

Congratulations on completing the CleanUP Metabolic Cleanse. Once you've identified your food sensitivities in the challenge phase: if you have a significant number of sensitivities, or you suspect a hidden food we didn't eliminate during the CleanUP, consider a food-sensitivity blood panel. And locals — be sure to schedule your CleanUP Exit Consultation. There's no cost involved; please allow 15–20 minutes for the visit.

Recommended Post-Cleanse Protocol

- 1 CoQ10:** Dr. Sherri's favorite antioxidant — the main source of energy for all cells in the body. A toxic world creates a higher cell turnover rate and an increased demand for antioxidants. Everyone should be taking CoQ10. Super Ubiquinol CoQ10 by Life Extension: ubiquinol is the active form, and if you're over 40 you should use it. 100 mg per day with food.
- 2 Plant Protein Meal or PaleoMeal (whey):** clean protein helps repair tissue, maintain lean muscle, and stabilize blood sugar. If you have a dairy sensitivity, stick to Plant Pro (there's a chocolate version for the chocolate lovers). If not, you can switch to the whey-based PaleoMeal — a cold-processed, un-denatured whey protein that contains a precursor to glutathione, one of the most powerful antioxidants in the body. Available in vanilla or chocolate.
- 3 Vitamin D:** not a vitamin at all — a powerful hormone, and deficiency is widespread. A maintenance dose is 2,000 IU per day, combined with some vitamin K. We offer a liquid form called D-Balance. We recommend everyone have their 25-hydroxy vitamin D level tested; higher doses are available for elevating low levels.
- 4 Probiotics:** your digestive health is the key to overall health, and 80% of your immune system is found in your digestive tract. Be cautious with your probiotics — quality counts. Dr. Sherri recommends Designs for Health, Klaire, Jarrow, and Natren brands.
- 5 Omega-3 fatty acids:** quality counts here too. For fish oil, Designs for Health and Nordic Naturals; 2,000 mg per day is a good maintenance dose, always with food. XanthOmega (krill oil plus astaxanthin) is an alternative: 2 softgels per day with food.
- 6 PaleoGreens by Designs for Health:** a great-tasting, high-quality greens powder is hard to come by — this is our favorite. Equivalent to 10 servings of vegetables and fruits, and it can stand in for a multivitamin. It's not an excuse to skip vegetables; it's an addition.

Some Notes

- Many people choose to continue their daily smoothies — an excellent way to keep high-quality protein and cleansing nutrients in your daily diet.
- MetaClean packets can also be maintained after the program. Dr. Sherri suggests occasional breaks: perhaps one week out of each month, or every other week.
- Make sure you're up to date on all your basic screening labs, and always have your labs reviewed from a nutritional perspective. We offer functional lab test interpretation from a nutritional perspective for established patients.
- Dr. Sherri recommends repeating the CleanUP seasonally, up to four times a year, to stay on track.

When Should You Schedule a Visit?

- **Prevention:** don't wait until symptoms show up. Schedule a check-in every 6 months to make sure you're on track.
- **Feeling "off track"** with diet and lifestyle — we'll get you motivated again.
- **Cold, flu, or feeling under the weather?** Want a natural approach — we do acute care.
- A nutritional approach can help any condition at any age.

Select Services

- Integrative primary care options at Remedy Wellness
- Nutrition-based labs: complete wellness panels, nutrient and vitamin panels, hormone panels, genetic screening panels, environmental toxicity panels, food-sensitivity testing, adrenal hormone testing, digestive function analysis
- Functional laboratory testing and interpretation
- Personalized genetics interpretation
- Integrative nutrition counseling
- Get a copy of our book on Amazon — **Charged Up**

Book your CleanUP Exit Consultation at remedycharleston.com/get-started, or call the office at 843.737.5206. Bring your challenge-phase notes — they're the map for everything that comes next.