

Internal Cleansing

Harmony & Health

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Quality Products for Health

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After years of eating food, especially processed 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.

We also cleanse to help the liver and detox channels, such as lymphs, kidneys, and colon, to have a better chance to deal with toxin exposure. We do not live in a pure world and cleansing programs help support us. Basic maintenance cleanses are usually for 2-4 weeks, while deeper programs, for those with health issues, can last 2- 3 months. It is very important to eat fiber and drink lots of water during a cleanse in order to flush out the junk, as well as clean up your diet. Some may choose periods of fasting, followed by a diet of fruit, vegetables, clean protein & good fats. Even if you do not choose a strict diet, It does not make sense to put more junk in, while trying to clean junk out, so focus on healthy choices.

Types of Cleanses:

1. **WHOLE BODY KITS** - These cover the whole body, while targeting the colon & liver.
 - a. **CleanStart** 2 week kit with drink packets & capsules to promote drawing & detoxifying.
 - b. **Tiao He Cleanse** - 2 week program, capsules only; stimulates bowels more than CleanStart
 - c. **Dieter's Cleanse** - geared toward those using it as a catalyst to help clear body of toxins that could be slowing weight loss; also good for glandular support while detoxing.
 - d. **Purify 2.0** –combines UltraBiome DTX 2 daily, Power Beets 1 daily, Power Greens 1 daily, & Bacillus Coagulans, focusing on whole body & heavy metals.
2. **MICROBIAL FOCUS PRODUCTS** – parasites & fungus focus
 - a. **ParaCleanse**- broad spectrum against many forms of parasites. Do at least two kits with a 5-7 day break between them, wise to do yearly.
 - b. **Candida Clear** is a program focusing specifically on Candida, using herbs to kill it off and enzyme packs between meals to increase effectiveness; often requires 2-3 kits. Follow a Candida diet
 - c. **Yeast/Fungal Detox** capsules are designed to lower Candida and other fungal issues.
 - d. **GastroHealth**- designed for H.Pylori, good for many gut issues
 - e. **Probiotic Eleven** helps to build good bacteria in colon & improve immune function.
3. **PRODUCTS that TARGET TISSUES OR BLOOD PURIFICATION:**
 - a. **BP-X** are herbal combinations to focus on cleansing & building blood.
 - b. **E-tea** (Essiac Formula) is helpful for detoxifying, based on Rene Caisse's cancer formula.
 - c. **Enviro-Detox** is great for those who work around chemicals. Use daily to prevent toxic build-up.
 - d. **Heavy Metal Detox** is a concentrated formula to cleanse heavy metals.
 - e. **Liver Cleanse Capsules** Use these for at least 6 weeks to help liver detoxify.
 - f. **Cellular Detox** was originally formulated to fight cancer, but is good for anyone to cleanse cells.
 - g. **Lymphomax** is for the lymph glands which are the cells "sewer system".
 - h. **Liquid Cleanse** - gentle laxative to help cleanse. Use 1 tablespoonful twice a day.

Important: This 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 treatment.

Building Better Health Naturally

