

# Do You Need To Do a Cleanse?

Herbs are a form of food that have a high concentration of nutrients in a small amount or portion. They are very effective for helping the body to heal itself by supporting the body's nutritional and detoxification pathways.

An herbal cleanse program that has herbs which support your liver, kidneys and colon is very effective for helping the body to detoxify. It should also contain herbs that support your immune system and herbs that help to balance blood sugar levels. Many herbs contain anti-microbial properties which help your immune system.

You may want to read about the phases of [Liver Detoxification](#) on the [Hepatic](#) page of our website to better understand the importance of providing nutrients to your body so that it can better detoxify itself. If we are lacking the nutrients needed for detoxification, your body will store the toxins in fat cells, the nervous system and the glands of our endocrine system such as the reproductive glands, thyroid gland, thymus gland and adrenal glands. When your body is unable to eliminate toxins, they can have a dramatic effect on gene expressions which can lead to debilitating and degenerative diseases.

Please take some time to read about [tips on having a healthy GI tract](#) (Gastro-Intestinal tract)

It is important to improve your eating habits and to develop an exercise program in order to enhance your body's ability to heal and detoxify itself. Emotional healing, healthy reactions to stress and visualizing positive outcomes for your goals also support the healing process.

If you have **2 or more checkmarks** on the list below, then you **NEED** to support your organs of detoxification in order to heal your body.

- Frequent headaches
- Skin problems (ie. eczema, acne, hives, psoriasis, etc...)
- Overweight
- Bloating, Gas, Excessive Belching
- Bad Breath

- Weak or brittle hair and nails
- Breathing difficulties (ie. asthma) or sinusitis
- Fatigue and lethargy
- Excessive stress
- Sugar cravings
- Candida overgrowth
- Yeast infections
- Food or Environmental Allergies
- Anxiety or depression
- Diarrhea
- Constipation
- Memory loss or learning disabilities
- Mood swings
- Frequent colds or infections
- PMS or bad menstrual cramps
- Fluid retention
- Bladder infection
- Loss of sex drive , impotence, or infertility
- Jock itch
- Hypo- or Hyper-Thyroidism
- Cancer
- Heart Disease
- Multiple Sclerosis
- HIV/AIDS
- Diabetes or blood sugar problems

- Arthritis
- Irritable Bowel Syndrome (IBS), Colitis, Crohn's Disease
- Autoimmune diseases (MS, Alopecia, ITP, etc...)
- Lack of exercise
- Poor diet (ie. coffee, sugar, processed foods, etc...)
- Smoking or excessive alcohol consumption
- Emotional eating habits

## **Other Imbalances**

There are many other conditions that are created when the body is in a constant state of imbalance:

- Poor digestion, absorption, and elimination
- Cardiovascular disease, including cardiovascular plaque and the inability of the blood to carry oxygen to your cells
- Diabetes
- Allergies and skin problems such as eczema, psoriasis, asthma, acne, and dry, oily and/or itchy skin etc.
- Kidney problems such as infections and kidney stones
- Immunodeficiency
- Free radical damage and cancer
- Hormonal imbalances
- Premature aging and death (just look at the complexion of a smoker!)
- Weak and brittle bones, joint pains, sore muscles and lactic acid build-up
- Chronic fatigue syndrome
- Chronic yeast infections and fungal overgrowth

# Are Food Addictions and Cravings Your Downfall?

The problem with our Western lifestyle is that the foods and drinks we consume create addiction and dependency. Take coffee and sugar just as an example. Both are stimulatory drugs that cause withdrawal symptoms when they are removed from the diet. However, you need to temporarily remove them and cleanse your body to get kick the habit.

Food addictions are a more severe form of cravings and come about because of 3 main reasons: you eat the same food in large amounts; you eat the same food too frequently; and food resides in your digestive tract far too long.

**What are you addicted to?** To find out, try removing it from your diet and you'll soon know!

The important thing to remember is that those **food addictions and cravings will disappear after you support your organs of detoxification with an herbal cleanse** and improve your eating habits. This will also help to rid your body of the very toxins and microorganisms that are "holding you hostage".

When it comes to craving foods like sugar, you need to realize that the more acidic your body becomes, the greater the "army" of sugar-feeding yeast and bad bacteria in your body becomes.

So even if you want to **stop eating sweets** or eliminate alcohol from your diet, you can't because it is these critters that are causing you to seek out the foods you crave! **Yeasts feed on sugar** and the breakdown of improperly digested foods. And this is bad news because sugar is a deadly compound. **Sugar corrodes your body**, creates free-radical damage to your arteries and other precious tissues, it upsets your body's mineral balance, leads to diabetes and obesity, and much much more!

Yeasts and bad bacteria want you to eat sugar-laden, acidic foods because in doing so, you feed them!

And this vicious cycle will never end! Unless, you **put an end to it!**

## We Can Help!!

**If you have checked any of the following items, then you may want to [contact us](#) to set up an appointment or to fill out our [online questionnaire](#):**



Lose the stubborn fat that you've been desperately trying to get rid of!

- ✓ Clear your body of years of deadly toxic build-up!
- ✓ Feel lighter, more energetic, and revitalized!
- ✓ Jump out of bed each morning with so much more energy!
- ✓ Know how to eat healthy for life!
- ✓ Learn which foods work best for YOUR body!
- ✓ Overcome years of uncontrollable food cravings!
- ✓ Look and feel healthier than ever before!
- ✓ Feel stronger, more enduring, and be able to recover from exercise so much faster!
- ✓ Have clear, smooth, and flawless skin!
- ✓ Have a bullet-proof immune system making you more resistant to colds and infections while everyone else is falling prey to the latest "bug"!
- ✓ Understand exactly how your body works and how you can finally reclaim control over your health for good!
- ✓ Have more motivation and inspiration to make exercise, healthy eating, and healthy living part of who YOU are!
- ✓ And so much more...