

*“Your body is a stimulus-response mechanism.  
If you want a different response, change the stimulus that  
makes the response necessary.”*

*“No amount of treatment will correct  
a nutritional deficiency.”*

*Dr. Tom Taylor*

## WHY BOTHER?

Imagine how you would look and feel on the outside if you'd never taken a shower: layer upon layer of dust, dirt, grease and grime, packed over your skin, unable to breathe or take in water...*YUCK!* Believe it or not, your insides may look a lot like that! Scary thought, isn't it?

It's not only possible but proven that stubborn weight can be *eliminated*; so can allergies, acid reflux and persistent fatigue!

Failing memories can *improve* and thinning bones can be *rebuilt!* Amazingly, even the spirit within you can be renewed, enabling you to fulfill your life's purpose with energy and delight!

When you decide to clean the gunk out of your insides, you begin a liberating adventure to unload the "gunk" you've accumulated, and discover how good your body, mind, and spirit can feel!

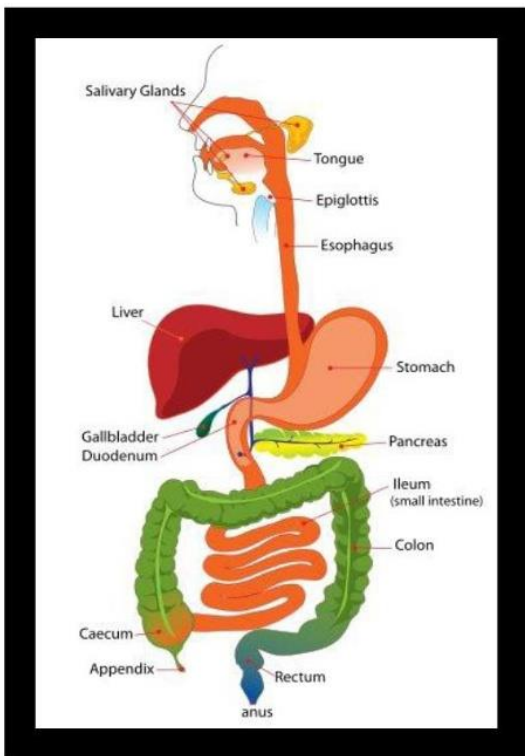


These are actual photos (from left to right) of kidney stones, colon "sludge," and a gallbladder full of stones. Not pretty, is it? Yet the people who had these "treasures" may have thought they were perfectly healthy!

Within a few short weeks of beginning your first cleanse, the difference in how you feel will astonish you in ways it's impossible to appreciate until you begin!

## A SHORT TRIP FROM THE MOUTH SOUTH

Believe it or not, the 12 meter-long (39.4 feet) “tube” from the mouth to the rectum – the “alimentary canal” – is considered to be *outside* your body. The digestive tract, including the esophagus, stomach, small and large intestine (aka, the colon, or small and large bowel), is one long, open tube. Everything you eat and drink runs *through* your body, literally, north to south.



The digestive system is responsible for breaking down food into usable nutrients and eliminating the waste. Think of it as one big processing plant. You put stuff in and different stuff comes out!

The higher the quality of what you eat and drink, the better everything inside you works, the healthier you are, and the better you feel. Your diet affects *everything*: energy, mood, memory, movement, life span...you name it!

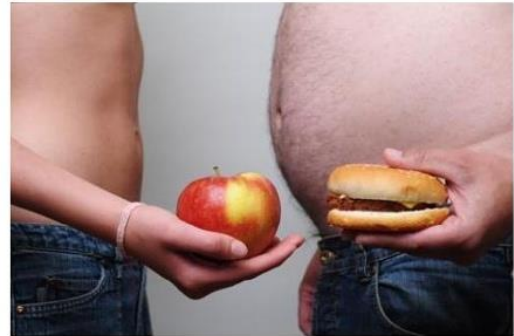
**Bottom line:** How healthy you are depends, in large part, on what you eat and drink...what you put in. How well you feel and how good you look depends on how well everything inside you deals with what you eat and drink.

**How well do you want to feel?**  
**How good do you want to look?**  
**Do you believe you're worth it?**



## THE SIMPLE TRUTH ABOUT HEALTHY CLEANSING

You probably brush your teeth twice a day, but when was the last time you “brushed” your liver, gallbladder, or colon? When was the last time you hosed down your kidneys or wrung out your pancreas? Think about it: We’re putting food and liquids through these organs every day. It might be time to “get the gunk out” and run your digestive system through a “wash cycle,” unless you’ve eaten raw food all your life.



Many chronic health problems originate with faulty digestion, absorption and elimination caused by a digestive tract that has become caked with residue accumulated through years of poor elimination and a diet of processed foods. Residue around the walls of the colon can become hardened or rubbery, forming a “pipe,” which interferes with the transfer of waste materials and the absorption of nutrients. When these vital processes are impeded we become malnourished and toxic, leading to disease and weight issues. A healthy digestive tract is the foundation of a healthy body.

**Cleansing is perfectly safe when it is approached carefully and performed methodically, allowing the body to heal throughout the process.**