



# 10 ESSENTIAL DETOX STRATEGIES TO TAKE CHARGE OF YOUR HEALTH

Doing a detox is like doing a reset on your body: it increases your energy flow, supercharges your brain, cleans out your organs so they can do their jobs better, and balances your hormones. It's your best friend if peak performance and radiant health is your goal. As your body begins to release toxins, you will also release toxic emotions. You will find new perspectives on old situations, gaining a clear understanding on how to create a new life for yourself.

## 1 BREAKFAST SMOOTHIE

Add superfoods such as spirulina and chlorella to your breakfast smoothie to fast track your detox, improve your brain function, supercharge your energy and mineralize your body.



## 2 EAT LIVE FOODS

Eat 60-70% live foods - uncooked vegetables, superfoods, tonic herbs and fermented foods to increase the life force in your body. Living foods promote longevity as well as rapid detoxification.



## 3 DRINK STRUCTURED WATER

Create structured water by adding Dr Patrick Flanagan's Crystal energy to lower the surface tension and increase absorption. Increased oxygen and lower surface tension accelerates detoxification.



## 4 OXYGENATE YOUR BODY

Chronic disease is linked with oxygen-deprived cells. Adding an oxygen supplement such as Oxygen Supreme™ helps individual cells increase energy production and release their toxins more effectively.



## 5 RESTORE YOUR GUT BACTERIA

Eat therapeutic probiotics and fermented foods. The beneficial bacteria in these foods are very potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals as well as healing the gut.



## 6 CLEANSE THE COLON

The colon gets rid of waste in the body. We have about 10 pounds of old fecal matter in our colon, creating a breeding ground for yeast, parasites, bacteria and viruses. Cleanse with Colosan™ and aloe vera.



## 7 GET RID OF PARASITES

Take herbal medicine such as Healthforce Scram™ to kill yeast and parasites. Remove grains and sugars from your diet. Add in probiotics to build up the good bacteria in your gut.



## 8 DETOXIFY HEAVY METALS

You will need a comprehensive program but liquid or powdered zeolite would be good place to start. The zeolites bind and remove heavy metals, safely excreting the toxins through the urinary system.



## 9 DETOXIFY YOUR LIVER

To detoxify the liver think green - green juices, chlorella, spirulina, and cruciferous vegetables. Adding turmeric to your food can improve liver function by increasing detoxification ability.



## 10 PRACTISE REBOUNDING

15 mins bouncing daily on a mini trampoline detoxifies the lymph system, increases bone mass and boosts immune function. Added bonus - reduces body fat and cellulite!

