



## **HERBAL CLEANSE - INTERNAL CLEANSE AND REJUVENATION**

In this modern, fast paced society today, it is easy for our bodies to become sluggish and inefficient due to accumulation of toxins, drugs, internal and external pollutants. Herbal Cleanse is designed to help rid our bodies of these everyday dangers. It does this by allowing our body's processes to harmonize and work more efficiently.

The body is an amazing, durable, yet delicate creation. It is capable of healing itself when properly cared for. Our bodies are composed of many tubes, not unlike the plumbing systems we have in the homes we live in. Our internal plumbing consists of the urinary tract, gastrointestinal tract, respiratory track, sweat glands, lymphatic system and the circulatory system. This 'personal plumbing,' just like our household plumbing, has a tendency to clog up. Waste (toxin) and debris build up along the walls of this "plumbing." As a homeowner we can use a drain product and as a "body owner" we need to use Herbal Cleanse.

ADVOCARE'S Herbal Cleanse has been developed to work and harmonize with each of the body's systems to gently cleanse and rejuvenate. This is a 10 day, 3 step process and must be done every 90 days to ensure the adequate nutritional benefits that our bodies deserve and demand for peak performance.

Anyone interested in promoting optimal health can use Herbal Cleanse with the exception of pregnancy or if you are under a physicians care for chronic or acute conditions. In these cases check with your doctor. The Herbal Cleanse is especially helpful for the following individuals:

1. At the start of a healthy weight loss program.
2. If you suffer from constipation.
3. After antibiotic therapy
4. At the beginning of a sports or rehabilitation program
5. Recurrent colds and/or flu
6. Fatigue irritability, or mood swings.
7. Problems losing body fat

Herbal Cleanse is designed to be used by itself. The body needs to have total rest when you 'cleanse.' However, products which can be used during this time are: C Grams, Antioxidant Boosters, Fibo-Trim, Meal Replacement Shakes, Fiber Drink, Joint Promotion, Nighttime Recovery, Rehydrate and Omegaplex.

It is important to note during your cleanse, physical activity such as aerobics, weight lifting and other activities like these should be kept at a minimum. Intake of red meat, processed sugars, and fats, should be limited also. It is also recommended that you eat a minimum of 5 fruits and vegetables daily, and drink a minimum of 8 - 8 ounce glasses of water to ensure proper cleansing, elimination, and adequate hydration.

Cleansing is a necessity of modern life for optimal health, longevity and to feel your best. The ADVOCARE Herbal Cleanse is a safe, highly effective and simple solution.