

CLEANSING – PREVENTATIVE MAINTENANCE



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“The wise man foresees the trouble ahead and steps out of harm’s way, while the fool blunders on into punishment.”

Solomon – c2300 BC

Lack of knowledge about how your body functions and ignoring its needs are major contributing factors to ill-health. You can no longer afford to neglect the important duty of looking after your most valuable asset, your own health.

NATURAL BODY CLEANSING (Detoxifying)

THE SIMPLEST WAY TO PREVENT & TREAT:

- Premature Aging
- Digestive Disorders
- Lack of Performance
- Nervous Tension
- Weight Problems
- Allergies, Insomnia
- Diseases, Cancer

THE SOLUTION

THE “WEED-SEED-FEED” PROGRAM

Identify and investigate pre-existing disorders such as digestion, insomnia, lack of energy, allergies or any other suspected health problems. Seek the advice of a qualified health practitioner because self-diagnosis could lead you to a wrong conclusion.

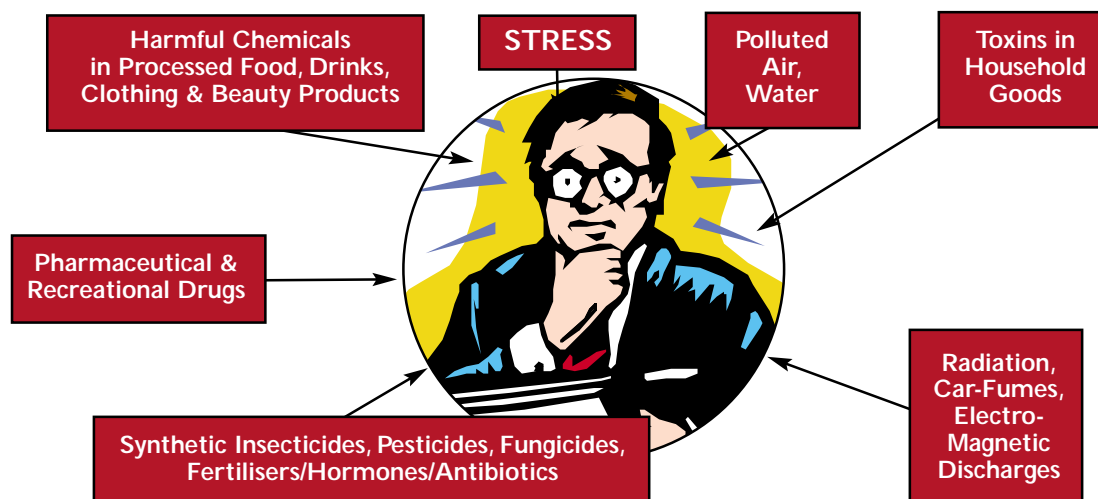
“WEED” – Eliminate the toxic accumulation from your digestive system. This could be in the form of bacterial, fungal or parasitic infestation, toxic deposits, gallstones, and excess bile etc. by doing a Liver/Gall Bladder Flush, taking Detoxifying Supplements or

having Colon Hydrotherapy.

“SEED” – Replace and enhance the good bacteria (Probiotic) growth in your bowel to protect your digestive system from toxic reinfestation.

“FEED” – Eat food and natural supplements suitable for your individual needs, by seeking dietary and nutritional advice from a qualified health practitioner to rectify bad dietary habits. To combat the ever-increasing number of toxins destroying our health, the program should be repeated regularly. However, its effectiveness depends largely on the quality of supplements you use.

THE TOXIC HARVEST OF THE 21ST CENTURY



- Regularly cleanse your body of toxic waste.
 - Educate yourself to be able to identify and replace products containing harmful ingredients
 - Enhance the function of your immune and digestive systems to achieve Optimum Health You should spend a minimum of one month on the initial cleansing phase (“WEEDING”). To minimise the accumulation of toxins in your body and to enhance your health, the “SEED & FEED” parts of the program should become lifelong habits.
- To ensure you are on the right track, follow-up with a “Check-Up” from your health professional every four months.