



## Why do the HPT detox? Why is it better than other detoxes?

Since our detox is a combination of organic food combined with science based nutraceuticals, **you won't be starving yourself** as you do on many of the popular "pseudo" detoxification programs. Yes there is a special juice and shakes, but you will be eating organic lean meat and healthy fats. You will also be getting plenty of fruits and vegetables- probably more than you eat now.

Accountability and great coaching is the key to success when embarking upon any type of **behavior change**. You will meet with us twice a week for measures and coaching allowing us to continually customize your detox.

Unlike other programs that are only focused on **weight loss instead of fat loss**, expect to even put a few pounds of lean mass if your strength training. But don't worry, you will still lose weight. The average scale weight loss for a male is 14.3 pounds and for 10.6 pounds of scale weight loss for a female.

Most detox diets on the market are simply "elimination diets" and not true detox diets. Whereas many elimination diets are based on simply eliminating all foods and only drinking juice, or eliminating all bad foods- often lean proteins and healthy fats get bundled into this "bad food mix". The problem is that the body utilizes protein as a primary detoxification nutrient. **Without protein, the body cannot go through the most important phase of detox (phase II)**. Furthermore, a diet rich in vegetables (lots of greens) and fruits will play a synergistic role in helping your body rid itself of toxins. The combination of protein, vitamins and minerals is what drive's detoxification. This is what distinguishes our detox from other's on the market. **Our detox is based on science, not hype.**