

Internal Cleansing for Good Health

Harmony & Health

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After years of eating food, especially toxic food, it is common to build up a layer of 'mucoid plaque' on the inside walls of the intestines. This plaque greatly reduces our ability to absorb nutrition which leads to countless health problems. Doing cleanses properly can help absorb and pull this plaque from the intestinal walls and carry it out of the body. After cleansing and removing this plaque, most people notice their food tastes better, their sense of smell is improved, and they have more energy. Most cleanses are for 2 weeks for the average person and 2 to 3 months for those with multiple health issues. It is very important to drink lots of water during a cleanse in order to flush out the junk.

Types of Cleanses:

- #1 WHOLE BODY KITS - These cover the whole body, yet focus especially on the colon & liver.
- **CleanStart** is an excellent kit, powder packets & capsules to promote drawing & detoxifying.
 - **Tiao He Cleanse** a 2 week program, capsules only, use longer if needed.
 - **Liquid Cleanse** use 1 tablespoonful twice a day.
 - **Dieter's Cleanse** is geared toward those using it as a catalyst to help clear body of toxins that could be slowing weight loss. Also is good for glandular support while detoxing.
- #2 MICROBIAL FOCUS PRODUCTS – Use after bowels are moving 2-3x/day to get rid of parasites & fungus.
- **ParaCleanse** is broad spectrum against many forms of parasites. Do at least two kits with a 5 day break.
 - **Candida Cleanse** is a program focusing specifically on Candida, using herbs to kill it off and enzyme packs between meals to increase effectiveness & improve clearing from body. It often requires 2 or 3 kits. Follow a Candida diet as well.
 - **Yeast/Fungal Detox** capsules are designed to lower Candida and other fungal issues.
 - **Probiotic Eleven** helps to build good bacteria in colon & improve immune function.
- #3 PRODUCTS that TARGET TISSUES OR BLOOD PURIFICATION:
- **Blood Build** or **BP-X** are herbal combinations to focus on cleansing & building blood.
 - **E-tea** (Essiac Formula) is helpful for detoxifying in cancer situations.
 - **Enviro-Detox** is great for those who work around chemicals. Use daily to prevent toxic build-up.
 - **Heavy Metal Detox** is a concentrated formula to cleanse heavy metals.
 - **LIV-J** or **Liver Cleanse Capsules** Use these for at least 6 weeks to help liver detoxify.
 - **All Cell Detox** was originally formulated to fight cancer, but good for anyone to cleanse cells.
 - **Lymph Gland Cleanse** is for the lymph glands which are the cells "sewer system". Keep them healthy.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

Help Your Body Stay Healthy with Natural Remedies.

