

## HEALTH IS KNOWLEDGE- EDUCATE YOURSELF!

"And in the end, it's not the years in your life that count. It's the life in your years." **Abraham Lincoln**

As we grow older, many of us are likely to experience aches & pains, possibly be on heavy medication or may need costly operations. Why is this accepted in today's society? Why, do we spend thousands of Rands treating symptoms & more & more money on medical insurance? Why don't we invest in our health & prevent disease from ruling our lives?

Isn't it strange that in the age of modern science & medicine, the human race has never been as sick & more & more diseases, that where once considered rare are now common in our fast moving, fast-food society. Some sobering facts: In the US, 50% of all insolvency's are caused through medical bills & 50% of those are in the last 14 days of life.

Wouldn't you rather be feeling fit & healthy at age 50, 60 or even 80? Health is not complicated, although some people would probably like you to think so. By making a few changes to your diet, lifestyle, & environment... all it requires is knowing what changes to make & then making a concerted effort.

Remember that it takes years of doing the wrong thing to cause illness. Health therefore does not come instantly. The human body is however an amazing creation, it can regenerate completely new cells in 15 months. When you start to experience a change in your health & in your life, you will wish you made the changes years ago. Our health is the most important thing in life & we need to learn how we can look after it, the best we can!

## WHAT IS OPTIMUM HEALTH

Health is a state of balance between the body's healing system & the stresses that we come across. Optimum health is that inner resilience that allows you to come into contact with millions of germs & not get infected, or to be exposed to carcinogens & not get cancer. It enables you to recover from illness or injuries or handle stress without upsetting your digestive system or affecting your blood pressure. More than this, it is a sense of strength & joy. Most times we will not be aware of optimum health, because we tend to ignore our health when it is good. Health is something we need to work at.

## WHAT CAN YOU DO TO ACHIEVE OPTIMUM HEALTH

One needs to become more aware of your bodies needs & be more conscious of what you are consuming or exposed to. By eating more healthily, detoxing, exercising, & by supplementing with the correct nutrients, minerals, amino acids, herbs & trace elements you are able to increase your body's own healing powers. Your body heals itself, pharmaceutical drugs do not heal. To many of you who are used to visiting doctors, this information may seem foreign. Most of what is written is common & widely discussed in health books & magazines. Apply what is written & begin to discover the meaning of optimum health.

## SMALL CHANGES THAT MAKE A HUGE DIFFERENCE!

**Drink purified water;** install a filtration system in your home. (Bottled water is not necessarily always free of bacteria, fungi, carcinogens or toxins.) Stay away from processed (denatured/enriched) foods & buy as much organically grown produce as possible. Organic foods contain between 2 & 8 times the nutrients of conventional foods. **Eat fruit,** research continues to show that fruit contain protective compounds. If not organically grown, peel as the skins often hold herbicides & pesticides, which are sprayed directly onto the fruit. **Nutritional supplements** are often needed & are useful but they can never be a substitute for healthy eating. **Decrease bad fats.** Take in both Omega 3 & 6 oils (these are essential fatty acids). Cook only with extra-virgin Olive oil & eliminate hydrogenated fat, polyunsaturated vegetable oils (margarine & trans-fatty acids). Use butter sparingly! **Exercise.** Exercise increases blood flow, helping flush toxins from the lymph system, strengthening the heart & cardiovascular system, increases bone & muscle strength, reducing fat, improved self-esteem & mood enhancement.

**Cleanse the Colon.** This should be done every 6-12 months to ensure optimal health. A mini detox can be done, monthly. Supplement wisely. Take supplements that fit your lifestyle & health history. The following are recommended: broad-spectrum multivitamin or anti-oxidant, Vitamin C & E & any other minerals that your body may have insufficient quantities of.

Seek out a positive practitioner. Having a practitioner, who believes in the body's healing power & in the above points is better than a practitioner who believes the body is healed by pharmaceutical drugs. That is not to say that there are not useful drugs to be used in emergencies.

## THE IMPORTANCE OF DETOXIFICATION

Detoxification is the term used to describe the process your body goes through to eliminate toxins from the body. Why is it so important to cleanse the body? Let me ask you this, what happens if you don't service your vehicle on a regular basis? Most vehicles will start giving problems & eventually break down. The human body is no different. Subjected to various toxins & if these accumulate the body will not be able to operate at its peak. Ignoring symptoms associated with toxic overload may result in ill health. We experience better health & well being when the colon is clean & functioning normally.

When the colon is congested with stagnant waste, poisons back up into our systems & pollute the inner environment. This is called autointoxication literally "self poisoning". Autointoxication can be a causative factor in numerous serious diseases & is considered by many as the underlying reason for disease. In fact, research suggests that many of the diseases today can be traced back to a toxic colon. In the new millennium roughly 75% of people adopting the western lifestyle will more than likely suffer from an unhealthy Colon.

The western diet is generally low in minerals, vitamins & fibre & high in simple sugars, fat (specifically saturated) & often high in chemicals from processed foods. Typical symptoms include, constipation, gastritis, colon cancer, candida, ulcers, Crohn's disease, irritable bowel syndrome, & difficulty in losing weight... the list goes on!

Let us begin to understand the underlying causes of these symptoms: Science has discovered that compactions (putrefied foods) in the intestine give off vast amounts of toxins. Toxic waste build up inhibits the production of healthy bacteria, which assist our immune system & digestion functions. This is the perfect breeding ground for bacteria, parasites & free radicals.

## FOUR STEPS TO BETTER HEALTH

### Step 1: Thoroughly cleanse your digestive system.

Both healing & cleansing the body can't possibly be achieved without making dietary changes. For a thorough cleanse, it is advisable to use a good detoxification program. Any good cleansing program should include ingredients that break down hardened compactions & remove this toxic waste, reduce the number of harmful organisms (parasites & bacteria) in your gastrointestinal tract & restore the natural bacteria in the intestine/colon.

Our clients have achieved amazing results with our 20 & 30 day, colon cleansing kits. Which detox program is suitable for you? Depending on your present diet, age & state of health, will determine which program is suitable. Our colon cleansing kits consist of 100% natural, non-toxic, synergistic products, all of which are taken orally. The detox programs come with an easy to follow chart, which will take you through the entire colon cleansing program. We deliberately Detox over a lengthy time period so that the body is able to rid itself of toxins.

## The Healing Crisis Whilst Detoxing

When starting something new, which alters your lifestyle, such as detoxifying, exercising, fasting, certain symptoms may appear. These could include: headaches, colds, diarrhea, skin eruptions, clogged sinuses, fever & feeling lethargic & irritable. People often give up at this stage as they misunderstand the reason for being ill. Most peoples reasoning is this: "If I am doing something that is supposed to be good for me, why am I feeling like this? Why do I feel worse than normal?" Understanding this apparent contradiction is important as below I have explained what is termed the "healing crisis"

Toxins accumulate in our bodies on a daily basis. The amount of toxins that we take in, depends largely on the lifestyle that we live. Some of these toxins are as a result of the diet, environment we live in & our chosen lifestyle. When we try to eliminate toxins faster than the body can get rid of them, symptoms such as headaches, skin eruptions & lack of energy become more frequent. (It must be remembered that often people giving up bad habits have to go through pain in order to feel the gain). So, when you feel some of the above symptoms, view this as a good sign & that you are on the road to

better health. The severity & length the symptoms last, depends largely on your lifestyle before & how big a change you are making. Often people go through cycles of feeling good (when toxins are released) & then bad (when the body goes "deeper" & find more toxins to eliminate).

What to do during the Healing Crisis: First you need to accept that you are not ill & realize that the body is merely cleansing itself. Once you can cope with this fact, then the rest is much easier. One needs to aid the body as much as possible during this time. Try doing as many of the following:

- Most important drink lots of filtered water as this helps flush toxic waste.
- Get plenty of rest, this means relaxing & taking time out of your normal rush around lifestyle. Get to bed a little earlier.
- Take a week or two from gym or do half the exercise that you would normally do.
- Eat light foods that are easily digested & take in lots of fruits & vegetables.

If you feel queasy stop detoxing for a day or two to allow the toxins to be removed. Drinking lots of water (filtered if possible) helps to flush toxins out the body. Taking 1-teaspoon Epsom Salts or Black Forest tea can aid in bowel movement. Unfortunately, sometimes we have to feel worse to start feeling better. It is important to cleanse the colon every 6-12 months to ensure the colon is kept clean & functioning optimally.

#### **Step 2: Eliminating disease-causing toxins.**

Ideally you should have 1-2 thorough bowel movements every day. This eliminates toxic build up within the digestive system. If you are not having at least one bowel movement daily, then you should consider adopting the following steps to detoxify the body:

1. Add more fibre to your diet. Fibre helps to increase the number of bowel movements. Fibre is also important for reducing the number of harmful intestinal bacteria, which may cause disease. In addition to these functions, fibre binds bile acids & other toxic products to move them out of the body. Soluble fibre (pectin) slows down the movement of food through the intestine. Good food sources of pectin include apples, grapefruit, oat bran & broccoli.

Insoluble fibre speeds up movement of food through your intestines, helping prevent constipation & digestive diseases (diverticulosis, colon, lung & bladder cancers). Good sources of insoluble fibre include celery, whole-wheat, bran, kidney & pinto beans

2. Make your diet as easy to digest as possible. Eliminate carbonated drinks, animal protein, dairy, simple sugars (including alcohol), caffeine, artificial sweeteners, & canned or boxed foods. Eat warm, simple foods like beans (the best being mung beans & brown lentils), rice (basmati or brown), oatmeal, oat bran, 100% natural juices, cooked or warmed fruits (like baked apples or warmed peaches) & vegetables. You can also

use soy, beans & fresh yoghurt as your main sources of protein. Sipping on hot water (with or without lemon) during the day - for 30 days, during the healing process can help considerably. Chinese Green tea with a slice of ginger & some honey is refreshing & acts as a powerful anti-Oxidant & helps balance the pH.

3. If you suspect your symptoms are caused by a food allergy, identify your "trigger" foods by going on an elimination diet. Start by cutting out all the main culprits - gluten, milk, dairy products & wheat - for approximately 90 days. Then slowly add them back, one at a time (waiting a week between each one) to see how your body reacts.

#### **Step 3: Nutritionally rebuild yourself**

What you need to do:

Keep your immune system strong by supplementing daily with a good multi-vitamin, multi-mineral & antioxidant.

Eliminate as many unhealthy foods from your diet as possible, especially saturated fats from animal fats & dairy products, simple sugars, alcohol, caffeine, artificial sweeteners, processed & junk foods, carbonated beverages & any foods that you may be allergic to.

Eat as much organically grown & fibre-rich fruit & vegetables as possible.

Drink 2-3 litres of pure, filtered water.

Learn to handle stress with breathing techniques such as meditation, yoga, exercising etc.

Exercise regularly. Both aerobic & anaerobic exercise is beneficial to ones health. When your heart rate is increased, so too is your blood circulation through the body, feeding the organs with new oxygen rich blood, nutrients & also removing toxins. Exercise is not an option but a necessity for the elderly.

#### **Step 4: Continue to rejuvenate & rebuild repeat cleanse every 6-12 months.**

The colon detox kit is designed to effectively cleanse the colon. Eating an unhealthy diet will soon result in compactions forming in the gastrointestinal tract & the symptoms will reappear. Remember healing yourself the natural way can be more time consuming but then, we are interested in solving the cause of our problems & not merely hiding the symptoms! Try staying away from manufactured drugs, the powers above gave us everything on earth, that we need to heal any sickness. Our digestive system was not designed to filter man made drugs, so why use them? The benefits of taking natural supplements will show in your improved health, just give it a chance!

**NOTE: Do not take any type of detoxification therapy if you are pregnant, nursing, diabetic or anorexic, unless under the guidance of a health professional.**

# THE ULTIMATE DETOX

## B E N E F I T S

- Ø *Easy to follow*
- Ø *Increased energy levels*
- Ø *Immune booster*
- Ø *Regular bowel movements*
- Ø *General health benefits*
- Ø *Fewer sick days*
- Ø *Less money spent on dis-ease*

**If you would like to  
increase energy levels,  
vitality & be healthy...**



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