

Which Cleansing Program Is Right For You?

In many cultures and for many centuries, fasting and the utilization of traditional herbal remedies to detoxify and rejuvenate one's body, mind and spirit has been a regular and accepted practice.

For those who have gone on a detoxification program, or even better, who detoxify on a regular basis, the benefits are many: increased energy, stamina; a more positive outlook; alleviation of chronic symptoms such as sinus congestion and headache and improved digestion. Detoxification has even helped those with severe PMS, mood swings, and chronic depression to find relief.

Xenobiotics

The culprits-xenobiotics are toxic chemicals that can enter the body during times of illness, extreme emotional and physical stress. They are stored in the fat cells, muscle cells and organs from exposure to environmental pollutants such as dioxins, synthetic vitamins, drugs, heavy metals-even hormone therapy such as birth control pills and synthetic estrogen.

The goal of any detoxification program should be to clear away metabolic debris and xenobiotics, conjunctively.

Many healthcare professionals recommend a two week program that combines exercise and sauna every day. The infrared wavelengths have the ability to kill bacteria and parasites, improve lymphatic flow and blood circulation, while lowering lactic acid levels in the body.

It should be noted that during this process, you should be drinking at least eight glasses of alkaline water per day (8 to 10 pH) Alkaline water is high in trace minerals, especially calcium. The combination of the two therapies will help to flush toxins out of the system and restore tissue alkalinity.

In conjunction, supporting the cleansing process with an herbal cleansing program is recommended. There are many herbal detoxification programs available, made from reputable manufacturers who have done a great deal of research on the efficacy of their formulations. Every spring and fall, huge displays of Wild Rose Detox kits constructed in all of

our stores are eroded very quickly, making this product the most popular detoxification kit on the market, by far. It's safe, effective and it only takes 12 days to complete the entire program, making it a relatively easy cleanse to do for those with many social and family commitments.

Another product line that comes to mind are the Renew Life cleansing kits-various kits, formulated to address many different health problems, from the first-time cleanser, and also for those who have chronic health issues, such as candidiasis, exposure to heavy metals, and for those who are concerned about liver congestion. These are also beneficial and popular, and safe. What's more, they are easy, which will increase your likelihood of sticking with the cleanse to the end for optimal health benefits

We're Here to Help!

No matter what your health concern or goal, there are many products available in our stores that will help you to achieve the long-lasting benefits that periodic internal housekeeping can provide. We are also proud to have a great team of knowledgeable, experienced Healthcare Consultants who can help you with any concerns you may have about cleansing and detoxification, which supplements to take while cleansing or in general, and to make recommendations based on your lifestyle and goals for wellness.

The next time you are shopping in one of our stores, we encourage you to drop into the healthcare department for more information about these and any of the many detoxification books and products we have in stock. You'll be glad you did!

FlorEssence Herbal Tea Blend



21.99 500ml

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Cleanse at the cellular level!

A gentle, deep-cleansing tea that detoxifies at the most basic level: your cells.