

A NEW YEAR DETOXIFICATION PLAN 2015

January

During the holidays, you've probably been eating and drinking too much, and it's likely that you've strayed into avoid territory on more than one occasion. Now that the new year has begun, it's a good time to revive your body with a cleansing detoxification program.

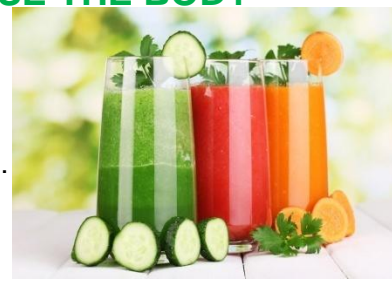
For a generally healthy person, Dr. D'Adamo suggests a one week program of whole, organic foods and supplements. Start by choosing only those foods that are considered beneficial and highly beneficial for your type. If you need some menu guidance, refer back to your **Eat Right, Live Right, Cook Right or GenoType Diet** books or the recipe database on website. By eating beneficial foods and taking supplements that are compatible with your blood type or GenoType®, you will be cleansing and detoxifying your body and allowing all the body's systems to function at their very best. Purchase organic when possible and stick to buying whole foods, rather than processed foods from a box, bag or can.

Start the day with a tall glass of water with a squeeze of fresh lemon juice. Continue drinking water throughout the day. Water helps with cell regeneration and helps to cleanse the body. Aim to drink eight to ten glasses of water per day. Avoid being around harsh chemicals and steer clear of chemical cleansers – try vinegar, lemon juice and baking soda instead (not only are they better for you, they are better for the environment too).

Get some fresh air! Bundle up and go outside for a walk. You'll get your blood circulating, your muscles pumping and the clean, crisp air will revive you.

THE DETOX DOZEN: 12 SUPERFOODS THAT NATURALLY CLEANSE THE BODY

1. **Lemons** contain vitamin C that the body needs to make glutathione and the liver uses in its detox process.
1. **Blueberries** are loaded with antioxidants and phytonutrients.
2. **Kale** contains a substance that jump-starts the liver's production of cleansing enzymes.
3. **Beets** contain phytochemicals that supports detoxification in the liver and blood.
4. **Almonds** remove impurities from the bowels.
5. **Flax Oil and flaxseeds** are rich in omega-3 fatty acids that the body uses to improve insulin function, which clears sugars from the bloodstream. Take 1 tablespoon added to 8 oz water, allow to soak over night, drink in morning.
1. **Fresh garlic** cleanses harmful bacteria, viruses, parasites and other invaders from the bloodstream.
2. Studies show that **seaweed, or kelp**, binds to heavy metals and removes them from the body.
3. **Arugula** is a natural diuretic that helps to remove excess toxins and water from the blood and supports liver function.
4. **Green tea** is a magical elixir loaded with antioxidants. Drink at least two cups of green tea daily.
5. **Ginger** speeds food through the intestines thanks to compounds called gingerols and shogaols.
6. **Phytonutrients** produced by broccoli can enhance the function of phase 2 liver enzymes that help to remove toxins.



DETOX THERAPY for Your Type:

BLOOD TYPE O: Saunas and steam treatments as appropriate to your constitution and physical strength

BLOOD TYPE A/AB: Dry skin brushing: Immediately before showering or bathing, start with the feet, and gently brush up toward the heart. Brush from the extremities toward the center. Brush gently in a circular motion around your abdomen and breasts/chest area. The proper dry skin brush is made of vegetable bristles that are neither too stiff nor too soft. It shouldn't scratch, but you should feel some friction against the skin.

BLOOD TYPE B: Epsom Salt Baths: Take a shower first. Then, start with a very clean tub; fill the tub with the hottest water you can stand. Begin with 1/4 cup of Epsom salts; work up gradually to 4 cups; and soak as long as 1/2 hour. If you experience light-headedness, Drain the tub; and wait until you feel steady enough to leave the tub.



Addicted to Technology – Do You Need A Digital Detox?

Think fast! Where's your cell phone? If it's within an arm's reach, you may need to do a digital detox. In today's world, we are constantly checking in with our social media feeds, downloading email, or answering a text...often simultaneously. It's no surprise that we're more stressed out than ever – who can possibly keep up with all that changing technology and barrage of incoming information? As we wrap up the year and evaluate our lives, perhaps we should take a moment to evaluate whether we are more connected to our phones or other people and do a digital detox.

5 Steps to A Digital Detox

1. Turn the phone off after 8pm. Studies show that cognitive stimulation at night will interrupt sleep patterns.
2. Keep the phone out of the bedroom. Even if the ringer is off, the light emitting from the phone can disrupt your sleep.
3. Unless there's an essential reason for bringing the phone with you, try to leave the phone at home when running errands on the weekends.
4. Read a real newspaper, book, or magazine. You'll enjoy the tactile feel of flipping through pages and it's easier on your eyes.
5. Keep your phone out of reach during meals and family time. Enjoy the time with real people instead of virtual friends.



Promotion: Detox Support Pack

Save 25%



- ✓ **Detoxical-D \$78**
- ✓ **Hepatiguard \$75**
- ✓ **Intrinsa \$69**

•Buy any 2 bottles @ 20% off

Now \$166 only RP: \$222 (per Pack)

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

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:

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.

Terms & Conditions

- 1) This promotion is for members only. The promotion item is while stock last and prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3) The Company's decision is final and no correspondence will be entertained

Enhance Your Detoxification With These Supplements:

•Buy any 2 bottles @ 20% off

Harmonia Deluxe:

✓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.

✓Our greens beverage powder provides an unequalled combination of botanicals, delivering a wide array of nutrients to the body.

Suggested Use: 2 tsp.in 8 ounces of water or your favorite juice every morning.

LiveCell for your blood type:

✓Sprouts have a greater concentration of vitamins and minerals, proteins, enzymes, phytonutrients, immune enhancing and detoxifying protectants and anti-oxidants than at any other point in the plant's life.

✓The blend of 100% compliant freeze-dried sprouts in each specific ABO LiveCell **promotes detoxification enzymes** and supports proper immune functioning.

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.

Suggested Use: 1 capsule 2-4 times daily

Protease:

✓*Protease* helps to break down protein-based invaders in the bloodstream. If *Protease* is taken with food in the stomach, it will begin to work on digesting that food instead of going directly into the bloodstream.*

✓Parasites, fungal forms, and bacteria are protein-based organisms that are dissolved by *Protease*.

✓**Cellular debris, undigested protein, and toxins in the blood** are broken down by *Protease*, saving the immune system the extra work of having to rid the blood of these undesirable elements.*

Suggested Use: Three (3) capsules immediately upon rising and three (3) just before bed or between meals on an empty stomach (2) hours after a meal or 1 hour before eating.



TAKE YOUR LIVE CELL FORMULAS-YOUR BLOOD TYPE GREEN SPROUTS

"Eat your greens" is a common wisdom, but now new studies show why sprouts made from broccoli, cabbage, brussel sprouts, soy, kale and similar vegetables are rich in compounds that *prevent cancer* and other chronic diseases. The nutritional content of sprouts is many times greater than the original food value of the seeds and beans from which they sprout. As a seed sprouts, it produces large amounts of **extra vitamins, anti-oxidants and enzymes**. For example, A 1997 Johns Hopkins study discovered that broccoli sprouts contain a concentration of **glucoraphanin** that is up to 50 times greater than mature broccoli, whereas the **Vitamin C content of a seed can increase 200 times in its sprout**.

Growing sprouts can be a time-consuming operation, particularly growing all of the different kinds of sprouts contained in each Live Cell (**Live Cell O, Live Cell A, Live Cell B, Live Cell AB**). Seeds have to be watered and completely drained preferably twice a day, kept out of sunlight, and great care has to be given to keeping harmful bacteria/mold from contaminating the growing sprouts. **Live Cell takes the work out of this process by providing an appropriate array of "beneficial" sprouts for each ABO blood type in a capsule form. These live sprouts are actually freeze-dried at the height of their growth, a process that preserves all of their nutritional value.** In a busy world where even health conscious people often don't have or don't take the time to consume adequate amounts of vegetables much less sprouts, Live Cell offers a convenient way to do so.

According to an article in *Good Sprout News* (20 July 2003), scientists have been studying sprouts for centuries to better understand their high levels of disease-preventing phytochemicals and how they contribute to better health, from prevention to treatment of life-threatening diseases. The benefits of sprouts have been reinforced by ongoing studies that explore various sprout varieties for their nutritional properties and to validate health claims.



MAXIMUM BENEFITS: Taking Live Cell with a probiotic such as, **Polyflora** on an empty stomach and a full glass of water increases its efficacy.



INTRODUCING

Bio-Suisse BB Crème



Luzern
LABORATORIES

Bio-Suisse BB Crème Light/ Medium

Broad Spectrum spf 20

- ✓ Advanced skin care meets illuminating coverage. Packed with *moisturizers, complexion-correcting pigments, antioxidants and physical sunscreens*, it helps to diminish the appearance of pores, fine lines, and uneven skin tone while providing broad-spectrum UV protection.
- ✓ Sheer coverage diffuses the appearance of imperfections
- ✓ 100% mineral screen for UVA/UVB protection
- ✓ Antioxidants reduce collagen-damaging MMP and oxidative stress
- ✓ Visibly brightens skin tone
- ✓ Hydrates for firm, supple skin

For all skin types. Each shade warms to complement skin tone for sheer, illuminating coverage.

Moroccan Natural Rhassoul Clay

Rhassoul Clay contains a high percentage of silica, magnesium, potassium and calcium. Clinical studies have been carried out in two different research laboratories in the United States that evaluated Rhassoul use for skin conditions. The results of this single use Rhassoul study produced these findings...

- ✓ Reduces dryness (79%)
- ✓ Reduces flakiness (41%)
- ✓ Improves skin clarity (68%)
- ✓ Improves skin elasticity / firmness (24%)
- ✓ **No Parabens, No artificial chemicals**

- ✓ Improves skin texture (106%)
- ✓ Removes surface oil and oil from inside and around comedones (blackheads / whiteheads)
- ✓ Removes dead skin layers, resulting in a general smoothing of the skins surface.



Group Secretor Test

Are you an 'advanced' blood type diet devotee? Or, do you have reason to want to be even more strict in adhering to the diet for other health reasons? If you wish to refine your diet even further, use this saliva test to determine your Secretor status. Those secretes blood types antigens into body fluids, such as saliva, mucus and sperm are called **Secretor**. Who does not secrete blood type antigens into body fluids are **non-secretors**.

There are extensive research into effect of secretor status on disease shows as following:

- ✓ Non-secretors of all blood types have more *difficulty splitting dietary cholesterol and fats* and should eat less animal protein than secretors.
- ✓ Non-secretors of all blood types are reported to *have shorter bleeding times and tendency toward clotting disorder*, predisposing to arterial clots
- ✓ Non-secretors of all blood types have higher risk of *developing type 2 diabetes*, a major risk for developing cardiovascular disease.
- ✓ Non-secretors of all blood types are at greater risk of *myocardial infarction (heart attack)* than secretors.
- ✓ Non-secretors of all blood types are more likely to have *metabolic syndrome: insulin resistance, elevated LDL, cholesterol, triglycerides, high blood pressure and obesity* which promotes the developments of types 2 diabetes, atherosclerosis and cardiovascular disease.



- If you still don't know your secretor status, don't miss this round of group collection. We will bear the freight charge to send the saliva samples to lab for you (approx \$50 if you send on your own). Cost of test kit:\$98
- We have limited stock for the test kit, so it will be on 1st –come 1st –serve basis. You are advised to purchase the test kit in advance and bring the saliva sample to the bellow location on the dates indicated and reach us before cut-off time.

Date of Collection :	Location for Collection:	Cut-off Time:
24 th & 25 th January 2014 (Sat, Sun)	My Type Store •252 North Bridge Road, #B2-15 Raffles City Shopping Centre Tel : (65) 6338 5570	1030am -9pm