

## Les Berenson MD – my 10 day Purium Transformation Cleanse

I started the Purium Transformation cleanse 10 days ago. Two of my many goals at the beginning of the year were to lose additional 20 pounds and LEARN how to build more muscle mass, something difficult for me over the years, even though I jog, lift weights, and do yoga. One week later Purium dropped in my lap.

I'm board certified in Internal Medicine but my entire 30 year career has been focused on Wellness & Prevention Medicine and helping people get off medications & prevention of disease a different paradigm than most physicians. One of greatest interests the past 6-7 years has been GMOs which I feel are one of the biggest threats to everyone's health I've seen in my entire career so I started GMO Free Washington 4 years ago. The data I've gathered suggests with 90% correlation that GMOs may be the largest cause of our chronic disease explosion in last 20 years. (see [www.GMOFreeWashington.com](http://www.GMOFreeWashington.com) → see GMO Experts → Nancy Swanson )

As a physician with a background in Natural Medicine, I've looked at MANY supplement and nutrition companies over the years and it's extremely rare to find a nutritional supplement company with not only so many unique Organic and non GMO live, nourishing superfoods, but a wholesome vision of David Sandoval the nutritionist and founder of Purium. Dave's goal to teach others how to eat healthier & lead more fulfilled abundant lives.

### **I lost 13 pounds in 10 days. Here are a few distinctions about my journey.**

#### **1) I likely had NO water loss –**

I had just lost 10 # the last week doing HCG. I had lost 44# in 44 days (HCG – IM) last fall (regained 10). There is science behind HCG if done correctly (I.M. HCG not oral), which most don't do. The science behind David Sandoval's cleanse is **PROFOUND** and much deeper, easier to do, more physiological and more long lasting. I stopped the HCG safely & in a few days switched over to Purium's 10 day cleanse.(i.e no water loss)

#### **2) Muscle mass gained –**

One of the major components of this 10 day transformation is using MAP—a predigested Amino Acid formula – 17 patents and in PDR with multiple scientific research studies. The Amino Acids (protein building blocks) are absorbed in 23 min. (unlike the quickest foods 4-5 hrs.) to start building muscle. MAP is used with high performance athletes all the way to cancer patients, needing to build muscle, so ideal for "weight loss" efforts. Purium's transformation cleanse is not designed as a weight loss program.

A colleague who is really fit and strong was wrestling with me the other night and commented on how strong I had become. I have increased my usual 25 pushups to 40 the last 2 days so its clear within 10 days I'm getting stronger building muscle with MAP.

#### **3) My error and lack of awareness -**

David Sandoval mentions in a training video that's it great to consider adding coconut water to your Power shakes. Not thinking and being aware of the fat in a coconut I've been cracking open 2-3 fresh coconuts a day the last 4-5 days using the entire coconut (meat as well) with my shakes. Last night I discovered each coconut has 1400 calories so even though I've been losing a pound a day or so, **I've been consuming an extra 3-4000 cal. by mistake - above the 700 on the cleanse.**

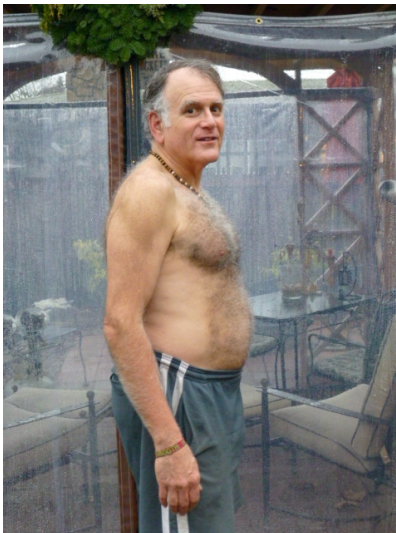
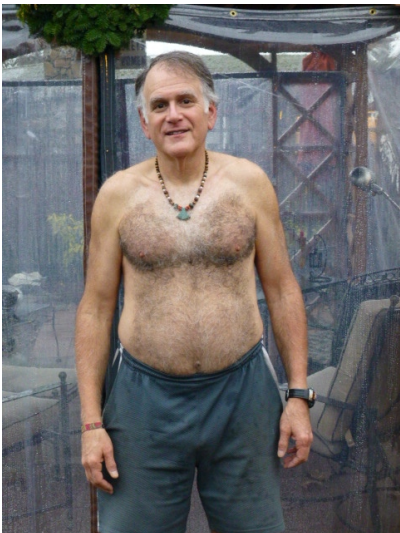
#### **4) Herbal Fiber cleanse (detox product)**

I also discovered that Purium took out the Fiber cleanse out of the 10 day package. I had anticipated this being included to ordered it and started it day 5-6. To me its **CRITICAL** to go through a deeper detoxification if we want to become healthier and something I've said for years, "if you lose weight with a toxic body" what do you have at the end – a toxic thinner body and one usually regains weight.

**I feel its CRITICAL if one goes through the cleanse to order the Fiber cleanse detox product separately (\$23 and it last 30 days)**

**My goal with these nourishing Organic non GMO superfoods is to get down to 170 pounds where I have likely not been since age 30 (31 years ago). I have 13 pounds to go.**

**Weigh loss (5-25# in 10 days) is a "side effect" of cleansing - cleaning out the body, bathing all the cells with these healthy Organic non GMO superfoods.**



10 days after cleanse



(1989)