

## **A Special Report That Reveals...**



**“How To Rid The Body Of Deep Tissue Toxins Using A Gentle Morning & Evening 7-Day Cleansing Product And Keep Toxins Flushed Out With An Effective Daily Maintenance Regime!”\***

*Keep reading this special report to find out if you and your family are suffering from toxins and synthetic chemical accumulations and what you can do about it!*

### **Inside this special report you’ll discover...**

- An Easy Test To Determine Your Level of Toxicity!**
- How Detoxification May Help You Lose Weight And Help Make You Thin!**
- A Simple Cleansing System May Help You Rid Toxins From Your Body!**
- How Synthetic Chemicals Get In Our Body And How To Get Them Out!**
- What Happens To All The Toxins We Ingest!**
- How Being Tired May Mean Your Toxic!**

### **The Role Toxins Have On Health!**

Unfortunately, we live in a world overburdened with synthetic chemicals and toxins that find a way into our body and joints.

Our bodies are inundated with toxins and chemicals from multiple sources including from the polluted air we breathe, the treated water we drink, through the skin from chemicals we apply and of course from the nutrient depleted, non-organic, processed foods we eat.

We need a simple and easy way to detoxify, deacidify, and cleanse the body and joints of toxins and chemicals while restoring alkalinity and replacing vital depleted nutrients.

The lungs, liver, kidneys, colon, skin and lymphatic system are the major players responsible for the neutralization of stored acids and the elimination of toxins and chemicals from the body.

### **Toxins In Our World**

Chemicals and toxins in everyday products are ruining our health. Billions of pounds of toxic chemicals are released into our atmosphere including million of pounds of known carcinogens. Everyday our bodies suffer a constant battle with toxins. In addition, our own bodies produce waste bi-products as part of the normal digestive and metabolic system that must also be dealt with and eliminated. If toxins and chemicals from both external and internal sources are not neutralized and eliminated poor health and disease can result.

### **Toxins In Our Body**

Being toxic on some level is an unavoidable consequence of living in a world full of synthetic chemicals. A healthy body is an efficient eliminator of toxins. Our colon and kidneys work daily to eliminate what they can. Breathing eliminates toxic carbon dioxide from our lungs. Our liver filters our blood supply of toxins. Our lymph system moves toxins and excess fluids from the body as do our sweat glands. Any restriction or malfunction of these systems can cause toxins to build up, acids to accumulate and illness or sometimes even disease may result.

We can tolerate a certain level of toxins and acidity but each person's level of tolerance is unique to them. Your level of tolerance will depend on many things including your exposure levels, your lifestyle, your diet, drug use, medical treatments, personal environment and the strength of your immune system.

### **Are You Toxic & Acidic?**

Reflecting on the following questions will give you an opportunity to gauge your own possible level of toxicity and or acidity.

- Do you use sugar substitutes or eat foods that contain sugar substitutes or sweeteners?
- Do you eat non-organic fruits, vegetables, grains, meats (all types), or dairy foods (all types)?
- Do you ever drink tap water at home or at restaurants?
- Do you live or work in an area that has painted walls or ceilings?
- Do you use cosmetics, hair colorings, aftershaves, deodorants, lotions or perfumes?
- Do you eat microwave foods that come packaged with plastic wrap?
- Do you eat fat-free foods or snacks made with fat substitutes?
- Do you breathe polluted air?
- Do you drink non-organic coffee?
- Do you drink soda?
- Do you grill foods?
- Do you drink alcohol?

Your total number of YES answers determines your relative toxicity and acidity level. This of course is not a scientific test or health evaluation; it simply suggests the possible extent to which you are acidic and or carry a toxic load of chemicals.

As you no doubt noticed, you're toxic and acidic even if you answered only a couple of questions in the affirmative. Toxicity and acidity varies only by degree. If you answered a number of questions YES, it's likely that your diet and lifestyle are contributing significantly to your level of acidity and toxic load of chemicals.

In addition to your diet, you are also no doubt exposed to other outside toxins. This continuous onslaught of acids and chemicals from poor diet and outside sources may build up a level of toxins that creates such a burden on the body that may have you feeling less than vital and experiencing:

- Fatigue or exhaustion
- Sore, stiff and achy joints
- Poor sleep habits
- Poor digestion
- Weight gain
- Mental fog and moodiness
- Sugar or processed food cravings
- Low libido

### **How Detoxification May Help You Lose Weight And Help Make You Thin**

One of the most important "side-benefits" of detoxification is healthy weight loss. It's not unusual for people to lose one pound per day over the first ten to fourteen days while on a good detoxification program, sometimes more. Of course results do vary and have much to do with how closely you follow the program and how much exercise you add as well.\*

A common solid acid waste that the body makes out of the excess acid and toxins in the blood stream is fatty acids which it stores in the body's fat cells. Weight gain is a very common result of toxicity and over acidity.

Toxicity, acid build up and weight gain can occur from eating a diet of nutrient-deficient, high-calorie foods, often called empty-calorie or junk foods. Empty-calorie means the food is deficient in nutrients and fiber. More people than ever before are eating these rich, high calorie foods while remaining inactive, a dangerous combination. The number one health problem in the United States is weight gain. The *National Institutes of Health* estimates that being overweight is associated with a twofold increase in mortality, costing society more than \$100 billion per year.

This is especially discouraging for the dieter because after spending so much money attempting to lose weight, 95 percent of them gain all the weight back and then add on even more pounds within three years. This incredibly high failure rate holds true for the vast majority of weight-loss schemes, programs and diets.

The most beneficial and healthy weight management program takes time. Therefore the detoxification program must be one that is easy on the system and easy to implement. It must focus on fat-loss not weight-loss making sure not to lose valuable muscle mass.

This can only be achieved if the detoxification program is focused on maintaining an alkaline environment and providing the vital and dense nutrients the body needs. A successful and healthy weight management program must incorporate a way to detoxify, deacidify, and cleanse the body and joints while at the same time restoring the critically low alkaline reserves and depleted nutrients.

The lungs, liver, kidneys, colon, skin and lymphatic system are the major players responsible for the neutralization of stored acids and the elimination of toxins and chemicals from the body.

That's where the **Herbal Cleanse First & Rice Fiber First** comes in...

## HERBAL CLEANSE FIRST

**Herbal Cleanse First** is a 7 day, round the clock, intestinal cleansing support program. There are two separate formulas, one to be taken during the day with meals and the other to be taken before retiring for the night.\*



**Daytime Detox:** The daytime formula is a blend of herbs such as dandelion root, milk thistle and uva ursi to help detoxify your system from impurities.\*

**Nighttime Cleanse:** The nighttime formula is a fiber blend designed to help move impurities out of your system. When both formulas work together, they give the support your body may need to cleanse, detoxify and rejuvenate.\*

## RICE FIBER FIRST

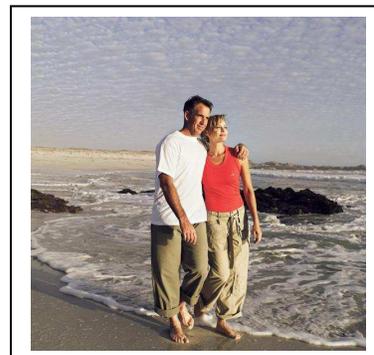
**Rice Fiber First™** caplets are used in conjunction with the Herbal Cleanse First as an additional fiber product to help cleanse and rid your body of toxins. **Rice Fiber First™** contains a wholesome nutritional fiber with significant quantities of gamma oryzanol and several other phytonutrients.



**Rice Fiber First™** caplets may help to support normal blood sugar levels because it may help to assist the body in reducing the level of insulin required to process food. The stabilized rice bran contained in the product may help to promote normal cholesterol levels.\*

The majority of dietary fiber products on the market are psyllium-based. Most of these products produce carbon dioxide and methane in the intestinal track, which can produce bloating, gas and discomfort! **Rice Fiber First™** caplets are made with stabilized rice bran, which is a "friendly fiber", promoting regularity; alleviating occasional constipation while helping your body digest food more quickly and easily!\*

After you have been on the Herbal Cleanse First detoxification program, continue to use Rice Fiber First every day. Fiber helps to bind to toxins and helps to eliminate them from your body on a daily basis.



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\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.