



OPTIONS CENTER HEALTH TOPIC



DETOX YOUR BODY TO IMPROVE YOUR HEALTH

Have your blood pressure checked and your blood tested for cholesterol and triglycerides and even blood sugar handling, if you desire, before and after this detoxification program and see for yourself how effective this cleansing program can be.

YOUR BODY'S JUNK DRAWER

You probably have a junk drawer at home. It holds a mishmash of nuts and bolts, some old keys, a pair of pliers, a night-light bulb, and a roll of duct tape.

Your body also collects junk. This "junk" comes from the food you eat, the water you drink, and the air you breathe. It includes pesticides, heavy metals, chemicals, caffeine, pollution, and preservatives.

Also, simply living creates wastes. As you read this, your body is making ammonia and carbon dioxide. These and other poisons are created by the workings of each cell.

It's the job of your liver, lymphatic system, kidneys, lungs, intestines, blood, and skin to filter these toxins from your body. When overloaded, your body becomes inefficient. Like a furnace with a clogged filter, it collects toxins.

If these toxins aren't eliminated, your well-being is compromised. Have you experienced:

- Weight gain
- Feeling tired or fatigued
- Poor digestion
- Difficulty sleeping
- Food cravings
- Mental fog
- Moodiness
- Low libido

If you answered "yes" to any of the above, you would likely benefit from a Standard Process purification and weight management program.

WHAT IS PURIFICATION?

Purification is merely the internal cleansing and detoxification of your body. Think of it as "spring cleaning" for your insides.

It requires making new, healthier choices for yourself. You will be discontinuing fast foods, processed convenience foods, and sugar-laden snacks, which place an unnecessary load on your body. Say goodbye to cheeseburgers, French fries, salt, sugar, and dairy products. Say hello to whole, unprocessed, preservative-free foods, lots of pure spring water, tasty shakes, and whole food supplements.

In the process, you will learn about your body and its needs. You're also likely to shed some extra weight, rid yourself of accumulated sludge, and expel energy-zapping wastes.

HOW IS PURIFICATION DIFFERENT FROM ANY OTHER DIET?

Fad diets sell a lot of books, but they ignore the way our bodies actually work. Gaining the weight back (plus a little extra) is all too common.

Standard Process' purification and weight management programs are different. They are not diets. They are programs that help you live a healthier life.

They use whole food supplements to help your body purify and rebuild itself naturally, from the inside out. You'll also be supporting all of your organ systems that play a role in purification.

You may find yourself eating foods that may be new to you. As a result, you'll be enjoying new tastes, new textures, and a whole new you.



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