

Your Complete Detox Solution



WHOLE BODY CLEANSE®

Cleanse from the inside out!



Do you need detoxification?

We are all exposed to thousands of toxins and chemicals each day at work, in the home, through the air we breathe and in our food and water.

A recent well-publicized study found that the average Canadian has 53 chemicals stored in their bodies - a very troubling number.

Our bodies are not able to eliminate all the different toxins and chemicals that we absorb. Toxins can accumulate in our cells, tissues, and organs, and remain stored for an indefinite length of time, causing a large number of health problems of varying severity.



What are the symptoms of toxic overload?

Depending on the toxicity you could experience any or all of the following symptoms:

- Fatigue and low energy
- Headaches
- Weight gain
- Skin problems
- Arthritic conditions
- Digestive problems
- Allergies
- Frequent colds
- Hormonal dysfunction

Detox for better health

Detoxification and the body

What are the effects of toxic overload?

Many scientific studies have found a link between exposure to toxic chemicals and diseases and disorders that affect Canadians, including:

- several forms of cancer
- reproductive problems and birth defects
- respiratory illnesses such as asthma
- neurodevelopmental disorders such as Attention Deficit Hyperactivity Disorder (ADHD)

Organs involved in Detoxification

Liver: renders toxic substances harmless so they can be removed from the body, and excretes toxins through the bile

Kidneys: blood is filtered in the kidney; waste and toxic end-products are excreted in the urine

Skin: sweat is not a major way to remove toxins, though some toxins may come out here. Infrared sauna therapy may be useful.

Lymphatic system: the most important detoxification organ, it removes waste from every cell in our body. Keeping lymph channels moving is required for a successful detoxification.



Cleanse from the inside out

What makes the Whole Body Cleanse[®] special?

Trusted German Products with 120 years of experience, together in one kit



LYMPHDIARAL[®]

Homeopathic remedy which relieves symptoms of swelling, inflammation and infection.

For all ages.



JUNIPERUS Similiaplex[®]

Homeopathic remedy containing ingredients that support kidney function.

For all ages.



QUASSIA Similiaplex[®]

Homeopathic remedy containing ingredients that support the liver and digestive tract.

For ages 2 and up.

Disclaimer: The indications of the homeopathic ingredients come from Germany's Commission D monographs as well as other accepted homeopathic pharmacopeia.

A gentle detoxification

How do I use the Whole Body Cleanse®?

How long does the Whole Body Cleanse® last?

The complete protocol takes about 4-5 weeks.

How often should I use the Whole Body Cleanse®?

As part of a regular detoxification protocol, most people detox once a year in fall or spring, or twice a year in both seasons.

How do I take it?

Put 30 drops of each remedy in a 1-1.5L bottle of water and sip slowly throughout the day.

Do I need to change my lifestyle while on the Whole Body Cleanse®?

For best detoxification effects, you should reduce your intake of heavily processed foods, tobacco, alcohol, and other harmful substances.

You should also follow this basic advice:

- Eat more fruit and vegetables
- Drink more water and less coffee and soft drinks
- Exercise regularly, even a walk in the park or a short bicycle ride
- Avoid stress as much as possible
- Keep a healthy acid-base balance by taking BASENTABS pH-balance PASCOE®
- Supplement with antioxidants, such as ARONIA-PASCOE®, the berry with the highest antioxidant content.

TIP

Those who cannot sip water all day long can take 10 drops of each remedy in a glass of water, three times a day.

Why choose the Whole Body Cleanse®?

A complete detoxification solution

Effective - Contains active ingredients which support the removal of toxins through kidneys, liver, intestinal tract and the lymphatic system

Gentle - No annoying side effects

Easy - Simply add to your water



For complete product information see product info insert or ask your health care provider.



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