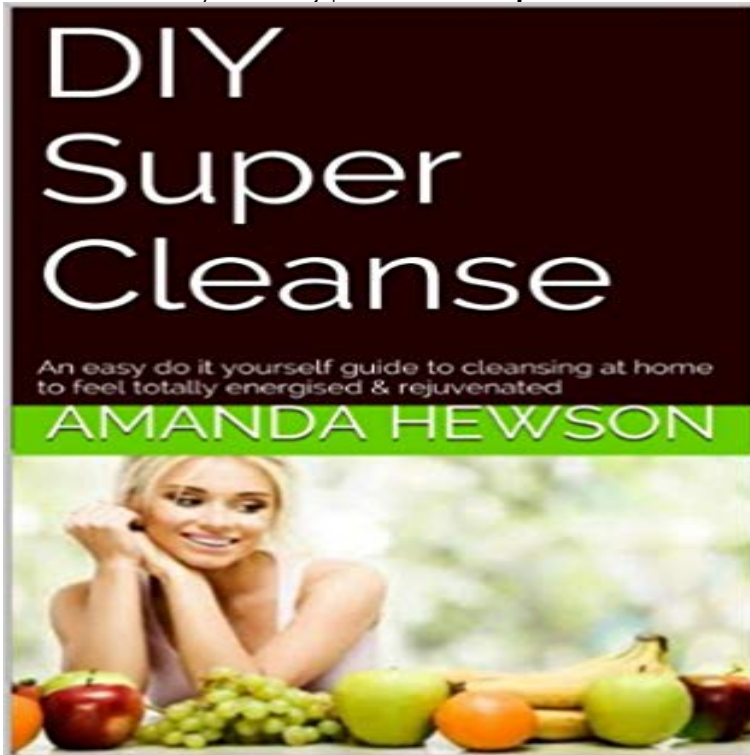


DIY Super Cleanse: An easy do it yourself guide to cleansing at home to feel totally energised & rejuvenated



Do you suffer: Fatigue Depression Irritability Depression Gastrointestinal Irregularities Allergic Reactions (hives, sneezing, coughing, food sensitivity)

These are classic signs of an overloaded bowel. Dont worry, we can sort it out in just a few days, and with a few days of cleaning. Your bowels eliminate poo, right? Can you imagine if you never cleaned the toilet? Well, thats right, sorry honey, but youre your bowel probably looks like a toilet that no one has scrubbed off the skiddy marks, in years! No wonder you feel like shit! Basically retained debris in the bowel (all those skid marks you have not cleaned up) results in poisoning. 90% of diseases are from improper functioning of the colon, in 22 000 operations I have performed I have never found a single normal colon John Kellogg The first step to any health program is to sort out the bowels and eliminate all the toxic material that has been collected over the years. The idea is to remove the toxins and the toxic build up from your fat cells, muscle tissues and organs. When you dissolve this toxic material it is mostly eliminated your bowel. Most of us have sluggish, sleepy bowels that contain pounds of old fecal matter. If you dont stimulate and cleanse your bowel, the poisons you try and flush out of your body by being healthy or doing a basic cleanse just sit in your intestines and can be reabsorbed into your body. This can actually make you really sick. More than 65 different health challenges are caused by a toxic colon The Royal Society of Medicine, UK

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