

START THE YEAR WITH A DETOX!

Many of you have expressed an interest in taking your body through a cleanse both for detoxing a lot of YUCK! And also as a precursor for weight loss. Since detox programs are all over the lot both in product and cost, I am going to share an easy and inexpensive one with you that you may want to try. It is safe, but that doesn't mean we shouldn't at least have a phone chat before you start because there can be side effects to any kind of cleansing program. Some people are in better condition to do them more forcefully than others. You would be surprised what can come out of your bodies.

The current level of chemicals in our food and water, as well as those circulating in the indoor and outdoor environment, has a profoundly negative effect on people's resistance to disease.

The cumulative effect of toxins can actually alter metabolism, resulting in enzyme dysfunction, hormonal imbalances, nutritional deficiencies and various psychological and neurological symptoms, including depression, fatigue, irritability, mental confusion and even allergic reactions.

These toxins can build over time, accumulating in the colon, cells, and tissues. The average person can have 4-25 lbs of toxic build up in the colon. Not only does retaining this intestinal debris lead to the re absorption of toxins, but it can contribute to unhealthy weight gain, constipation, and slower metabolism. (Just so you know – only having one bowel movement a day indicates you have a sluggish colon.)

The cleanse that I am recommending is a 14 day program – it is called a Dieter's Cleanse because if your body needs to lose some weight, then it will. Various herbs in this cleanse will facilitate the body's natural detoxification and healing functions and help break down any accumulated intestinal debris, clean the blood and cells.

This is an easy program to do –especially for those of you who are dug into NOT changing your eating programs. For those of you who are willing to make some healthy nutritional changes, then the cleanse will have an even greater impact.

The cleanse includes:

1. Bowel Detox: an intestinal cleansing and maintenance formula containing a wide assortment of vitamins and minerals, enzymes and herbs that promote intestinal health, absorbs toxins from the bowel walls, enhances digestion.
2. Master Gland: formulated to nourish the entire glandular system and promote healthy function – specific herbs that are rich in the trace minerals needed by this body system

3. Enviro-detox: a unique formula designed to cleanse and strengthen the detoxifying organs of the body: intestines, kidneys, liver, lungs and skin. These are the organs that bear the burden of filtering and eliminating toxins that are ingested through air borne pollutants and exposure to chemicals, etc.
4. Liver Cleanse: focuses on the action of strengthening the liver and gallbladder function, reducing liver congestion and inflammation and stimulating bile flow, enhances spleen function.
5. LBS II: lower bowel cleansing formula that activates the production of digestive fluids and bile to promote peristaltic action in the colon, purifies the blood, neutralizes acidic conditions.
6. SF – an herbal formula that assists in weight loss by stimulating the body's detoxification and elimination processes, digestive fluids, reduces cholesterol, improves liver and gall bladder function, purifies the blood and acts as a diuretic where needed.
7. GTF Chromium: primary mineral involved in insulin function and is a key component of GTF (Glucose Tolerance Factor), a substance that enables cells to absorb glucose (blood sugar) to burn for energy. Approximately 90% of typical diets contain less than the minimum suggested daily intake for chromium. This deficiency is linked to adult onset (Type II) diabetes. Chromium is critical for maintaining blood sugar levels.

Sincerely,

Susan