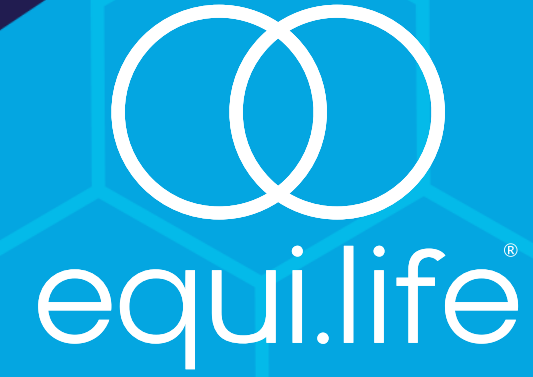


Community Detox January 5th, 2026



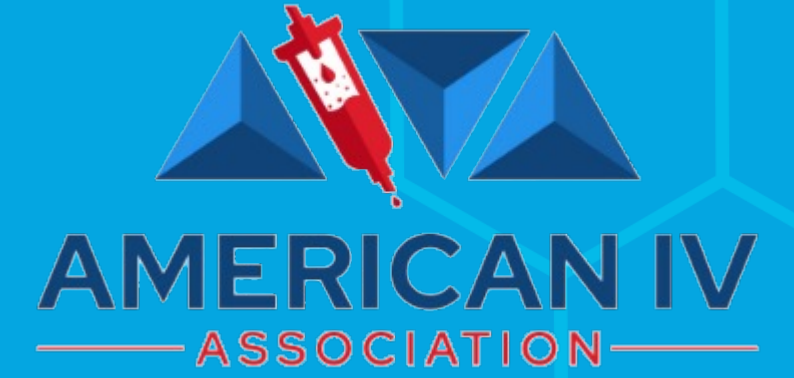
Why a Functional Medicine Detox?



- 1 Benefits of Functional Medicine Detox**
Can help you decrease bloating, support clearer skin, increase your energy, boost mood, remove brain fog, and speed up your metabolism
- 2 Detox & Diet Plan Client Tested**
Dr. Cabral has spent 20+ years in clinical practice sharing this system
- 3 All Inclusive 7-Day Detox Kit**
Functional Medicine Detox has all your daily vitamins, minerals, and plant-based protein. FM and AYU Capsules support Phase 1 & 2 healthy liver detoxification
- 4 Top Quality Ingredients**
Non-GMO, Dairy-Free, Nut-Free, Gluten-Free, Soy-Free, Vegan, 3rd Party Purity Tested
- 5 Community Detoxes Foster Support and Build Comradery**
Completing a detox in a group setting can be a powerful support mechanism as members are encouraged and witnessing each others' progress



The EquiLife® Brand



“Our mission is to empower people to get well, transform their bodies, and live longer stronger through the power of Integrative Health.”

- Over 500,000 wellness consultations
- Over 6 million monthly podcast downloads
- Over 25 years of helping people get well, lose weight, and live longer
- EquiLife is now the global leader in virtual Integrative Health Coaching

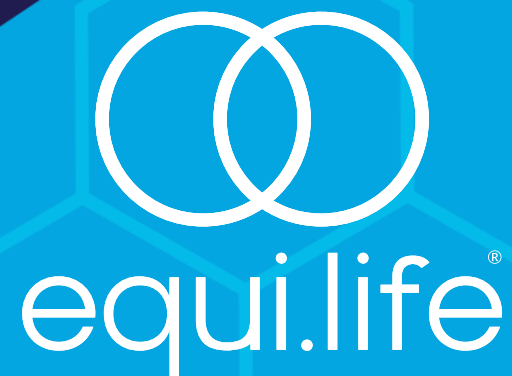


Product Pillars



- Science-backed product research
- Non-GMO
- No artificial colors, flavors, gluten, or other additives
- Guaranteed to work in the real world
- 3rd party purity testing
- NSF cGMP Certified
- <https://www.nsf.org/testing/health/nutritional-supplements-personal-care-products/gmp-certification>

Recommending Either 7-14-21 Day Detox



7-DAY DETOX

For a quick health reset
or to Lose 5-10 lbs

14-DAY DETOX

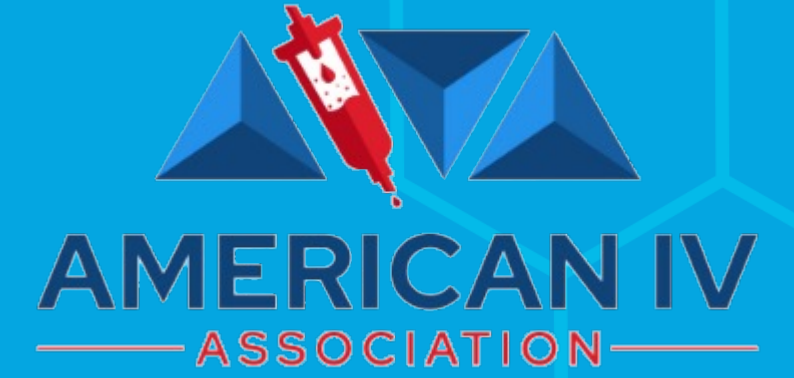
For deeper healing or
to lose 10+ lbs

21-DAY DETOX

For ongoing health
issues or to lose 15+ lbs



Virtual Community Detox Timeline



Community Detox begins on **January 5th** to coincide with Dr. Cabral's Detox

Community Detox Preparation:

- **12/1/25** – Begin promoting the Community Detox to your community via social media, email, and SMS
- **12/26/25** – Deadline orders should be placed on Equi.Life to ensure delivery by detox start date of January 5th
- **1/5/26** – Launch Day! Begin providing your participating community with ongoing education and support messaging

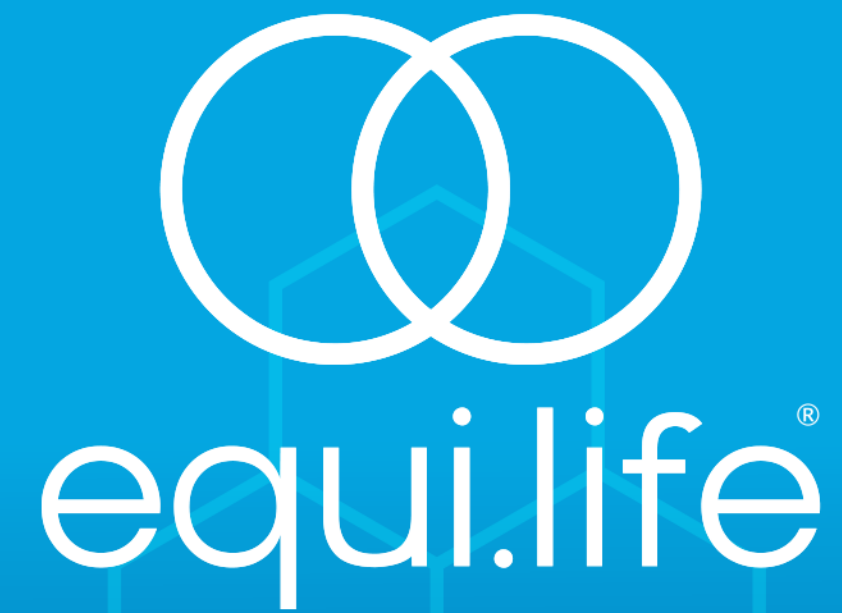


Virtual Community Detox Timeline



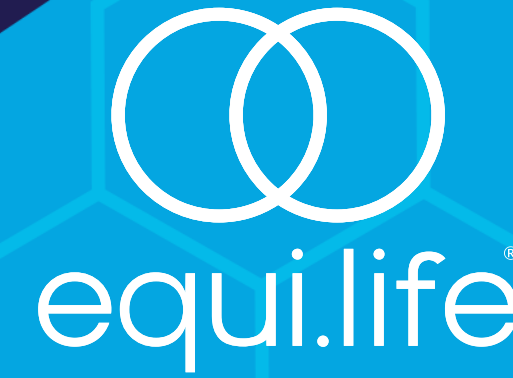
- EquiLife provides:
 - Detailed guidelines for planning, marketing, and coordinating your Virtual Community Detox
 - Marketing Materials include: a sample social media post, email copy, and SMS copy and imagery
- Customers place their orders directly on Equi.Life





Marketing Materials For Your Detox

Instagram Post



Utilizing social media such as Instagram is a very effective way to communicate with your clients and community.

Sample imagery and copy is provided to post on 12/1/25 promoting your Community Detox beginning on January 5th.

Utilize hashtag #communitydetox when you post.

Share your story with your Community as to why the Detox is so important to you and how powerful it will be for the Community to come together for the Detox on January 5th.

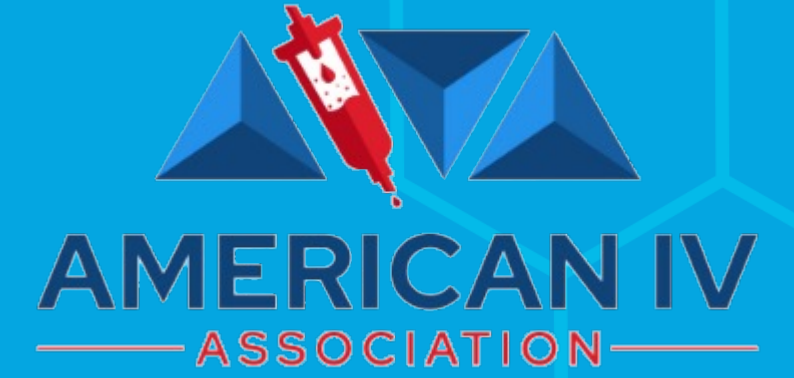
Join Me For A Community Detox Starting January 5th!

- ✓ **Benefits of Dr. Cabral's Detox**
Can help you decrease bloating, support clearer skin, increase your energy, boost mood, removes brain fog, and speeds up your metabolism
- ✓ **All Inclusive 7-Day Detox Kit**
Dr. Cabral's Detox has all your daily vitamins, minerals, and plant-based protein. FM and AYU Capsules which support liver detoxification
- ✓ **Detox & Diet Plan Client Tested**
Dr. Cabral has spent 20+ years in clinical practice sharing this system
- ✓ **Top Quality Ingredients**
Vegan, soy-free, nut-free, & gluten free, 3rd Party Purity Tested



Kickstart Your Health Journey
with Dr. Cabral's 7-Day Detox

Email your Client Distribution List

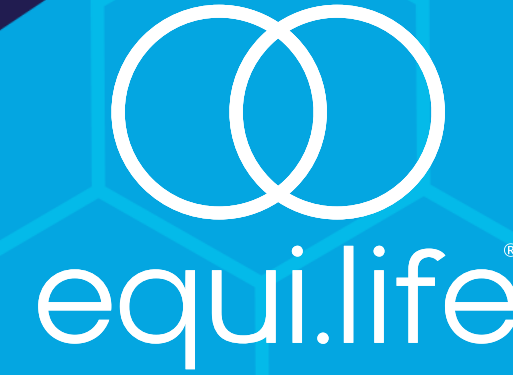


Contact your clients on 12/1/25 via a personalized email to introduce the benefits of the Detox and inform them of your Community Detox. A second email should be sent as a last chance notice on 12/12/25.

There is sample email copy and imagery in the addendum to this guidebook that you can utilize to reach out to your distribution list.



SMS Text for Clients

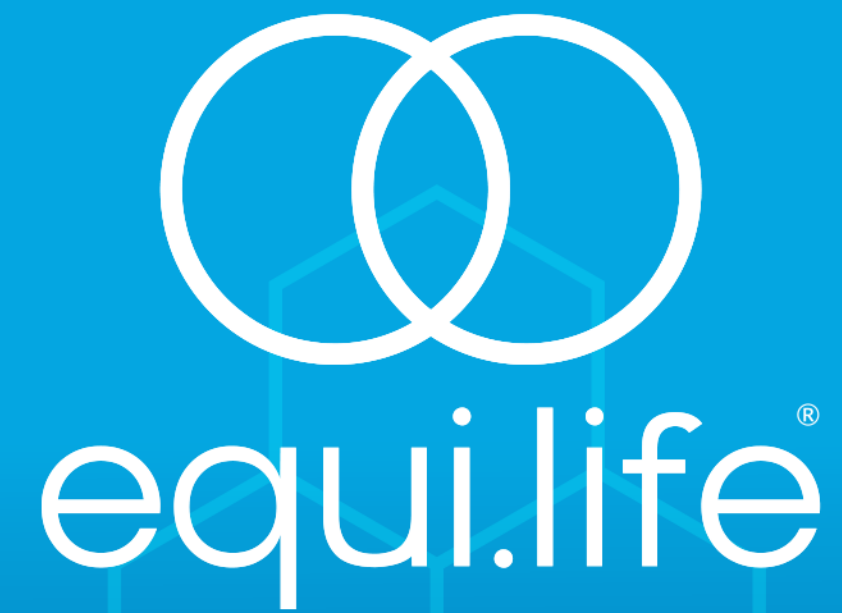


Send an SMS Text to your clients on 12/1/25 informing your Community of your upcoming Community Detox beginning on January 5th.

Send a second SMS Text on 12/12/25 as a last chance notice to order a detox for participation.

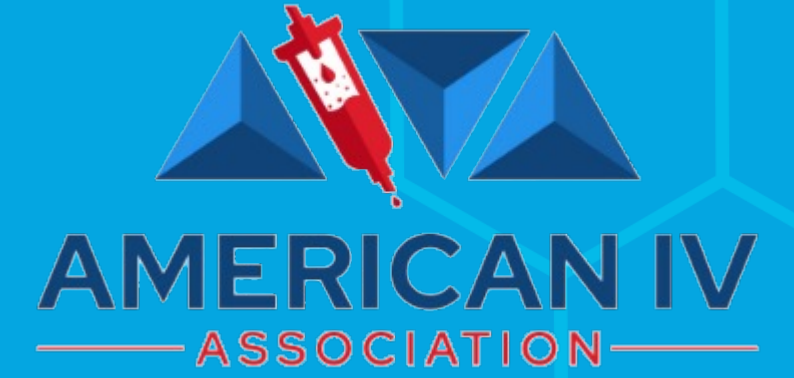
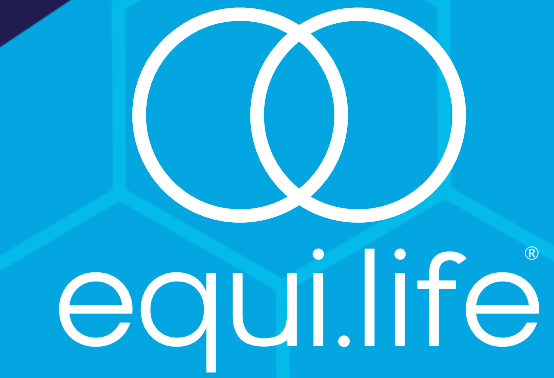
There is sample SMS copy and imagery in the addendum to this guidebook that you can utilize to reach out to your distribution list





Preparing Your Clients For Detox

Prepare Your Members



Possible Effects Day 1 & 2

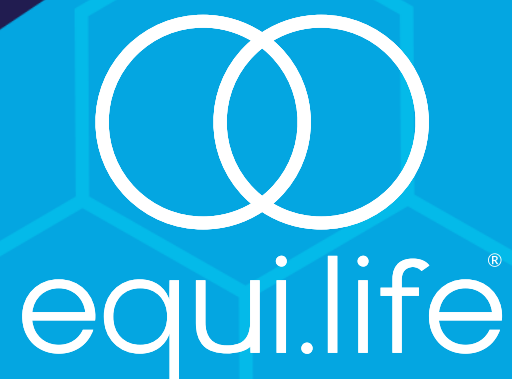
- Low Mood
- Low Energy
- Headache
- Nausea
- Irregular Bowels

Long Term Detox Benefits

- + Clearer Thinking
- + Improved Digestion
- + Deeper Sleep
- + Vibrant Skin
- + Increased Energy
- + Weight Loss



7-Day Detox Daily Format



8:00 AM
(1 hour after waking)

11:30 AM
(3.5 hours later)

3:00 PM
(3.5 hours later)

6:30 PM
(3.5 hours later)

**DAYS
1-2**



+



+



+



Detox Shake
(1sc + 20oz water)
+ 2 FM Detox Caps
+ 2 AYU Detox Caps

Detox Shake
1 scoop
+ 20oz water

Detox Shake
1 scoop
+ 20oz water

Detox Shake
(1sc + 20oz water)
+ 2 FM Detox Caps
+ 2 AYU Detox Caps

**DAYS
3-7**



+



+



+



Detox Shake
(2sc + 20oz water)
+ 2 FM Detox Caps
+ 2 AYU Detox Caps

Detox Lunch
(Vegetarian)

Detox Shake
2 scoop
+ 20oz water

Detox Dinner
+ 2 FM Detox Caps
+ 2 AYU Detox Caps

Detox Breakdown

Days 1 - 2 (4 Shakes Per Day)

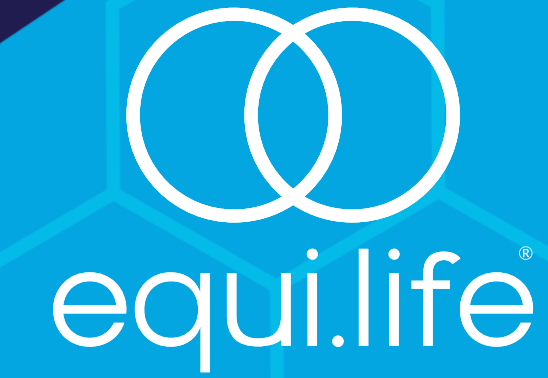
- 4 Daily Detox shakes per day
- 2 AYU Caps in AM & PM
- 2 FM Caps in AM & PM
- 1 cup of fruit

Days 3 - 7 (2 Shakes & 2 Detox Meals)

- 2 Daily Detox shakes per day
- 2 Detox meals at lunch and dinner
- 2 AYU Caps in AM & PM
- 2 FM Caps in AM & PM

* Be sure to drink only filtered water & herbal tea

Meal Plan Days 3-7



- **8am (1hour after waking): Breakfast-Detox Shake #1**

- Detox Shake #1: 2 scoops Daily Nutritional Support powder & 20oz water
- 2 FM Detox Caps + 2 AYU Detox Caps

- **11:30am (3.5 hours later): Lunch, Vegan**

- 2+ cups of vegetables (raw or cooked)
- 1/2-1 cup of vegetarian protein option (vegan)
- 1-2 TBSP of healthy fat (olive oil or smashed avocado)
- Spices (oregano, cayenne, parsley, rosemary, etc.)



- **3:00pm (3.5 hours later): Snack-Detox Shake #2**

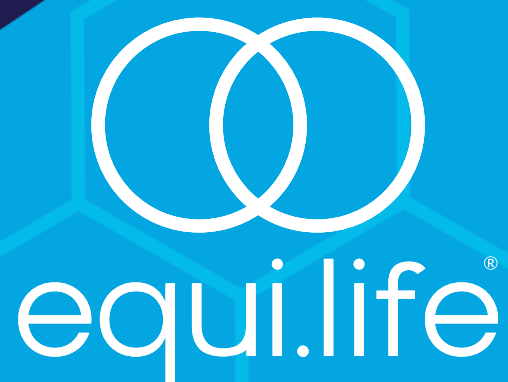
- Detox Shake #2: 2 scoops Daily Nutritional Support powder & 20oz water

- **6:30pm (3.5 hours later): Dinner**

- 2+ cups of vegetables (raw or cooked)
- Add 1 more cup of vegetables or use sprouts or 1/2 avocado)
- 1/2-1 cup of protein (vegan or Paleo dinner)
- 1-2 TBSP of healthy fat (olive oil or smashed avocado)
- Spices (oregano, cayenne, parsley, rosemary, etc.)
- 2 FM Detox Caps + 2 AYU Detox Caps



Shopping List



PROTEIN (1/2-1 Cup) CHOOSE 1

Lunch & Dinner

* Lunch should be a vegetarian protein option
* Dinner may be vegetarian or animal/fish protein

PLANT PROTEINS (Lunch & Dinner Options)

Bean Sprouts	Split Mung Beans
Beans (not baked beans)	Tofu (sprouted organic)
Legumes	Hummus
Lentils	Chickpeas
Natto	Hemp Hearts

ANIMAL PROTEINS* (Dinner Only)

Anchovies	Sardines
Chicken	Scallops
Cod	Sole
Cornish Hen	Shrimp
Duck	Tilapia
Haddock	Turkey
Salmon	Trout
	Wild Game

* Choose wild or pastured

7-DAY DETOX MEAL PLANNER

FAT (1-2 Tbsp) CHOOSE 1

Lunch & Dinner

Avocado	Flax Seeds
Chia Seeds	Olive Oil†
Coconut Oil	

† Combine 1-2 tbsp of olive oil and fresh squeezed lemon juice to make a great dressing

Optional Beverages



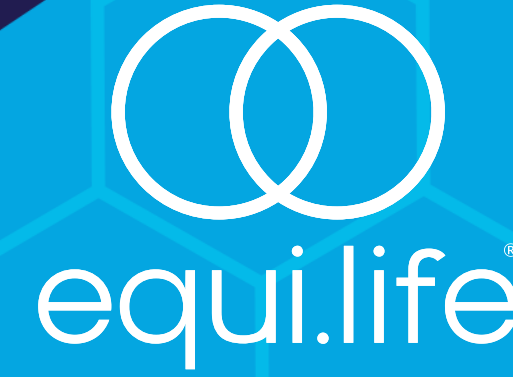
CARB (2-3 Cups) CHOOSE 1-3

Lunch & Dinner

Artichokes	Peppers
Arugula	Radishes
Asparagus	Red Beets
Broccoli	Sea vegetables
Brussels sprouts	Scallions
Cabbage	Snap peas
Carrots	Snow peas
Cauliflower	Spinach
Celery	Sprouts (all)
Chard/Swiss chard	Tomatoes
Chives	Water chestnuts
Cucumber	Watercress
Kale	
Escarole	Blackberry**
Fennel	Blueberry**
Garlic and shallots	Cherry**
Green Beans	Pumpkin**
Greens (beets, collards)	Raspberry**
Jicama	Sweet Potato**
Leeks	Yam**
Lettuce (all)	
Micro greens	
Mushrooms	
Onions	
Parsley	

** If you are trying to lose weight avoid these options during the detox.

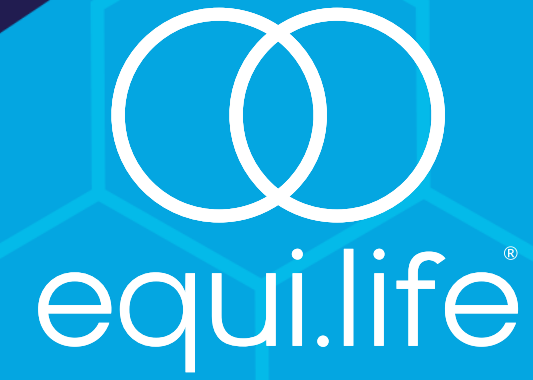
Tips for Detox Success



- ✓ No snacking
- ✓ Plenty of water (1/2 of Body Weight in oz –
note: your DNS shakes count towards water intake)
- ✓ Optional: Lemon water and herbal tea
- ✓ Walk after meals (especially dinner)
- ✓ Focus on food before exercise
- ✓ Plan meals for next day/week
- ✓ Overnight fast is 12-16 hours, but more
important fast is at NIGHT (not AM fast)

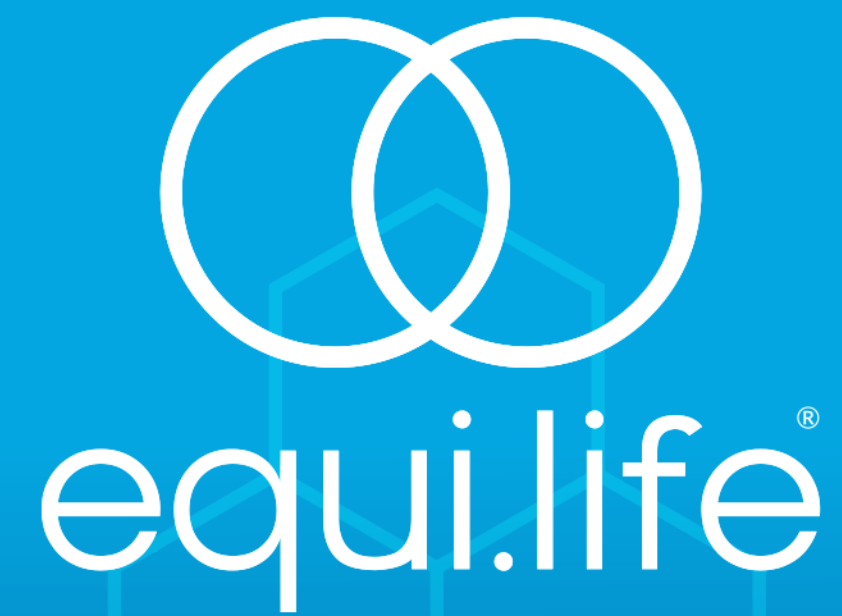


For Maximum Results



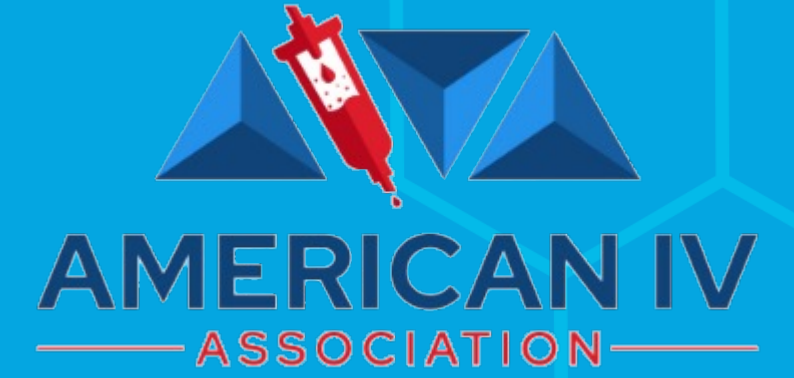
- ✓ Only use spring water (preferably)
- ✓ Coffee/Caffeine: Not recommended for best results. If you plan to discontinue caffeine, please do so a minimum of one week prior to the Detox. If you continue to drink coffee, please limit your intake to one 6 oz cup in the morning.
- ✓ Nut Milk: Limit for best results
- ✓ Herbal Tea: You can drink throughout the day using spring water
- ✓ Lemon Water: You can drink throughout the day using spring water





Supporting Your Clients During Detox

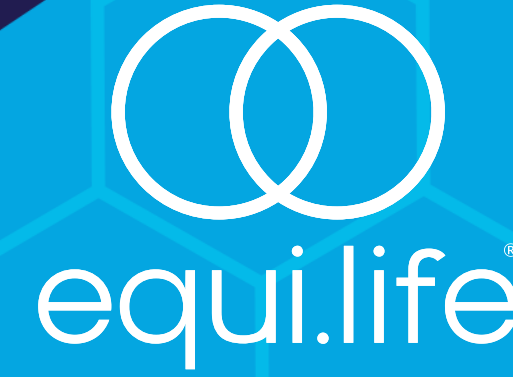
Staying Connected with Your Members



- ✓ Facebook is a great tool to use to stay connected to your members, make daily posts, make live recordings to communicate, and share documents.
- ✓ You may choose to communicate with members in your existing Facebook Group or create a special one with only members participating in the Detox.
- ✓ WhatsApp is a powerful messaging app you can utilize to create a member detox group and send DMs for daily motivation.
- ✓ We recommend using a messaging app, such as WhatsApp, to create a group chat with your members participating in the detox. This is a great way to stay connected and answer questions in real-time. Members will also appreciate the collaboration with each other.



Supporting Your Members

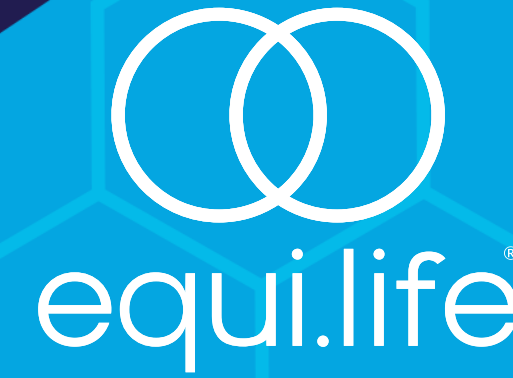


These suggestions can be implemented in both your Facebook Group and messaging app of choice:

- ✓ On the day before the Community Detox begins, send a motivational message to the group. As part of that message:
 - ✓ Encourage members to plan meals for next day/week and to always walk after meals (especially dinner).
 - ✓ Share what they can expect during Day One of the Detox.
 - ✓ Remind them on Days One and Two to use only One Scoop of the DNS per shake.
- ✓ Each morning thereafter, send a motivational message letting members know what to expect and how to stay on track.
- ✓ As the days go by and the members start feeling the benefits of the Detox, help them channel that energy to stay with the program through the full Community Detox.



Motivate Your Members



Include in the daily messages motivational thoughts and quotes that build on the collective energy of their fellow members.

“Some people want it to happen, some wish it would happen, others make it happen.”— Michael Jordan

“If you don’t find the time, if you don’t do the work, you don’t get the results.”— Arnold Schwarzenegger

“If something stands between you and your success, move it. Never be denied.”— Dwayne “The Rock” Johnson

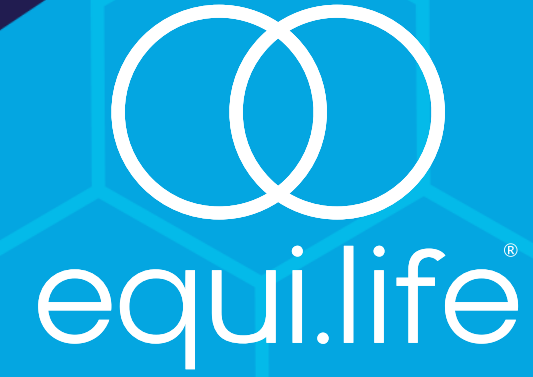
*“It’s going to be a journey. It’s not a sprint to get in shape.”
— Kerri Walsh Jennings*

“The hard days are the best because that’s when champions are made, so if you push through, you can push through anything.”— Dana Vollmer



“The difference between the impossible and the possible lies in a person’s determination.”— Tommy Lasorda

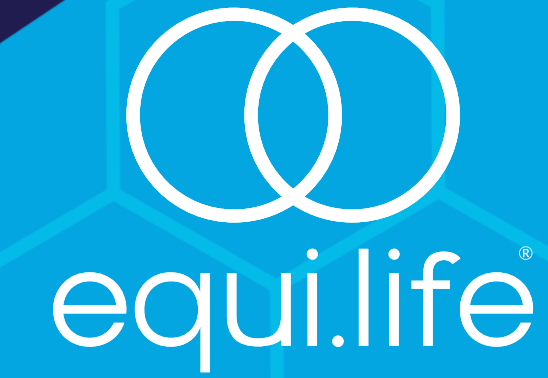
Top Dr. Cabral Detox Podcasts & Resources



- Detox Course: <https://equi.life/pages/detox-course>
- FAQs For Detox: <https://equi.life/pages/detox-faq>
- Top 20 Do's and Don'ts of Detoxing: <https://stephencabral.com/podcast/837/>
- The Right Way to Complete an FM Detox: <https://stephencabral.com/podcast/823/>
- Your Top 10 Detox Questions Answered: <https://stephencabral.com/podcast/2196/>
- How & Why To Detox: <https://stephencabral.com/podcast/220/>
- The 7 most Common Signs You Need to Detox: <https://stephencabral.com/podcast/1222/>
- The 6 Stages of the Disease Process: <https://stephencabral.com/podcast/998/>
- Find Out Your Total Toxic Load (Quiz): <https://stephencabral.com/podcast/846/>
- How Your Brain & Body Get Loaded Down With Toxins: <https://stephencabral.com/podcast/1117/>



Maintaining Detox Results

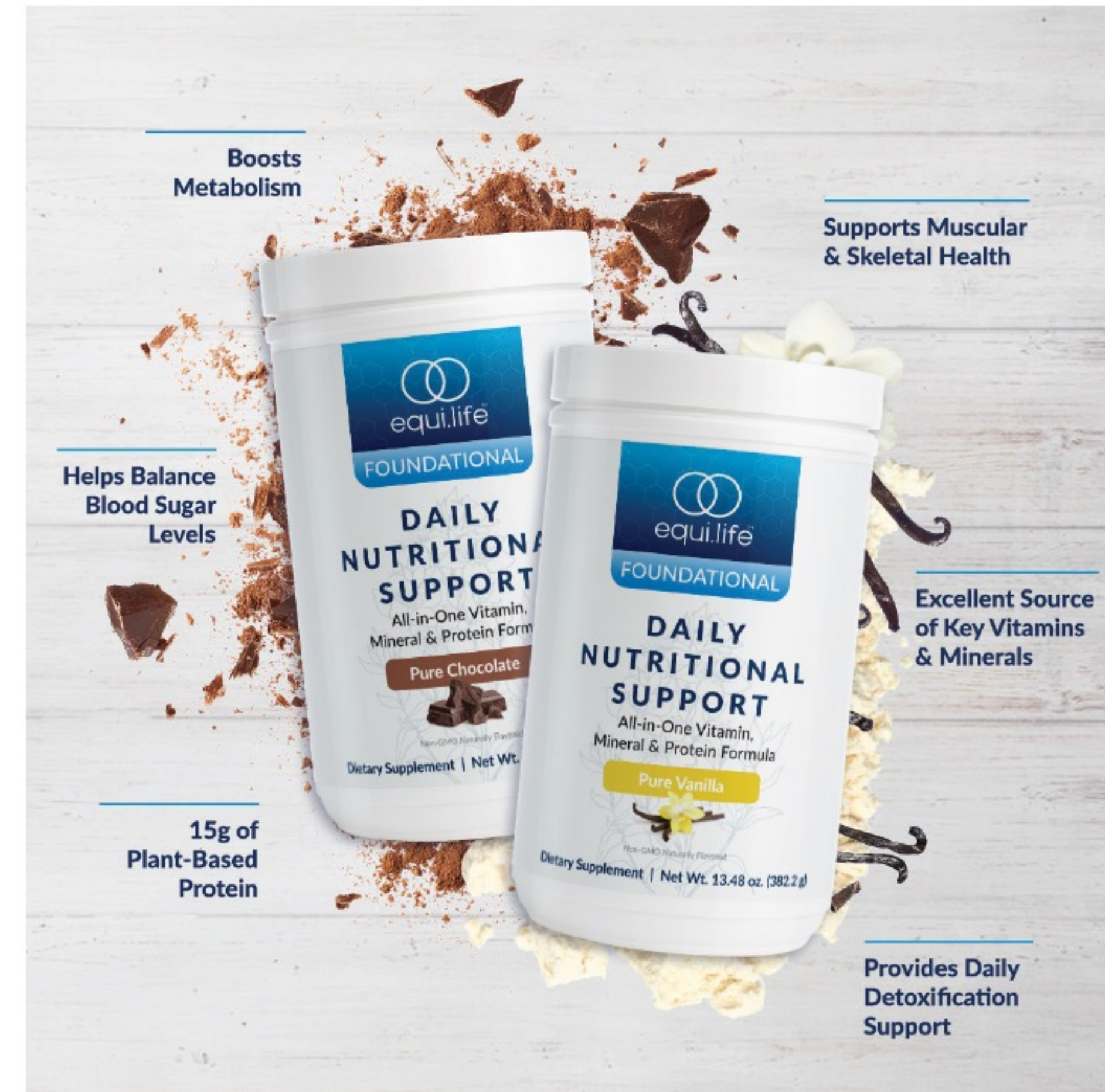


A key indicator to the success of any program is being able to maintain your results.

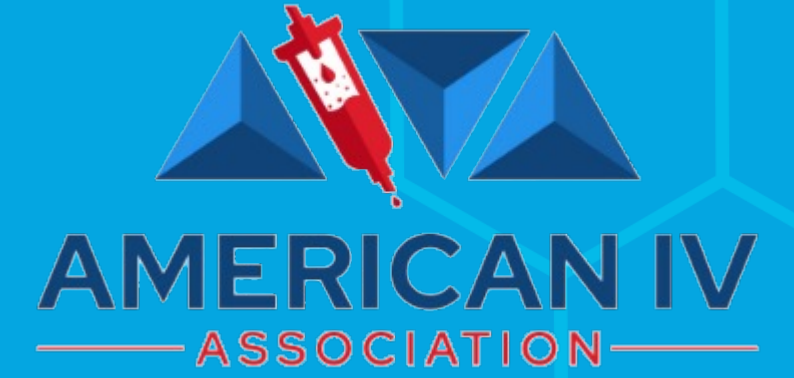
2-3 Days before the end of the detox, talk with your members about how to maintain their great results once the detox is complete.

A simple and effective way to maintain results is to implement a smoothie each morning utilizing the Daily Nutritional Support.

This is one of the products your members used throughout the detox, it comes in both chocolate and vanilla and supplies them with all their nutritional needs on a daily basis.



How does this program further benefit you?



Detox purchasers remain Detox purchasers.

More than 50% of Detox purchasers repeat the Detox at a minimum of once a year and a high percentage repeat 3-4 times a year. In fact, many Detox purchasers do the 21-Day program at a retail price of \$269.

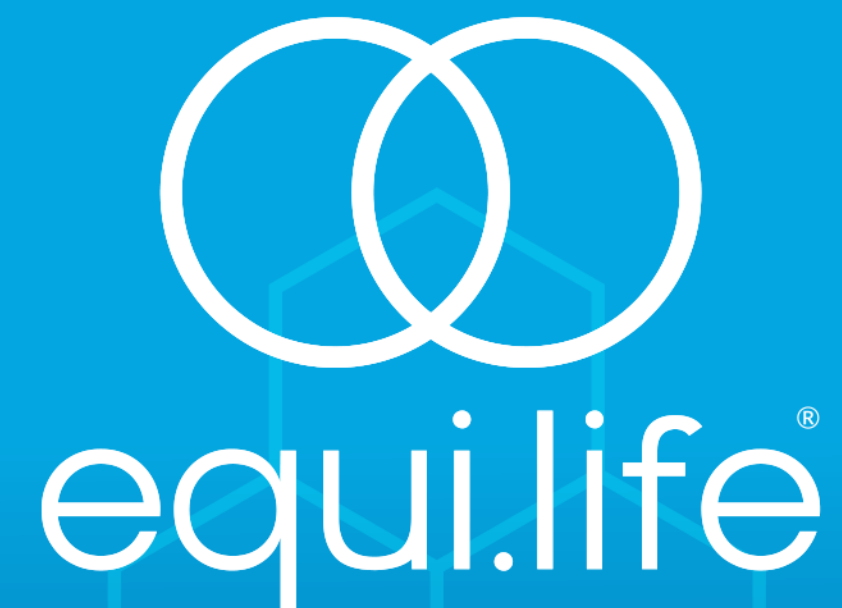
Detox purchasers become Daily Nutritional Support purchasers.

Once they experience the benefits of the Detox, their goal becomes to sustain their achieved success. The Daily Nutritional Support is the primary component of the Detox, is delicious, and becomes part of their health & wellness regimen.

Daily Nutritional Support purchasers become supplement buyers.

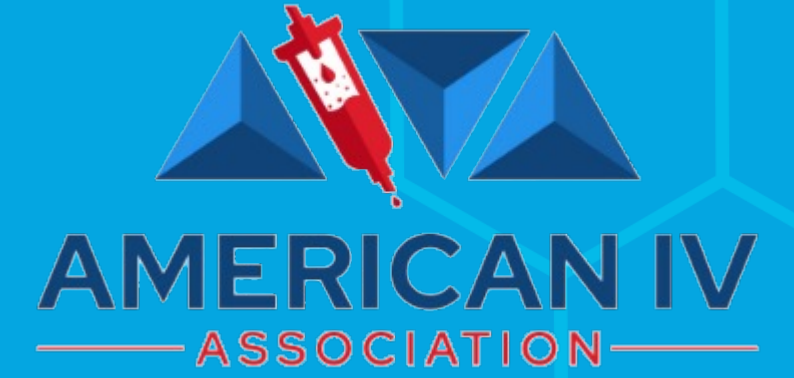
EquiLife has over 100 supplements & protocols available for sale, and this program provides you with the opportunity to generate significant incremental revenue on an ongoing basis.





In-Person Community Detox At Your IV Clinic or Wellness Center

In-Person Community Detox Program



For IV Clinics and Wellness Centers, EquiLife offers a comprehensive in-person program.

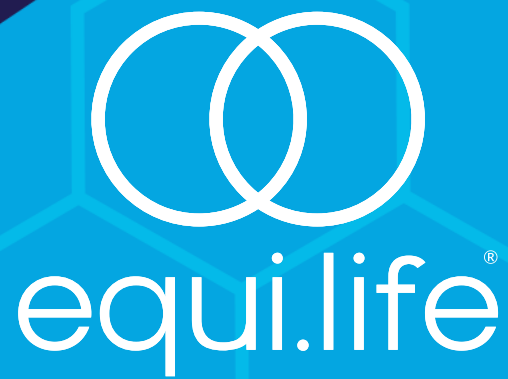
Benefits include:

- 40% purchasing discounts off retail prices
- Customized marketing materials
- Complimentary product Sample Packs for your members (for orders of 50 detoxes or more)
- Additional marketing and merchandising support

For additional information, please contact jfoley@equi.life



Other Best-Selling Supplements



Daily Nutritional Support



Daily Fruit & Vegetable Blend



Candida & Bacterial Optimizer (CBO) Protocol



GLP-1 Tone™ System



Heavy Metal Detox



Para Support Protocol



Mold Detox Protocol



Advanced Cell Force™

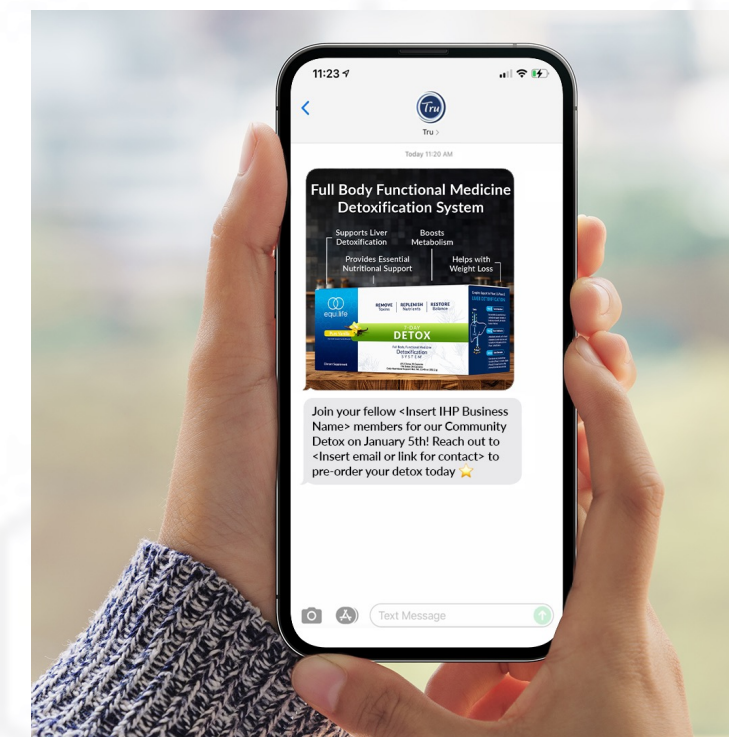
Addendum



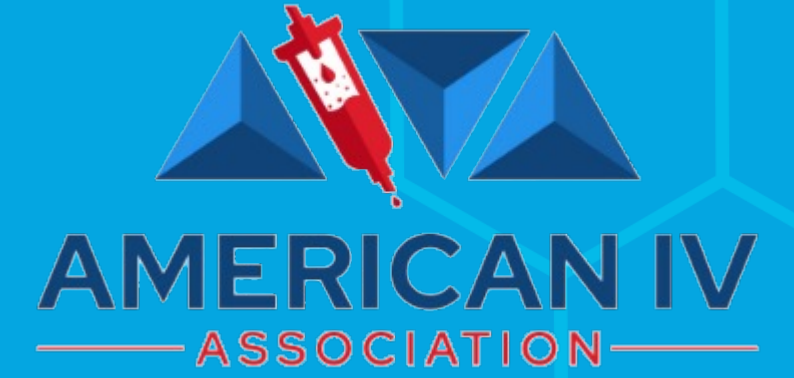
We've created a Google Drive Folder that includes the following creative assets that were mentioned in this handbook.

https://drive.google.com/drive/folders/1ZWBnvTsquuQ4uOaG_RE5oXUqal1sGzHe?usp=sharing

- Instagram Posts:
 - 2 Promotional Posts with accompanying caption copy
 - Daily Posts that can be utilized throughout the Detox
- Sample email and accompanying imagery
- SMS text and accompanying imagery



Register for Health Solutions



Register for Health Solutions TODAY!

- Click here: practitioners.equi.life
- Complete the short form
- **Please be sure to add AIVA in the Association Membership area of the Health Solutions Registration Form**
- This entitles you to a VIP membership!

Association Membership(s)

Please list all memberships, separated by commas

AIVA

Exempt from Sales Tax?

If your organization has current reseller exemption from sales tax, please indicate below.

- ☐ Yes, I'll enter the Resale Tax ID and upload my certificate now
- ☐ Yes, but I prefer to provide this information another time
- ☐ No, we do not have a Resale Tax ID

Terms of Use

- ☐ I agree to the EquiLife Health Solutions Program Terms of Use: <https://wholesale.equi.life/pages/term-of-sale-agreement>

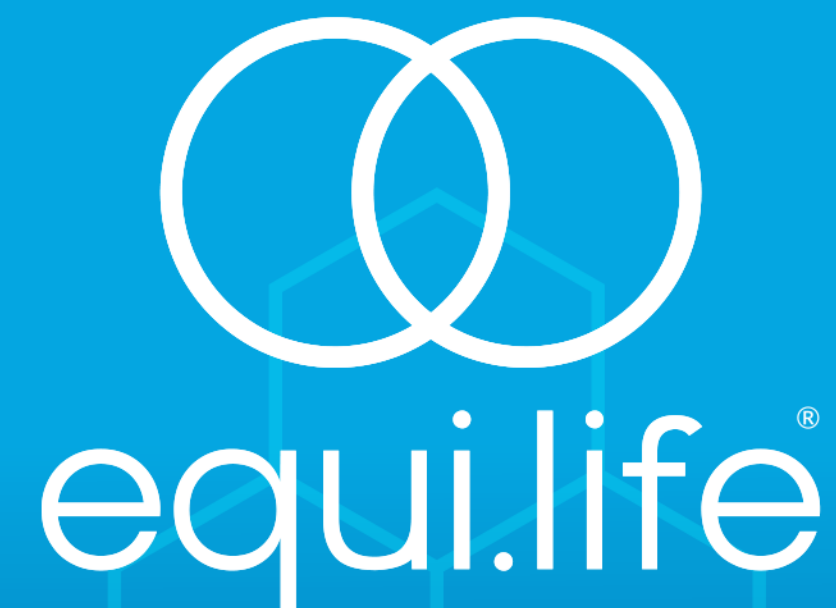
EquiLife is committed to protecting and respecting your privacy, and we'll only use your personal information to administer your account and to provide the products and services you requested from us.

- ☐ I agree to become an EquiLife Insider: Be the First to Learn About Exclusive Savings & VIP Offers

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By clicking submit below, you consent to allow EquiLife to store and process the personal information submitted above to provide you the content requested.

Submit



We are here to support you and your members!
Please contact us to answer any questions.

Haley Topliff
htopliff@equi.life
Sales Support Manager

Jennifer Foley
jfoley@equi.life
Health Solutions Sales Advisor