



10 days of Daniel's Diet

The Daniel's Diet, is a 10-day "nutritional event" based on our 8 Whole Food Formulas. It includes a 10 oz. bag each of Formula 1 through Formula 7 Plus our incredible Helix Life BioGreens™ Formula. The concept of the Daniel Diet is to "re-start" your body's nutritional system and return it to the "Original Manufacturer's Specifications". It is a back-to-the-basics approach using whole foods and Helix Energized Water™.

The majority of your body's energy, on a daily basis, is directed towards processing and digesting foods. During these 10 days, the easily digested whole food nutrition of the Daniel's Diet, allows much more of your body's energy to be directed towards healing, repairing, regenerating, growing, cleansing, and detoxifying. It also provides an increased level of energy for you as you go about your day. As with all whole foods, there is no "right" way or "wrong" way to enjoy our Formulas. We have found, however, based upon a large amount of customer feedback that the following guidelines seem to offer the best, quickest, and most measurable results.

You'll be enjoying the Formulas, every two hours throughout the day, in the following order: Formula 1, Formula 2, Formula 3, Formula 4, Formula 5, Formula 6, Formula 7. For example, if you start your day at 7:00 am, your meal schedule would be as follows: ***NOTE:** The daily serving of BioGreens can be taken whenever desired, once per day.

7:00 am	Formula 1	3:00 pm	Formula 5
9:00 am	Formula 2	5:00 pm	Formula 6
11:00 am	Formula 3	7:00 pm	Formula 7
1:00 pm	Formula 4	*BioGreens - one serving per day	

**Use the Helix Energized Water to mix with Formulas and drink 1 glass water only between formulas.

The Daniel's Diet system provides you 8 meals each day over a 12-hour period. The times shown above are simply an example. If you start your day at 6:00 am, your formulas would run from 6:00 am to 6:00 pm. If you start your day at 10:00 am, your servings would run from 10:00 am to 10:00 pm. The Daniel's Diet can be incorporated into your existing daily routine, the only point to take note of is that you should have your first serving, Formula 1, within 30 minutes of waking up, whatever time that happens to be. From there, simply continue drinking a formula every two hours following the order/schedule shown above. Also, drink at least one glass of energized water between each Formula.

1. The Formulas are typically mixed using 2 slightly rounded tablespoons of whole food derived powder with 8-10 oz. of room temperature water. But, many variations of this are perfectly acceptable, such as: using less (6-8 oz.) or more (10-12 oz.) water; using water that is cool, warm, or very warm; using a milk of your choice. For example, many enjoy Formula 1, Formula 2 and Formula 3 with warm water; Formula 4 with warm to very warm water; Formulas 5 and 6 with a milk of choice (Rice or Almond Milk, etc.); Formula 7 with 10-12oz. water, etc. So, feel free to see which, if any, of these variations you prefer.

2. Plan your daily servings. If you are away from home during the day, you'll probably find it convenient to put those Formulas, that you'll need while away from home, into a smaller baggie or some other small container. That way, you'll have what you need while you're away from home without having to carry the full 10 oz. bags with you during the day. Sandwich, snack, or small Zip-Loc bags seem to work very well.

Helix Life Daniel's Diet™

Instructions Continued

3. Begin your day as usual, and move from one Formula to the next, every 2 hours, in the sequence shown above. Try to stay on schedule as best you can, so that your body receives consistent nutrition on a regular basis throughout the day. Be sure to drink at least one glass of energized water between each formula.

4. We encourage you to go walking for 45 to 60 minutes every day. You can do two 30 minute walks, three 20 minute walks, four 15 minute walks, etc. Or you can get out there and do it all at once. Choose the approach that's best for you - but get out there and move under your own power every day! This is absolutely essential for correct stimulation to your lymphatic/ immune system! Your lymphatic system has no heart to pump for you, you must "pump it" yourself with some daily exercise.

Day 1: The first day may be a challenge as you get used to a new way of nourishing your body. As the pure whole food nutrition and proper hydration take effect, your body will begin the process of releasing toxins.

Day 2: As toxins begin to leave your body, you may feel some side effects of this cleansing. You may experience some temporary bloating. If you feel nausea, headache, or weakness, sit down, relax, drink energized water and the side effects should soon pass. For some, taking a walk helps; for others lying down for a few minutes helps. Soaking in a luxurious bath with a good quality all-natural salt can also be very soothing and reinvigorating. Try these approaches and see what works best for you.

Day 3: If you've had moments of feeling rough today, it will probably peak and be gone sometime in the morning. Stay on schedule with your Formulas, drink lots of energized water, and take a walk if you feel up to it.

Day 4: By day four, most people are "on fire" with excitement! They feel great, pain free, and full of energy. They notice their appetite decreasing and their energy levels increasing. Your pH is balancing and every cell in your body is enjoying this whole food nutrition and proper hydration.

Days 5 - 10: You're in the zone! You feel like you could do this for weeks, and you can. And you can see the ponds begin to melt off, if that's what your body needs. We recommend staying in the zone for the full 10 days.

We have found this to be the ultimate program for getting your body back into balance, or homeostasis, so that your body, being the wonderful creation it is, can do whatever healing, growing, regenerating, cleansing, and/or detoxifying it needs. Your body prioritizes the tasks it wants and needs to accomplish, and then goes about them one, or more, at a time. But this can only happen if you're feeding/nourishing your body with what it needs at the cellular level, while also assisting your body to cleanse/detoxify. Ancient wisdom teaches us that the best way to accomplish both of these things is with nutrient-dense, raw whole foods and energized healthy water.

These 8 Formulas are extremely versatile and can be used in a variety of ways. For example, a simple maintenance program using the Daniel's Diet Formulas might involve doing a 2 consecutive day regimen every week, such as on the weekend, or one complete 10 day program once a month, etc. Listen to your body, and let it tell you what's best and right for you. Some people incorporate several of the Formulas into their normal daily eating regimen. The only things that can limit how you use the Helix Life Daniel's Diet Formulas and system are your own imagination and creativity.

Frequently Asked Questions

1. Can I eat any other foods while using the Daniel's Diet System?

To achieve the best, quickest, and most desirable results, we recommend eating only the foods that come in your Daniel's Diet System. We also understand that this may be a bit challenging for some people. If you feel that you absolutely have to add other foods, then juicing fresh fruits and vegetables to add some variety would be a good choice. Raw, organic whole foods such as fruits, vegetables, nuts, seeds, whole grains and berries can also help keep you satisfied if need be. Salads are okay, as long as you make your own salad dressing using items like virgin olive oil, vinegar and spices. The goal is to follow the program as closely as you can without eating any other food, particularly any type of processed food.

2. Can I drink anything besides water during my Daniel's Diet?

To achieve the best, quickest, and most measurable results, we recommend drinking only energized water during your Daniel's Diet program. The best choice would be making your own fresh water from our Helix Energizer™ under-the-counter water system or making your energized water daily using purified bottled water and our Helix Energizing pH Pod™ pocket device. If you feel that you need to have other drinks, at least make healthy choices. Helix Life's Stratus™ healthy herbal coffee or other organic herbal teas can take the place of regular coffee in the morning. If you are unable to function properly without your regular morning coffee, try to limit yourself to only one cup per day and use organic honey instead of sugar or artificial sweeteners.

3. What type of detoxifying effects might I expect to feel?

Depending on your level of toxicity, the source(s) of your toxicity, how long your body's been storing it, and how your body responds to detoxification, there are a wide range of effects that possible. Some people experience only very mild effects such as a general feeling of "sluggishness". Others may experience effects that are a bit more prevalent such as an occasional headache and lack of energy. People who have a very high level of toxicity in their body may experience something similar to a moderate "hangover". During this time, you can take solace in the fact that dangerous toxins are being flushed out of your body. Detox symptoms generally begin to subside around day 3 or day 4. Drinking extra energized water, taking a short nap, or taking a walk can help. Soaking in a bath with natural salt can also be very soothing and reinvigorating. Try these different approaches and see which ones work best for you. By day 5, you'll be glad you did!

4. Are there any special handling instructions for the food?

All of the foods in the Daniel's Diet are designed to be stored at room temperature. These foods do not require refrigeration, and we recommend that they not be refrigerated. Storing them in a cool, dark, dry location is ideal. Also, keep all foods away from a microwave, stove top or any other electrical appliance that produces an electro-magnetic (EMF) field. The shelf life of these foods is approximately 9 months, provided they are kept in some type of air tight container.

Frequently Asked Questions cont.

5. Can I order the different Daniel's Diet system Formulas individually?

Absolutely. All of the foods that come in the Daniel's Diet, and more to come, are available to be ordered 24 hours a day from the website of your Helix Life Independent Brand Promoter.

6. Can diabetics use the Daniel's Diet system?

If you have a particular medical condition, we recommend that you consult your health care professional for guidance and advice. We have received feedback from diabetics who have eaten these foods. Typically, they report that their sugar levels spiked during the first three days, or so, and that when they reached days four or five, that their sugar levels had stabilized. As always, we strongly recommend that anyone with specific medical concerns consult their health care professional prior to any changes in diet, medication, or lifestyle.

7. Can children use the Daniel's Diet system?

Yes. Eating the Daniel's Diet Formulas involves eating whole foods, drinking water, and walking. We do believe it is quite safe for children to eat whole foods, drink water, and walk!!

8. What do I do after the 10 days?

Breathe a sigh of happiness, enjoy the pride in your stride, notice the grin on your chin, and tell someone else about 'how you did it'. In specific terms, we suggest that you continue to use the Daniel's Diet Formulas and the Helix Pulse for at least one meal per day, and for your snacks, as part of a healthy maintenance program. You may want to try some of our other wonderful supplements and products. A full menu is available to you on the website of your Helix Life Independent Brand Promoter.

If you still need to lose a substantial amount of weight, we encourage you to consider doing a second Daniels's Diet. If you consider the cost of everything (food, drinks, eating out, & snacks), most people find that the Daniels's Diet is actually more economical than their normal spending habits. One of our company executives uses the Daniel's Diet Formulas throughout the day together with one modest regular meal as a phenomenal maintenance program.

If you're already at your ideal weight, you will certainly thrive with your new-found cravings for whole foods and water. You should always keep your favorite Helix Life Pulse and Daniel's Diet Formula products on hand. This will help guarantee that you are regularly consuming more nutrient-dense whole food meals and snacks. Last but not least, you can enjoy the Daniel's Diet System four times per year at the beginning of each season, Spring, Summer, Fall, and Winter; or even monthly to help maintain your ideal weight, health, and inner balance, keeping your body cleansed and operating at its peak potential.

Here's to Your Success! -Your Happiness Team at Helix Life-