



The Spring
center for natural medicine

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Internal Spring Cleaning Lose 10-20 pounds *and* get your eyes done

How would you like to lose 10-20 pounds in three weeks? Better yet, how would you like to lose the bags from under your eyes in the process?

Millions of people need a simple, short, and easy purification from time to time. This type of program is simply an internal cleansing and detoxification that enhances and supports all the organ systems that play a role in the body's natural purification--including the stomach, small intestines, liver, kidney, bowels and more.

Purification is rewarding. If toxins are not eliminated from the body daily, problems with headaches, chronic fatigue, poor digestion, food cravings, stuffy head, low sex drive, reduced mental clarity, and troubled sleep may occur. For these reasons most people should purify their body every 6 to 12 months. But perhaps the main reason people use the purification is to lose weight.

This purification program is not a diet, but it does help you live a healthier life by purifying, nourishing, and maintaining a healthy body and thus maintaining your weight after the program is completed. In this program you will replace toxic sugar laden foods with whole, unprocessed foods--all with the unique purification "jump start" that uses tasty shakes and whole foods supplements. This program will increase your body's natural detoxification process, while it feeds your body what it needs to stay healthy. The end result is shedding extra weight and keeping it off.

Why and How to Purify

Your body eliminates toxins from food and the environment on a daily basis. Chemicals in water, food, cosmetics, prescription drugs, cigarettes, heavy metals, cleaning products, pesticides, herbicides, preservatives, caffeine, solvents, and other toxic chemicals (80,000 are registered with the Center Of Disease Control) that are part of daily life are eliminated by the liver, kidneys, stomach, bowels, and more 24 hours a day. When the organs of detoxification become sluggish, toxins circulate around in the blood stream, resulting in disease, be it just chronic fatigue, extra weight, or something as serious as cancer.

By eating foods that enhance purification, you get the benefit of their phytochemicals, which are needed for your body's detoxification and purification.

Today there are all kinds of fads and diets advertised to "detoxify" your body but the only thing that will actually detoxify or purify are foods that provide the bio-chemicals needed to enhance the function of the organs of detoxification. After completing a purification program, you will have a new mind set about food, your body, and your health. You will probably experience weight reduction, increased energy and vitality, better digestion, less bloating, clearer skin, shinier hair, clearer thinking, better sleep, a decrease or elimination of under eye bags as well as sagging lids, and disappearance or lessening of your illness.

See the article below for details on how this purification program works and call or email me today to get started!

21 DAY PURIFICATION PROGRAM

Our purification program is simple and lasts 3 weeks. It is comprised of 5 supplements that can be taken with any other protocol you may be following. The supplements are either capsules or powder for a shake. Because the products are by Standard Process, you can be assured that they contain whole foods ingredients that provide intact, complete, phytochemical compounds. The crops are grown on organic soil under strict certified organic farming standards. They are processed without heat or chemicals and are live in their whole, intact form-rich with a tapestry of ancillary nutrients, enzymes, and co-enzymes, trace minerals, plant sterols, and nutritional activators-- the very thing your body needs for detoxification.

The products are:

SP CLEANSE for purification. The vegetarian supplement contains 20 different whole foods and botanicals that specifically aid the body's purifying organs, such as the liver, kidneys, and intestines. These foods aid the body's elimination of internal and external toxins, and support its ability to remove toxins over the long term. The main raw materials are juniper berry, red clover, collinsonia root, apple pectin, budock root, barley grass, dandelion leaf, fennel, oat flower, beet, Spanish black raddish, grape powder, cayenne powder, fenugreek, artichoke leaf, milk thistle, tillandsia, carrot, broccoli, kale, vitamin complexes A, C, and E, and more.

SP COMPLETE for nutritious supplement shakes. While on your purification program, this shake provides you with real, whole foods nutrition. A lack of these nutrients cause cravings, which are major contributor factors to overweight and obesity. It also delivers real antioxidant power to support liver detoxification including Masquelier's Original OPC grape extracts. SP Complete provides amino acids, essential fatty acids and other vitamin complexes to support intestinal, muscular, and immune health. It provides a blend of whey protein, flax meal, rice protein, buckwheat, Brussels-sprouts, kale, barley grass, alfalfa, carrots, and more.

GASTRO FIBER for additional fiber. Regular elimination is critical during purification. Gastro-Fiber is a combination of five different whole foods and botanicals that encourage better elimination and healthy gut. It helps built an optimum digestive tract with "friendly intestinal bacteria". Gastro Fiber contains psyllium husk powder, collinsonia root powder, apple pectin, fennel seed and fenugreek seed powder.

PS GREEN FOOD for a healthy liver. This supplement contains organic whole-food concentrates from Brussels-sprouts, kale, alfalfa, buckwheat, and barley grass. They are powerful phytochemical complexes to support liver detoxification. These foods provide excellent sources of essential amino acids, vitamins and minerals, including chlorophyll, beta carotene, vitamin complexes B and C, potassium, calcium, iron, phosphorus, magnesium, and more.

**Call me to get started on your 21 Day Purification Program.
512 445-7373**