

Experience The Natural Way

Helping you feel relaxed and rejuvenated



Why do I need to Detox? – Part 2

Under normal circumstances our body can cope quite adequately with removing toxins and waste, however in today's environment of pollution and stress, its ability to eliminate them suffers. As a result our body produces more fat cells in which to store toxic matter.
It's good to give a helping hand.

Benefits of a detox

To rid the body of:

- Toxins
- Heavy metals, Lead, Mercury, Aluminium & Arsenic
- Parasites, plaque, and inflammation

Three Stages of Detox

- **Cleanse** your colon, liver, kidneys and tissues
- **Replenish** good bacteria and protect the flora and balance in your colon
- **Build** your immune system

What can I expect?

Results can vary. Typically, individuals have an improvement in their digestion and bowel movements, increased energy, increased mental clarity, weight loss, and decreased pain. Doing a cleanse is a great way to kick off a weight-loss program

What products should you use?

Walk into any health food store, pharmacy or grocers, and you will find shelves lined with detox/cleaning products.

Which ones to use....? **NONE of THEM.**

Seven Steps to cleanse your body:

- **Water** – Take your body weight in oz. a day. Pure clean water or clear fluids, herbal teas are good, (Total Tea) provided there is no milk or sugar added. . Not tea, coffee, juice, alcohol.
- **Diet** –80% Alkaline Ash Forming foods, 20% Acid Ash Forming Foods. (I have added this flyer separately)
Increase fruits and vegetables 10 – 15 per day. Unfortunately our fruits and veggies do not contain the nutrients expected; as a result we need to absorb twice as much.
- **Exercise** – 10 - 20 min. walk every day, go for a walk at lunchtime, walk up the stairs instead of using the elevator,.
- **Aromatherapy Lymphatic Drainage Massage** - designed to stimulate the lymph system to remove toxins from your body and help return to it's full potential.
- **Aroma-Reflexology** - to stimulate circulation and increase organ function to remove toxins from your body
- **Supplements** – Organic –
1 - to replace what's missing from your diet and to build the immune system.
2 - to aid detoxification of your liver, colon and tissues.
- **Bodi Detox Pads** – put them on at night – see what comes out in the morning! A great way to 'kick start' your program.
These are gentle, non invasive, and used in the privacy of your own home. They work through Osmosis, which is a natural body process.
More importantly, they are not stressful to your body, as are many products on the market today.

Special Offer:

Invest in 5 packets of Bodi Detox Pads and receive one free
Expires March 31st. 2011

For information, or to book an appointment, on services, therapies, supplements or products
Please call me at the address below.

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Serenity

*Yours in good health,
Christine*



The Natural Way
Helping you feel good naturally

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