

KEYS TO SUCCESSFUL DETOXIFICATION

A healthy diet and regular exercise impact how the body performs and will enhance the effects of daily detox.

STIMULATE YOUR BODY

Exercise at least 30 minutes each day to increase metabolism, improve circulation and release feel good endorphins

STRENGTHEN YOUR BODY

Eat fresh fruits and vegetables (organic when available) and drink a total of 64 ounces of water each day as part of a healthy diet. Avoid alcohol, sugary foods (candy, cakes, soda), fried foods, high fat and highly processed foods.

SUPPORT YOUR BODY

While using this 7 – day program help optimize results with Arbonne Smart Nutritional Hybrids formulated for the special nutritional requirements of women and men.

IMPORTANCE OF MINERALS

- **Hardly any of us get enough minerals**
- **Building blocks of life**
- **Bonding agent between you and food**
- **They allow the body to absorb nutrients**
- **Keep the body Ph balanced – alkaline instead of acid**
- **Essential for bone formation and digestion of food**
- **Principle factors in mental and emotional balance**
- **Deficiencies in trace minerals can cause severe depression, PMS, sugar imbalance, nerve and stress conditions premature aging and memory loss.**

NOTE: Minerals cannot be synthesized by the body – must be obtained through food or mineral baths.

DIET: Refined foods, red meats, caffeine and fatty foods inhibit mineral absorption

STRESS: High stress – relying on tobacco, alcohol, steroids, antibiotics and other drugs = mineral depletion.

Minerals and Trace Minerals are not sufficient in our fruits and vegetables.

Plant minerals from herbal sources are the best way to get minerals. Herbal minerals are balanced whole foods – body easily recognizes and uses them.

7 Day Body Cleanse Dietary Supplement - Full Body Cleansing Blend

- **Senna Leaf Extract** –
Laxative properties.
- **Austragalus Root Extract** –
No known toxicity – increase resistance to disease and infections – immune booster
- **Furoidan Extract**
Seaweed extract – Research shows it has broad spectrum anti viral properties, including against the HIV and herpes simplex (cold sore) viruses as well as tumor inhibiting properties.
Cholesterol lowering and anti inflammatory properties. Southern Cross University involved in laboratory tests to further advance research.
- **Rhubarb Root Extract**
Contains Calcium, Phosphorous, Potassium, Magnesium, B2,B3,B5, C &E
Fights infection – eliminates worms – Enhances gallbladder function – good for constipation- colon, spleen and liver.
- **Psyllium Husk**
“Colon Broom” Lubricating – fibrous herb – cleansing and laxative properties – for chronic constipation- Effective for diverticulitis
- **Milk Thistle**
Liver Protective properties – used for indigestion – promotes flow of bile which helps emulsify fats.
Historical uses: Varicose Veins – Fatty liver - Psoriasis – Uterine tonic – Menstrual difficulties
- **Agave**
A sweetener extracted from a South American cactus, and traditionally used to make tequila. Often called “honey water” the agave nectaeer or agave syrup is light, both in taste and color. It is runnier than honey and tastes much milder, but is in fact sweeter so even less is required in cooking. Agave is extraordinarily low glycemic – it has almost no impact on blood sugar, making it an ideal sweetener for diabetics and those who are sensitive to sugars.
- **Inulin**
A soluble fiber extracted from chicory roots, is accumulating value in the functional food market, as ongoing research finds the ingredient has several different health benefits.
Most commonly used as a fat and sugar replacer, and increasingly to make claims for gut health benefits, the fiber can also boost bone strength, help control blood sugar levels and may even reduce cholesterol.
- **Aloe Vera Leaf**
Anti fungal – Anti Bacterial – Anti viral- Stimulates cell regeneration – Acts as a laxative – increases blood vessel generation in lower extremities of people with poor circulation – Good for skin and digestive disorders.
- **Nettle**
Diuretic – pain reliever – Arthritis. Used in hair care products to help stimulate hair follicles and regulate scalp oil build up.

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- Chlorrella

Virtually a complete food – Contains protein (approx 58%) All B vitamins, C, E, Amino Acids and rare trace minerals.

Contains more B12 than liver does

Considerable amount of Beta Carotene

NOTE: It has a strong cell wall which makes it difficult to gain access to its nutrients – requires factory processing to be effective.

One of the few edible species of water grown algae

The Chlorophyll in chlorrella helps speed cleansing of the blood stream

Excellent source of protein for those who don't eat meat.

- Blue Green Algae

Known as Super Foods – digestible protein, fiber, Chlorophyll, Vitamins, Mineral and Enzymes.

Most potent source of Beta Carotene

Richest food source of Vita B12

Amino Acids in blue Green Algae are identical to those needed by the human body.

Only food source (other than cows milk) of GLA (Gamma linoleic Acid)

Deficiencies in GLA contribute to obesity, heart disease, and PMS.

Stimulates immune response – improves digestion – detoxifies the body.

- Spirulina

Grows in both oceans and alkaline water

Research has shown that Spirulina alone could double the protein available to humanity on a fraction of the world's land while helping restore the environmental balance of the planet.

Spirulina contains 20 X more protein than soybeans

40 X more protein than corn

400 X more protein than beef

It is a complete protein providing all 21 amino acids. The entire B complex of vitamins including B12.

Stimulates both immediate and long range energy.

- Nori Sea Weed

Sea vegetable – superior nutritional content rich source of protein, carbs, anti oxidants, minerals and vitamins – especially healing carotenes.

Good Alkalizer of the body

Can be used in place of salt and other seasonings

Mainstay of iodine therapy.

Sea Plant chemical composition is so close to human plasma that it can help balance the cells of the body.

Sea Vegetables help alkalize and purify the blood from the acid effects of a modern diet allowing for better absorption of nutrients.

They strengthen the body against disease especially those caused by environmental pollutants.

They reduce excess stores of fluid and fat - transform toxic metals into harmless salts that the body can eliminate.

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- Red Marine Algae

Also known as marine seaweed, is a “super food” used by Chinese and Japanese cultures for centuries for its nutritive benefits. Packed with vitamins, minerals, proteins, enzymes, essential fatty acids, complex carbohydrates and more.

Other potential benefits of red marine algae include cholesterol maintenance, weight loss assistance and gastrointestinal health support.

- Cascara Sagrada

Colon cleanser and laxative – effective for colon disorders, constipation and parasite infestation.

- BuckThorn Bark

Buckthorn Bark used in conjunction with [Cascara Sagrada](#) as an herbal supplement to relieve constipation and the symptoms associated with constipation

- Slippery Elm

**Sooths inflamed mucous membranes of the bowels stomach and urinary track
Good for diarrhea – treatment of colds, flu, sore throats – beneficial for Chrons Disease and diverticulitis.**

- Meadowsweet

Tightens tissues and promotes elimination of excess fluid.

Reduces inflammation and strengthens and tones system.

Good for colds, flu, nausea – digestive disorders – muscle cramps- aches and diarrhea

SUPERFOOD ANTIOXIDANT BLEND:

Grape juice powder – Orange juice powder – Pineapple juice powder – Grapefruit juice powder – Blueberry juice powder – passion fruit juice powder – Carrot juice powder – Mango juice powder – Kiwi juice powder – Cranberry juice powder