



Who Needs to Detox?

Everyone should Detox at least 2 times a year, spring and fall during the equinox. The purpose of detoxification is general maintenance and repair, and to clean the body just like you spring-clean your house and car.

Also cleansing is good for:

- Constipation
- Hypertension
- Diabetes
- Overweight (over waste)/underweight
- Low energy
- Female/male problems
- Chronic illness/ low immune system
- Digestive problems (gas, bloating)
- Mental problems
- Skin/liver problems
- Becoming a vegetarian/changing your diet

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