



HEALTHFORCE EDUCATIONAL FLYER SERIES

“HYPE IS NOTHING. SUBSTANCE IS EVERYTHING!”

HEALTHFORCE HEALING CLEANSE™

Hard-Core Detoxification and Rejuvenation Programs

Toxic Bodies

Unfortunately, we live in a toxic world. Sources of exposure to harmful industrial toxins include the food we eat, the water we drink, the air we breathe, vaccines, plastics, dental amalgams, household cleaners, personal care and cosmetic products, outgassing from carpets and pressure-treated wood used in home and furniture construction, air fresheners, paints, bug sprays, prescription drugs, perfumed candles, radioactive isotopes, and much more. Many of these toxins have found their way into our bodies where they lodge in tissues and inhibit important biochemical processes. Estimates are that most adult Americans have between 400 and 800 different industrial toxins stored in their body tissues. Many of these toxins are small particles that you cannot see, smell, or feel, at least not right away. As a result, we do not realize that we are being affected until we come down with a degenerative condition years later, after consistent exposure to a combination of these substances. Bottom line: our bodies are currently exposed to way more toxic substances than they were ever designed to handle.

In addition, years of eating a low fiber, highly processed, overcooked, chemical-laden Standard American Diet has left many modern humans with an intestinal tract loaded with toxins and uneliminated fecal matter that is potentially hardened and impacted on the intestinal walls. This material blocks effective nutrient absorption and serves as a home to unfriendly microbes and pathogens that steal nutrients from our food and defecate various metabolic wastes into our bloodstream that are highly toxic to our bodies. Over time, this kind of intestinal toxemia creates/contributes to conditions such as leaky gut syndrome and food allergies, a stressed/dysfunctional immune system, IBS, colitis, constipation/diarrhea, liver and kidney degeneration, depression, fatigue, arthritis, tooth decay, headaches, psoriasis, eczema, poor sleep, and much more. Many practitioners feel that virtually every degenerative illness begins with intestinal toxemia. Two to three quality bowel movements per day and a clean intestinal tract are foundational to our health.

HealthForce Healing Cleanse™ (HHC™) – three levels of detoxification programs to address the needs of modern humans.

Foundational Cleansing Principles and Protocols

HHC™ Level 1: 3- to 7-day cleanse

- intestinal detoxification*
- rebuilds healthy intestinal ecology*
- heals intestinal walls*
- reestablishes healthy bowel regularity*
- gentle liver and kidney detoxification*

HHC™ Level 2: 7- to 30-day cleanse

- intestinal detoxification*
- rebuilds healthy intestinal ecology*
- heals intestinal walls*
- reestablishes healthy bowel regularity*
- gentle kidney detoxification*
- therapeutic liver detoxification*

HHC™ Level 3: 7- to 30-day cleanse

- intestinal detoxification*
- rebuilds healthy intestinal ecology*
- intensive healing of intestinal walls*
- reestablishes healthy bowel regularity*
- intensive liver and kidney detox*
- pathogen and virus removal*
- intensive heavy metal and toxin removal in all internal organs and body tissues.*

Why HealthForce?

- Other cleanses often contain small amounts of fiber and insignificant amounts of cleansing herbs, yet are touted to be the best, while also being priced as if they are the best. In contrast, the HealthForce Healing Cleanse™ programs contain by far the most amount of cleansing herbs and fibers per dollar on the market.
- The HealthForce Healing Cleanse™ programs contain only functional ingredients in therapeutic quantities. No binders, fillers, excipients – a real, deeply therapeutic cleanse with real results.
- EcoFresh Nutrient Lock Packaging™ (amber glass bottles, oxygen absorbers, airtight metal lids with rubberized seal) ensures potency and long shelf life. Refrigeration not required.
- Three different cleansing levels to choose from, each with a gentle and intensive option, allows you to choose the cleansing program that is appropriate for you at this time.

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The foundation of a cleansing program must be detoxification of the intestinal tract. The small intestine is where we absorb 90% of our nutrients. Our colon (large intestine) is the body's main channel of elimination. Our lymphatic system and liver remove toxins from our tissues and blood and dump them into our intestinal tract in order to be carried safely out of the body. If our intestinal tract is sluggish and clogged, we do not absorb nutrients from our food effectively, and we are not able to eliminate toxins from our body efficiently. It is actually somewhat dangerous to attempt to detoxify our body's tissues before the intestinal tract is functional. This would be a recipe for what is known as a 'cleansing reaction,' in which the body 'panics' and attempts to throw off toxins piling up in our blood through secondary channels other than the colon. Signs that toxins are backing up in our body can include fatigue, headaches, brain fog, and irritability. Symptoms of cleansing reactions can include fevers and sweating, nausea and vomiting, nasal and lung discharge, diarrhea, fatigue, acne, and skin rashes. Cleansing reactions are not pleasant experiences.

Once the intestinal tract is somewhat detoxified and functional, the next organ to focus detoxification efforts is the liver. The liver is responsible for monitoring and cleaning our blood 24/7. Unfortunately, our livers were not designed to handle many of the chemicals they are exposed to in the modern world. In addition, stress, poor dietary habits, antibiotic use, and consumption of chlorinated water by modern humans leads to unfriendly bacteria taking over our intestinal tracts. These bacteria are "unfriendly" because they defecate toxic chemicals into our bloodstream 24/7, placing a huge burden on our liver, which works to keep our blood clean. Add to this significant levels of alcohol consumption by most modern humans and you have a recipe for sluggish liver function. As with the colon, it is dangerous (cleansing reactions are possible) to embark on a program of deep tissue detoxification unless you have restored liver health so that your liver can remove toxins from the blood and process them for elimination.

The final stage of a quality detoxification program uses herbs and other cleansing tools/products to help the rest of the body's tissues and organs release their toxins into the lymph fluids and/or bloodstream. Toxins entering lymph fluids can be transported to a functional colon via the lymphatic system. Toxins entering our blood can be processed via a healthy liver and then sent to a functional intestinal tract via the bile fluids (or to the kidneys) for removal from the body.

Dr. Sheridan has designed the HealthForce Healing Cleanse™ programs to follow these foundational principles. The Level 1 cleanse focuses primarily on intestinal cleansing. The Level 2 cleanse adds intensive liver detoxification and support to the intestinal cleansing. Finally, the Level 3 cleanse includes intensive liver detoxification and intestinal cleansing, and then takes this process to the final stage by adding in a number of products which provide deep tissue detoxification and cleansing support in all the body's organs and tissues.

One of the benefits you can expect during/after a HealthForce Healing Cleanse™ is healthier food cravings. Oftentimes, unhealthy cravings are produced by an overgrowth of pathological microbes (e.g., bacteria, yeast, or fungus) in our GI tract screaming to be fed. It is comforting to know that unhealthy food cravings are oftentimes not really coming from us, but instead these unhealthy microbes. Upon completion of a HealthForce Healing Cleanse™, you can expect to have upgraded your intestinal ecology, and you will thus crave healthier food.* When your intestinal ecology is dominated by 80% friendly bacteria, as it should be, your food cravings are healthy – you crave only what your body really needs. Once you reach this level, it becomes easy to stay healthy, as unhealthy foods are simply no longer appealing.

If you have never done a cleanse before, a year-long protocol to dramatically upgrade your health could be as follows:

- Step 1: HealthForce Healing Cleanse™ Level 1 (3-day protocol). Following this cleanse, upgrade your diet. After maintaining your new upgraded diet for three months, go to Step 2.
- Step 2: HealthForce Healing Cleanse™ Level 2 (7-day protocol). Following this cleanse, upgrade your diet even further. After maintaining upgraded diet for another three months, go to Step 3.
- Step 3: HealthForce Healing Cleanse™ Level 3 (14-30 day protocol). Following this cleanse, make more dietary upgrades. After maintaining these upgrades for three months, go to Step 4.
- Step 4: HealthForce Healing Cleanse™ Level 3 (7-day protocol). Following this cleanse, make further dietary upgrades. You should now be moving into a healthy, whole food, primarily plant-based diet.

The above protocol is a phenomenal way to support your transition into a healthier diet and lifestyle. Upon completion of the above year-long dietary and lifestyle reboot, you may do additional Level 3 cleanses any time you feel the need to further upgrade or support your wellness journey. Your goal is to reach a state of vibrant health where you naturally crave predominantly plant-based, organically grown whole foods with a high percentage in the uncooked, raw state. Vibrant health is a journey that you create one step at a time!

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HEALTHFORCE HEALING CLEANSE™ - LEVEL I

Weekend Power Cleanse - 3-Day Intensive or up to 7-Day GENTLE Cleanse

The HealthForce Healing Cleanse™ Level I is an introductory level cleansing program focusing mainly on intestinal tract detoxification.

Kit Contents (All VeganCaps™):

- Vitamineral Green™ (105 VeganCaps™)
- Intestinal Drawing Formula™ (105 VeganCaps™)
- Intestinal Movement Formula™ (50 VeganCaps™)

Vitamineral Green™ (VMG™)

Vitamineral Green™ is a unique and extremely potent combination of nature's most deeply nourishing, cleansing, and rebuilding superfoods. Designed to more than replace traditional isolated/synthetic multivitamin/mineral products, Vitamineral Green™ provides a full spectrum of naturally occurring, absorbable, nontoxic vitamins (including the entire B complex), minerals (including calcium), and trace minerals, as well as all the essential amino acids. It also contains antioxidants, fatty acids, chlorophyll, soluble and insoluble fiber, hundreds of carotenoids, and tens of thousands of phytonutrients. In addition, Vitamineral Green™ provides 5 billion+ lactic acid producing hardy probiotics per serving.

This highly concentrated, powdered blend of vegetable superfoods supports healthy bones and regular bowel movements; gently cleanses and nourishes the blood, colon, liver, and kidneys; and provides comprehensive nutritional support to enhance all aspects of health.* In addition, the abundance of hardy probiotics and bioavailable minerals in Vitamineral Green™ helps to nourish and support a healthy intestinal tract.*

Intestinal Movement Formula™ (IMF™)

Regular bowel movements are foundational for better health. This superior herbal formulation (highly effective, yet gentle and non-habit forming) was designed to support proper bowel regularity with little or no discomfort. The herbal components in this formula also support digestion, the immune system, blood sugar balance, reduction of harmful microbes and cleansing of the intestinal tract.*

Intestinal Drawing Formula™ (IDF™)

This exceptional formula has been designed to draw in and absorb toxins from the bowel, allowing you to eliminate them and not reabsorb these poisons (a common, everyday occurrence for most) – essential to take during a fast to avoid auto-intoxication. HealthForce Intestinal Drawing Formula™ nourishes, soothes, and lubricates the intestines as it moves through, helping to support the integrity of the intestinal walls.* The abundant mucilaginous fiber in this product also softens and loosens up any impacted mucoid plaque on the intestinal walls, which allows the bulking fibers (without psyllium that can irritate and cause bloating) to effectively sweep the intestinal walls clean like a broom.*

HEALTHFORCE HEALING CLEANSE™ - LEVEL 2

7-Day Intensive Cleanse or up to 30-Day GENTLE Cleanse

The HealthForce Healing Cleanse™ Level 2 is a more intensive cleansing program, being longer in duration than Level 1, and with the addition of Liver Rescue™ to facilitate more intensive normalization of function and detoxification in the liver.

Kit Contents (All VeganCaps™):

- Vitamineral Green™ (105 VeganCaps™) – two bottles
- Intestinal Drawing Formula™ (260 VeganCaps™)
- Intestinal Movement Formula™ (120 VeganCaps™)
- Liver Rescue™ (120 VeganCaps™)

VMG™ Nutrition Facts	
Serving Size: 10 grams (approximately 1.5 tablespoons)	
Amount Per Serving	% Daily Value
Total Calories	34
Total Fat	0.3 g 0.47%
Total Carbohydrates	4.07 g 1.36%
Dietary Fiber	2.5 g 10%
Sugars	0.62 g †
Sodium	55m g 2.3%
Protein	3.63 g 7.26%
From the Land™	5,166 mg †
• Nettle Leaf [∞]	• Horsetail/Shavegrass [∞]
• Carob Pod [∞]	• Ginger Root [∞]
• Juices:	• Barley Grass [∞]
• Alfalfa Grass [∞]	• Parsley Leaf [∞]
• Barley Grass [∞]	• Wheat Grass [∞]
• Oat Grass [∞]	• American Basil [∞]
• Dandelion Leaf [∞]	• Chickweed [∞]
• Holy Basil/Tulsi [∞]	
• Moringa Leaf [∞]	
• Yacon Leaf [∞]	
• Amla Berry [∞]	
• Shilajit [∞]	
From the Waters™	3,754 mg †
• Spirulina [∞]	• Chlorella [∞]
From the Oceans™	980 mg †
• Kelp [∞]	• Laver (Wild Atlantic Non) [∞]
• Dulse [∞]	• Bladderwrack [∞]
• Alaria [∞]	
VMG™ Enzyme Concentrate	85 mg †
• Protease [∞]	• Amylase [∞]
• Lipase [∞]	• Cellulase [∞]
• Bromelain [∞]	• Papain [∞]
• Alpha-Galactosidase [∞]	
Probiotics (5 billion CFUs per serving)	15 mg †
<i>Acid stable, shelf stable, colonizing (NOT transient), truly Vegan, and incredibly magnified/fed by the VMG™ formula.</i>	
• Lactobacillus plantarum [∞] • L. paracasei [∞] • L. rhamnosus [∞] • L. salivarius [∞]	
• L. bulgaricus [∞] • Streptococcus thermophilus [∞]	
% Daily Values are based on a 2,000 calorie diet.	
† Daily Value not established	
◊ ORGANIC ° WILDCRAFTED ∞ TRUGANIC™	

IMF™ Supplement Facts	
Serving Size: 1 VeganCap™	
Amount Per Serving	
Proprietary Blend	500 mg †
Rhubarb Root [∞]	• Peppermint Leaf [∞]
• Whole Leaf Aloe Ferox [∞]	• Cape Aloe
• Nopal Cactus [∞]	• Opuntia streptacantha
• Ginger Root [∞]	• Chanca Piedra Extract
• Thyme Leaf [∞]	
• Oregano Leaf [∞]	• Enzymes [∞]
	• Alpha-galactosidase, Amylase, Cellulase, Protease, Lipase, Bromelain, Papain
Other Ingredients: VeganCaps™ (Non-GMO Tapioca)	
† Daily Value not established	
◊ Organic ° Wildcrafted	

IDF™ Supplement Facts	
Serving Size: 8 grams (1 level tablespoon) or 12 VeganCaps™	
Amount Per Serving	
Proprietary Blend	16,320 mg †
• Slippery Elm Bark [∞]	• Flax Seed [∞]
• Chia Seed [∞]	• Marshmallow Root [∞]
• Nopal Cactus [∞]	• Carob Pod [∞]
• Kelp [∞]	• Plantain Leaf [∞]
• Zeolite [∞]	
• Activated Charcoal [∞]	• Volcanic Bentonite Clay [∞]
† Daily Value not established	
◊ Organic ° Wildcrafted ∞ TruGanic™	

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Liver Rescue™

Liver Rescue™ contains therapeutic levels of the most powerful liver herbs known – by far the highest amount of liver support herbal extracts per dollar on the market. These potent herbal extracts provide powerful direct antioxidant levels (4,100 ORACTE/g), plus they increase the liver's ability to naturally produce the even more powerful metabolic antioxidant enzymes superoxide dismutase (S.O.D) and glutathione peroxidase.* The herbal extracts in Liver Rescue™ work together synergistically to support liver function and detoxification (both Phase I and II).* Milk thistle and Picrorhiza kurroa extracts also work to protect the liver cells from damage when exposed to various toxins.*

Liver Rescue™ Supplement Facts	
Serving Size: 2 VeganCaps™	
Amount Per Serving	
Milk Thistle Seed Extract (Silybum marianum) (Standardized to 80% Silymarin)	600 mg †
Dandelion Root Extract (Taraxacum officinale) (4:1)	200 mg †
Chanca Piedra Extract	100 mg †
Picrorhiza kurroa (10% kutkin)	100 mg †
Total Herbal Extracts per 2 VeganCaps™	1000 mg †
Other Ingredients: VeganCaps™ (Non-GMO Tapioca)	
† Daily Value not established ∞TruGanic™	

HEALTHFORCE HEALING CLEANSE™ - LEVEL 3

7-Day Intensive Cleanse or up to 30-Day GENTLE Cleanse

The HealthForce Healing Cleanse™ Level 3 is our most intensive cleansing program. We start with all four products contained in the Level 2 cleanse, in order to improve the functionality of the liver and colon. To this, we add Earth™, SCRAM™, and ZeoForce™ for deep cleansing and anti-pathogen benefits in all the body's internal organs and tissues.

Kit Contents:

Vitamineral Green™ (300 grams) – powder
 Intestinal Drawing Formula™ (408 grams) – powder
 Intestinal Movement Formula™ (120 VeganCaps™)
 Liver Rescue™ (120 VeganCaps™)
 Earth™ (300 grams) – powder
 ZeoForce™ (400 grams) – powder
 SCRAM™ (150 VeganCaps™)

Earth™

Vitamineral Earth™ ("Earth™") is a deeply grounding, nourishing and regenerative Sacred Food™ that harnesses the best of the world's plant wisdom from both indigenous peoples and modern herbalists. Contains all eight herbs in the famous Essiac Remedy, as well as many other roots, barks, and herbs that help to deeply detoxify all the body's internal organs and tissues.* Earth™ also contains essential fatty acids in the form of sprouted flax and chia that support the cardiovascular system, and reduced inflammation throughout the body.* Abundant mucilaginous fiber in Earth™ supports blood sugar stabilization, as well as soothing inflammation in the intestinal tract.* Finally, Earth™ has billions of viable, hardy probiotics per serving to help reestablish healthy intestinal ecology. These probiotics, along with an abundance of immune-strengthening and anti-pathogen herbs, provide ultimate immune system support.*

Earth™ Nutrition Facts		
Serving Size: 10 grams (approximately 1.5 level tablespoons)		
Amount Per Serving		% Daily Value
Total Calories	37	
Total Fat	0.73 g	1.1%
Total Carbohydrates	5.58 g	1.9%
Dietary Fiber	3.64 g	14.6%
Sugars	0.77 g	†
Sodium	95.1 mg	4.0%
Protein	1.9 g	3.8%
Earth Below™	4,456 mg	†
• Astragalus Root∞ • Burdock Root∞ • Nettle Root∞ • Marshmallow Root∞ • Carrot Root∞ • Yacon Root∞ • Ginger Root∞ • Dandelion Root∞ • Rhubarb Root∞		
Earth Seeds™	2,284 mg	†
• Flax Seeds∞ • Chia Seeds∞ • Milk Thistle Seeds∞		
Earth Broth™	2,180 mg	†
• Resonant Red Miso™∞ • Paprika∞ • Sage∞ • Chili Powder∞		
Earth Above™	1,067 mg	†
• Red Clover∞ • Slippery Elm Bark∞ • Watercress∞ • White Oak Bark∞ • Cinnamon∞ • Kelp∞ • Blessed Thistle∞ • Sheep Sorrel∞		
EarthBiotics™ (4 billion CFUs per serving)	11 mg	†
• Lactobacillus plantarum∞ • L.paracasei∞ • L.rhamnosus∞ • L.salivarius∞ • L.bulgarius∞ • Streptococcus thermophilus∞		
Energetics	2 mg	†
• Shilajit∞		
% Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
∞Organic ∞Wildcrafted ∞TruGanic™		

ZeoForce™

Zeolites (clinoptilolite) are a unique, clay-like mineral compound that has been shown to be very effective at absorbing and chelating a wide variety of toxic chemicals (e.g., heavy metals, PCBs, radioactive isotopes, pesticides, and herbicides) out of the human body.* Zeolites also act as an antioxidant, may have antiviral properties, and help promote alkalizing of body tissues.* In addition, zeolites help both the liver and immune system return to normal functioning, as they remove many toxins that interfere with liver and immune health.*

ZeoForce™ Specifications
<ul style="list-style-type: none"> • Ingredient: Clinoptilolite • Particle Size: 4-8 microns (equivalent to 2,400 mesh) • Overall surface area > 250 sq. ft. / gram • Cation Exchange Capacity: 1.5-1.8 meq / gram • Magnetically sanitized for ultimate purity

SCRAM™

Pathogenic organisms are implicated in many illnesses. They feed off your nutrients and excrete highly toxic wastes into your blood. This formulation uses the time-tested herbs black walnut, cloves, and wormwood that are toxic to pathogens.* Used together, these herbs help support reduction of adult, developmental stages, and eggs of hundreds of known pathogens.* Milk thistle seed extract and chanca piedra extract have been added to support the liver and help control die-off reactions.*

SCRAM™ Supplement Facts	
Serving Size: 10 VeganCaps™	
Amount Per Serving	
Proprietary Herbal Blend	5000 mg †
• Cloves∞ (bud) • Black Walnut∞ (hull) • Chanca Piedra Extract • Wormwood∞ (leaves and stem) • Milk Thistle Seed Extract • Enzymes∞ (protease, amylase, cellulase, and lipase)	
Other Ingredients: VeganCaps™ (Non-GMO Tapioca)	
† Daily Value not established ∞Organic ∞TruGanic™	

"Mother Nature has put miraculous healing plants on this Earth for us to benefit from. I am honored and deeply driven to uncover the greatest potential benefits from these elements, and to assemble these gifts from nature into products that help people to heal and to realize their full potential."

Dr. Jameth Sheridan – Doctor of Holistic Medicine (D.H.M.), Naturopath, and Hard-Core Herbal Medicine Researcher

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