

STEPS TO GETTING AND STAYING HEALTHY “INSIDE & OUT”

Order your: 7 Day Body Cleanse & Seasource Detox Spa products

Seasonal (Spring, Summer, Fall, Winter) or Monthly Cleanse

Suggestions for Preparing for the cleanse

Do the following for one week prior to starting:

1. Eliminate the “Whites” i.e. sugar, flour, pastries, breads, pasta
Drink clean pure water i.e. Steam distilled or Reverse Osmosis
Amount: Your body weight divided in ½ in ounces daily
2. Eliminate Wine, Alcohol and Soda pop.
3. Consume ½ fresh squeezed lemon in 8 oz first thing each morning and again in the evening prior to bed.
4. Eat two dark green leafy salads per day. No iceberg/head lettuce
5. Eat vegetables and fruit daily.
6. Do not combine starches and proteins i.e. meat and potatoes at meals
A meal would be a salad, steamed or stir fried veggies and a protein i.e. fish, chicken, turkey or beef.
7. Do not drink with meals (1/2 hour before or after is ok) *because it dilutes your digestive enzymes and interferes with digestion*
8. Chew your food 10-20 times each mouthful
9. Walk/exercise 20 minutes per day

For more detailed information, menus and recipes plus what to expect with symptomatic changes visit www.glowinginsideandout.com to Eat & Be Well for life not just 7 days 😊

For optimal results do both the internal 7 Day Body cleanse in conjunction with the Sea Source Spa products to re-mineralize your body and give you the much needed relaxation you have desired.

Internal

When your products arrive continue to eat as recommended above along with 7 day plan. (Follow directions on the label)

For optimal cleansing consume 2 cups of Detox Tea and one Fizz tab daily.

.Note: Important to consume water along with this detox product!

External

Use the SeaSource Detox Spa products as directed during and after the 7 Day cleanse.

The rewards will be worth the effort - Be a good Landlord to your Factory men 😊

You will not believe how good you will feel and your body will thank you for taking the time to cleanse and detoxify.

Look Younger, Live Longer and Feel Better.

Krystal Gray C.C.N.