

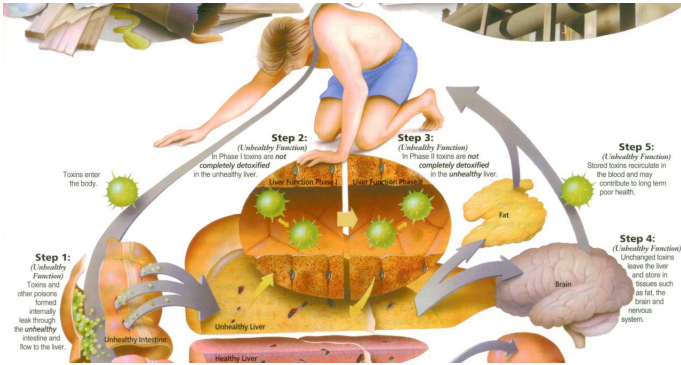
# 28 DAY DETOXIFICATION PROGRAM

## SIGNS AND SYMPTOMS OF TOXICITY



- ⇒ Runny Nose
- ⇒ Fatigue
- ⇒ High Blood Fats
- ⇒ Joint Pains
- ⇒ Itchy Nose
- ⇒ Nervousness
- ⇒ Skin Rashes
- ⇒ Cough
- ⇒ Frequent Colds
- ⇒ Sleepiness
- ⇒ Hives
- ⇒ Wheezing
- ⇒ Headaches
- ⇒ Irritated Eyes
- ⇒ Insomnia
- ⇒ Nausea
- ⇒ Sore Throat
- ⇒ Immune Weakness
- ⇒ Dizziness
- ⇒ Indigestion
- ⇒ Tight or Stiff Neck
- ⇒ Environmental Sensitivity
- ⇒ Mood Changes
- ⇒ Anorexia
- ⇒ Angina Pectoris
- ⇒ Sinus Congestion
- ⇒ Anxiety
- ⇒ Bad Breath
- ⇒ Circulatory Deficits
- ⇒ Fever
- ⇒ Depression
- ⇒ Constipation

# UNHEALTHY



**Step 1: (Unhealthy Function)**  
Toxins and poisons formed internally leak through the unhealthy intestine and flow into the liver.

**Step 2: In phase I** toxins are not completely detoxified in the unhealthy liver.

**Step 3: In phase II** toxins are not completely detoxified in the unhealthy liver

**Step 4: Unchanged** toxins leave the liver and store in tissues such as fat, the brain and nervous system.

**Step 5: Stored** toxins recirculate in the blood and may contribute to long term poor health.

Through years of improper diet, stress and exposure to harmful pollutants, our body will begin to slow in its ability to eliminate toxins. Inadequate elimination causes our organs to store these toxins (especially the liver) which will increase stress on these organs and perpetuates this caustic situation. Over time the build up of toxins will weaken our bodies ability to function properly, weaken our immune system and make us more susceptible to sickness and disease.

Our detoxification program is designed to rid your body of these harmful toxins. Reestablish function and restore your body to optimal health.

We will accomplish this through:

- ⇒ ELIMINATING POTENTIALLY TOXIC AND/ OR HARMFUL FOODS FROM YOUR DIET.
- ⇒ ESTABLISHING PROPER INTESTINAL MOBILITY AND FLORA.
- ⇒ REESTABLISH OPTIMAL STOMACH pH AND STOMACH ELIMINATION.
- ⇒ AID IN GALLBLADDER FUNCTION BY THINNING BILE AND ALLOWING FOR IMPROVED CLEARANCE
- ⇒ PROMOTE PROPER BREAKDOWN AND CONVERSION OF TOXINS COLLECTED IN THE LIVER AND IMPROVE ELIMINATION OF THOSE TOXINS.
- ⇒ PROVIDE ABUNDANT WHOLE FOOD NUTRITIONAL SUPPORT TO RE-ESTABLISH BASE LINE NEEDS AND OPTIMIZE YOUR

