

Important Reasons Why We Should Cleanse Every Day



We ingest toxins every day ~ through our skin ~ by eating and drinking ~ and of course by breathing. Thankfully, our bodies have cleansing systems ~ the liver, kidneys, lymph system, colon and skin continually filter out and dispose of cellular waste, toxins and impurities.

So why do we need to cleanse every day if our bodies can do all this naturally ?

1. OUR TOXIC ENVIRONMENT

Over 77,000 different chemicals are produced in North America today. They are in the air we breathe, the food we eat and the water we drink.

According to the Center For Disease Control, our average ‘body burden’ ~ the poisonous chemical cocktail that we all now carry inside our bodies ~ includes over 100 environmental toxins.

Among them are:

- Pesticides such as DDT ~ linked to brain, liver, lung, endocrine and immune system damage.
- PCB's ~ known carcinogens and extremely toxic at even low levels.
- Phthalates ~ toxic to the liver, nervous system and male reproductive development.
- Dioxins ~ endocrine disruptors ~ and also toxic to the liver and nervous system.

Our bodies store these poisons in fat cells . . .

toxic fat wrapped around our vital organs and waistlines

Our internal filters were not designed to deal with this constant toxic attack. Overwhelmed, our systems are in desperate need of cleansing and nutritional support ~ every day ~ to keep working smoothly as nature intended.

2. NUTRIENT DEPLETED SOILS . . . and OVER-PROCESSED FOODS

Grown in sterile, depleted soils, stripped of vital natural minerals and beneficial microorganisms, chemically processed, heated and irradiated ~ our diet now contains less nutrition than ever before. The average diet simply cannot meet our body's increasing need for cleansing nutrients.

3. LIFESTYLE . . . STRESS

Our fast and busy lifestyles can be very stressful. Stress causes the body to produce cortisol . . . the ‘fight or flight’ hormone. Under constant stress ~ toxic levels of cortisol can build up in our bodies. This can lower our immune system and our ability to fight disease and clear toxins ~ making “every day” nutritional-cleansing even more vital.

The Answer is Simple and Clear . . . Cleanse Every Day

WHY CLEANSE OUR BODY ?

- We change the oil and filters in our cars regularly to keep them running smoothly.
- We maintain the air and water filters in our homes.
- We brush our teeth and wash our bodies to stay healthy.
- We need to do more . . . we need to keep our own systems healthy and vibrant.
- We need to cleanse the toxins that accumulate inside our bodies and replenish the vital nutrients.
- We need to keep our body's internal filters clean and working smoothly as nature intended.

An Ideal Daily Nutritional Cleanse is a nutrient-dense, vitamin and mineral-rich food that supports your body's natural ability to cleanse itself of chemicals and impurities ~ an internal full-body cleanse to increase energy, promote weight loss and help avoid premature aging . . . **Every Day** of your life.

Organic Aloe Vera Gel ~ from the inner-heart fileet of the aloe plant ~ makes a strong foundation for the Ideal Nutritional Cleanse and Replenisher. Aloe has been trusted for thousands of years to provide gentle cleansing and healing cellular nutrients.

BUT ALOE IS ONLY PART OF THE ANSWER

WHAT AN EVERY DAY CLEANSE MUST ALSO SUPPLY THE BODY WITH

- Anti-oxidants, 13 key vitamins, complete essential amino acids and chlorophyll to combat the effects of stress and assure vibrant energy, stamina and consistent on-going protection.
- 70+ Ionic Trace Minerals ~ preferably from ancient plant source ~ to replace the vital nutrients missing from our bankrupt soils and foods.
- Fulvic Acid to ensure that the trace minerals are well absorbed by the body.
- Beneficial herbs and juices to bolster the body's defenses.

The challenges with our environment, lifestyle and diet are difficult to solve. The choice to **TAKE ACTION TODAY to embrace Health and Energy and help avoid Premature Aging . . . **IS EASY !****

