

DETOXIFICATION IN NEED

**January
2020**

We live in a world where all kinds of chemicals surround us. They come from cars and factories, they're in our foods and shampoos, and they are in our homes and offices. All these potentially toxic substances act as pollution to our biological body. Some of the toxins we may encounter have their own warning systems so we know not to ingest them or use them. But many of today's toxins are odorless and colorless, so you may not have such an overt warning. In a way, what we lack in minerals, we make up in heavy metals. Some of the toxins that we encounter are potentially very harmful and can cause cancer, asthma, or allergies, and can reduce your quality of life in more subtle ways. They may cause minor irritations or fatigue or a general feeling of bluesness. And all of these effects -as subtle or subconscious as they may be- can chip away at our overall health so that we're -much prone to feeling the effects of aging.



Does your body need detoxification?? Check Your Detox Potential:

Complete this questionnaire to discover whether you need to improve your detoxification potential:

- | | |
|--|---|
| <input type="checkbox"/> Do you often suffer from headaches or migraine? | <input type="checkbox"/> Do you have a sluggish metabolism and find it hard to lose weight, or are you underweight and find it hard to gain weight? |
| <input type="checkbox"/> Do you sometimes have watery or itchy eyes or swollen, red, sticky eyelids? | <input type="checkbox"/> Do you often suffer from frequent or urgent urination? |
| <input type="checkbox"/> Do you have dark circles under your eyes? | <input type="checkbox"/> Do you suffer from nausea or vomiting? |
| <input type="checkbox"/> Do you sometimes have itchy ears, earache, ear infections, drainage from the ears, or ringing ears? | <input type="checkbox"/> Do you often have a bitter taste in your mouth or a furry tongue? |
| <input type="checkbox"/> Do you often suffer from excessive mucus, a stuffy nose, or sinus problems? | <input type="checkbox"/> Do you have a strong reaction to alcohol? |
| <input type="checkbox"/> Do you suffer from acne or skin rashes or hives? | <input type="checkbox"/> Do you suffer from bloating |
| <input type="checkbox"/> Do you sweat a lot and have a strong body odor? | <input type="checkbox"/> Does coffee stay in your system for a long time? |
| <input type="checkbox"/> Do you sometimes have joint or muscle aches or pains? | |

•If your answer yes to 7 or more questions, you need to improve your detox potential.

•If your answer yes to between 4-6 questions, you are beginning to show of poor detoxification and need to improve your detox potential.

•If you answer yes to fewer than 4 questions, you are unlikely to have an problems with detoxification.

There are several methods of detoxification are available. These include fasting and specific diets, colon therapy, liver flush, chelation therapy, dry skin brushing or sauna therapy. Generally most people will benefits from the detoxification, they feel the reduction of stress on immune system, along greater mental therapy.

Fasting:

Fasting is one of the easiest, most inexpensive, and effective methods of detoxification. There are basically two types of fasts, water and juices. Results depend upon both the health of the individual and the length of the fast.

Fasting is often combined with enemas and colon therapy for the purpose of ridding the body of stagnation and toxins trapped in the bowels. For many people, fasting can be used as an adjunct to the healing process and is an invaluable aid for those seeking enhancement of their overall physical, mental, and spiritual health.

Short fasts (two to five days) can be performed at home as part of a personal healthmaintenance program. Longer fasts, undertaken with medical supervision, can serve to strengthen the immune system, alleviate food allergies, and reduce or eliminate medications for certain health conditions.

Certain

Certain conditions contraindicate fasting, including diabetes, eating disorders, epilepsy, hypoglycemia, kidney disease, malnutrition, pregnancy, lactation, severe bronchial asthma, terminal illness, tuberculosis, and ulcerative colitis. Long term fasts should be done under professional supervision

January 2020 Special

Toxic elements are a constant presence in our environment, but the health challenges they present can be prevented or reduced by supporting . To enhance the body's normal detoxification process, Dr. Peter D'Adamo has designed a series of formulas that can support overall restorative function.

Promotion: DETOX SUPPORT PACK

- Detoxical \$78
- Hepatiguard \$75
- Intrinsa \$69

20% OFF



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\$178
only RP: \$222
(per Pack)

NO Stearates & Fillers:
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

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Detoxical D:

Support Healthy Estrogen Levels & Liver Function. Calcium D-glucarate is a form of glucaric acid To enhance the process by which the body rids itself of potentially dangerous environmental pollutants, including foreign organic compounds, fat-soluble toxins and excess steroid hormones such as estrogen.

Hepatiguard:

is designed to support healthy liver function using four well-researched ingredients:

- Milk Thistle Standardized Extract contains Silybin, an antioxidant and free radical scavenger.
- Bupleurum Root serves a wide variety of harmonizing activities, which may help to regulate body energy, and help maintain the normal process of discharging toxins safely out of the system.
- Phyllanthus: Acts primarily on the liver and contains important bioflavonoids.
- Turmeric: Turmeric inhibits the overproduction of polyamines, chemicals that act with insulin and encourage tissue growth.

Intrinsa:

Butyric acid is a short chain fatty acid, which supports the health and healing of cells in the small and large intestine, and serves the natural processes of aerobic energy metabolism. Caprylic acid works synergistically with butyric acid, so that it can more easily penetrate tissues in the body such as muscles, joints, and sinuses. Caprylic acid is known to have anti-fungal properties. Larch arabinogalactan further enhances the Intrinsa formula, improving gastrointestinal health by increasing gut microflora, and offering immune enhancing properties. Magnesium acts to stabilize and blend the two protective fatty acids.

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Synergist Products for Detoxification

• **Buy any 2 Bottles**
@ **10% Saving.**

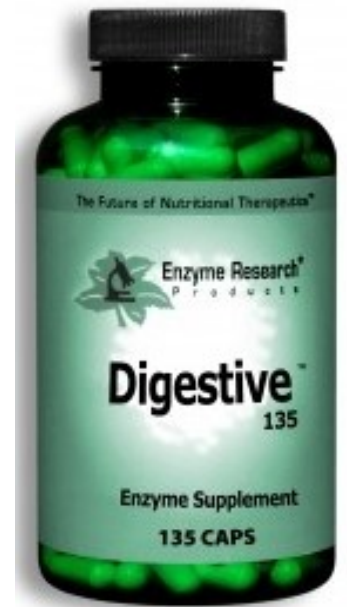
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Harmonia Deluxe provides an all-natural alternative to processed foods. Features 20 types of sprouted seeds and grasses like elderberry, blueberry, chlorella, ginseng, ginger, etc, bursting with nutritional integrity and enzymatic activity.



Digestive Enzyme taken between meals may be beneficial in cases of food allergies, toxicity and drug withdrawal. Also beneficial for the conditions like indigestion, food allergies, dairy intolerance, gallbladder stress, malabsorption, intestinal toxemia.



Hytrax

□ The central ingredient of Hytrax is organic dandelion leaf (*Taraxacum officinale*), which has been shown to have diuretic activity, stimulating the loss of excess water and promoting weight loss. Dandelion root benefits all functions of the liver and enhances all secretion and excretion from the body.

January 2020

Does cupping remove toxins?

Cupping removes toxins and improves blood flow through the veins and arteries. Especially useful for athletes is **cupping's** potential to relieve muscle spasms..

When circulation is sluggish or compromised in an injured or diseased area of the body, insufficient oxygen gets to the cells, and there will be a local build-up of waste products. When the skin is pressed, the blanching that occurs is slow to fade.

Suction pulls toxins, pathogenic factors, blood poison, dead lymph and cellular debris from deep within the tissues to the surface. These debilitating agents are then more easily expelled from the body. The deposits dissipate from a few hours up to several weeks, depending on the amount of stagnation and the patients post treatment activities.

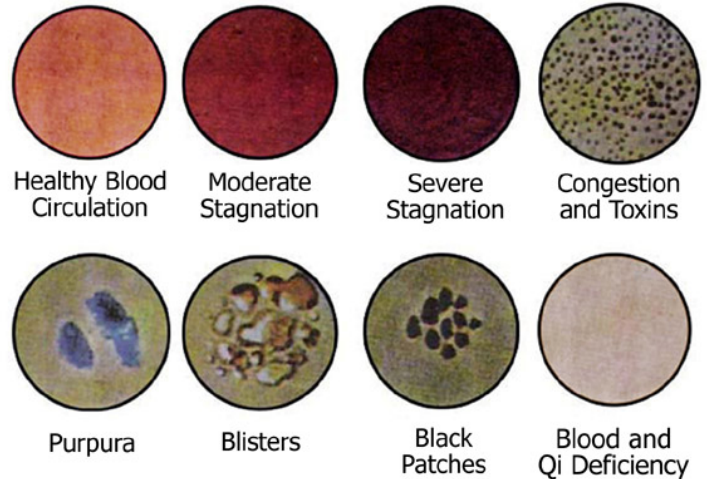
The quality of the pathogenic factors varies according to the severity of the patient's blood stasis -- which correlates with the nature, severity and type of condition they have.

It can appear from a light pink to a dark purple, but is usually a shade of red. Often tiny raised bumps will appear. Sometimes a clear fluid will be drawn to the surface. These are all results of disease and toxins being removed from deep within the tissues. The more discoloration that surfaces – the greater level of stagnation and toxicity needing to be purged from the body.

Usually, the practitioner will see the greatest amount of deposits being drawn to the surface in the first few treatments - this is a good thing. The deposits will lessen in intensity as the deeper issues are resolved and the stagnations and toxins have been dredged up and flushed out via the bodys' own circulatory systems, expulsion from the pores and sweat. Sweating is a great after treatment followup for your clients to help get rid of the garbage you've released.

Although the marks look painful, they are not.
Patients usually feel an immediate sense of relief.

Skin Reaction after Cupping



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TO LEARN MORE OUR TCM SERVICE PLEASE CALL 63395570



Source:<https://www.cuppingtherapy.org/pages/dicolorations.htm>

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