

THE NATURAL CLEANSE PROTOCOL

14-Day Guided Detox Program

To be used with NutriClear® Plus kit

To purchase: <https://us.fullscript.com/plans/ecordova-natural-cleanse-protocol>

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Natural Choice Dr

Welcome to The Natural Cleanse Protocol

Congratulations on taking this important step toward a healthier and more vibrant you. Over the next 14 days, you will nourish and restore your body's most powerful detoxification organ — your liver — using a proven, science-based approach rooted in naturopathic medicine.

Each morning, you'll receive a brief educational prompt designed to deepen your understanding of how the body detoxifies, what NutriClear® Plus is doing for you, and why this protocol works. Each evening, you'll be guided into stillness with a 5-minute sound healing or frequency meditation to shift your nervous system into rest-and-repair mode.

This is more than a cleanse. It is a re-education of your relationship with your body, your food, and your health.

✨ Also Available: The Natural Physiology Protocol Online Class

Want to go deeper? Dr. Cordova's online course — *The Natural Physiology Protocol* — is now available. Designed to give you a comprehensive, self-paced foundation in how the body's systems work together, why toxins disrupt them, and how to reclaim your physiology naturally.

The course brings naturopathic science to life in a format that is clear, engaging, and built for real people with busy lives. It is the perfect complement to this 14-day detox.

Enroll today at naturalchoicedr.com

Essential Viewing & Reading for Your Health Journey

The films and books below will shift the way you think about food, health, and the healthcare system. For each, an AI prompt is included — paste it into any AI assistant to receive the key messages in minutes if you're too busy to watch or read the full work.

The WHY: I included both films and books for you to read or review. My “why” is for you to create a strong mental diet, and not necessarily adopt the lifestyles discussed in books and in the movies. This is your homework. Learning which natural, low-processed food items your body works best with *is for you to do*.



5 Must-Watch Films

1. Food, Inc. (2008)

An exposé of America's industrial food system and its profound impact on human health, animal welfare, and the environment.

AI Prompt — paste into Claude or any AI assistant:

"Summarise the 5 most important health revelations in the documentary Food, Inc. (2008). Focus only on what an average person can act on today to eat safer and reduce their toxic food load."

2. What the Health (2017)

Investigates the links between diet, chronic disease, and the financial interests of health organisations and the food industry.

AI Prompt — paste into Claude or any AI assistant:

"What are the 5 key findings in What the Health (2017) about how the standard American diet contributes to chronic disease? Give me only the most surprising and actionable insights."

3. Forks Over Knives (2011)

Examines how a whole-food, plant-based diet can prevent and reverse chronic diseases including heart disease and cancer.

AI Prompt — paste into Claude or any AI assistant:

"In Forks Over Knives (2011), what are the 5 most compelling pieces of scientific evidence for a whole-food diet? Explain each in plain, non-technical language."

4. Fed Up (2014)

Exposes the sugar industry's role in the obesity epidemic and the failure of conventional dietary advice over four decades.

AI Prompt — paste into Claude or any AI assistant:

"What does Fed Up (2014) reveal about sugar that most people do not know? Give me the 5 biggest takeaways and one practical action I can take after each."

5. Super Size Me (2004)

A first-person experiment documenting the physical and mental effects of eating fast food exclusively for 30 consecutive days.

 **AI Prompt — paste into Claude or any AI assistant:**

"Summarise the 5 most alarming health outcomes documented in Super Size Me (2004) and explain what they reveal about processed food's impact on the liver and overall metabolism."



5 Must-Read Books

1. How Not to Die — Dr. Michael Greger

A comprehensive guide to the science-backed foods and habits that prevent and reverse the leading causes of premature death. *Note: I do not promote any one style of living or eating. The full spectrum of eating from vegan to carnivore is a personal decision and varies widely from person to person. There is no one-size diet to fit every person.

 **AI Prompt — paste into Claude or any AI assistant:**

"What are the 5 most important dietary changes recommended in How Not to Die by Dr. Michael Greger? Focus specifically on liver health, detoxification, and reducing chronic inflammation."

2. Grain Brain — Dr. David Perlmutter

Reveals how sugar and refined carbohydrates fuel neurological disease, and why fat is a healing fuel for the brain. *Note: In my personal practice, I have worked with many patients who do not metabolize carbohydrates well. When they lock in on this one aspect (reducing the number of servings they have per day), often the weight loss picks up on its own.

 **AI Prompt — paste into Claude or any AI assistant:**

"Summarise the 5 central arguments of Grain Brain by Dr. David Perlmutter. Focus on how modern diet damages the brain and gut, and what dietary shifts are recommended."

3. The Omnivore's Dilemma — Michael Pollan

Traces the origins of four meals to reveal the extraordinary complexity — and hidden costs — of the modern industrial food chain.

 **AI Prompt — paste into Claude or any AI assistant:**

"What are the 5 most eye-opening insights from The Omnivore's Dilemma by Michael Pollan about where our food comes from and how it affects human health and the environment?"

4. Toxin Toxout — Bruce Lourie & Rick Smith

A practical, evidence-based guide to how environmental toxins enter the body and how to meaningfully reduce your toxic load.

 **AI Prompt — paste into Claude or any AI assistant:**

"From Toxin Toxout by Lourie and Smith, what are the 5 most common environmental toxins affecting everyday people, and what are the top 5 evidence-based ways to reduce exposure at home?"

5. Ultraprevention — Dr. Mark Hyman & Dr. Mark Liponis

A functional medicine approach that identifies root causes of disease rather than simply managing symptoms.



AI Prompt — paste into Claude or any AI assistant:

"Summarise the 5 core principles of Ultraprevention by Dr. Mark Hyman and Dr. Mark Liponis. How does their approach differ from conventional medicine, and what do they specifically recommend for liver and gut health?"

Your 14-Day Daily Prompts

Each day includes a morning educational prompt and an evening meditation. Take your NutriClear® Plus as directed each morning and evening throughout the protocol. Do not forget the supplements that go with the program. The pamphlet in the box shows you how to mix your shakes, take the supplements, and direct you to which food items you should purchase ideally prior to starting the program.

Day 1



MORNING PROMPT



Liver Fact

Did you know your liver filters nearly 2 quarts of blood every single minute? That's over 2,500 quarts processed daily — silently removing bacteria, toxins, environmental chemicals, and metabolic waste before they can damage your cells. I had no clue how large the liver was until cadaver lab in medical school. It is truly an amazing organ.

When healthy and well-supported, the liver may clear up to 99% of bacteria and toxins on the very first pass. When overburdened — by poor diet, chemicals, medications, or chronic stress — that efficiency drops dramatically. This varies from person to person.

Today marks your first step in giving this extraordinary organ the deep, targeted support it deserves. Take your morning NutriClear® Plus shake and begin.



EVENING PROMPT



528 Hz — DNA Repair & Cellular Healing



5-Minute Practice:

Day 1 — 528 Hz — *A Practice for Rest & Release.*

Sit or lie comfortably. Close your eyes and take 5 slow, deep breaths — in through the nose, out through the mouth. As the tone begins, visualize a warm golden light filling your abdomen with each inhale. Some meditation traditions call this the "Love Frequency" — a tone many people find soothing for grounding and rest. With each exhale, release whatever no longer serves you. You're not trying to do anything. Simply allow the sound to support your relaxation.

(Search: "528 Hz Relaxation Meditation")

Note

You do not have to visualize. Sit still for 5 minutes. I don't teach a rigid meditation practice. Working to reduce the sheer number of thoughts per minute is also a good goal. I told a fellow medical student that meditation felt like punishment, and that's why I avoided it. He replied, *You'll have to figure out how to get around that.* No drama - just truth.

Did my practice take off after that truth bomb? No. The next step I took was to meditate with my ferrets. It quickly broke the association and became joyous. I found a way to override what I knew I needed to stay grounded and override urges to eat when I wasn't answering a hunger call. If I had judged it or censored myself I wouldn't be where I am today.

Be Yourself

 **Tonight's Sound Healing:**

▶ [Search YouTube: "528 Hz DNA Healing Frequency Meditation"](#)

Rest. Enjoy your evening. You have put in a great first day. Any caffeine headaches that did not appear today will be in tomorrow.

Day 2

MORNING PROMPT

NutriClear® Plus Ingredient Spotlight: L-Glutathione

L-Glutathione is the most powerful antioxidant the human body produces — and it lives primarily in the liver. Known as the "master antioxidant," glutathione is essential for Phase II liver detoxification, where it binds to activated toxins and renders them water-soluble for safe excretion.

When toxin exposure is high, glutathione is rapidly depleted — leaving Phase II pathways stalled and the body vulnerable to oxidative damage. This is one reason people feel unwell in toxic environments or after heavy medication use.

NutriClear® Plus supplies both L-Glutathione and NAC (N-Acetyl-L-Cysteine), its direct precursor, giving your liver exactly what it needs to stay ahead of its toxic load.

EVENING PROMPT

396 Hz — Releasing Fear, Guilt & Old Patterns

5-Minute Practice:

Sit upright, feet flat on the floor. One hand on chest, one on belly. Bring to mind anything you've been carrying — worry, resentment, guilt, fear. With each exhale, silently say "I release this." This tone is traditionally used in sound-meditation practice as a focus point for letting go. Let this moment soften what's been held tightly. (Search: "396 Hz Solfeggio Meditation")

 **Tonight's Sound Healing:**

▶ [Search YouTube: "396 Hz Release Fear & Guilt Solfeggio"](#)

Day 3



MORNING PROMPT



Liver Detox Fact: Phase I & Phase II Detoxification

Your liver detoxifies in two distinct enzymatic phases. Phase I (cytochrome P450 enzymes) takes fat-soluble toxins — drugs, pesticides, hormones, heavy metals — and converts them into intermediate compounds.

Here is the critical detail: these intermediates are actually MORE reactive and potentially MORE toxic than the original compound. Phase II must follow quickly. Phase II conjugates these activated intermediates — attaching molecules like glutathione, glycine, or sulfate — rendering them water-soluble and ready for elimination through bile or urine.

When Phase I is fast but Phase II is sluggish (what naturopathic physicians call *pathological detoxification*), toxic intermediates pile up and cause significant damage. NutriClear® Plus is formulated to support both phases simultaneously.



EVENING PROMPT



432 Hz — Deep Relaxation Sound Bath



5-Minute Practice:

432 Hz is a tuning some listeners describe as feeling more natural or grounding than standard tuning. Lie down, close your eyes, breathe naturally. Don't try to achieve any particular state — just rest in the sound. Your liver, kidneys, and gut do their normal nightly work while you sleep; this is simply a chance to let your body rest undisturbed. (*Search: "432 Hz Sound Bath"*)



Tonight's Sound Healing:

► [Search YouTube: "432 Hz Deep Relaxation Sound Bath"](#)

Day 4



MORNING PROMPT



Benefit Spotlight: Weight Loss & MCTs

One of the most clinically exciting ingredients in NutriClear® Plus is MCT — medium chain triglycerides. Unlike long-chain fats, MCTs bypass normal fat digestion and go directly to the liver, where they are rapidly converted into energy rather than stored as fat.

Research shows MCTs promote lipid catabolism (fat burning), increase energy expenditure, and measurably support weight loss. They can also improve the intestinal ecosystem which is directly linked to metabolic health and insulin sensitivity.

When you support your liver's ability to process fats efficiently, you are also supporting your body's capacity to reach and maintain a healthy weight. You are not just cleansing — you are rebuilding your metabolism from the inside out.

*Note start slow and low. If you do not have a tolerance for fat, then start slow. If you take more than 1 serving size at a time before building up you may have a very urgent run to the bathroom.



EVENING PROMPT



639 Hz — Heart Chakra Healing & Self-Love



5-Minute Practice:

Place both hands over your heart. Breathe deeply and slowly. As the 639 Hz frequency fills the room, bring your awareness to your own body — not with judgment, but with compassion. Your body is working incredibly hard right now. Every cell is participating in this detox. Spend these 5 minutes simply appreciating the intelligence of your own biology.

Silently repeat: "My body knows how to heal. I am safe. I am supported."

*Note - Or, just sit still for 5 minutes. No need to use a mantra or focus exercise. Ideally, you're reducing the number of thoughts you have per day.



Tonight's Sound Healing:

► [Search YouTube: "639 Hz Heart Chakra Self-Love Meditation"](#)

Day 5

MORNING PROMPT

Common Side Effect Spotlight: Fatigue, Brain Fog & Headaches

During the first few days of a liver cleanse, some people experience fatigue, mild headaches, or brain fog. If you usually drink coffee, days 3 through 5 can be very challenging. I don't take a stance for or against coffee because the proof is within you: If you can drink it and handle it, you've got the enzyme to handle it. If it makes you jittery and triggers anxiety or panic attacks, you should consider not consuming caffeine.

I do think it's helpful to take breaks. Breaks help reset and clarify your vision and perspective. A few minutes alone helps to see through chaos. Fourteen days of no caffeine helps to see exactly how it affects you (good or bad). The shock of cold water in a cold plunge can help calm the system. Breaks can often bring clarity. There are small, healthy, well-controlled stressors to teach your body how to process and manage stress.

I used to host an online class in a private Facebook group for this protocol. Caffeine withdrawals are no joke and I would suggest you take it as far you feel you personally need to. A few options:

1. You can choose to gut it out.
2. You can make the coffee and drink just enough to quell the headache.
3. Keep drinking it - but stay with the rest of the protocol.

Think of it like stirring sediment at the bottom of a lake before the water can clear. This is temporary. As Phase I and Phase II detoxification pathways in the liver can become better supported.

Most people notice the opposite effect by days 5–7: improved mental clarity, more stable energy, and reduced headache frequency. Stay the course. What feels like discomfort is often progress.

EVENING PROMPT

741 Hz — Detox & Cleansing Frequency

5-Minute Practice:

Lie comfortably with arms at your sides. As the sound plays, visualise your liver glowing a deep, clear amber — working efficiently, releasing what is old and no longer needed. Imagine each exhale carrying toxins out of your body, and each inhale bringing in clean, healing oxygen. Five minutes. That is all it takes. You are doing something profound. *Note the title: This is not a medical claim; however, frequencies have often been cited as instrumental in some people's healing. As always, you are the system. You decide in the end what works and what doesn't work for you to achieve your health goals.

Tonight's Sound Healing:

▶ [Search YouTube: "741 Hz Detox & Cleansing Frequency Meditation"](#)

Day 6

MORNING PROMPT

Liver Fact: The Liver & Hormonal Balance

Your liver is your primary hormone recycling centre. Every hormone in your body — estrogen, progesterone, testosterone, thyroid hormones, cortisol, and insulin — must be processed and deactivated by the liver after completing its job.

When the liver is overloaded, hormones are recirculated rather than eliminated. For women, this shows up as PMS, heavy or irregular periods, mood swings, and weight gain around the hips. For men, it often contributes to low testosterone or elevated estrogen. However, a clogged liver is not the only reason and I don't want to present it that way. Lack of exercise, stress, and poor relationship with self and others can also lead to the same side effects.

Supporting your liver and maintaining a healthy weight is one of the most powerful and underutilised tools for hormonal balance — and it is exactly what The Natural Cleanse Protocol is designed to accomplish.

EVENING PROMPT

Tibetan Singing Bowls — Solar Plexus (Liver) Chakra

5-Minute Practice:

The solar plexus chakra, located just above the navel, governs digestion, confidence, and personal power. It is energetically linked to the liver and digestive organs. Sit comfortably and place one hand over your solar plexus. As the bowl tones resonate, imagine a warm, golden-yellow light expanding from this centre with every breath. You are strong. You are capable. Your healing is happening right now, in real time.

Tonight's Sound Healing:

▶ [Search YouTube: "Tibetan Singing Bowl Solar Plexus Chakra Healing"](#)

Day 7

MORNING PROMPT

NutriClear® Plus Ingredient Spotlight: NAC (N-Acetyl-L-Cysteine)

You have reached the halfway point — and today we spotlight one of the most clinically significant ingredients in your protocol: NAC, or N-Acetyl-L-Cysteine.

NAC is the most direct precursor to glutathione, and it is your liver's master antioxidant. Without sufficient NAC, the body cannot produce adequate glutathione to keep Phase II detoxification running. NAC is so potent it is used in emergency rooms as the primary treatment for acetaminophen (Tylenol) overdose — rapidly replenishing hepatic glutathione to prevent liver failure.

For daily detox support, NAC is equally remarkable: it protects liver cells from oxidative stress, thins respiratory mucus, and supports healthy inflammatory balance system-wide. You are halfway through. Keep going. Your liver is responding. Once the two weeks pass, I do encourage eating food in its most natural form: meat, vegetables, etc.

EVENING PROMPT

417 Hz — Facilitating Change & Transformation

5-Minute Practice:

Week one is behind you. Take a moment to honour that. Sit quietly and reflect: What has shifted in your body? What feels different — in your digestion, energy, clarity, or mood? The 417 Hz Solfeggio frequency is associated with transformation and releasing entrenched patterns.

As you listen tonight, set an intention for Week 2. What do you want to release? What do you want to create? Let the sound carry those intentions forward. Next week is typically where I would collect all the positive feedback for the program!

Tonight's Sound Healing:

► [Search YouTube: "417 Hz Facilitating Change Transformation Solfeggio"](#)

Day 8



MORNING PROMPT



Liver Detox Fact: Heavy Metals & NitroGreens®

Every day, your body encounters small amounts of environmental toxins — from air pollutants and trace pesticide residue to compounds in household products and personal care items. On their own, these exposures are minor. Over years, though, they add to the cumulative load your liver has to process and clear.

This is where whole-food, phytonutrient-dense greens make a real difference. Chlorophyll and the glucosinolates found in cruciferous vegetables support your liver's natural detoxification pathways, helping your body manage everyday environmental exposure more efficiently.

NutriClear® Plus includes NitroGreens®, a certified organic whole-food blend rich in chlorophyll, glucosinolates, and phytonutrients — giving your liver extra nutritional support with every serving.

*Note: Seek a licensed provider for any questions or concerns about heavy metal detoxing.



EVENING PROMPT



285 Hz — Cellular Repair & Tissue Regeneration



5-Minute Practice:

285 Hz may send a direct signal to the body to restructure damaged organs and tissues — returning them to their original form and function. As you settle in for your evening practice, bring awareness to any area of your body that has felt unwell, inflamed, or depleted. Breathe into that area deliberately. As the 285 Hz tone sounds, visualise your cells receiving the signal to repair, regenerate, and restore. The body is always trying to heal.

Alternative: If the frequencies are irritating or seem pointless, then just remain still somewhere for five minutes. The benefits are still there: stillness and slowing the mind. The brain that is “settled” through repetitive meditation tends to decline over eating. It’s a practice and the results tend to not appear in the same way a fast-paced, heavy social media would suggest it might. Days might go by with no appearance of improvement - that doesn’t mean nothing is happening.



Tonight's Sound Healing:

▶ [Search YouTube: "285 Hz Cellular Repair & Tissue Regeneration"](#)

Day 9



MORNING PROMPT



Benefit Spotlight: Prebiotic Fiber, SCFAs & Weight Management

The fiber in NutriClear® Plus — in the form of inulin and oligosaccharides — is not simply *roughage*. It is a targeted prebiotic that feeds beneficial gut bacteria, which then produce something remarkable: short-chain fatty acids (SCFAs).

SCFAs, particularly butyrate, are scientifically linked to improved satiety (feeling full longer), reduced systemic inflammation, better insulin sensitivity, and measurable weight loss. Prebiotics also bind to bile acids in the intestine — which carry fat-soluble toxins excreted by the liver — ensuring those toxins leave the body before they can be reabsorbed.

In other words, fiber is your liver's exit ramp for toxins. Without adequate fiber, those toxins recirculate. NutriClear® Plus closes that loop completely.

*Note: Naturopathic school teaches that certain cravings may be linked to a specific deficiency. For example, if you're craving sweets, then try taking magnesium at night. In my own experience and the stories of my overweight patients, this did not turn out to be true. The cravings continued and the weight didn't budge.

What did help curb the cravings significantly was eating unprocessed foods with no sugar intake. It would seem from looking at the patterns that the degree of how processed a food is could be significantly contributing to messing up our natural feedback loops.



EVENING PROMPT



174 Hz — Pain Relief & Stress Reduction



5-Minute Practice:

174 Hz is the lowest of the Solfeggio frequencies and is associated with a natural anesthetic effect — reducing physical and emotional pain. If you have been carrying tension, tightness, or discomfort in your body, tonight's practice is especially for you.

Lie flat, arms relaxed at your sides. With each slow exhale, release any holding, any bracing, any guarding. Allow the 174 Hz frequency to move through you like a warm wave. You are safe enough to let go.

*Note: You can always use a ceiling fan or the AC unit for focus. You don't need music. Sit still for 5 minutes and find one sound in your space to bring the attention back to as many times as you need. There's no judging how many times the mind needs to be re-directed.



Tonight's Sound Healing:

► [Search YouTube: "174 Hz Pain Relief & Stress Reduction Solfeggio"](#)

Day 10

MORNING PROMPT

Common Side Effect Spotlight: Constipation, Bloating & Skin Changes

As the liver increases its output of bile and metabolic waste, the intestines must be ready to receive and eliminate it efficiently. If they are not — due to slow motility, imbalanced gut bacteria, or insufficient fiber — bloating, constipation, or temporary skin breakouts may occur.

The skin is the body's largest detoxification organ after the liver. Breakouts during a cleanse often signal that the gut elimination pathway needs additional support. This is precisely why NutriClear® Plus includes both prebiotic fiber and the comprehensive digestive enzyme complex Bromelain Plus CLA™.

Drink extra water today. Move your body gently — a 20-minute walk is ideal. Trust the process. The detour toward discomfort is often the fastest route to clarity.

*Note: Look back over days 1 through 3. This is usually where my participants have seen the greatest improvements in weight loss, energy, and quality of sleep. Again, this is a pattern but one that repeated each time I hosted the detox. Why doesn't it continue? Because you have to keep making these same healthy choices. Right now, the boundary for temptation is *I'm doing this detox*. After day 14 is over, you'll most likely need another way to refuse food people offer you.

For example:

Someone: "Come on, just one bite — I made it just for you!"

You: "It looks amazing, and I really appreciate you thinking of me. I'm in the middle of a reset right now, so I'm going to pass tonight — save me some for after Day 14?"

If they push:

Someone: "One bite won't hurt."

You: "I know, and normally I'd agree with you! I told myself I'd see this 14 days through, and I want to keep that promise to myself. Thank you though — it really does look good."

The goal isn't to explain or justify. It's a warm, short redirect that closes the conversation without guilt on either side.

EVENING PROMPT

Body Scan Meditation — Gut & Digestive Healing

5-Minute Practice:

Lie on your back with knees bent. Close your eyes. Beginning at the crown of your head, slowly scan your attention downward — face, neck, shoulders, chest — and into the abdomen. When you arrive at your gut, pause. Breathe deeply into this region 5 times, expanding your belly fully on each inhale. Place a hand here if it helps. Your gut is an active, intelligent system — not a passive tube. It is doing profound work right now. Honor it.

*Note: You can always stay at your desk, sit in your car, or take 15 seconds in the shower to be fully present. Again, this technique will help to alleviate the dopamine-hit that food temporarily provides. You'll need to continue this practice even after the program ends.

 **Tonight's Sound Healing:**

▶ [Search YouTube: "Body Scan Meditation Gut & Digestive Healing"](#)

Day 11

MORNING PROMPT

Liver Fact: Your Liver & Cancer Prevention

Research suggests up to 90% of all cancers are linked to the effects of environmental carcinogens — found in food, water, air, and everyday products — combined with deficiencies in the nutrients the body needs for detoxification.

Fact: Your DNA is remarkably accurate at repairing itself. Built-in proofreading catches roughly 99% of replication errors on the spot, and a second repair layer catches most of what proofreading misses — bringing the final error rate down to somewhere between one mistake per 100 million and one per billion DNA bases copied.

The liver is your primary defence. Its Phase I and Phase II enzyme systems are literally designed to neutralise carcinogens before they can damage DNA. Your liver's efficiency is a cancer prevention strategy. Every day of this protocol is an investment in that biological defence.

*Note: Good health is typically a complete model of physical health, mental health, and spritual health. Focusing 100% on the liver will not be as affective in your body if other areas of your life are draining. A healthy liver can only go so far in an unhappy marriage or a toxic job.

EVENING PROMPT

963 Hz — Crown Chakra & Higher Consciousness

5-Minute Practice:

The 963 Hz frequency is the highest of the Solfeggio tones — associated with the crown chakra, the pineal gland, and a sense of connection beyond the physical. For tonight's practice, close your eyes and imagine a brilliant white light entering through the top of your head. With each breath, let it cascade through your entire body — clearing, illuminating, and reconnecting you to your own deepest wisdom. You have come this far. That took real commitment.

*Note: You can skip the imagery anytime. It's just about being deliberately still and in this space the brain enteratins less thoughts.

Tonight's Sound Healing:

► [Search YouTube: "963 Hz Crown Chakra Activation Meditation"](#)

Day 12



MORNING PROMPT



NutriClear® Plus Ingredient Spotlight: Milk Thistle (*Silybum marianum*)

Milk Thistle is arguably the most well-researched liver-protective herb in natural medicine. The active compound, silymarin, has been shown in clinical research to protect liver cells from toxin-induced damage, stimulate protein synthesis in liver cells to support regeneration, reduce liver enzyme levels in hepatitis and cirrhosis, and provide potent antioxidant and anti-inflammatory action.

In NutriClear® Plus, milk thistle is delivered through Livotrit Plus® — a standardised botanical blend that combines it with other Ayurvedic liver herbs: Picrorhiza kurroa, Andrographis paniculata, Eclipta alba, Berberis aristata, and others. These herbs carry centuries of clinical use, now validated by modern science. Today, your liver is receiving both ancient wisdom and contemporary nutritional science in every serving.

A Note on Milk Thistle Safety: You may come across a widely cited case report claiming milk thistle caused liver injury. Look closely and it describes a single case of extreme, prolonged overuse — not typical supplementation. The NIH's LiverTox database, which tracks supplement-related liver injury, classifies milk thistle as an unlikely cause of clinically apparent liver injury and found no cases implicating it across hundreds of documented herbal-injury cases in major U.S., Spanish, and Icelandic registries. Clinical trials using doses far higher than what's in NutriClear® Plus — including one at over 2 grams daily for nearly a year — found no evidence of toxicity. As with any supplement: more isn't better. Take Livotrit Plus® as directed, and talk to your provider if you have an existing liver condition.



EVENING PROMPT



Crystal Singing Bowls — Full Body Harmonisation



5-Minute Practice:

Crystal singing bowls produce overtones that resonate with different organ systems of the body. Tonight, give yourself full permission to simply receive. Lie down, close your eyes, and release any agenda. You do not need to visualise, affirm, or achieve anything. Let the crystal frequencies wash over you. Your nervous system knows exactly how to use this. The healing is happening without effort.

*Note: If these frequencies haven't been good choices for you, take this evening to find an instrumental you do like. Why did you choose it? What qualities do you like about it? If music is not relaxing, then choose brown noise or space travel. These are often relaxing but have no instruments in them.



Tonight's Sound Healing:

► [Search YouTube: "Crystal Singing Bowl Full Body Sound Bath"](#)

Day 13

MORNING PROMPT

Liver Detox Fact: Bile, Fiber & the Toxin Exit Route

Each day, your liver manufactures approximately 2 liters of bile. Bile serves a dual purpose: it aids in the digestion of fats, and it is the liver's primary vehicle for exporting fat-soluble toxins — environmental chemicals, drug metabolites, excess hormones, heavy metals, and microbial byproducts are all loaded into bile and sent into the intestine for elimination.

Here is the critical point: if dietary fiber is insufficient, these toxins are reabsorbed from the gut lining and recycled back to the liver. This process — called enterohepatic recirculation — forces the liver to process the same toxins repeatedly, never fully clearing them.

The prebiotic fiber in NutriClear® Plus binds these bile-borne toxins and ensures they exit the body for good. On a liver cleanse, fiber is not optional. It is the exit door.

*Note: Fiber is a key component in this program; however, it doesn't mean that every single person requires the same amount of fiber every day of their lives. Day 13 introduces participants to the concept of homogenized care and homogenized diet plans.

There are people who thrive being a vegan, being a vegetarian, being carnivore, being keto. Every day you see one more story of a person thriving doing this and doing that - and they try to bring you into their world. I'd ask that you listen to your body, your labs, and your naturopath. The end result of what works for you will most likely not resemble anyone else's plan.

EVENING PROMPT

852 Hz — Awakening Intuition & Inner Strength

5-Minute Practice:

852 Hz is associated with the third eye — the seat of intuition, clarity, and inner knowing. As you enter your second-to-last evening of this protocol, sit quietly and check in. What do you know now that you did not know two weeks ago? What has your body been communicating? The 852 Hz frequency invites you to trust that inner guidance — the quiet signal beneath the noise of daily life. Your intuition about your own health deserves to be heard.

*Note: This 5 minutes of quiet might turn into 10 minutes. The reflection could be about the changes you've noticed in yourself. Sitting still and calming the mind does not have to involve music. It does take determining how you'd like to sit still.

Tonight's Sound Healing:

► [Search YouTube: "852 Hz Awakening Intuition Third Eye Meditation"](#)

Day 14

MORNING PROMPT

🌟 Day 14 Benefit Spotlight: The Bigger Picture — Toxins, Fat Cells & Lasting Change

Congratulations — you have reached Day 14. Today's morning message is about what happens beyond the cleanse.

The body stores fat-soluble toxins in fat tissue as a protective mechanism — keeping them away from vital organs. This is one reason weight loss can plateau: as fat cells release stored energy, they also release accumulated toxins. If the liver cannot process those toxins quickly enough, the body resists releasing more fat.

By completing The Natural Cleanse Protocol, you have given your liver the tools to clear that backlog — making sustainable weight management significantly more achievable. You have also reduced your inflammatory burden, supported your gut microbiome, and nourished the enzymatic pathways that protect your DNA, your hormones, and your immune system.

This is not the end. This is the beginning of a new relationship with your health. Well done. Your body has been listening to every choice you made.

EVENING PROMPT

🎵 Completion Meditation — Gratitude & New Beginnings

🕒 5-Minute Practice:

On this final evening, sit quietly in a comfortable position. Place both hands over your heart. Take 10 slow, deep breaths — the longest and most deliberate of the entire protocol. As you breathe, feel genuine gratitude for your body's extraordinary capacity to heal. It filtered, processed, regenerated, and repaired — while you went about your life. Tonight, set your intention for what comes next. Your liver is stronger. Your gut is more balanced. Your cells are cleaner. What will you do with this renewed foundation?

🔗 Tonight's Sound Healing:

▶ [Search YouTube: "528 Hz Gratitude & New Beginnings Completion Meditation"](#)

 **Want personalised guidance?** Book a consultation with Dr. Cordova at Natural Choice Doc LLC.

 [Schedule at naturalchoicedr.com](https://naturalchoicedr.com)

Enroll in [The Natural Physiology Protocol](#) — Dr. Cordova's AI-powered naturopathic online course.

You've Completed The Natural Cleanse Protocol

What you've accomplished over these 14 days is not small. You have invested in the organ that processes every medication, every bite of food, every toxin, and every hormone your body has ever encountered. The liver does not announce its work — it simply does it, quietly and constantly. Your job is to support it. And you did.

What comes next? Consider incorporating NutriClear® Plus seasonally — every 3 to 4 months — to maintain your detoxification capacity. Continue your evening practice; even 5 minutes of intentional stillness daily creates measurable shifts in the nervous system over time. Return to the films and books in this guide. Each one will deepen what you have started here.

And for personalised guidance on your next steps — hormone testing, gut microbiome analysis, supplement protocol design, or any chronic health concern — Dr. Cordova is ready to support you.



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Dr. Evelyn Cordova, ND | Your Partner in Natural Health

[Enroll at naturalchoicedr.com](https://naturalchoicedr.com)

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Before beginning the Program, participants should consult a licensed physician or other qualified healthcare provider, particularly if any of the following apply: pregnancy, breastfeeding/lactation, or attempting to conceive; any diagnosed liver, gallbladder, kidney, pancreatic, or biliary condition (including but not limited to hepatitis, cirrhosis, gallstones, or fatty liver disease); any chronic or acute medical condition, including but not limited to diabetes, cardiovascular disease, autoimmune disease, eating disorders (including a history of anorexia, bulimia, or binge-eating disorder), or gastrointestinal disorders; current use of any prescription or over-the-counter medication, herbal supplement, or nutraceutical — particularly medications metabolized by the liver, anticoagulants/blood thinners, immunosuppressants, thyroid medications, insulin or other glucose-lowering agents, or MAOIs; a known allergy or sensitivity to any Program ingredient, including but not limited to milk thistle, NAC, glutathione, MCTs, inulin/prebiotic fibers, bromelain, or any botanical in the Livotrit Plus® blend; a planned or

recent surgical procedure; or age under 18. The Program is not intended for use by minors without the supervision and express consent of a parent or legal guardian in consultation with a physician.

Participation in the Program is voluntary and at the participant's own risk. Individual results vary, and no specific outcome is guaranteed. Statements regarding detoxification, liver function, hormonal balance, or other physiological processes reflect general educational information about naturopathic and nutritional concepts and are not claims that the Program will produce any particular clinical result for any individual. The sound-healing and frequency-based audio practices are offered as relaxation and mindfulness tools; any described associations between specific frequencies and physiological or cellular effects are presented as traditional, experiential, or exploratory concepts rather than as clinically validated or scientifically established mechanisms.

Participants should discontinue use immediately and seek prompt medical attention if they experience any adverse reaction, including severe abdominal pain, jaundice, persistent vomiting, allergic reaction, dizziness, or any symptom of concern. Natural Choice Dr LLC and Dr. Evelyn Cordova, ND, disclaim all liability for any injury, loss, or damage arising from use of the Program, to the fullest extent permitted by law.

