



Program Overview

- **Preparation** – 2 weeks (Essentially a ‘Big Clean-Up’)
- **Treatment** – 4 – 9 weeks (Psoriasis Diet & Lifestyle Programs)
- **Detoxification** – 2 – 7 weeks (Different Cleansing Programs)

	The Psoriasis Program Description	Duration
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Big Clean-Up (14 Days)

1)	Bowel Purge	7 Days
2)	Cleansing Diet	7 Days

Psoriasis Diet & Lifestyle (6-12 Weeks)

3)	The MEVY Diet	2-3 Weeks
4)	The Low-Allergy Diet	2-6 Weeks
5)	The Re-Introduction Diet	2-3 Weeks

Psoriasis Detoxification (6-8 Weeks)

1)	Bowel Cleanse & Detox	14 Days
2)	Liver Cleanse & Detox	14 Days
3)	Liver & Gallbladder Flush	3 Days
4)	Kidney Cleanse	7 Days
5)	Digestive Repair	14 Days