

Do I need to DETOX???

Just like dusting your furniture and cleaning your bathrooms, the human body needs to be cleaned, too. Especially if you have a diet that includes packaged foods, hydrogenated fats and oils, white flour and sugar, or if you are exposed to:

Second-hand smoke
Vehicle fumes
Mildew
Household cleaners
Smog
Paint fumes

Fertilizers
Dust
Animal dander
Photocopiers
Smoke
Dry cleaned clothing

Garden pesticides
Mold
Electrical devices
Pollution
Heavy metals
Rain

Here is a checklist of symptoms to signal it may be time for a reliable "body cleaning"

- * Do you experience fatigue or low energy levels?
- * Do you experience brain fog, lack of concentration and /or poor memory?
- * Do you experience recurring yeast infections, jock¹itch, or foot fungus?
- * Do you have less than two bowel movements per day?
- * Do you drink processed coffees and colas during the day?
- * Do you take prescription medications, sedatives or stimulants?
- * Do you live with or near polluted air, water or other environmental pollution
- * Do you experience indigestion/acid reflux after eating?
- * Do you eat fast food, fatty foods, pre-prepared foods or fried foods more than three times a week?
- * Do you crave or eat sugar?
- * Do you experience frequent headaches?
- * Do you have bad breath or excessive body odor?
- * Are you overweight?
- * Do you experience depression or mood swings?
- * Do you have food allergies or skin problems?
- * Do you feel sleepy after meals, bloated or gassy?
- * Do you have arthritic aches and pains or stiffness?

**If you answered yes to three or more of the questions above,
it may be time to DETOX!**