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**21 Reasons to Cleanse**

Strengthen the Immune System;  
Cleansing impurities & flooding the body with high grade essential nutrients supports the immune system. Some studies indicate that a healthy dose of high grade, absorbable protein may strengthen your immune system by as much as 500%.  
  
Love your Liver;  
A clean, healthy liver supports metabolism and burns fat. A healthy liver promotes normal thyroid function & when the thyroid is healthy, your metabolism & energy levels escalate.  
  
Support Healthy Brain Chemistry;  
When your body can effectively absorb and digest fats and protein, it converts these nutrients into healthy brain chemicals. When your brain chemistry is aligned, you will make healthier food selections.  
  
**Restore Antioxidants;**  
Toxic compounds create "free radicals" that have the potential to damage cellular DNA. Antioxidants are substances that block free radical formation & destroy already formed free radicals.  
  
Free yourself from Stress;  
In herbal medicine, adaptogens are used to help the body "adapt" to imbalances that stress the body externally or internally. Replenishing the body's needed adaptogens assists in the body's own self-regulatory systems, thus reducing stress.  
  
Maximize Absorption of Essential Nutrients;  
Maximizing absorption of nutrients helps to fuel the internal body to support all major organ systems including the circulatory, musculoskeletal & neurological systems.  
  
**Aid Digestion;**  
Herbs such as suma, peppermint, fennel seed & liquorice have been used in many cultures to support & aid digestion. Peppermint is a nontoxic digestive remedy that can provide relief from gas, bloating, nausea & gastric upset. Peppermint has a calming effect on the smooth muscle of the intestinal tract & is felt to promote the flow of bile from the gallbladder into the small bowel, thus aiding in fat digestion.  
  
**Rejuvenate your Cells with Ionic Minerals;**  
Minerals are the key to enzyme activation in our digestive tract. When minerals are present, our intestines allow for ultimate absorption of vitamins & essential nutrients. Modern lifestyle has taken its toll on our digestive/elimination organs. Ionic (charged) minerals are the most easily absorbed by our body.  
 **Support your Vital Organs;**  
If your body is overwhelmed with impurities, gentle cleansing herbs and essential nutrients can allow it to eliminate impurities through the liver (the major detoxifying organ of the body), colon, urinary tract, sweat glands, skin pores and the lymphatic system much more effectively. Lose weight & feel great; Studies have shown that fat cells can provide the perfect environment for holding onto impurities. This is our body's natural mechanism for protecting itself from dangerous, possibly deadly impurities. Cleansing aids in the body's ability to flush fat and increase metabolism.  
  
Eliminate unhealthy Cravings;  
The healthy body will crave healthy things. The unhealthy body will crave unhealthy things. Cleansing & replenishing allows the internal body to create an environment that craves good, nutritious food.  
  
Enhance Cellular Communication;  
Our cells want two things: good nutrients and a clean environment in which to communicate. Cleansing provides our cells with both.  
  
Build Muscle;  
Cleansing & then replenishing with natural organic whey protein provides the body with essential amino acids that are the building blocks for the development of lean, dense muscle.  
  
Restore normal Sugar Levels;  
Abnormal sugar levels have been linked to serious health challenges & are often the result of weight gain. Effective weight loss & fuelling of the body can aid in the body's ability to restore normal sugar levels.  
  
Beautify the Skin;  
Our skin is the largest organ of our body. Cleansing and replenishing rejuvenates our skin, making us appear younger & more supple.  
  
Create Abundant Energy;  
Better sleep cycles may be achieved through cleansing to provide the body with stamina, energy & mental clarity throughout the waking hours.  
  
Balance your Hormonal System;  
Cleansing and replenishing can balance hormone levels and lead to a feeling of constant wellbeing, increased stamina and increased sexual desire.  
  
Slow the effects of Ageing;  
Toxins and nutritional deficiency can lead to premature aging on an internal and external level. Cleansing & replenishing allows our cells the ability to attack the effects of aging head on. A younger appearance along with incredible energy is often the result!  
  
Renewed desire to Exercise;  
Often times when you cleanse & replenish the body with high grade essential nutrients you have a renewed sense to start an exercise program. The health benefits of exercise are endless.  
  
Enhance Elimination;  
Refined, processed, low fibre foods, animal fats, lack of exercise, dehydration and an ever-increasing level of stress all contribute to an irritable bowel and to sluggish elimination from the intestinal tract. Cellular cleansing and replenishing with fibre rich nutrients allows for better colonic elimination of impurities & is essential in the prevention of intestinal disorders.  
  
Ultimate Quality of Life;  
Cleansing & refuelling the body is a revolutionary approach to optimal health & weight management. "Traditional Diets" are often imbalanced & neither strengthen the immune system nor rid the body of toxins. Imbalanced diets rob the body of essential nutrients & only offer temporary results, Why not embrace a program that gives your body the right nutrients, the right balance & the ability to once & for all chronically defend itself against the battle of the bulge?