



The

Suero
CLEANSE

Jordan Rubin
Dr. Josh Axe



I'm Jordan Rubin and I would like to invite you to take part in a new cleanse that is sweeping the nation. If you want to experience an increase in energy, transform your health from the inside out and even lose a few pounds in just three days, I have the plan for you.†

It's called the *Suero Cleanse* and it's designed to support the body's natural cleansing and detoxification systems and help you reach a higher level of health than you've ever experienced.

My good friend, health author and nutrition expert Dr. Josh Axe and I have created an effective plan that will give your body the tools it needs to begin a total health transformation from the inside out.†

† These statements have not been evaluated by the Food and Drug Administration. The products in this brochure are not intended to diagnose, treat, cure, or prevent any disease or condition.

One of the most common questions we receive on a daily basis is, “Should I do a cleanse and if so, for how long?” We believe that in just three days of avoiding what is wrong and consuming what is right, you can jump start your health. Here is one quick success story of Bill and his results from the three day *Suero Cleanse*:

*“I have been an unhealthy eater for years and decided it was time to make a change. I lost several pounds during the 3 day Suero Cleanse and my energy is the highest it’s ever been.** I never knew cleansing could be so easy and I really wasn’t even hungry! I am going to make the Suero Cleanse a monthly event!”*

Regular cleansing is the best way to support detoxification of the colon, liver, kidneys and lymphatic system†. Some of the most well respected natural health experts including Dr. Bernard Jensen, Dr. Paul Bragg, Dr. Norman Walker, Dr. Ann Wigmore, V.E. Irons and many others believe that the first step to achieving the health of your dreams is cleansing.

** Extraordinary results. Individual results will vary. Always consult with your healthcare practitioner before beginning any new health program.

Why Cleanse?

Every day you are exposed to some type of toxin—whether it be environmental pollution, cigarette smoke, household cleaning products, chemicals found in drinking water or food, heavy metals, aluminum from cans, and radiation from microwaves and cell phones, just to name a few!

Many other health conditions such as fatigue, joint discomfort, digestive issues, hormonal imbalances and even brain fog can be linked to excessive toxicity.

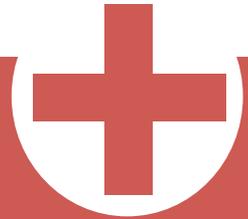
Toxicity is a major reason why many Americans can't lose weight.

Certain toxins are stored in your fat cells. This provides even more incentive to do what most Americans struggle with: exercising regularly which can help with both your weight loss and cleansing goals.



Toxicity doesn't just affect adults! It's also causing great harm to our children. Childhood cognitive issues have skyrocketed the past 20 years and more children are overweight today than ever before. We believe a major reason for this is due to the accumulation of toxins in our bodies. ***And this can even start at birth!***

The American Red Cross examined the umbilical-cord blood of 10 newborn babies and found an average of 287 chemicals including methylmercury and dioxins. This is a result of toxins that are passing on from mother to child.



With our daily toxic exposure on the rise, we need to take the time to cleanse our bodies, and our cells, on a regular basis.

Cleansing Your Cells

By now you may be asking the question, “what exactly is a cleanse?” A cleanse is any program that supports your body in naturally removing toxins from the body. And some cleanses are more effective than others.

According to health expert, Dr. Daniel Pompa,

“True cleansing starts at a cellular level.”

Your body is made up of 75 trillion cells and in order for you to be healthy your cells must be healthy.



A healthy cell is able to bring nutrients in and push toxins out.

If your cells are unable to accomplish this task, your health will suffer.

According to Guyton's Medical Physiology, your body is made up of 60% water. Now imagine your cells as a bunch of little lakes.



The cleanest, purest lakes are ones that are spring-fed.

Spring fed lakes are constantly sending in new fresh water that has been filtered by the earth and flushing out existing water. A healthy cell is able to exchange the unhealthy cellular fluid (think stagnant water) for healthy cellular fluid (think fresh spring water) bringing nutrients in and expelling waste.

So how do you get your cells clean and healthy?

Key steps to cellular cleansing

1 *Proper hydration*

2 *A correct ratio of the electrolytes
Sodium & Potassium*

3 *Balanced intestinal flora*

You're about to be introduced to the 2,000 year old health secret that can transform the “river of life” that flows inside each and every one of us†.

Cultured Whey

Whey is a co-product of cheese production and was called “healing water” by Hippocrates.

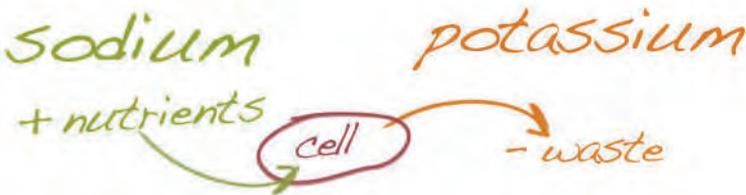
Hippocrates, who was also known as the father of medicine, recommended whey to his patients over 2400 years ago, so you could say it has history on its side.

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Whey contains H₂O and a balance of Sodium and Potassium. Sodium is essential for hydration because it pumps water and nutrients into your cells. Potassium functions by pumping waste products out of the cells.

A major reason so many Americans are unable to cleanse properly is the over consumption of Sodium and the under consumption of Potassium. Your body needs approximately 500mg of Sodium per day, but many Americans consume upwards of 5,000mg per day—10x more than needed!



Conversely, Americans should be consuming 4,700mg of Potassium, but fall short consuming approximately 1/10th the Potassium necessary for optimal health.

Cultured whey has an excellent ratio of Sodium to Potassium to help your cells function properly!

By consuming cultured whey every day your cells will begin to bring new water and nutrients into your cells and start flushing toxic waste out.†

Also, cultured whey contains live probiotics. Probiotics are “good bacteria” that line your digestive tract and support your body in cleansing.†

A study published in the British Medical Journal found that probiotics promote healthy digestion and elimination, while supporting your immune system.†

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Historically, cultured whey has been prized for its ability to support the body's health in four unique ways:

1. Cultured whey, with its natural blend of sodium and potassium, stimulates intestinal peristalsis (to support healthy bowel function).†

2. Cultured whey, with its probiotics and prebiotics, supports intestinal flora.†

3. Cultured whey hydrates the body and provides essential minerals to flush excess water out via the kidneys and urinary tract.†

4. Cultured whey contains a high percentage of water and organically bound minerals to support elimination via the liver, kidneys and colon.†

*"I lost 6 pounds in 3 days on the 3-Day Suero Cleanse and feel amazing! I have now told several friends about the cleanse and they are experiencing great results as well."** -Becky*

The Suero Cleanse Plan

The *Suero Cleanse* features SueroViv, a certified organic, alkalizing cultured whey beverage containing vitamins, minerals, probiotics, enzymes, organic acids, and an infusion of organic essential oils. It comes in 5 flavors: Green, Citrus, Gold, Raspberry Lemonade and Orange Cinnamon.



The *Suero Cleanse* comes in three options:

Bronze, Silver, and Gold

If you're a first time cleanser, we recommend you start with Bronze. During the three day cleanse, it is best not to eat or drink anything other than the six bottles of SueroViv following the recommendations on the next page.

3 Day Suero Cleanse Plans

Bronze



7:30am: **16oz Raspberry Lemonade**
10:00am: **16oz Citrus**
12:30pm: **16oz Raspberry Lemonade**
2:00pm: **16oz Citrus**
4:30pm: **16oz Raspberry Lemonade**
7:00pm: **16oz Citrus**

Silver



7:30am: **16oz Green**
10:00am: **16oz Citrus**
12:30pm: **16oz Orange Cinnamon**
2:00pm: **16oz Green**
4:30pm: **16oz Citrus**
7:00pm: **16oz Gold**

Gold



7:30am: **16oz Gold**
10:00am: **16oz Gold**
12:30pm: **16oz Gold**
2:00pm: **16oz Gold**
4:30pm: **16oz Gold**
7:00pm: **16oz Gold**

Frequently Asked Questions

Q: After a day or two on the Suero Cleanse I have a coated tongue is that normal?

A: When cleansing it is very common to experience a coated tongue or other minor changes including an increase in activity of the urinary tract and digestive system.

Q: Can I eat while on the Suero Cleanse?

A: For best results do not consume any food or beverage other than SueroViv during the three day Suero Cleanse.

Q: Can I cleanse if I have diabetes?

A: If you have diabetes or are being treated for any illness, it is advised to consult your physician before undertaking any cleanse.

Q: Can I cleanse if I am on medications?

A: If you're on Rx medications, please consult your physician before undertaking any cleanse.

Q: Will I have any symptoms during the cleanse?

A: Everyone has a different experience while cleansing but some people may experience minor fatigue on the first day or two followed by an increase in energy by day three.

Q: Can I exercise during a cleanse?

A: You may participate in light exercise and stretching, but be careful not to overdo it.

Q: I've been told that fasting is a good way to cleanse. Do you agree?

A: There are many ways to cleanse the body and one of the most popular is fasting. Fasting is a great way to cleanse, but can be very difficult causing extreme fatigue and for some who are extremely toxic can even be dangerous.

Q: What are your thoughts on juice cleansing?

A: Juice cleansing has great benefits, but can be very time consuming if you make the juice yourself. And if you try one of the popular pre-packaged 3 Day juice cleanses you could spend approximately \$200 plus shipping. The Suero Cleanse is cost effective, and can create incredible results!

Q: What should I do after the cleanse?

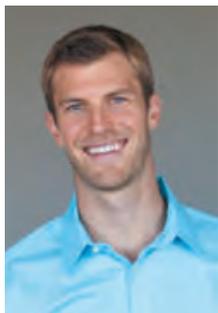
A: Consume 1-2 bottles of SueroViv a day until your next Suero Cleanse. Reduce the consumption of processed foods from your diet and follow a healthy eating plan that includes organic meats, cultured dairy, vegetables, fruits, nuts, seeds, and sprouted grains and legumes.



About the Authors



Jordan Rubin is regarded by many as one of the most respected and beloved natural health experts in America. His personal health story has resonated with millions around the world and is one of the most dramatic natural health stories ever told. He is the founder of Garden of Life and Beyond Organic, and *New York Times* best-selling author of *The Makers Diet* and *Live Beyond Organic*.



Dr. Josh Axe is a popular radio show host, author and the go-to physician for professional athletes. As a weekly radio show host, Dr. Josh Axe offers life changing health solutions. Dr. Axe has helped thousands of people transform their health and life through his strategies in advanced nutrition, burst training, weight loss, superfoods, healthy recipes and anti-aging!

After you've completed your Suero Cleanse,
please share your results with us at:

cleanse@livebeyondorganic.com