


Perfect Origins
QUALITY NUTRITION FROM A TRUSTED SOURCE

FAT FLUSH 40

40 Grams of Fiber for 40 Days

**FOR THE
PERFECT
FLUSH**



By Dr. Charles Livingston, D. C.

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PERFECT FLUSH COLON CLEANSE

Quick Intro

What is a cleanse? When our body processes foods studies show that there are things left behind in the colon. They can build up and cause mucus to form. Over time the buildup creates toxins. So while our body is absorbing the nutrients from the food that is digesting it is also absorbing those toxins from the mucus. A cleanse flushes the toxins out of your body, improving your overall health. I recommend using Perfect Flush and following the instructions in Fat Flush 40 for up to six months. You know your body best so give your body plenty of time to detox and maximize your results.

Our colon cleanse product, Perfect Flush, was engineered with natural, high fiber substances that have been shown to improve digestive health through various methods due to the presence of fiber. The ingredients include Psyllium Husks, Bentonite Clay, Black Walnut Hull Powder, Oat Bran Powder, Flaxseed Powder,

Prune Powder, Aloe Vera Powder, L. Acidophilus, Apple Pectin Powder, and Glucomanan Powder.

Perfect Flush is a gentle method that works in harmony with your body's natural systems. The ingredients bind to the wastes and toxins and help your body to expel them. Below are some instructions that I recommend you follow throughout your use of Perfect Flush (and beyond!) if you want to see the best results.

Things to Do While Cleansing

- 1.) Drink plenty of water – drink *at least* 8 six ounce cups of water a day!
- 2.) Sprinkle a pinch of sea salt in your water several times a day to help balance your electrolytes.
- 3.) Practice deep breathing or other relaxation techniques and get plenty of rest.
- 4.) Reduce stress as much as possible as it can be harmful to the body.
- 5.) Exercise regularly. Walk, swim, lift, do yoga, spin, or whatever form of exercise you like.
- 6.) Make sure you are eating properly and getting all the nutrients you need so your body is detoxing and rejuvenating at peak performance. Your meals should include 1 vegetable/fruit (only 1 fruit per day), 1 protein, 1 carbohydrate and 1 fat in the proper amounts. You should strive to get 30 to 40 grams of fiber daily as well. (More about this later.)

- 7.) Use a probiotic to replace the bad bacteria with good bacteria. Probiotics help your body maintain a healthy bacteria balance to help you fight off unhealthy bacteria, viruses, and fungi. Probiotics, for example, can help kill the fungal overgrowth that leads to yeast infections, jock itch, and athlete's foot. Likewise, the right probiotic can help you avoid gastrointestinal problems. Our probiotic [PerfectBiotics](#) works to promote the growth of healthy bacteria while inhibiting the overgrowth of unhealthy bacteria. If you haven't used a probiotic yet, it is foundational for your health and for every system in your body and especially important during the cleanse process to replace the bad with good. [Try PerfectBiotics.](#)

- 8.) Take supplements to improve your overall health. Two of your liver's primary jobs are to clean your blood by detoxify the chemicals and help digestion. You should always take good care of your liver, but during a cleanse is an excellent time to super charge the support that you are providing. In particular, you can provide your liver with the healthy fats it needs by using an Omega 3 supplement. I recommend [Perfect EFA](#) as it is made from the highest quality fish oil and contains four times the amounts of DHA and EPA as other fish oils. [Try Perfect EFA.](#)

- 9.) Avoid contact with chemicals from household cleaners, perfumes, makeups, additives and preservatives in foods, MSG, artificial sweeteners, shellfish, processed meats, fish that may contain mercury, soft drinks, fried foods, junk food, tobacco, and alcohol. Also limit your use of over the counter medications to only when necessary. Try to put only very healthy things into and around your body during the cleanse (you know I am going to tell you that you should always be doing this ☺!)

- 10.) Liver health cannot be stressed enough. The whole idea of a cleanse is to detox the body and that is what the liver does every day, all day long, day after day, week after week, well you get the picture. Another supplement I recommend is [LivLean Formula #1](#). It supports the liver by providing natural ingredients to help boost detoxification, metabolism, immune functions, and healthy blood sugar. By helping to optimize your

liver's health you ensure your body detoxes more efficiently after your cleanse is complete. [Try LivLean Formula #.](#)

You may also find it desirable to do things like have a lymph massage, use an infra-red sauna, dry-brush your skin, or do a coffee enema while cleansing. This helps to get rid of the toxins in your entire body not just the colon.

Benefits of Colon Cleansing

- **Improves Digestive Health**

While cleansing your colon you are moving undigested waste through your system. This helps improve nutrient absorption. It also keeps waste from staying in your system for too long. The longer waste is in your system the longer the bad bacteria in your system has to reproduce in the waste which can increase your chances of illness. By keeping your colon clean you are allowing undigested waste to pass through more efficiently which helps to keep bad bacteria from breeding.

- **Prevents Constipation**

When you are constipated your body is unable to excrete waste in the form of feces. The longer that the waste is in your system the more likely it is to get into your blood stream. Colon cleansing prevents constipation by promoting regular bowel movements which helps to keep toxins out of your system.

- **Provides an Energy Boost**

By removing toxins from your system your body uses less energy to remove them. This energy can now be used for other bodily functions.

- **Improves Absorption of Nutrients**

By removing waste from the colon it allows more water and nutrients to be absorbed through the colon walls instead of bacteria and toxins.

- **Decreases Chances of Colon Cancer**

Everything that you ingest ends up in your colon at some point whether that be wastes or good nutrients. If you do not remove the wastes and toxins quickly they can have a number of bad effects on your system some of which can be cancerous growths.

- **Aids in Weight Loss**

While cleansing the colon you are moving foods through your digestive tract at a higher rate. This means that your metabolism is working at a higher rate and this helps you digest foods at faster speeds. Fiber, which is the key to the colon cleanse (more on this later) helps to remove fat from your system.

- **Balances pH**

Foods that clog your colon create acids. These acids can cause your colon to become inflamed and sick which make it unable to fully function. Your

colon's job is to only allow nutrients and water to pass into your bloodstream. If your colon is unable to do this other substances will enter your bloodstream which will create an unbalanced pH.

The Key to the Perfect Flush

The “Key to the “Perfect Flush” is what we call the Fat Flush 40 combined with our colon cleanse product, Perfect Flush. The Fat Flush 40 is 40 grams of fiber every day for 40 days. It is our belief that you should have 30 to 40 grams of fiber daily and we know that people typically only eat about 15 grams per day. We want you to take the first step toward that goal by agreeing to eat 40 grams of fiber for 40 days and see how you feel. I am going to say it one more time. **IT IS IMPORTANT THAT YOU GET 40 GRAMS OF FIBER IN YOUR DIET EVERY DAY.** SO, let's take a closer look at fiber.

Fiber:

A Key to the Perfect Flush

Why It's Important

Fiber is best known for aiding in the relief and prevention of constipation and is found in things like fruits and vegetables. It is the part of that food that our body can't digest. It moves through our bodies quickly and leaves looking pretty much the same as it came in. Because it stays bulky, it helps to drag other things with it – things that could otherwise cause constipation or buildup.

While taking the Perfect Flush it is essential for you to get fiber in your diet. It helps Perfect Flush remove toxic wastes and materials from your system. The less toxins in your body means less that can end up in the colon. Fiber also has other health benefits like lowering cholesterol levels in your body which are important in maintaining good health.

How Much Fiber Do You Need?

Again, the magic number for fiber is 40. On a daily basis you should be consuming 40 grams of fiber through different food sources while taking Perfect Flush and ideally every other day as well. That may seem like an awful lot of fiber, but this is the key to maximizing your results.

Types of Fiber

There are two different types of fiber. Soluble and Insoluble. Both of them are crucial to get in your diet. Each has its own health benefits and food sources where it can be found. Let's examine the differences between the two.

Soluble Fiber

Functions:

- Dissolves and forms a gelatinous substance when mixed with water
- Binds with fatty acids
- Prolongs stomach emptying time making sugar absorbed more slowly, which means your body won't get blood sugar spikes
- Binds with toxic substances in the bowel and draws it out of your system

Benefits:

- Lowers your total cholesterol and LDL cholesterol (bad cholesterol), which reduces your risk of heart disease
- Regulates blood sugar
- Expands in your stomach making you feel full

- Clears heavy metals, chemicals, parasites, and other toxic substances from the body.
- Helps keep unwanted weight off

Food Sources:

- Oats and foods like oat bran and oatmeal
- Flax seed
- Dried beans and peas
- Citrus fruits and apples
- Vegetables like carrots
- Psyllium husk powder

Insoluble Fiber

Functions:

- Absorbs water
- Moves bulk through the intestines
- Controls and balances the pH (acidity) in the intestines

Benefits:

- Promotes regular bowel movements and prevents constipation
- Moves toxic waste through the colon in less time
- Helps prevent colon cancer by keeping optimal pH in the intestines which prevents microbes from producing cancerous substances
- Helps keep unwanted weight off

Food Sources:

- Dark green leafy vegetables
- Vegetables like green beans
- Fruit Skins and root vegetable skins
- Whole-grain products
- Corn bran
- Seeds and nuts

Your Quest to 40 Grams per Day and the Foods That Help

Recommended Items

Here are some foods that I recommend that you try and add to your diet. They are rich in fiber and can be easily added or substituted into recipes to boost the fiber content of your meals.

Maca Powder

Maca root is grown in the Peruvian Mountains and is manufactured into maca powder. Maca is used for its numerous health benefits to treat conditions such as anemia, chronic fatigue, weak bones, menopause symptoms, leukemia, HIV/AIDS, erectile dysfunction, and tuberculosis¹.

Maca is also used to boost the immune system, treat female hormone imbalance, and to enhance energy and stamina². It is very rich in vitamins B, C, and E and also provides calcium, zinc, iron, magnesium, phosphorous, and amino acids³. All of these substances are crucial to have in your diet to promote healthy bodily functions.

¹ Maca. <http://www.webmd.com/vitamins-supplements/ingredientmono-555-maca.aspx?activeingredientid=555&activeingredientname=maca>

² Maca

³ 7 Top Health Benefits of Maca. <http://www.vegkitchen.com/nutrition/7-top-health-benefits-of-maca/>

On top of all that, maca also contains fiber, which we know helps to remove wastes and toxins from the body, lowers cholesterol, and promotes a healthier digestive tract. Maca is an excellent substance to add into your dietary regime while taking Perfect Flush.

Maca powder is great to add to smoothies to boost your fiber intake and get an energy boost during the day.

BioTRUST Low Carb

[BioTRUST Low Carb](#) is an excellent supplement to add into your diet while using Perfect Flush. It contains 4 different types of time released proteins, is made with all natural ingredients, is gluten-free, and only has 4 grams of net carbs per serving⁴.

Not only is it packed with healthy proteins and natural ingredients, it also contains 4 grams of fiber per serving and an enzyme called ProHydrolase which aids in the absorption of protein into the body. So you reap the benefits of the additional fiber and protein into your diet.

I recommend that you use this product to make great tasting smoothies that are packed with fiber and protein. A smoothie made with [BioTRUST Low Carb](#) is ideal after a workout because it is packed with the protein that your system needs following physical activity.

⁴ BioTrust Low Carb. <http://www.biotrust.com/Shop.asp?p=LowCarb>

Chia Seeds

Chia seeds are a whole-grain food that is unprocessed⁵. This super food is used to combat diabetes, get more omega-3's into your diet, improve bone strength, and improve heart health⁶. On top of these benefits one serving of chia (2 tablespoons) has about 11 grams of fiber which makes it an excellent food source to help you reach the magic number 40. That's a lot of fiber in such a small serving.

You can use chia seeds as a topping or blend them into a drink. A little goes a long way so it is easy to add chia seeds to almost any recipe.

Hemp Seeds

Hemp seeds are another great fiber source that you can add to your diet while you are taking Perfect Flush. Some of its health benefits include lowering cholesterol, improving organ function, increasing energy, improving metabolic rates, and lowering blood pressure.

Hemp is packed with essential fatty acids, vitamins, and protein. These are all vital elements to maintaining good health. Hemp seeds also contain dietary fiber so we can add hemp seeds to the list of amazingly good for us foods.

Hemp seeds make a great snack. So you can satisfy your late afternoon cravings and add some extra fiber to your diet to help your reach 40 grams a day.

Hemp Protein

⁵ The Truth About Chia. <http://www.webmd.com/diet/features/truth-about-chia>

⁶ http://www.huffingtonpost.ca/2013/06/03/chia-seed-benefits-_n_3379831.html

Hemp protein is produced by grinding up hemp seeds into a powder. Like hemp seeds it is packed with essential fatty acids, protein, and fiber. In a one ounce serving you will get 14 grams of protein and 4 grams of fiber. This makes hemp protein an excellent additive to a smoothie or a post workout drink.

Psyllium Husk Powder

Psyllium Husk is another quick way to increase your fiber intake. It has been shown to lower overall cholesterol and LDL cholesterol (bad cholesterol). It is also used to treat constipation, inflammatory bowel disease, irritable bowel syndrome, and high blood pressure⁷.

In 1 teaspoon of psyllium husk powder you get about 4 grams of fiber into your system. Another super food that delivers a big amount of fiber in a small amount. Psyllium husk powder is another way to super charge your smoothies or your food once or twice a day.

More Fiber Rich Foods to Help You Reach 40

20 High Fiber Fruits	
Peaches	12 g of fiber per cup
Breadfruit	11 g of fiber per cup
Elderberries	10 g of fiber per cup
Avocado	9 g of fiber per ½ of fruit

⁷ Psyllium. <http://umm.edu/health/medical/altmed/supplement/psyllium>

Guava	9 g of fiber per cup
Figs	8 g of fiber per ½ cup
Raspberries	8 g of fiber per cup
Loganberries	8 g of fiber per cup
Prunes	7.7 g of fiber per cup
Blackberries	7.6 of fiber per cup
Boysenberries	7 g of fiber per cup
Gooseberries	6 g of fiber per cup
Pears (with skin)	5.5 g of fiber (medium sized pear)
Currants (red & white)	5 g of fiber per cup
Apple (with skin)	4.4 g of fiber (medium sized apple)
Blueberries	4 g of fiber per cup
Apricot	3.1 g of fiber per cup
Banana	3.1 g of fiber (medium banana)
Orange	3.1 g of fiber (medium orange)
Strawberries (halves)	3.0 g of fiber per cup

35 High Fiber Vegetables

Navy Beans	19 g of fiber per cup
White Beans	19 g of fiber per cup
Yellow Beans	18 g of fiber per cup
Adzuki Beans	17 g of fiber per cup
French Beans	17 g of fiber per cup
Black Turtle Soup Beans	17 g of fiber per cup
Kidney Beans	16 g of fiber per cup
Split Peas	16 g of fiber per cup

Cranberry Beans	16 g of fiber per cup
Lentils	15.6 g of fiber per cup
Black Beans	15 g of fiber per cup
Mung Beans	15 g of fiber per cup
Pinto Beans	15 g of fiber per cup
Lima Beans	14 g of fiber per cup
Garbanzo Beans	12 g of fiber per cup
Cow Peas	11 g of fiber per cup
Artichoke	10.3 g of fiber per medium artichoke
Acorn Squash	9 g of fiber per cup
Broad Beans (fava)	9 g of fiber per cup
Green Peas	8.8 g of fiber per cup
Brussel Sprouts	6.4 g of fiber per cup
Broccoli	5 g of fiber per cup
Turnip Greens	5 g of fiber per cup
Cauliflower	5 g of fiber per cup
Collard Greens	5 g of fiber per cup
Summer Scallop Squash	5 g of fiber per cup
Carrots	4.8 g of fiber per cup
Sweet Corn	4 g of fiber per cup
Spinach	4 g of fiber per cup
Red Cabbage	4 g of fiber per cup
Sweet Potato	4 g of fiber per medium potato
Okra	4 g of fiber per cup
Onions	3 g of fiber per cup
Kale	3 g of fiber per cup
Green Beans	2.7 g of fiber per cup

35 High Fiber Foods

Corn Bran	22 g of fiber per ounce
Cranberry Beans	16 g of fiber per cup
<i><u>BioTRUST Organic Protein Bar</u></i>	14 g of fiber per bar
Oat Bran	12 g of fiber per ounce
Rolled Oats	12 g of fiber per cup
<i>Gnu FiberLove Bars</i>	12 g of fiber per bar
Pine Nuts	12 g of fiber per ounce
Vegetarian Baked Beans	10.4 g of fiber per cup
Flaxseed	8 g of fiber per ounce
<i>Juice Plus Complete Shake</i>	8 g of fiber per serving
Bran Flakes	7 g of fiber per cup
Jicama	6 g of fiber per cup
<i><u>BioTRUST Protein Cookie</u></i>	6 g of fiber per cup
Rice Bran	6 g of fiber per ounce
Rye Wafer	6 g of fiber per ounce
Oat Bran Muffin	5.2 g of fiber per muffin
Quinoa	5 g of fiber per cup
<i>Juice Plus Complete Nutrition Bars</i>	5 g of fiber per bar
<i>Bob's Red Mill Gluten Free, Old Fashioned Rolled Oats</i>	10 g of fiber per 1/3 cup
Brown Rice	4 g of fiber per cup
Oatmeal	4 g of fiber per cup
Sesame Seeds	4 g of fiber per ½ cup
Sunflower Seeds	4 g of fiber per ¼ cup
Popcorn (air popped)	4 g of fiber per 3 cups

<i>BioTRUST Low Carb</i>	4 g of fiber per serving
Sweet Potato	3.9 g of fiber per 5" sweet potato
Almonds	3.5 g of fiber per ounce
Wild Rice	3 g of fiber per cup
Pistachios	3 g of fiber per ounce
Tomato Paste	2.7 g of fiber per cup
Pecans	2.7 g of fiber per ounce
Walnuts	2 g of fiber per ounce
Brazil Nuts	2 g of fiber per ounce
White Rice	.6 g of fiber per cup

High Fiber Smoothie Recipes

Here are 5 healthy and delicious smoothie recipes that will help you reach the magic 40 grams of fiber that you need every day. They are easy to make. All you need is the right ingredients and a blender to enjoy these tasty treats!

Green Raspberry Pear Smoothie

- **Ingredients (makes one serving)**
 - 1 ripe organic pear
 - ½ cup organic frozen raspberries

- 1 cup cold water
- 2 organic kale leaves
- 2 scoops [BioTRUST Low Carb](#)



- **Nutritional Info**
 - 340 calories
 - 17g of fiber
 - 3.5g of fat
 - 28g of protein

Green Avocado Smoothie

- **Ingredients**

- 1 organic banana
- ½ cup mango (fresh or frozen)
- ½ avocado
- 1 cup organic spinach
- 1 ¼ cup almond milk
- ½ teaspoon vanilla extract
- 2 scoops [BioTRUST Low Carb](#)



- **Nutritional Info**

- 620 calories

- 17g of fiber
- 23g of fat
- 38g of protein

Kale Orange Banana Smoothie



- **Ingredients**

- 1 organic peeled orange
- ½ cup water
- 1 organic kale leaf
- 2 organic ripe peeled bananas
- 2 scoops [BioTRUST Low Carb](#)

- **Nutritional Info**

- 500 calories
- 21g of fiber
- 2g of fat
- 30g of protein

Blueberry Ginger Oat Smoothie

- **Ingredients**

- 1 cup unsweetened organic almond milk
- 1 cup organic frozen blueberries
- ½ cup organic steel-cut oats (cooked & cooled)
- 1 tablespoon honey
- ¾ teaspoon fresh organic chopped ginger
- ½ teaspoon organic vanilla extract
- 1 teaspoon juice from organic lemon
- 2 scoops of [BioTRUST Low Carb](#)

- **Nutritional Info**

- 690 calories
- 18g of fiber
- 12g of fat
- 46g of protein



Chocolate Avocado Smoothie

- **Ingredients**

- ½ avocado, ripe and sliced
- 1 banana, sliced and frozen
- ½ tbsp. cocoa powder
- ¾ cup almond milk (dark chocolate)

- 2 scoops [BioTRUST Low Carb](#)



- **Nutritional Info**
 - 500 calories
 - 15g of fiber
 - 21g of fat
 - 33g of protein

Fat Flush 40 Daily Meal Plan

Here is a sample meal plan for a day showing you how you can get to the magic 40 grams of fiber. Keep in mind the formula is 1 vegetable or fruit per meal (limit of one fruit per day), 1 portion of protein, 1 portion of carbohydrates and 1 portion of fat.

Breakfast

Oatmeal with BioTRUST Low Carb	1 cup = 11 grams of fiber
Medium Pear	5.5 grams of fiber
Water	

Breakfast Fiber Total = 16.5g

Lunch

Broccoli 1 cup = 5 grams of fiber

Brown Rice with Hemp Seeds 1 cup = 4 grams of fiber

Chicken 6 to 8 oz. serving

Water

Lunch Fiber Total = 9 g

Daily Fiber Subtotal = 25.5g

Snack

Green Raspberry Pear Smoothie with [BioTRUST Low Carb](#) 17 grams of fiber

Water

Daily Fiber Subtotal = 42.5g

Dinner

Sweet Corn 1 cup = 4.5 grams of fiber

Cashews 1 cup = 1 gram of fiber

Hamburger 6 to 8 oz. serving

Water



Dinner Fiber Total = 5.5g

DAILY FIBER TOTAL 48 GRAMS!

As you can see it is easy to get 40 grams of fiber every day and there are countless ways to do it.

Conclusion

For the best possible results it is very important to combine taking Perfect Flush with drinking plenty of water, healthy eating, exercise, and the other suggestions made in this book. The closer you follow the plan, the better the results! When it comes to your health do your best for you. You deserve it!

Dr. Charles



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