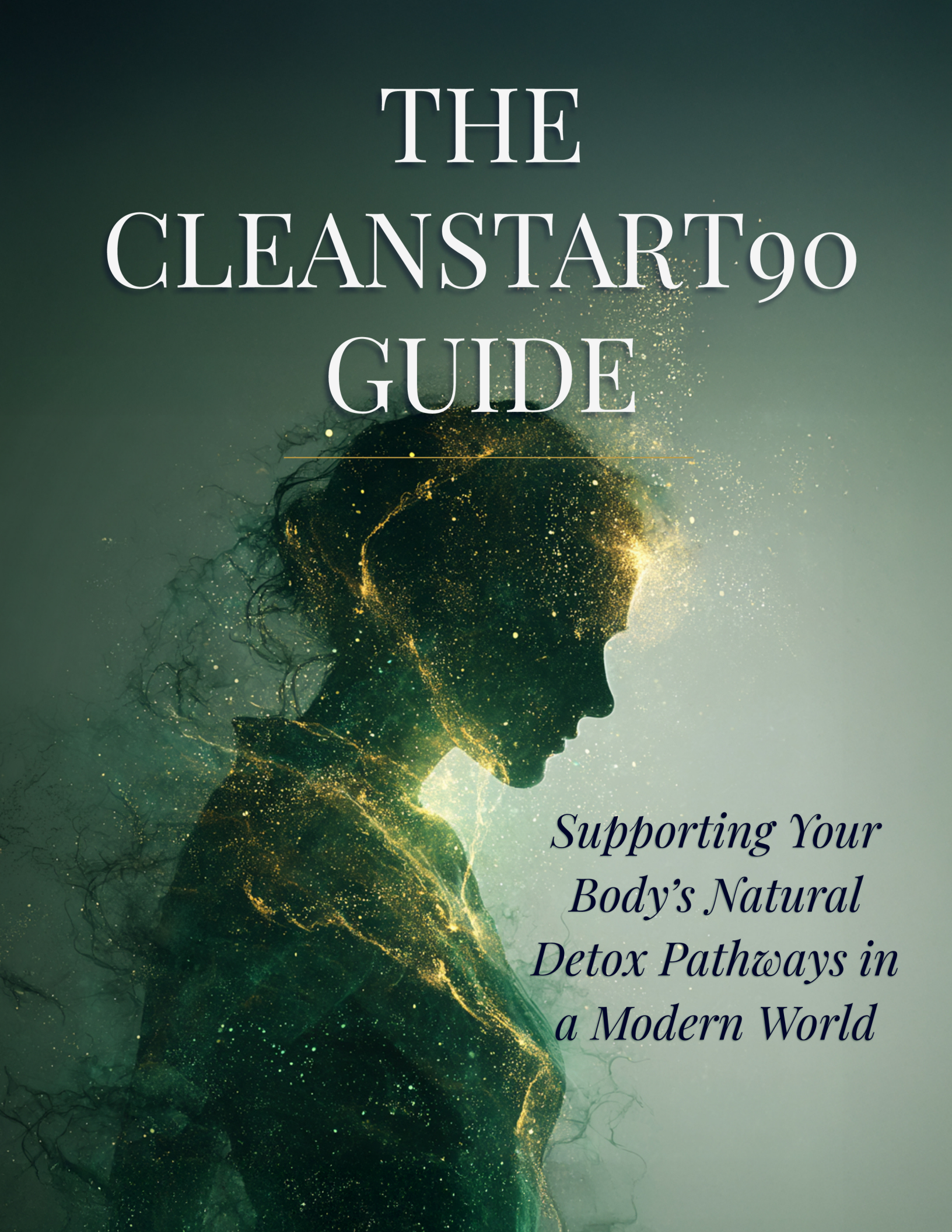
THE CLEANSTART90 GUIDE



Supporting Your Body's Natural Detox Pathways in a Modern World

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INDEX

1. Introduction
Why your body can't wait for a fresh start.
2. Why Toxins Matter
How everyday exposures overload your system.
3. How Toxins Get In
The hidden pathways that allow toxins to accumulate.
4. The Science of Cleansing
What happens inside your body when detox finally begins.
5. A Cleaner Body Is a Stronger Body
The benefits you feel when the toxic load comes down.
6. Meet Zeolite
Nature's microscopic mineral with a powerful cleansing structure.
7. Why Cell Defender™ Works
What makes activated zeolite different — and why it matters.
8. What to Expect in Your First 30 Days
Early wins, normal detox responses, and how to stay consistent.
9. Your 90-Day Cleanse Journey
A simple structure to support real transformation.
10. Toxicity Impact Score Quiz
A personal awareness tool to assess how toxins may be affecting you.
11. Start Your Personal Reset
How to take the next step with Clean Start 90
12. A Simple Next Step
Understanding is the first step. Consistency is what creates change.

INTRODUCTION

Your body is designed with extraordinary intelligence. Every day it filters, clears, repairs, and restores. But in today's world, the amount of invisible toxins we encounter has increased beyond what the body can easily manage on its own.

Heavy metals.
Microplastics.
Environmental chemicals.
Everyday household exposures.

Each of these can accumulate quietly over time. You may not notice at first. Then one day, the body sends a message — *"I'm working harder than I was designed to."*

This guide will help you understand what your body is facing and offer a simple path forward — one that supports natural detoxification at the cellular level.

You do not need extreme cleanses.
You do not need harsh detox programs.
You do not need complicated protocols.

You simply need consistent support that helps your body release what shouldn't be there.

"The body has an innate intelligence that strives for balance every moment of every day."

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This product is not intended to diagnose, treat, cure, or prevent any disease.

WHY TOXIC LOAD MATTERS

Your body was created to keep itself in balance. Every day it filters, clears, and releases what it no longer needs. But the world we live in today looks very different from the world your body was designed for.

Invisible toxins now surround us in ways previous generations never experienced:

- Heavy metals in air, water, soil, and food
- Microplastics from packaging, clothing fibers, and household dust
- Environmental chemicals in personal care items and cleaning supplies
- Everyday exposures we don't even realize are adding to the load

Each exposure seems small on its own, but over time they accumulate—slowly raising the body's toxic burden.

Eventually, the body begins to signal:
"I'm working harder than I should."
"I'm carrying more than I can release alone."

This guide is designed to help you understand what your body is facing—and how simple, consistent detox support can help you regain balance at the cellular level.

You simply need to support what your body is already trying to do:
release what shouldn't be there.

"Small exposures create big burdens over time

—

but small daily actions can reverse that burden."

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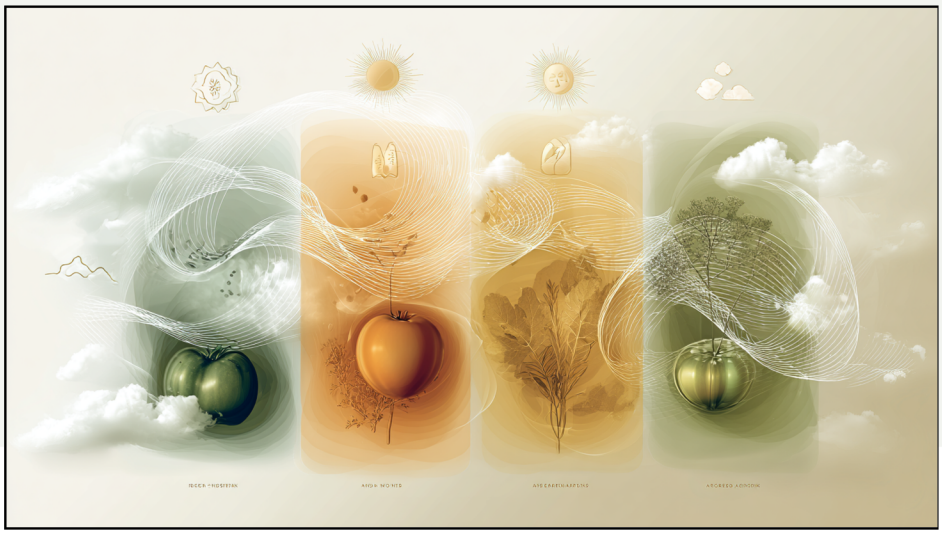
HOW TOXINS GET IN — AND WHY THEY DON'T LEAVE EASILY



Toxins enter the body through ordinary, everyday life — not because you're doing anything wrong, but because our modern environment exposes us in ways the body was never designed for. And once inside, these substances often resist leaving without consistent, intentional support.

BREATHING — The Most Constant Exposure of All

The air you breathe is the first doorway for toxins to enter. Even clean neighborhoods receive airborne particles drifting for miles. Heavy metals, smoke residues, and pollution all travel — and every inhale is a potential carrier.

EATING — Clean Choices Still Carry Hidden Sources

Even when you choose whole, organic foods, toxins can enter through soil, water, packaging, agricultural drift, and microplastics. You can eat well and still absorb what your body doesn't want.

SKIN — Your Largest, Most Absorbent Organ

Anything placed on the skin can enter the bloodstream. Daily exposures include lotions, make-up, shampoo, fragrances, cleaning products, and laundry residues.

WATER — The Universal Carrier

Water is essential for life, but depending on pipes or municipal treatment, it can carry heavy metals, pesticide traces, chemical runoff, and microplastics.

WHY THEY DON'T LEAVE EASILY

Once inside, toxins cling to tissues, latch onto cellular structures, and disrupt natural detox pathways. Heavy metals especially can linger for years without support.

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WHY CLEANSTART90 WORKS

Most detox programs are overwhelming, complicated, or too aggressive for everyday life. CLEANStart90 was created to be different — simple, steady, and based on the body's natural design.

The foundation of the program is a daily routine built around Cell Defender™, a micronized and activated clinoptilolite zeolite, known for its unique crystalline structure and ability to attract unwanted substances at the cellular level.

Instead of forcing the body to detox all at once, CLEANStart90 supports gentle, daily release — the approach most people can maintain without stress, restriction, or extreme protocols.

What makes CLEANStart90 different?

- It works with your body, not against it.
- It focuses on consistent, daily support — not drastic cleansing.
- It is simple, structured, and easy to follow.
- It uses the most advanced form of clinoptilolite zeolite available.
- It is designed for real life — busy schedules, full days, and normal routines.

When your detox support is consistent, your body begins to feel lighter, clearer, and more aligned with how it was created to function. CLEANStart90 is not about chasing symptoms.

It's about giving your body the daily partnership it has been waiting for.

"Gentle, consistent detox creates lasting change — one day at a time."

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HOW CLEANSTART90 SUPPORTS YOUR BODY

CLEANStart90 is built around a simple principle: Support the body daily, and the body will do what it is designed to do.

Your body is always detoxing — every moment of every day. The challenge is not whether your body can detox. The challenge is whether the detox pathways have the support they need to keep up with the world we live in.

CLEANStart90 provides that daily support in three key ways:

1. Daily Cellular Assistance
Micronized and activated clinoptilolite zeolite is known for its unique lattice structure — a natural "framework" that can attract and bind unwanted substances at the cellular level. This gently assists the body in releasing what it no longer needs.

2. Consistency Over Intensity
Your body responds far better to daily, steady cleansing than to harsh, one-time detoxes. CLEANStart90 focuses on routine — the small, consistent actions that create real change over time.

3. A Simple, Repeatable Structure
No complicated protocols. No restrictive rules. Just a clear, doable plan you can follow — whether you're at home, traveling, or in a busy season of life.

When the body receives consistent support, it naturally moves toward balance, clarity, and renewal. CLEANStart90 is simply the structure that allows the body's own design to shine.

Your body knows how to heal — it simply needs daily partnership.

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MEET ZEOLITE: NATURE'S MASTER DETOXIFIER



Zeolite is one of nature's most remarkable minerals — formed when volcanic ash meets ancient seawater, creating a crystalline structure unlike anything else in the natural world. What makes it extraordinary is its honeycomb-like cage and its natural negative charge. Heavy metals carry a positive charge. Opposites attract.
This means when zeolite enters the body, it behaves like a magnetized filter, binding to toxic metals so your body can remove them safely.

Why this matters

- It doesn't push the body.
- It doesn't force detox.
- It supports your body's own pathways — gently, intelligently.

Zeolite simply traps what isn't supposed to be there and escorts it out.

What makes clinoptilolite special

Of all forms of zeolite, clinoptilolite is the most studied for internal use.

Not all clinoptilolite is prepared the same way. How it is processed determines whether it remains in the digestive tract or is small enough to interact more broadly within the body.

Why purity and size matter

Not all zeolites are the same.
To be effective, a zeolite must be:
• Clean — free of environmental contaminants
• Micronized — small enough to reach beyond the gut
• Activated — processed so that binding sites are open and ready

These qualities are what make zeolite a tool your body can actually use.

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WHY CELL DEFENDER™ WORKS



Not all zeolite products are created equal.
Cell Defender™ is designed with specific processing methods intended to support consistency and usability.

Micronized for Enhanced Reach
Zeolite is powerful, but in its natural form it can be too large to be fully effective.
Micronization breaks the particles down to a size the body can use more efficiently.
Smaller particles = more surface area = more active binding sites.

Activated for Maximum Binding Ability
Activation is a process that opens up the zeolite's honeycomb structure, making more "cages" available to capture toxins.
This gives Cell Defender™ a higher capacity to support detox.

Purified to Pharmaceutical Standards
Zeolites can naturally absorb environmental contaminants during their formation.
That's why Cell Defender™ goes through intensive purification — so it arrives clean, consistent, and ready for use.

Designed to Work With Your Body, Not Against It
Some detox methods push your system too fast.
Cell Defender™ works gently, assisting your body rather than overwhelming it.
You get:

- steady detox support
- gentle toxin removal
- support for natural pathways
- a clean, consistent product you can trust

Detox doesn't have to be dramatic to be effective — it just needs to be strategic, steady, and supported.

"Effective detox is gentle, consistent, and supported — not forced."

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THE 90-DAY CLEANSE JOURNEY



Every body is unique, and detox happens in layers. Some people feel changes quickly; others feel them gradually. Both are normal. What matters most is consistency — because the benefits build over time.

Here are common experiences people report when supporting their body consistently:

More Clarity
A lighter, clearer feeling as the "fog" begins to lift.

Better Digestion
A calmer gut, easier elimination, more balance.

More Consistent Energy
Not a jolt — but a slow, even rise in daily vitality.

Improved Sleep
A quieter mind and a body that settles more easily at night.

More Emotional Balance
Less irritability, more even moods, a steadier inner state.

Greater Sense of Well-Being
A feeling of being "cleaner on the inside," more aligned, more yourself.

Some people feel results early.
Some feel them gradually.
But nearly everyone who stays consistent experiences meaningful shifts.

Detox is not a race — it's a realignment.

"Detox is not a race — it's a realignment."

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WHAT TO EXPECT IN YOUR FIRST 30 DAYS



A simple guide to how your body responds when detox finally begins.

Subtle Daily Improvements

- clearer thoughts
- steadier energy
- lighter mood
- less daily drag

These are early signs your system is getting relief.

Normal Detox Responses

Gentle Detox Responses (Totally Normal)

- mild fatigue
- bathroom changes
- slight headache
- increased thirst

These are often temporary and may reflect your body adjusting to new support.

First Wave of Wins

- brighter mood
- improved digestion
- better sleep
- more stable energy

Your body begins working with you, not against you.

Consistency Matters

Staying Consistent Matters Most

Mini-list:

- daily Cell Defender™
- hydration
- rest if needed

Detox is not instant — it's intelligent and layered.

"Stay the course. Your body knows what to do."

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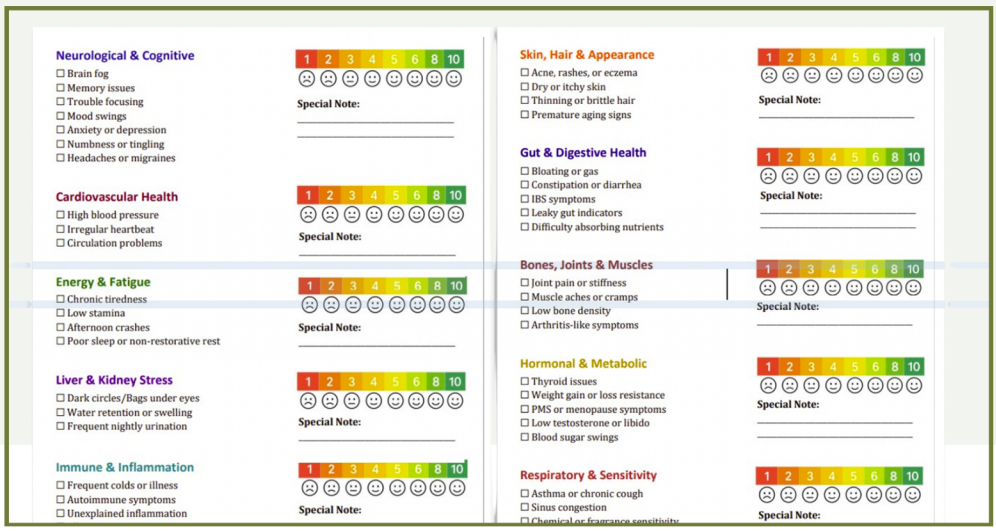
YOUR PERSONAL TOXICITY IMPACT SCORE



Neurological & Cognitive
- ☐ Brain fog
- ☐ Memory issues
- ☐ Trouble focusing
- ☐ Mood swings
- ☐ Anxiety or depression
- ☐ Numbness or tingling
- ☐ Headaches or migraines

1 2 3 4 5 6 8 10
Special Note:

Cardiovascular Health
- ☐ High blood pressure
- ☐ Irregular heartbeat
- ☐ Circulation problems

1 2 3 4 5 6 8 10
Special Note:

Energy & Fatigue
- ☐ Chronic tiredness
- ☐ Low stamina
- ☐ Afternoon crashes
- ☐ Poor sleep or non-restorative rest

1 2 3 4 5 6 8 10
Special Note:

Liver & Kidney Stress
- ☐ Dark circles/Bags under eyes
- ☐ Water retention or swelling
- ☐ Frequent nightly urination

1 2 3 4 5 6 8 10
Special Note:

Immune & Inflammation
- ☐ Frequent colds or illness
- ☐ Autoimmune symptoms
- ☐ Unexplained inflammation

1 2 3 4 5 6 8 10
Special Note:

Skin, Hair & Appearance
- ☐ Acne, rashes, or eczema
- ☐ Dry or itchy skin
- ☐ Thinning or brittle hair
- ☐ Premature aging signs

1 2 3 4 5 6 8 10
Special Note:

Gut & Digestive Health
- ☐ Bloating or gas
- ☐ Constipation or diarrhea
- ☐ IBS symptoms
- ☐ Leaky gut indicators
- ☐ Difficulty absorbing nutrients

1 2 3 4 5 6 8 10
Special Note:

Bones, Joints & Muscles
- ☐ Joint pain or stiffness
- ☐ Muscle aches or cramps
- ☐ Low bone density
- ☐ Arthritis-like symptoms

1 2 3 4 5 6 8 10
Special Note:

Hormonal & Metabolic
- ☐ Thyroid issues
- ☐ Weight gain or loss resistance
- ☐ PMS or menopause symptoms
- ☐ Low testosterone or libido
- ☐ Blood sugar swings

1 2 3 4 5 6 8 10
Special Note:

Respiratory & Sensitivity
- ☐ Asthma or chronic cough
- ☐ Sinus congestion
- ☐ Chemical or fragrance sensitivity

1 2 3 4 5 6 8 10
Special Note:

Before you begin any wellness journey, it helps to understand where you are starting. The Toxicity Impact Score Quiz gives you a simple way to identify patterns in your overall well-being — including areas that may be influenced by lifestyle, environment, or toxic burden.

This is not a medical assessment.
It is simply a tool for personal awareness.

How it Works

The quiz is based on 10 categories connected to common wellness indicators.

You'll rate how you feel in each area on a scale from 1 to 10.

When you finish, you'll receive:

- a personal score
- a printable report
- a clearer picture of how toxins may be affecting your daily life

Your Privacy Is Protected

The quiz does not save your individual results.

Your answers stay in your browser only, and are cleared automatically when you close the page.

No account needed.

No information stored.

Just insight you can use.

Take the Quiz

Discover your score and see where your wellness stands today.

TAKE THE TOXICITY IMPACT SCORE QUIZ:

https://cs90score.com/

"When you finish the quiz, simply return to the same webpage where you downloaded this booklet. Your next steps are waiting for you there."

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YOUR BODY CAN'T WAIT: NEXT STEPS



Every body is unique, and detox happens in layers. Some people feel changes quickly; others feel them gradually. Both are normal. What matters most is consistency — because the benefits build over time.

Here's what many people notice once they begin gentle, steady detox support:

More Clarity
A lighter, clearer feeling as the "fog" begins to lift.

Better Digestion
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Some people feel results early.
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But nearly everyone who stays consistent experiences meaningful shifts.
Detox is not a race — it's a realignment.

"Your body isn't asking for perfection — just support."

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THE CLEANSTART90 RESET BEGINS WHEN YOU'RE READY

Your next step is simple. Just return to the same webpage where you downloaded this booklet to begin your CleanStart90 journey.

Your resources, guidance, and next steps are waiting for you there. You are not doing this alone.

"You don't always know what you're preventing — but you always know when you're starting to feel better."
~Dave Johnson

Design and Creative Support
Diana Wesley - Affluent Branding, llc.