



Detox Introduction

This is an introduction to the 7(or)14 Day Detox Program™. This program was designed for the beginner as well as the advanced cleanser, and for people who want to experience a deeper cleansing, not just physical, but mental and spiritual cleansing. Over the last ten years many people have successfully completed the Detox program with dramatic results. Many of these people have gone on to do this cleanse on a regular basis because this program really works! It is not just a colon cleanser, it will clean from your alimentary canal to your colon and everything in between. It is a complete body cleansing system. Truly, every cell, tissue and organ will benefit from this Detox.

Some of the benefits people have reported over the years include improved immune function, more energy, better eating habits, weight loss, better mental focus and clarity, less mucus, better digestion, etc. The benefits are endless. With this cleanse/detox program you will not only clean toxins from your body, but you will also release toxic feelings and emotions. You may have strange dreams, or unique challenges in your life while you are cleansing. This is because there is no separation between mental and physical health, they are interrelated. Once you rid yourself of the physical waste, the mental, and spiritual waste is also released.

Before starting this cleanse it is important to read the instructions thoroughly, purchase all of your supplies, and then start on your 7-day mucusless diet consisting of fruits and vegetables only. At first the cleanse may seem to be complicated and overwhelming, but as you get into it more you will find a rhythm. Just remember, the benefits outweigh the cost by a long shot. The reason you are cleansing is for results, No pain, No gain is the bottom line. It is also important that you learn what to do if you have a cleansing reaction, which could occur for some people.

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This program is a step toward optimal health; it is not intended to cure any disease. It is designed for people who are willing to take responsibility for their own health. We encourage people to use the cleanse to make life transformations, especially dietary. Just make sure you keep a journal of your activities such as strange dreams, what you ate, how you feel each day, bathroom activities, thoughts and fears, etc. Beware, you might just learn something about yourself.

Just keep a positive attitude and a loving heart and you will overcome the obstacles that will be laid in your path. After all, if you do not have challenges then you are not truly detoxing. The deeper the cleanse the more challenges you will face. Hopefully this program will start you on the path, put you back on the path, or keep you on the path to optimal health.

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