman I’m at the mercy of my slowed metabolism, but for me the products just worked. I enjoy the freedom from cravings for junk food. I totally recommend Chemical Free Body products, [GREEN 85](#) is the only green drink that I’ve liked...really liked...the taste of. The quality of my life has definitely improved... thanks again!”

-Karen Delint
Cove OR

THIS IS WHY PEOPLE LOVE OUR DETOX BUNDLES...

“I learned how changing my eating and purchasing habits can have such a great effect on the planet and my body. But I have never been one to eat my greens and found myself being a Junk Food Vegan. I ate a lot of processed foods that are high in sugar, salt, wheat and soy. Then, in October 2016, I had an appendectomy. My recovery was very slow, which was frustrating. After learning about Chemical Free Body and The Daily Detox Guide I was excited to get started right away with the [Jump Start Bundle](#). I began drinking more water and taking [Gut Cleanse Plus](#) in the morning with [Green 85](#). I found that the greens are so easy to mix and drink, and also taste good. My body is feeling much stronger and seems to crave this nutrition. I am very excited to continue learning more about optimal nutrition and trying more of their products for a healthy body free of chemicals. It feels great eating consciously, not just for animals and the environment, but now for myself as well. Thank you!”

**-Tracy Reiner
Beaverton, OR**



“I have had extremely good luck taking these [detox products](#). I have more energy and feel so much better. I would endorse these supplements any time and would not consider stopping them. It is very gentle on the system and easy to take. It will be part of my health program well into the future. Thank you!”

**-John Mayer, Mortgage Professional
Happy Valley OR**

"I gained about 15 pounds over the winter months and was ready to lose weight and get ready for summer so I started with the [Weight Loss Bundle](#). In two months I dropped the 15 pounds and I was surprised how much energy and mental clarity this bundle gave me. I am also a personal trainer and I noticed less soreness and faster recovery times from my workouts. I'm sold! I recommend [the weight loss bundle](#) to all my personal training clients!"

**-Rebecca Wolf,
Personal Trainer**



NUGGETS OF WISDOM: RECAP

"WE ARE WHAT WE REPEATEDLY DO, SUCCESS IS NOT AN ACTION BUT A HABIT"
-ARISTOTLE

1. DRINK PURIFIED WATER:

Drink 1/2 your body weight in liquid ounces daily.

#2. GUT CLEANSE PLUS:

Take 3 Capsules two times per day for 15 days then 3 Capsules daily.

#3. GREEN 85 JUICE FORMULA:

Drink 1-2 times daily to maximize nutrition!

#4. PROBIOTICS:

Follow directions on label.

#5. ADD RAW FOOD:

Add 10% raw food to current diet.

#6. CHEW YOUR FOOD: Fundamental for digestion.

#7. ABDOMINAL & CORE EXERCISE:

Do ab exercises 6-7 days per week.

#8. DIGESTIVE ENZYMES:

Take 1-2 Capsules with meals.

#9. FOODS FOR CLOCKWORK: Flax Water, Aloe Vera, Chia, Sauerkraut, etc.

#10. HAVE A POSITIVE ATTITUDE :)

Your thoughts influence your actions and results.

#11. SQUAT FOR EASY BMS: Lineup your colon and poop easy.

#12. AVOID DRINKING LIQUIDS WITH MEALS: Liquids dilute digestive enzymes.

*Disclaimer: Information contained in this guidebook should not be used as a substitute for the advice of an appropriately qualified and licensed physician or other health care provider. The information provided here is for educational and informational purposes only. In no way should it be considered as an offering of medical advice. Please check with a physician if you suspect you are ill. NO LIABILITY WILL BE ASSUMED FOR THE USE OF DATA CONTAINED HEREIN OR WHAT ACTIONS YOU TAKE BASED ON THAT INFORMATION. The information contained is not intended for medical advice. You should always discuss any medical treatment with your healthcare provider.