

## PURIFICATION PROCESS

The first stage of **natural** recovery is the initiation phase by **eliminating** toxins. As the body eliminates built-up toxins, they are released through the intestines, kidneys, liver, lungs, and skin. This process often occurs in cycles, repeating more than once. **This is a safe natural process, not a sign of illness or side-effect. It's necessary to clear blockages for regeneration and opens the path for repair.**

Purification Symptoms	Related Organs	Average Period
Gas - Bloating	Intestines	1 day to 3 weeks
Rash - Itching	Liver - Skin	3 to 7 days
Nausea - Vomiting	Stomach	1 to 2 days
Nosebleeds - Rare	Sinuses	1 to 3 days
Smelly or Frequent Urine	Kidneys - Bladder	1 to 2 days
Constipation - Loose Stools	Intestines	1 day to 3 weeks
Body Odor - Bad Breath	Lymphatics - Lungs	2 to 7 days
Fatigue	Liver - Metabolic	1 to 3 days
Flu-Like Symptoms	Immune, Lymphatic	1 to 5 days
Headaches	Head	1 to 3 days

For bodies that have long relied on chemotherapy or medication, this phase can last around three weeks or more.

As the organs go through the purification process, emotions such as fear, anger, resentment, shame, guilt, or depression may temporarily surface. This is a normal part of emotional detoxification. By embracing reflection and leaning into discomfort, you unlock your body's natural power to transform, heal, and rise stronger than before.

## REGENERATION PROCESS

In the journey of true rejuvenation, the body naturally moves in reverse through five stages of degeneration:

**ATROPHY → SCLEROSIS → INFLAMMATION → IRRITATION → EXCRETION**

The absence of pain doesn't mean the absence of inflammation. Inflammation can quietly advance into chronic stages, often unseen and unfelt, until it reaches a more serious life-threatening condition.

When your body begins to restore itself, you may notice inflammation rising to the surface — a reassuring sign that deep regeneration is unfolding from within.

True rejuvenation is not something that medicine can override; **it must be worked through**. When you meet it with patience, trust, and appreciation and seek steady coaching guidance during the first **twelve months**, it allows the body to regain a healthy structure and youthful function.

## REGENERATION PROCESS CHART

Regeneration Symptoms	What is Actually Happening	Average Period
Constipation – Loose Stools – Gas and Bloating	Intestinal bad bacteria dies off and good healthy flora proliferates – resolving gut inflammation	7 days to 4 weeks
Headaches	Brain recovery from toxicity or chronic imbalances	3 to 30 days
Fatigue Drowsiness	Hormonal balancing – thyroid, adrenals Liver cleansing	7 to 21 days 3 to 7 days
Sleep Disturbances	Nighttime energy – take products no later than 4pm until Melatonin-Cortisol rebalances – once balanced you may take the products at night for very deep sleep	3 to 21 days
Various Pains	Old injuries, organs or nerves restoring	1 to 14 days
Coughing – Congestion - Mucus	Lungs and lymphatic systems clearing	3 to 14 days
Frequent Urination	Prostate - Bladder restoring, nighttime bathroom trips steadily decrease	1 to 7 days
Nausea – Dizziness	Weak circulation and heart/kidney function recovers	1 to 7 days
Flu Like – Body Aches – Sore Throat	Immune system becomes enhanced cleaning out bad bacteria, viruses, cellular waste	3 to 7 days
Heart Tightness – Palpitations	Cardiovascular system begins to recover, with temporary episodes Reach out to your coach for guidance	3 to 7 days
Irregular Blood Sugar	Pancreas is rebalancing insulin and will normalize	3 to 7 days
Irregular Blood Pressure and Cholesterol	Cardiovascular system begins to recover as inflammation subsides Fluctuation is a natural part of restoration and will gradually even out as your structure and function finds balance	3 to 7 days
Light Headedness or Fine Vascular Eruptions and/or Bruising	Caution: Blood thinning from medications may need to be adjusted under medical guidance	7 to 21 days
Stomach Upset or Sharp Pain	When stomach pain is present, take all products with meals After inflammation is reduced, TeloYouth may be taken without food	7 to 30 days
Tingling or Numbness	Circulation and nerves are regenerating	7 to 30 days
Crusty, Watery, Dry Eyes Vision Changes	Liver cleansing can cause eye excretion, irritation Microcirculation improves; mild blurriness, redness, or visual obstructions may occur, These are normal signs of increased vascular activity and ocular recovery	3 to 30 days



Purification &  
Regeneration