

# David Sandoval's **TRANSFORMATION** 10-Day Celebrity cleanse.

## FAQs

### *Frequently Asked Questions*

#### **SAFETY FIRST!**

*Purium Health Products recommends consulting a physician (preferably a physician specializing in integrative medicine) before starting this or any other weight loss regimen. The Transformation Program is intended for use only by healthy adults. If you experience discomfort, distress or any other symptom during your 10-Day Transformation, please discontinue using the products immediately and consult a physician. At Purium we want every Transformation to be a positive experience, please read and follow all directions carefully. Please note that Staff Naturopath Michael Wohlfeld (via [PuriumNaturopath@gmail.com](mailto:PuriumNaturopath@gmail.com)) offers FREE health/nutrition consultations.*

#### **I am on various medications, are there any contraindications with the Transformation supplements?**

If you have any health issue or are taking any type of drug, prescribed or over the counter, you MUST talk to your doctor and you may also contact our Staff Naturopath, Michael Wohlfeld, via [PuriumNaturopath@gmail.com](mailto:PuriumNaturopath@gmail.com) to discuss this BEFORE starting the Transformation or Cleanse Programs.

#### **I am constipated, what do I do?**

This issue is one of the main reasons why Flex Foods are important and why we offer them in the first place...for example, the fat in the avocado and/or the fibers in the apple when combined with the proper water intake will create an excellent lubricating and absorbing mechanism which will greatly assist in maintaining bowel motility at this time of reduced food intake.

If you are prone to constipation we suggest using a stool softener or salt flush to open up the detoxification pathways (see below for one suggestion called the “Salt / Cherry Flush”).

Another great technique is a stomach exercise recommended by Staff Naturopath Michael Wohlfeld:

- Stand up straight then bend straight over and rest hands on thighs.
- Take a few deep breaths, and then exhale all air.
- Now pull in the stomach and try to have it touch the diaphragm.
- Now push back all the way out and repeat this 2-10 times or as many as you can without taking a breath.
- Repeat this entire exercise 5-10 times and this really massages the intestines increasing mobility.

### **Salt / Cherry Flush (Optional)**

*If you are not eliminating regularly on your own during the fast, every other day you can flush your bowels of accumulated waste and toxins by doing the following.*

- o Wake up 1 hour early to allow time to complete the flush*
- o Mix 1 qt. of warm water with 2 tsp of Himalayan sea salt (or other non-iodized natural salt)*
- o In a separate glass, mix 4 tbsp. of Apothe-Cherry with 12 oz. cold water*
- o Drink the salt water (from step 2).*
- o Immediately lie down on your left side for 20 minutes, keeping the Apothe-Cherry drink in reach*
- o Drink the Apothe-Cherry*
- o Resume lying on left side for 20 additional minutes*
- o Sit on toilet with feet elevated several inches off the ground. You can use a couple of thick books, small stool, trashcan or a Welles Step.*
- o You should “empty out” in a few minutes.*

*Reminder: DO NOT pass gas unless sitting on the toilet. Results may vary on the initial salt cherry flush.*

*Try again the next day if you are not successful the first time and you should see results.*

## **I feel nauseous and/or throw up when I drink the Power Shake.**

Although this can happen it is unusual. It can be the result of too many toxins prior to starting the program, allergies, or a common effect of coming off of a bad diet. We suggest consulting our naturopath Michael Wohlfeld ([PuriumNaturopath@gmail.com](mailto:PuriumNaturopath@gmail.com)) and also suggest that you consider seeing your physician.

David Sandoval says: “May I suggest that you help your taste buds acclimate to the Power Shake by swirling it around your mouth and holding it, even gargling gently, before you swallow. By doing this consistently for the first few sips of each drink, you will soon have “introduced” these flavors, tastes, and

textures to your mouth and soon they will be associated with nourishment, energy and a feeling of well-being. So be patient and follow this advice and soon you will find yourself saying, "It's delicious" or at least, "I'm not throwing up anymore"! And when you are done, you will be so glad that you stuck it out, guaranteed!\*

*\*We have a 60 day money back guarantee if you are not satisfied. Please read the Return Policy on mypurium.com for more information (please note: money back guarantee does not include shipping cost.)*

## **Will I have enough energy to exercise?**

After day 3 most people do have enough energy to exercise, if you find that you don't then we recommend decreasing the level of exercise as opposed to not exercising at all. 600 calories will not support heavy workouts. Best to only do light exercise (depending on how you feel) during the 10 days. Jumping on a mini-trampoline along with other light movements, while deep breathing, is a great way to flush out the lymphatic system.

If your job is one with a lot of physical activity or mental stress, you should add extra Flex items every day and perhaps even another shake if needed or more Super Amino 23.

## **I love to exercise for 1 or more hours per day.**

Exercise is a form of stress and stress is stress. Too much exercise is too stressful and very counterproductive; strenuous exertion should be avoided at this time. To ensure best results we suggest cutting down to 15 minutes per day on days 1 - 4 and then increasing to 30 minutes per day for days 5 - 10.

## **I am pregnant and/or lactating.**

The Super Amino 23 contains the following warning on their label: *If you have a medical condition, are pregnant, lactating or taking medication, consult your health care professional before using this or any other nutritional supplement.*

The program as it is is not designed for pregnant or nursing mothers because you need about 2000/2500 calories to avoid depleting your body of valuable nutrients and the program provides approximately 600. Pregnant and nursing mothers should be advised to contact their physician if they wish to do a modified version of this program.

## **Can I vary from the program?**

The program as we have described it previously is one that we know from experience works. While other variations may be equally as effective, we cannot say with absolute certainty and so, in order to promote maximum benefits, we hope that our simple guidelines will be sufficient and that the program will be followed as closely as possible.

## **Can I have a flex food that is not on the list?**

The only exception is bananas or starchy vegetables; they are not advised. As long as it is a fruit or veggie of a reasonable portion size, then substituting flex foods should be a fairly simple process. Too many people try to use flex foods as an excuse to vary from the core purpose of the diet, which is to re-train our cravings toward healthy options - this is not advised. As closely as you can follow this plan, the better! Additional low-calorie Purium products are allowed (such as a tablespoon of Organic Tropic Oil to satisfy a fat craving, a serving of Aloe Vera added to the Apothe-Cherry, extra greens added to the Power Shake, etc). Remember that you can have as much celery or cucumbers as you want. (Cucumbers are great with cayenne pepper and sea salt.) When having a flex food, we suggest that you chew it very, very thoroughly. The idea is to give your digestive system a break so that your body can focus the energy it usually expends digesting on eliminating toxins from the body.

## **I notice there is not a specific amount of cucumbers or celery listed to have, how many can I have while on the Transformation?**

You can have as much celery & cucumbers as one wants as they do not really have many calories. You may also add cayenne pepper and/or sea salt to the cucumbers, if you desire.

## **Why can I only have 8 oz of the Flex Beverage?**

The idea is to limit caloric intake on this plan.

## **Is this safe?**

The protocols that we promote, which include introducing nutrients to the body every two hours as well as allowing for flex foods in the event of cravings or perceived need or to aid in elimination, actually work very well within the body's most natural rhythm. However, if you plan on losing 10 lbs or more in one month, the American Medical Association recommends that you consult a Physician. If you are on medications, please also be sure to consult with a Physician to make sure it is right for you personally.

## **Why are there different temperatures of water recommended?**

Overall, room temperature water is easier to digest whereas cold water often "tastes" better – this is why you are instructed to have room temperature water with the Super Amino 23 but cold water with the Power Shake. Dave also recommends room temperature in morning with the Super Amino 23 to help flush the kidneys.

## **I didn't lose weight - what could some of the reasons be?**

Please note, while some may not experience the weight loss that they had hoped, weight loss is not the only marker of a successful transformation. The cleansing, nourishing and rebuilding that takes place over these 10 days is often a benefit that is well worth the effort.

Three reasons why you may not lose weight are:

1. You started at healthy weight and gained muscle and lost fat in fairly equal amounts. Muscle weighs more than fat so the net effect was a small weight gain - though you probably lost an inch or two of fat, as well.
2. If you're within two weeks of your menstrual cycle and you typically experience extra stress and water weight during that time, you may be fighting an uphill battle and it may be better to wait until the first day following your cycle in order to maximize results.
3. You are experiencing the onset of stress hormones, or other hormone imbalances which are not addressed by this program as there is no panacea.

## **Can I drink alcohol or caffeine on the Fast if it is low-calorie alcohol?**

Not advised - the Transformation is designed to help you break harmful addictions to substances such as these.

## **Can I chew gum while on the Fast?**

Not advised, actually stimulates digestive tract and might make you hungrier. You would be basically making it harder on yourself!

## **What is the average amount of weight lost on this plan?**

The average person will lose approximately 12 lbs. Results will vary from person to person.

## **I noticed it says that you should not take the Super**

## **CleansR longer than 10 days in a row, how long would I have to wait until I use this product again?**

David Sandoval recommends waiting at least 20 days.

## **What is the difference between the 7 Day Anabolic Fast and the 10 Day Transformation?**

The 10 Day Transformation is the evolution of our super-high nutrient, super-low calorie concept, which was first introduced as the 7 Day Anabolic Fast. Many people did this 7 day program twice in a row for a total of 14 days. Of those who did this, they noted an extreme feeling of empowerment & clarity on days 7 - 10. David Sandoval realized that unless someone experienced a 10 day "Anabolic Fast" that they might never have the full transformation effect and thus...the 7 Day Anabolic Fast became the 10 Day Transformation. We also sought to simplify the program so that it had greater appeal to the masses.

*The AMA recommends consulting a doctor before starting this or any weight loss regimen.*

*These statements have not been evaluated by the Food and Drug Administration. The products included in the 10-Day Transformation are not intended to diagnose, mitigate, treat, cure or prevent any disease.*