

CLEANSE AND DETOX

GOOD: Herb-Lax and Alfalfa Complex

BETTER: Add Optiflora Complex

BEST: Add Liver DTX Complex and Garlic Complex

ADDITIONAL HELP: Fiber and EZ-Gest

ESSENTIAL: Water

It has been known by the natural healing profession for many years, and is recently being validated by medical physicians and surgeons, that well over 90% of degenerative disease conditions can be related directly to intestinal stasis – that is, a stagnant, fermenting condition within the bowels and related organs. This does not necessarily correspond to actual known constipation.

A person can move his bowels many times a day and still be encumbered with dead cells, decaying food materials, poisonous chemicals, parasites, pus, mucus. etc., all of which contribute to the circulation of toxins throughout the whole body, giving rise to an endless chain of “disease” conditions.

It is important to understand that Herb’s are not in any way related to the artificial colon – cleansers promoted by television. Herbs do not act like chemical laxatives that irritate the tissues and pull fluid into the bowel forcing it to eject its contents. This weakens the organs and causes dependencies, dehydration, and electrolyte imbalance. Herbs strengthen, normalize, cleanse, and detoxify the colon without destroying friendly bacteria.

HERB-LAX

(A blend of 9 herbs formulated by Dr. Shaklee in 1917 to encourage a mild cleansing action to aid the body’s natural process)

- Senna leaf has been used for more than 3,500 years as a natural laxative
- Moves bile from liver into colon causing stools to be softer and easier to eliminate
- Promotes healthy liver
- Stimulates contraction of muscles within the colon causing better removal of trapped waste
- Shortens transit time giving toxins less time to harm healthy colon tissues and be reabsorbed and circulated throughout the body

BENEFITS:

- Improves regularity
- Reduces body odor
- Helps acne
- Relieves constipation
- Useful for diarrhea
- Detoxifier
- Expels gas from the stomach and intestines
- Normalizes colon function, nourishes bowel
- Treatment of conditions involving toxicity of the liver

Dr. William Donald Kelley, nationally known nutrition consultant, says 80% of the people who take vitamins do not absorb them. Hundreds of dollars spent on vitamins will be wasted if nutrients cannot be absorbed due to build up of waste material in the colon.

ALFALFA COMPLEX

(Father of all foods)

HISTORICAL USES:

- Joint swelling pain and stiffness
- Arthritis
- Ulcers
- Stomach & digestive problems
- Colon problems
- Gas pains
- Hiatal hernia
- Water retention
- Swollen ankles and feet
- Sinus problems
- Allergies
- Hay fever
- Gout
- Body odor
- Smelly feet
- Bad breath
- Detoxification

BENEFITS:

- Arthritis – anti-inflammatory
- Allergies, sinus - antihistamine
- Natural diuretic
- Digestive aid
- Provides fiber & chlorophyll
- Source of trace minerals
- Aids diabetics
- Lowers cholesterol
- Anti-tumor activity
- Anti-bacterial activity

OPTIFLORA COMPLEX

(Acidophilus, Bifidus, & More)

NUTRITION ALERT:

- Flatulence & bloating
- Abdominal cramps
- Diarrhea
- Constipation
- Stomach ache
- Digestive disorders
- Irritable bowel
- Bacterial, viral, and fungal infections
- Allergies
- Colitis
- Crohn's disease
- Dysentery
- Antibiotic or steroid use
- Candida
- Low fiber or poor diet
- Bottle fed babies

BENEFITS:

- Promotes colon health
- Counteracts side effects of antibiotics
- Keeps undesirable bacteria in check
- Intestinal, urinary tract, sinusitis, and all infections
- Treatment for digestive disorders and some types of diarrhea
- Strengthens immune system, helps allergies
- Promotes infant growth
- Protects out of country travelers

- ✓ Optiflora guarantees live delivery of Bifidus and Acidophilus to the intestines.
- ✓ FOS and Inulin feed the helpful bacteria and promote their growth.
- ✓ Capsule releases 500 million beneficial microflora.
- ✓ Triple encapsulation technology protects microflora, no refrigeration is necessary.

LIVER DTX COMPLEX

NUTRITION ALERT:

- Liver problems
- Hepatitis
- Exposure to pollution
- Hazardous chemicals
- Eat processed foods
- Smoker
- Alcoholic beverages
- Use over-the counter or prescription drugs
- Food poisoning
- Want to detoxify
- Gall bladder problems

BENEFITS:

- Treat liver disease
- Treat cirrhosis of the liver
- Treat viral hepatitis
- Protects liver
- Regenerates liver tissue
- Increases protein synthesis in liver
- Detoxifies toxic compounds
- Stimulates bile flow
- Reduces risk of gall stones
- Antioxidant
- Lowers serum cholesterol

GARLIC COMPLEX

(Dual Odor-Control Formula – does not destroy the garlic's Allicin which provides the health benefits)

HISTORICAL USES:

- Endurance & strength
- Arthritis
- Cancer
- Headache
- Muscle spasms
- Excess stomach acid
- Indigestion & gas pain
- Ulcers & colitis
- Diarrhea & flatulence
- Insomnia
- Congestion, asthma, sinusitis & allergies
- Colds, flu, and all infections
- Greater feeling of well being
- Externally for ear & skin infections, athlete's foot, common warts & disinfecting wounds
- Anti-aging

BENEFITS:

- Lowers blood pressure
- Lowers LDL & triglycerides
- Raises HDL
- Increases blood fluidity, anti-coagulant
- Natural antibiotic, anti-viral
- Anti-fungal
- Kills intestinal parasites
- Treats colic when breast feeding
- Cancer preventative
- Reduces tumor size
- Increases white blood cell levels
- Protects liver from toxins
- Protects against radiation
- Stops free radicals
- Anti-inflammatory
- Lowers blood glucose in diabetics
- Diuretic
- Reduces diarrhea & flatulence
- Used to treat excess perspiration
- Blood cleanser, traps heavy metals

Garlic Has Stood the Test of Time
Guaranteed the Best

FIBER PLAN

NUTRITION ALERT:

- Diverticulosis
- High cholesterol
- Stomach problems
- Overweight
- Irregularity
- Bloating
- Poor complexion
- Colon cancer
- Hemorrhoids
- Colitis
- Chronic constipation
- Hunger pangs

BENEFITS:

- Reduces risk of some cancers
- Lowers cholesterol
- Reduces risk of heart disease
- Keeps blood sugar stable
- Promotes regularity
- Essential for colon health

EZ-GEST

Plant derived Multi-Enzyme Digestive Aid

NUTRITION ALERT:

- Flatulence, gas
- Belching, burping
- Stomach pain, cramps
- Diarrhea
- Bloating, indigestion
- Over-eating, “stuffed” feeling
- Poor mealtime habits
- Eating too rapidly
- Lactose intolerance

BENEFITS:

- Eliminates discomfort from gas-producing foods
- Breaks down protein, fats, and carbohydrates into easily absorbed components
- Improves digestion of milk sugars found in dairy products
- Enables nutrients to be absorbed into the blood stream

Lactose intolerance could mean low bone density

Who Might Benefit From EZ-Gest?

- ✓ 50 million Americans who don't produce enough enzymes to digest dairy products, potentially impairing their nutritional status.
- ✓ Those who cannot digest certain whole grain foods, fruits and vegetables such as beans
- ✓ People who experience discomfort after eating that is not explained by a medical condition

BEST WATER

8 – 10 Glasses per Day

Water cleanses, detoxifies, rehydrates, and keeps your entire system operating smoothly

NSF certified

BEST WATER PERFECT PITCHER:

- Improves taste
- Reduces Odor
- Reduces Chlorine: 94%
- Reduces Lead: 98%
- Reduces Mercury: 83%
- Reduces Copper: 98%
- Reduces Particulates: 99%

Clean Water is Essential to Properly Utilize the Food Supplements We Take