**Frequently Asked Q&A’s for the Transformation Cleanses**

1. Where did Purium come from and how come I haven’t heard of it in this State? Because you have been living in a cave – Just kidding, we all need a little humor. Dave Sandoval and his products have been around for over 22 years and all ingredients are made from non-gmo, organic and plant ingredients. He manufactures all of it in his GMP, USDA and QAI certified facility located in Long Beach, CA. Each ingredient is triple verified and there is no other product company like it on the market. Please feel free to read Dave Sandoval’s story on his website at [www.PuriumCorp.com](http://www.PuriumCorp.com) and look at his before and after photos. He is known as the Superfoods Pioneer! He crushed wheatgrass with Ann Wigmore! I thought the same thing when I heard of the program in 2013, until I saw thousands of people transform before my eyes. Dave took this line to the public with a direct sales idea fat the advice of a marketing executive from Colorado, 10 years ago. It is now one of the fastest growing private companies in the US. Purium sold more than 47 million cleanse packs in 2014. Read about it on Yahoo Finance. The full story and more is also in the January 2015 edition of Prosper Magazine. Dave also wrote the bestseller, the Green Foods Bible, which is included in each cleanse pack.
2. I heard famous people use these products and cleanses too? Yes, Dave Sandoval has trained athletes, celebrities, musicians, models and aspiring stars to reach their goals for over 22 years. He has no time to train celebrities anymore as he tours the world giving seminars about his mission to help others get off of Frankenfood and get back to living a normal lifestyle, with REAL Food.
3. Do you have a before and after story? Yes, please look me up at [www.KLifeDesign.com](http://www.KLifeDesign.com); on Facebook (Kawaiola Life Design); follow me on Twitter (@TheHapaChef) or on Instagram at Kim Thuener Cano. I cured myself from H Pylori, Plantar Faciitus, weight gain, acid reflux, and joint pain.
4. What do I get to eat along with the Purium products? An amazing and nutritious list of flex foods. I will provide this to you as it’s more extensive than the examples in the Purium list. **A) If you are on the original 10 day Celebrity Transformation,** you get a long list of vegetables and fruit to eat with your Purium protein and non-gmo super green foods. **B) If you are on the 10 Athlete’s Transformation**, you drink a thick super green, nutritious drink during the day along with pre-digested supplements that make you feel marvelous during your workouts, and you eat a meal in the evening that consists of fish or chicken, whole grains and vegetables. **C) If you are on the Two Ways to Win Celebrity Transformation Cleanse**, you follow the schedule for the original celebrity cleanse and then you add a meal like the athlete’s cleanse. All cleanses contain the muscle building and protection supplement – Master Amino Pattern (patented and vegetarian) that bypass the kidneys and is absorbed into the body within 23 minutes. Please look this up in the Physician’s Desk Reference.
5. Will I be hungry? If you don’t eat your flex foods and take the products on time. But, that’s why I have a schedule for you that’s simple to follow.
6. How many times a day will I be putting nutrients into my body? All day! 9 times to be exact.
7. If I am on the Original 10 Day Celebrity Transformation Cleanse what is essentially not allowed in the way of food? See above first and then know that there’s no dairy, soy, alcohol, coffee or meat products for 10 days.
8. What if I don’t want to only eat raw food on the 10 Day Celebrity Transformation Cleanse? I have tons of recipes that I can give you with a list of ingredients to cook with and it’s easy prepare these warm foods.
9. What will I feed my family while I am on the cleanse? I would suggest you cook food that they like and food that you don’t like, so you are not tempted to eat it. Have your husband cook if that’s possible, buy healthy take out or cook simple meals that last days, so you only have to warm food up a few times during the cleanse.
10. Can I exercise during the cleanses? Only if you are doing the athlete’s cleanse. A cleanse is time to rest your body from stress. Exercise, especially too much of it can put a strain on your body and you will not have the same effects. It’s 10 days big deal! Look how fast a month goes by! I have a scientific fact to support this on you tube by the founder of the products.
11. Can I do mini cleanses in the future to prepare for events (e.g. weddings, reunions, before/after the holidays)? Absolutely. I do them a few times a year. My favorite is the 5 day weekday cleanse, so I don’t have to endure a weekend.
12. Are all products on the cleanse GMO, Dairy and soy free? Yes. There are NO chemicals, artificial sweeteners, artificial colors, excipients, fillers, excess sugar or excess fat. Look at other brands out there and they have ingredients you cannot pronounce, no research due to their proprietary blends, they contain sucralose and other additives that are GMO. Trust me, I looked all of them up. Email Dave Sandoval or Dr. Mike yourself on this.
13. Do you have gluten free options? Absolutely.
14. How much can I expect to lose in 10 days? 5-25 lbs (sometimes more in cases of the obese). Will I keep this off? Yes, you will if you continue with the Purium recommend lifestyle.
15. What is the Purium recommended lifestyle? It is a plan consisting of organic fruit, veggies, grains, legumes, protein, fats, oils and organic pantry items. You also incorporate one of his green drinks that consist of plant substances, so your cells continue to repair.
16. Why does this program work in comparison to other 8 week, 24 day and 90 day programs? It is a metabolic reset with anabolic muscle building, total cellular satisfaction, and nightly cellular defense. The master amino supplements build and protects your muscle while on the cleanse. Your system reaction goes after your stored fat, so you lose it in your mid-section, arms, back, legs and other areas of your body. Each individual is different, but everyone loses inches, weight and body fat from these cleanses.
17. Do I receive support? Yes, from me and Purium sends support texts and emails. Purium has training calls each week for both the cleanses and business aspect of the program. I can also add you to a private group on Facebook, so thousands of others can help you with your questions, recipe ideas and much more. I will hold group conference calls, google hang out sessions and cooking classes at the request of customers.
18. What if I have medical concerns? Purium is the only nutrition/weight loss program that offers a licensed naturopath doctor on staff 7 days a week via email and 6 days a week via phone. Always check with your regular physician as well.
19. What if I take pain killers for back pain or a similar issue? I would suggest calling Dr. Mike Wohfield, the Purium Naturopath and have him advise you on how to modify the cleanse to avoid feeling sick or when to take your medications. Once again, check with your doctor. Your regular doctor may not be familiar with this program, but there are a lot of doctors that endorse Purium and use it in their practice.
20. Are there health benefits and if so, what are they? Can lower your cholesterol, blood pressure, balances thyroid and diabetes. Weight loss is a healthy side effect. It has helped skin conditions as well (acne, rashes). There are much more benefits and I am not a doctor, so please research this and see the hundreds of thousands of people that have benefited in the US and other countries from the cleanses and products. If you are thin, then the products will provide more nutrition than you received in a month. It’s not only for overweight people.
21. Does it help with joint pain? Yes, I can say that it helped me with shoulder, back and foot pain. It has helped thousands of others as well in this area.
22. Will I gain energy? So much you will be jumping up and down and dancing in your house. What’s good about this is that it is NATURAL energy from within that your own body produces after it cleans out the toxins.
23. Can I drink coffee while on the cleanse? I would suggest this if you truly believe you need caffeine. Drink one cup of organic caffeinated tea per day with 1 tsp organic honey, preferably in the am or before noon.
24. Will I get headaches? Yes and No. Purium provides two supplements for this purpose. One comes included in the cleanse (Super Lytes) and the other is available for purchase separately. Ionic Elements (natural magnesium extracted from the ocean) and/or Super Lytes (supplements that have electrolytes – similar to Gatorade without the sugars and chemicals). Headaches can happen as a result of what is coming out of your body (e.g. processed sugars, GMOs, pesticides, chemicals and heavy metals). Ensure you check on this during your ordering process as to which one you want or get two of them.
25. Will I have diarrhea? No. You will be moving your bowels normally. You will urinate frequently from the liquids and if you are on the cleanse with the Power Shake. Purium did create the SuperCleanseR. This can be taken according to the cleanse instructions or you may modify it down. It is not meant to be taken on a regular basis.
26. Will I be constipated? No, you shouldn’t be based on what is provided. If you are truly concerned like I was, then ensure your order has the herbal fiber cleanse supplements, take extra ionic elements and magnesium citrate supplements (ensure it doesn’t contain magnesium stearate). I have a brand I can recommend called Pure Encapsulations.
27. Will it kill my cravings for sweets? Yes and you can still implement sweets back into your diet if you wish, but you will not eat it like you did before going on this cleanse. I do not recommend drinking any more sodas diet or regular. If you want one once in a while, then go ahead, but ensure it’s made with real cane sugar and contains no chemicals or phosphoric acid. This is post cleanse only.
28. What do I do after the cleanse? You have a few choices. You can continue on a one day on and one day off if you have more weight to lose or if you want to ease off of the cleanse itself – it’s a smart way to approach it. Once off the cleanse, I highly recommend the Pre-meal control capsules and digestive enzymes to take for 1-2 days thereafter, to approach food in a modified way and to avoid overeating and feeling sick as a result. Check out Purium’s 55 + products for other ideas on snacks and supplements to integrate. I take almost the whole line, so ask me for samples or if you have questions. I also help with shopping lists, meal plans, etc for an extra fee if it’s extensive. If you buy a large cleanse pack, I can give you some guidance via some documents I created.
29. Will I eat normal food after the cleanse? What is normal to you? If it’s complex carbohydrates, fruit, vegetables and high quality protein, then YES that is normal, healthy and good food. If you absolutely need a meal plan, I can design one for you at an extra fee from Kawaiola Life Design.
30. What if I don’t know how to cook or prepare food that’s healthy? You can sign up for my cooking classes, look on my website for ideas or check out the Purium Facebook Recipe pages. A Purium member is creating a hard cover cookbook during the year 2015. Be on the lookout for it.
31. I am not sure how to read labels on packaged food or shop correctly to ensure I stay healthy? I can show you how! Sign up for my shopping trips to Sprouts or Whole Foods. They even sell organic items at Costco and Sams. Fees will apply from Kawaiola Life Design.
32. Can I drink alcohol on cleanse? NO
33. Can I smoke marijuana since it’s legal in Colorado and Washington? NO. I wouldn’t recommend it while on the cleanse.
34. Can I drink alcohol after the cleanse? Yes, but I would ease into it or you will get very drunk quickly and you might have a hangover or be very tired the next day. I also have recommendations on the types of alcohol to drink. This will help the after effect that is uncomfortable. Purium’s Kamut and Ionic Elements help with the day after a night of drinking and if you take Clearvite (has milk thistle), it also helps.
35. Should I take my measurements, weight and before photos prior to the cleanse? Yes, and you should take them again after the cleanse to show the world your transformation.
36. Is there a guarantee on the products? Yes, a 60 day money back guarantee on all products!
37. Can I receive discounts on products? There are so many ways to do this. **A)** If you sign up as a member, you receive 15% off your order and products in the future. **B)** If you sign up as a member and place a back up order of 50 Business volume points each month, you can receive 30% off all products and your initial order. **C)** If you are health professional like me, then you can receive 45% off your initial order and all future products, but you must place a qualifying order of a minimum of 500 Business volume points for your first order to quality for the health pro discount. The beauty of this program is you can sell products to your clients in your health profession for retail and buy them at the discounted price, plus charge them shipping if you wish (gym, wellness practice, physician office, massage therapy, esthetician center, etc). You have to submit your license, certificate or certification in order to fully qualify.
38. I heard about your marketing referral program? What is that all about? I don’t sell anything and I have a job or another direct sales business. You are not selling if you pass gift cards out, you are just sharing to help another person. If you order one of the membership kits, being a Standard/Premier (5 -$50 Gift Cards), Gold Package (20 -$50 Gift Cards), Platinum Package (50 -$50 Gift Cards), Launch Pack (100-$50 Gift Cards), then you get those cards with your products to pass out to others. For each card activated for a standard cleanse pack (5 -$50 gift cards), you receive $50 each. If you have people activate the higher packages such as the Gold Pack, you receive $75-$100 per cleanse pack, $150 per Platinum Cleanse Pack and $250 per each Launch Cleanse Pack. There’s a Gold Rush promotion happening, now, so it’s a sliding scale upward if you sign up multiple people each week for each type of package. You essentially get your products for free each month and earn extra income as a result on a part-time or full-time basis. One gift card could earn you $50-$350.
39. What other perks does this company offer? Cars, lifestyle bonuses, ranking bonuses, pays weekly, pays monthly, pays for all expense trips to California and resorts in the US. It all depends on how much you refer and you end up ranking in the company.
40. Is there any company training offered? So much, I can’t even keep up with it. They have regional events, product training, and marketing training. Lots of tools and a new website and app to track it all. All trainers are happy and positive. This energy that comes from this company is so unbelievable. It’s probably because everyone is feeling good from the products and their own story.
41. What if I want to be just a retail customer? That’s totally fine, but you will pay 15-45% more than the members as described above. 99% of people are members, because they receive discounts all year long and a membership is only paid once. Plus, if you use my initial gift card that I gave to you, that takes off $50 off of the $75 membership fee.