

## **Your Health WAKE-UP Call!**

We all want to be our healthiest selves, there is no question. People spend thousands of dollars a year on healthcare, supplements, gyms, weight loss products and more. But what if there was an underlying issue that is zapping your energy and degrading your health? There is, it is called TOXICITY.

Detoxification is the body's natural process of elimination or neutralization of toxic materials from cells, organs and the bloodstream. Cleansing is the action of helping your body to perform detoxification more thoroughly. If one of your New Year's resolutions is to lose weight, then listen up! One of the ways the body protects itself from toxins is to retain fat and water. It holds onto water to dilute water soluble toxins and it stores fat to dilute fat soluble toxins. When you cleanse, you allow the body to release these toxins and the water and fat that can accompany them. Studies have also shown that one of the most common toxins in our environment, organochlorines, get stored in our fat cells. They have been shown to reduce metabolic rate and alter appetite hormones. If you want to lose weight permanently, cleansing should be part of your plan.

The good news is that you don't have to follow extreme diets in order to cleanse your body. There are many herbal cleansing formulations that are designed to work regardless of diet or lifestyle. This is important because cleansing should enhance your life, not interrupt it.

If you experience any of the following symptoms, you should be cleansing on a regular basis:

- Constipation
- Bad breath or body odor
- Fatigue
- Poor skin
- Joint or muscle pain
- Sensitivity to chemicals or perfume smells
- Depression or anxiety
- Trouble losing weight especially around the middle
- Headaches
- Low libido
- Suffer from a lot of colds and flus throughout the year
- Gas and bloating after meals

It is important to look for a total body cleanse that supports each of the body's seven channels of elimination as these organs work together to detoxify the body. The seven channels of elimination are:

- **The Liver** - changes or detoxifies harmful toxins into substances that can be safely eliminated from the body.
- **The Colon** - eliminates toxins from the liver as well as the waste which has accumulated in the intestines.
- **The Blood** - flows through the vascular system and carries oxygen and nutrients to the cells of the body while removing harmful waste.
- **The Lymphatic System** - eliminates poisons from cells through a network of vessels that extend throughout the body.
- **The Skin** - eliminates waste and toxins through perspiration.
- **The Lungs** - expel toxins through breathing (ex. Carbon dioxide). Deep breathing stimulates lymphatic flow to eliminate toxins.
- **The Kidneys** - receive water-soluble waste from the liver, so that they can be further filtered and finally eliminated through the bladder.

Depending on your state of health, you can experience a range of results while cleansing. **Customers report results ranging from weight loss, increased energy, improved health and vitality, clearer thinking, brighter complexion and an increase in bowel movements (quantity and volume).** If you have a high level of toxicity you may experience symptoms like headaches, flu like symptoms and skin break outs when you start the program but these should subside within a few days.

If you are serious about improving your health this year, make cleansing part of your health maintenance plan. If you are a first time cleanser or have a sensitive system, try **First Cleanse**. This gentle cleanse works to gently ease the body into the process of cleansing. If you are constipated or are looking for a deeper cleanse, reach for award-winning **CleanseSMART**. Formulated without the use of harsh laxatives or the need to follow a strict diet, CleanseSMART fits with any lifestyle. Last but not least, if you are short on time choose **Rapid Cleanse**. Rapid Cleanse is potent enough to deliver results in 7 days. Many people use Rapid Cleanse on a monthly basis year round. Whichever cleanse you choose, you will end up healthier and more energetic once you are done!