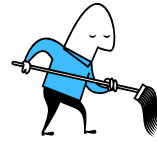


# Detox: Internal "New Year 2011 Cleaning"



## Top Four Shaklee Detoxification Products

With all the chemicals our body has to filter out, it's really smart to clean out your system from time to time. Use the following four Shaklee products to provide a thorough detoxification as part of your personal spring-cleaning.

### **1) Alfalfa:**

Alkalizes and detoxifies the body, especially your liver. Used for centuries to treat numerous conditions including kidney stones, fluid retention, arthritis, sinus problems, body odor, bladder infections, allergies, asthma, and hay fever. A wonder herb, often called the "King of All Plants", alfalfa is one of the most complete and nutritionally rich foods available. Shaklee's Alfalfa Complex is so much better because every safeguard to help protect the natural plant from first planting to final bottling is taken. Shaklee Alfalfa Complex is grown without pesticides, herbicides, or inorganic fertilizers and contains no fungicides, bacteriocides, synthetic hormones, growth regulators or chemicals. For more information on Shaklee Alfalfa Complex or to order it online go to:

<http://www.shaklee.com/product/Alfalfa>

### **2) Herb-Lax:**

Constipation and irregularity are a by-product of our modern diet. Both contribute to toxic build-up in the blood and lymphatic system. Shaklee's Herb-Lax, originally formulated by Dr. Shaklee with an enhanced proprietary blend of nine herbs including senna leaf, is the perfect choice for colon and cleansing health. For occasional irregularity, Herb-Lax is very safe and gentle in cleansing the entire system of toxins without the harmful effects of chemical laxatives. It softens stools and makes them easier to eliminate. For more information or to order Shaklee's Herb-Lax online go to: <http://www.shaklee.com/product/HerbLax>

### **3) Liver DTX:**

Your skin is the largest external organ of the body and your liver is the largest internal organ. The liver helps your body detoxify, and does hundreds of other important functions. Shaklee's Liver DTX Complex supports liver function by providing antioxidant protection to cells and for liver cell repair by supporting protein synthesis. It helps maintain bile flow to eliminate compounds detoxified by the liver. Liver DTX also helps to combat allergies, bronchitis and free radical damage due to toxicity. It also helps with bad breath and body odor, increases immunity and helps lower cholesterol levels. For more information or to order Shaklee's DTX online go to:

<https://www.shaklee.com/product/20616>

### **4) Optiflora (part of Vitalizer):**

There's an old saying that goes, "death begins in the colon". Keeping the colon clean helps keep bad bacteria in check and allows good bacteria to flourish. Good bacteria must be in the colon to restore good health. Shaklee's Optiflora System is arguably one of the biggest breakthroughs in supplementation in the last few years. This patented Daily Colon Care System is guaranteed to deliver 500 million live friendly bacteria to the intestine. The microflora in many other competitive products never make it that far. Using Optiflora everyday is a good idea for everyone, but especially if you have digestive problems, heart burn, gas or bloating, are constipated or have diarrhea, have taken antibiotics, suffer from psoriasis, eczema or acne, have food allergies, are afflicted with colon or rectal cancer, prone to cold sores or have candida, yeast infections or autoimmune diseases. For more information on Shaklee's Optiflora Daily Colon Care System or to order it online go to:

<https://www.shaklee.com/product/Optiflora>

## 10 Day DETOX PLAN

Needed Products	Servings Per Day
Cinch Shake( Soy or Whey)	Three
Vitalizer	Daily strip in the morning
Alfalfa Tablets	Five tablets - three times a day
Liver DTX	One - three times a day
*Herb-Lax	Two tablets - before bedtime *
High fiber bar	One

\*Herb-Lax - start with one to see how they work for you.

Food	
Vegetables (Fresh/Raw)	Four cups of raw/lightly cooked vegetables per day
*Fruit (Fresh)	Four fresh fruits per day

\*Fruits and vegetables should be organic when possible. You may have only 1 banana or peach each day. Also, a serving of grapes is 1 cup.

Beverages	
Water	Divide your body weight by 2 and drink at least that many ounces of water each day. Drink additional water if you exercise.
Cinch Tea /Coffee	Ideally caffeine free, but not mandatory

Free/Unlimited Stuff	
Dry spices that don't include salt, sugar or chemicals	
Lemon, Vinegar, Salad	

Optional Products	Servings Per Day
Cinch Bar	One
Lecithin	2 caplets 3 times a day

### Exercise

Follow your regular exercise program. Additionally, do a little something every day even if it is a short walk.

## DETOX PLAN WORKSHEET

Needed Products	Servings Per Day	1	2	3	4
Cinch Shake	Three				
Vitalizer	One strip in the morning after meal				
Alfalfa Tablets	Five tablets - 3 x/day				
Liver DTX	One tablet - 3 x/day				
Herb-Lax * see note on page one	Two tablets - before bedtime				
Fiber Bar	One				

Food					
Vegetables (Raw/Fresh)	Four cups of raw vegetables per day				
Fruit (Fresh)	Four fresh fruits per day				

\*Take vitamins with food.

Water				
Divide your body weight by 2 and drink at least that many ounces of water each day. Drink additional water if you exercise.  Water intake will vary based on your individual needs and exercise.	1	2	3	4
	5	6	7	8
	9	10	11	12
	13	14	15	16

Needed Products	Servings/Container	Member Cost
Cinch Shake (need 3)	15	3 x \$40.80
Vitalizer	30	\$79.25
Alfalfa Tablets	30	\$16.45
Liver DTX Complex	30	\$37.25
Herb-Lax	30	\$6.90
	<b>TOTAL</b>	<b>\$262.25</b>
Optional Products		
Cinch Bar	10	\$20.35
Lecithin	180	\$13.85

Shakes last for 10 day intense Detox, all other supplements last for 30 days or more. No other costs involved except for purchase of fruits/vegetables.



## **FAVORITE DETOX PLAN RECIPES FROM TINA**

### **Veggie Salad (organic when possible):**

Bed of lettuce

1 cup finely chopped carrots

.5 cup chopped broccoli

.5 cup tomatoes

little bit of chopped onion and herbs (optional)

### **Dressing:**

Half an avocado, some vinegar, pepper, garlic powder mixed together

*This counts for about 3 cups of veggies and you still have one cup left for later!*

### **Fruit/Protein Bowl (organic when possible and fresh instead of frozen):**

In blender blend 6-8 oz ice water with .5 cup strawberries and .5 cup blueberries and 3 TBS of Strawberry or Vanilla Cinch

Cut up one banana and one apple in bowl

Pour mixture over fruit and add 1/4 cup fiber

*This gives you 3 fruits, fiber and protein and you still have one fruit left for later!*

### **Cold Day: Hot vegetables!**

Bring about 2 cups of water with organic vegetable broth to a boil. Reduce heat and add 2 cups of chopped organic veggies to it and heat for 1-2 minutes.

*Ready for an all veggie soup -- Delicious!*

**Enjoy and happy Detoxing!**

**Keep me posted on your progress.**

Tina Fusser

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