

## 21 Reasons to Cleanse & Replenish

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1. **Strengthen the Immune System.** Cleansing impurities and flooding the body with high grade essential nutrients strengthens the immune system. Some studies indicate that a healthy dose of high grade, absorbable protein will strengthen your immune system by as much as 500%.
2. **Love Your Liver.** A clean, healthy liver supports metabolism and burns fat. A healthy liver promotes normal thyroid function and when the thyroid is healthy, your metabolism and energy levels escalate.
3. **Support Healthy Brain Chemistry.** When your body can effectively absorb and digest fats and protein, it converts these nutrients into healthy brain chemicals. When your brain chemistry is aligned, you will make healthier food selections.
4. **Restore Antioxidants.** Toxic compounds create "free radicals" that have the potential to damage cellular DNA-thus leading to cancer, weakened immune systems and accelerated aging. Antioxidants are substances that block free radical formation and destroy already formed free radicals.
5. **Free yourself from stress.** In herbal medicine, adaptogens are used to help the body "adapt" to imbalances that stress the body externally or internally. Replenishing the body's needed adaptogens assists in the body's own self-regulatory systems, thus reducing stress.
6. **Maximize Absorption of Essential Nutrients.** Maximizing absorption of nutrients helps to fuel the internal body to support all major organ systems including the circulatory, musculoskeletal, and neurological systems.
7. **Aid Digestion.** Herbs such as suma, peppermint, fennel seed, and licorice have been used in many cultures to support and aid in digestion. Peppermint is a nontoxic digestive remedy that can provide relief from gas, bloating, nausea, and gastric upset. Peppermint has a calming effect on the smooth muscle of the intestinal tract and is felt to promote the flow of bile from the gallbladder into the small bowel, thus aiding in the digestion of fats.
8. **Rejuvenate Your Cells with Ionic Minerals.** Minerals are the key to enzyme activation in our digestive tract. When minerals are present, our intestines allow for ultimate absorption of vitamins and essential nutrients. Modern lifestyle has taken its toll on our digestive/elimination organs. Ionic (charged) minerals are the most easily absorbed by our body.
9. **Support Your Vital Organs.** If your body is overwhelmed with impurities, gentle cleansing herbs and essential nutrients will allow it to eliminate toxins through the liver (the major detoxifying organ of the body), colon, urinary tract, sweat glands, skin pores, and the lymphatic system much more effectively.
10. **Lose Weight and Feel Great.** Studies have shown that fat cells provide the perfect environment for holding onto toxins. This is our body's natural mechanism for protecting itself from dangerous, often deadly toxins. Cleansing aids in the body's ability to flush fat and increase metabolism.
11. **Eliminate Unhealthy Cravings.** The healthy body will crave healthy things. The unhealthy body will crave unhealthy things. Cleansing and replenishing allows the internal body to create an environment that craves good, nutritious food.
12. **Enhance Cellular Communication.** Our cells want two things: good nutrients and a clean environment in which to communicate. Cleansing provides our cells with both.

13. **Build Muscle.** Cleansing and then replenishing with pharmaceutical grade organic whey protein provides the body with essential amino acids that are the building blocks for the development of lean, dense muscle.
14. **Address Diabetes.** Type II diabetes is a serious disease that is rampant because of our lifestyles. Effective weight loss and fueling of the body can aid in the body's ability to restore normal sugar levels.
15. **Beautify The Skin.** Our skin is the largest organ of our body. Cleansing and replenishing rejuvenates our skin, making us appear younger and more supple.
16. **Create Abundant Energy.** Better sleep cycles, achieved through cleansing, provide the body with stamina, energy, and mental clarity throughout the waking hours.
17. **Balance Your Hormonal System.** Cleansing and replenishing balances hormone levels, leading to a feeling of constant well being, increased stamina and increased sexual desire.
18. **Slow the Effects of Aging.** Toxins and nutritional deficiency can lead to premature aging on an internal and external level. Cleansing and replenishing allows our cells the ability to attach the affects of aging head on. A younger appearance along with incredible energy is often the result!
19. **Address Cancer.** Researchers suggest that approximately 90,000 cancer deaths may be related to obesity and are therefore, preventable. For almost all cancers, the risk of death increases coincident with body mass increases. Cleansing and replenishing often results in significant weight loss and, thus can reduce the risk of cancer.
20. **Enhance Elimination.** Refined, processed, low fiber foods, animal fats, lack of exercise, dehydration, and an ever-increasing level of stress all contribute to an irritable bowel and to sluggish elimination from the intestinal tract. Cellular cleansing and replenishing with fiber rich nutrients allows for better colonic elimination of impurities and is essential in the prevention of intestinal disorders.
21. **Never Diet Again!** Cleansing and refueling the body is an "anti-diet" approach to optimal health and weight management. "Diets" are often imbalanced and neither strengthen the immunes system nor rid the body of toxins. Imbalanced diets rob the body of essential nutrients and only offer temporary results. **Why not embrace a program that gives the body the right nutrients, the right balance, and the ability to once and for all chronically defend itself against the battle of the bulge?**