

# Cleanse and Detoxify

**Safe, Gentle, Easy-to-Use - For A Cleaner, Healthier You!**

This system is a *very gentle program* that will not disrupt your daily functioning and requires no fasting or strange juicing concoctions. And it is *very effective!*

## BENEFITS

1. Helps your body absorb and assimilate nutrients present in your food and food supplements.
2. Reduces and prevents gastrointestinal distress symptoms such as bloating, belching, gas, diarrhea and constipation.
3. Removes built-up waste from your intestines and prevents these toxins from recirculating.
4. Helps the body removes toxins that may cause health problems in the future.

## ELEMENTS OF THE CLEANSING/DETOX SYSTEM

PRODUCT	WHAT IT DOES
Herb-Lax	Gently stimulates the intestine walls to loosen and eliminate toxins and pollutants from the digestive tract.
Optiflora Complex	Provides 500 million healthy bacteria to the colon along with the nutrients to feed them. Essential for proper absorption & metabolism of food
Liver DTX Complex	Helps regeneration of liver cells (the filtering system of the body) and enhancing bile flow to eliminate toxins.
Alfalfa Complex	Contains many trace minerals and digestive enzymes, plus chlorophyll for cleansing
Fiber Advantage Bars & Fiber Plan Tablets	Adds soluble and insoluble fiber to diet to help speed elimination
Garlic	In addition to helping maintain normal cholesterol and blood pressure levels, garlic helps with elimination of yeasts, microorganisms, etc.
Get Clean Water	Provides pure essential fluids for metabolism and elimination (8-10 glasses per day).
EZGest	Provides digestive enzymes for all food groups from plant sources.

For optimum health, it is important to cleanse and detox our bodies on a regular basis. A **minimum** of every three or four months is recommended for most people.

Many people incorporate all of these components except for the Herb-Lax on a consistent daily basis for optimum digestive health. Like everything else, pay attention to how you feel and/or consult a healthcare practitioner to determine what is best for you.

## How to Use the Cleanse & Detox System

### BEFORE YOU BEGIN:

Because it can help eliminate absorption interferences and remove toxins, many nutritionists recommend the complete Cleanse & Detox System plus Fiber Plan and Get Clean Water as a great way to **prepare** for your nutritional program. Others recommend being on the Vitalizer Wellness Pack for at least a month **before** beginning the Cleanse & Detox process. (If you are weak, have low energy or other concerns, you may wish to strengthen your system to start feeling better/stronger before doing the cleansing program.)

This is a very gentle program and presents no problems for most people. But if you have any medical conditions or digestive disorders, you will want to consult your healthcare practitioner before and as you work through the program.

### TO BEGIN:

**Read Label Directions:** Most people find that following label directions works well for them (except for the Herb-Lax).

For **Fiber Plan**, one to two servings daily is good for most people. If you normally have had a low fiber diet, you will want to slowly ease into the fiber products to avoid gas or the feeling of too much bulk. Gradually work up to the full servings level daily. I recommend starting with the Fiber Plan Tablets for the first 7-10 days, then switching to the Fiber Advantage Bars (½ bar per day, and then working up to one bar per day) from then on.

For **Herb-Lax**, the label directions (4 tablets once or twice a day) are for use as a laxative. For cleansing purposes, many people find that starting with one or two tablets at bed time, for the first couple of days and then going to two to three tablets for the rest of the week works best for them. They use it this way for 7-10 days, then they taper off and use one tablet every other day or as desired from then on. If you need to use it as a laxative, use it as directed on the label.

For **Alfalfa**, the serving size is 10 tablets. You may wish to begin with 3 tablets morning and night, then move up to 5 twice daily, or chew them, or crush them all and make a tea.

If you have bloating, gas or other intestinal distress, delay taking the OptiFlora Pre-biotic (powder) until after the first week. Begin with just the **OptiFlora Pro-biotic** (the tiny pearl). When you begin using the Pre-biotic start with ½ serving for a few days and gradually increase to the full serving.

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**NOTE:** Most people feel much better when they start this program. A very few people may feel worse during the beginning of the program as toxins start to be eliminated. If this happens, **don't stop the program!** Continue on so that the "bad stuff" can be eliminated. You may want to slowly increase your fiber & water to aid in the elimination process. You should start to feel much better in 5-10 days. While this program is safe and gentle for most people, always consult your healthcare practitioner if you experience any problems or concerns.

### **WHEN TO USE:**

I like taking the Herb-Lax at **night** and Fiber Plan in the **morning**. The other supplements should be taken with food. Experiment to find what works best for you.

As with any nutritional supplement program, it is good to take the nutrients throughout the day (preferably with food) as convenient. Most bottles in the system are a thirty day supply.

### **AFTER THE FIRST 7-10 DAYS:**

After your initial 7-10 days, you may reduce or stop using the Herb-Lax as explained above, but continue using the other products. After the first 30 days, you may continue enjoying the benefits of these products for Digestive Health on a daily basis.

You may wish to repeat the cleansing with Herb-Lax on a quarterly basis depending on your individual needs.

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