

DETOXING

About 95% of everything that we eat or drink has passed through the mechanisms of food processing, and as a result food has become an endangered species. Our food is becoming more refined and as a result most of the nutritional goodness is being removed. A big problem is not so much what is being removed but what is being added. Look at food labels and you will see the chemical additives-preservatives, colourants, stabilisers, flavourants, to name a few.

Did you know that the average person consumes 2,5-3kgs of these chemical additives a year and it is on the rise.

Car fumes, we breathe in on a daily basis not to mention the industrial pollution which we can't get away from. This contains not only chemical derivatives, but also chemical estrogens.

Stress is a part of life, unfortunately we experience high and prolonged levels of stress, which is damaging to our health.

A build up of toxins slows the liver down and this can result in fatigue, headaches, sores that can take longer to heal, constipation, nausea, water retention, sinus, hayfever, skin conditions-eczema, dermatitis - because our lymphatic system takes strain and our immune system becomes run down, and as a result we attack anything we come into contact with, as a potential threat.

Also today, chronic illnesses are on the rise. When fighting immunity within the body, waste products of broken down cells are produced, and these need to be flushed, to enable the body to invest more of its resources in repairing and strengthening damaged tissue and weakened organs.

Herbal Detox formula:

Burdock- A blood purifier, supports elimination of toxins via skin and kidneys

Cleavers- Lymph & blood cleansing properties

Dandelion- A detoxifier and liver tonic

Echinacea- Breaks down toxins in the lymph nodes and flushes it away, boosts immunity

Milk thistle- A potent liver restorative and regenerates liver cells

Detoxing correctly

If your general health is good, choose a time when you are not going to be under a lot of stress.

Start on a Friday, or Saturday- your energy levels may be low initially, so it is best to choose a time when you can be more inactive.

A few days before the start, reduce your intake of meats, fats, tea, coffee, sugar, smoking, and start just increasing your fruit and veg intake and ++ water

The Detox formula dose of 60 drops, should be placed in a litre of boiled water which has

cooled and this mixture, is then consumed throughout the day.

Optional For 1-3 days: Drink fruit and vegetable juices, eat fruit, soup at meal times, steamed veg. Rest as much as you can, all the body's energy should be used to clean itself

For this duration have no fats or proteins.

On the 3rd day, add yoghurt (with cultures) to assist digestion

Slowly add steamed fish and organic chicken. Use herbs to season

Anyone with chronic illnesses, diabetes should not restrict meals as mentioned above.

Maintenance: continue the **Detox** formula at 15 drops in ¼ glass of water 2 x daily till complete
Add **Energee** drops to assist with alkalinizing the system, boosting immune function, energy and stress control naturally, and provides easily assimilated nutrients.

Take a course of Olive leaf or Echinacea every few weeks to assist immunity

Going forward, general tips to improve overall health daily:

1. Reduce your refined sugar intake(sugar, sodas, chocolate, biscuits, pastries., breads), reduce fried and fatty foods, these add no nutritional value just more toxins and acidity, cholesterol etc
2. Daily drink water with fresh lemon added to it, this cleanses the body and has many health benefits. Once a week, first thing, drink hot water with fresh lemon juice, this is a liver tonic.
3. Eating more fruits and vegetables- these help to detoxify and regenerate cells. Vegetable and fruit juice are a great way to provide your body with easily absorbed nutrients. Plus fruit and veg are alkalising to the blood which is so important on a daily basis.
4. Add psyllium husks to yoghurt once a day to ensure good bowel health and regularity which is very important.
5. Take a course of Olive leaf or Immune support every few weeks to assist immunity.