

The 8-Day Cleanse

? Key to Improved Health

Detoxification: Key to **Fat** **Loss**

The reason that many diets fail to produce significant fat reduction is **toxins** in the body.

The body uses fat as a storage site for toxins (chemicals that damage the body).

When a person diets, the body recognizes the reduced calorie situation, and the body makes a choice as to whether it will burn up fat as fuel in order to maintain its calorie requirements or if it will lower its calorie requirements (by turning down the energy thermostat set point).

If the fat in one's body contains toxins, then burning that fat would release the imprisoned toxins into the body. In this case, the body often chooses to lower the set point, so as to avoid releasing the toxins that are stored in the fat because releasing the toxins would harm the body.

By detoxifying the body first, the body will then be able to choose to burn its fat for energy, instead of lowering the set point.

Therefore, ALWAYS begin your dieting with the 8-Day Cleanse.

You will immediately lose 8 to 15 pounds of weight and set the stage for successful dieting.

HINT: Doing two or three 8-Day Cleanses in a three month period of time is a great way to lose between 20 and 50 pounds.

Getting rid of accumulated sludge in our bodies

Most people's bodies have become **toxic waste dumps** storing billions of molecules of incompletely digested foods, chemical additives, residues of prescription and over-the-counter drugs and environmental pollutants within the body's tissues.

Additionally, harmful, parasites, bacteria, virus and fungus live inside us, not just in our intestines, but, throughout the body.

These harmful chemicals and microbes degrade our health by chemically changing our molecules

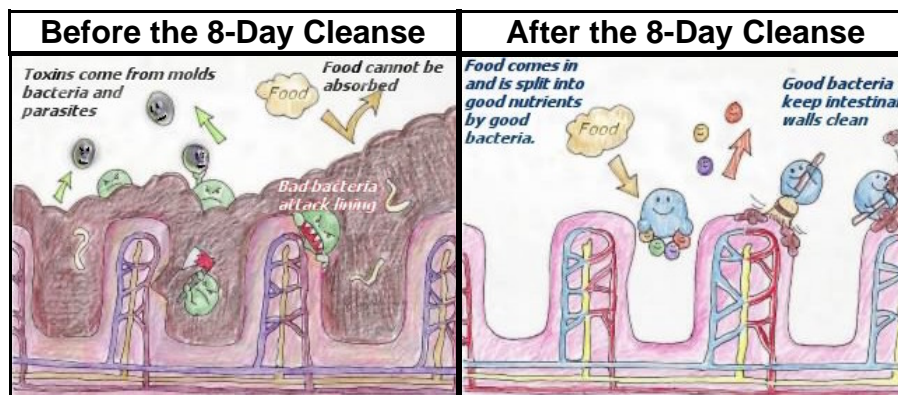
(free radical attack) and by physically damaging our tissues and interfering with normal biological operations.

Medical historians point to sanitation as the greatest health advancement of the last millennium. Washing hands and regular removing garbage to outside our city limits has saved more lives than all the drugs and surgical advancements of the last millennium combined.

And, now, numerous health professionals are telling us that we will likewise find another

huge health improvement if we engage in internal sanitation—that is if we remove stored toxins from our bodies.

The Eight Day Cleanse from Healthy-Living.Org is the result of twenty years of clinical healing work by cutting-edge health practitioners. The 8-Day Cleanse is highly effective at getting the chemical and microbial sludge out of our body—allowing our digestive and eliminatory systems and the individual cells of our bodies to operate cleanly and efficiently.



Lose more toxins in just 8 days than you would with a 40 day fast!

The Eight Day Cleanse has been perfected through years of clinical practice. It is capable of removing more toxins from the human body in just eight days than fasting can do in 40 days.

Most importantly, the 8-Day Cleanse does not involve fasting or uncomfort-

able changes in bowel habits. It can be done while continuing to work at one's daily job.

More than 10,000 satisfied customers have done the 8-Day Cleanse.

It is safe and effective, and comes with a 30 day satisfaction guarantee.

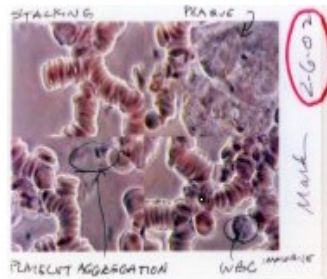
Please note that persons who have Chron's disease should not do the 8-Day Cleanse.

Also, pregnant women and nursing mothers should not do the 8-Day Cleanse because toxins released through the 8-Day Cleanse may be introduced into the child.

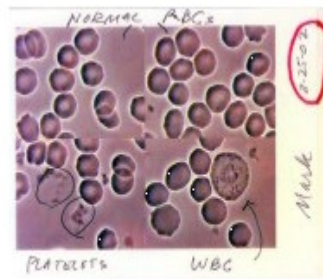
Improving Blood Circulation, by Removing Lipids

The Eight Day Cleanse has often made a dramatic difference in the circulatory system, by removing lipids (triglycerides and cholesterol). (See the before and after blood panels of a normal and supposedly healthy person to the right).

It is not too uncommon to see 50 to 150 point drops



Before 8-Day Cleanse



10 Days After Cleanse

in cholesterol counts and 50 to 1,000 point drops in triglycerides.

As a result, the blood becomes more able to pass through the capillaries, more able to carry oxygen, nutrients and toxins in both nourishing and detoxifying our cells.

A Description of what the 8-Day Cleanse entails and why it works

The 8-Day Cleanse includes the following:

- 1 Bottle of Parasite Killing Herbal Formula
- 2 Bottles of 28 times strength Aloe Vera Juice
- 1 Bottle of Cleansing Enzymes
- 1 Canister of Seven Essentials Food Powder
- 1 pH tape strip
- Instructions

The 8-Day Cleanse involves dietary changes as follows:

For the first four days of the 8-Day Cleanse, one may eat only approved, low-calorie vegetables (approved vegetables are listed in instructions), oils and condiments; and only

water or herbal tea may be drunk. Vegetables may be eaten raw or cooked.

During the last four days, gluten-free, whole grain (such as brown rice) can be added to the diet regimen.

The following supplements are consumed three times per day, as follows:

- 2 capsules of the Parasite killing formula
- 1/2 ounce of Aloe Vera 28 X concentrate (diluted with 1/2 ounce of water)
- 1 scoop of Seven Essentials (mixed in water)

Additionally, one capsule of Cleansing Enzymes is to be consumed each waking hour of the day (up to 15

capsules daily).

Each morning, the urine pH is checked (color chart provided). Based on the observed pH value one will be instructed to consume more Aloe or more Seven Essentials in order to balance the pH to approximately 6.2.

The items provided in the 8-Day Cleanse are enough to finish the eight days with a little to spare. The Parasite killing formula, however lasts 30 days. It is the only element of the 8-Day Cleanse that continues beyond the eight days.

The 8-Day Cleanse is effective because parasites, fungus (including Candida), virus, etc. are greatly re-

duced in number by taking the supplements provided and also because good bacteria are provided to help push out the bad bacteria from the gut. Superb concentrated food nutrition is provided (giving one more antioxidants in eight days than a typical American diet provides in many months). The liver (the master body detoxifier) is specifically strengthened. Through the action of orchestrated systemic enzymes, the mucoidal plaque which normally coats the intestines of adults is dissolved and toxins throughout the body are dissolved. Finally, pH balancing occurs which promotes trace element assimilation.

Frequently Asked Questions:

How often should one do the 8-Day Cleanse?

The answer is once per year (like a tune-up for your car) However, at the beginning of efforts to improve health, we recommend doing two to three cleanses (one to two months apart) to fully cleanse your body from years of accumulated toxins.

What is it like to do the Cleanse?

First of all, there is no diarrhea (as many suppose). And, for 70% of those doing the Cleanse, there is only a mild feeling of tiredness on days 2 and 3 when toxin dumping reaches its peak. The way to avoid any such tiredness is to follow the instructions precisely and to take hot baths, get a massage or do some exercise to help move the toxins out of your body faster.

We recommend starting on Friday morning (so that days 2 and 3 occur on Saturday and Sunday). You will have no trouble working at your normal job during the 8-Day Cleanse. By the end of the eight days, your energy is often greater than you've experienced in a long time.

Purchasing the 8-Day Cleanse



The cost of the 8-Day Cleanse Kit is **\$145.00** plus shipping and handling (plus sales tax, if any). Because this amount is over \$120.00 you receive **a 5% discount** on the product, making the product cost only **\$137.75**.

Shipping outside the U.S./Canada is priced at the actual cost of Global Express shipping (5 pounds) plus a \$7.50 surcharge.

Each 8-Day Cleanse Kit includes one canister of E7. You get to choose which flavor of E7 you want—Chocolate, Berry, Natural and Vegetable.

Call **1-866-257-0538** to order or visit online at: www.healthy-living.org/cleanse.html