IS THE SIX-WEEK FOUNDATION PROGRAM ENOUGH FOR EVERYONE?

For most people, yes. Our six-week foundation program is designed to provide the initial cleansing that most people require. However, in severe circumstances, some customers may need to complete the full six-week regimen again. Should you need to repeat the program, it is important to take at least 1-2 weeks off and take a good daily multivitamin/mineral supplement between the end of your first six-week regimen and the start of your second.