

## WHY CLEANSE YOUR BODY

Sometimes we cannot avoid all the harmful chemicals our body is exposed to daily. We absorb into our body from water, food, air and cosmetics many of the over 82,000 chemicals identified as being in them. We truly live in a very toxic world - sometimes referred to as a toxic waste dump. The liver, the main organ that filters toxins from the body, cannot cleanse all these products and impurities out of the body. Highly reactive chemicals called free radicals thus enter the blood stream and destroy cellular activity. The body surrounds free radicals with fat and water to help handle the problems related to the pollution of our bodies.

That is why periodic cleansing makes perfect sense. We have filters to clean our air. We have filters to clean our spas and pools. We have filters to clean our clothes dryers and furnaces. **The question is: what are you doing about your internal filters?** That is what cleansing will address - releasing stored waste from the liver, the lymphatic system, the intestinal tract, and the body's cells. If one removes these impurities, one becomes healthier while losing fat and excess weight. We recommend a specific cleanse which includes herbs, vitamins, minerals and lots of water. Nutritional cleansing is a way to remove the harmful impurities from the body while promoting sustained weight loss if necessary.

Here are some of the benefits of cleansing:

- Strengthen the Immune System
- Healthier Liver Burns Fat
- Support Healthy Brain Chemistry
- Restore Antioxidants in the Body
- Reduce Stress
- Improve Absorption of Essential Nutrients
- Aid Digestion
- Have Healthier Cells with Ionic Minerals
- Have Better Support of Organs
- Feel Better and Lose Weight
- Eliminate Unhealthy Cravings
- Enhance Cellular Communication
- Build Muscle

- Restore Normal Sugar Levels
- Have More Beautiful SKin
- Have More Energy
- Slow Down Aging Effects
- Have More Balanced Hormones
- Have Increased Desire to Exercise
- Enhance Elimination