

# 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.

Fat is used by the body as a storage site for toxins (chemicals that damage the body).

When a person begins a diet, the body recognizes the reduced calorie situation it is in—and it makes a choice—whether to burn fat for fuel and maintain its calorie requirements or whether to 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... and so the body chooses to instead lower its set point, so as to prevent any damage from released toxins.

By detoxifying the body first, the body will 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 from our bodies

Most people's bodies have become **toxic waste dumps** storing billions of molecules of incompletely digested foods, chemical additives, residues of prescription or 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.

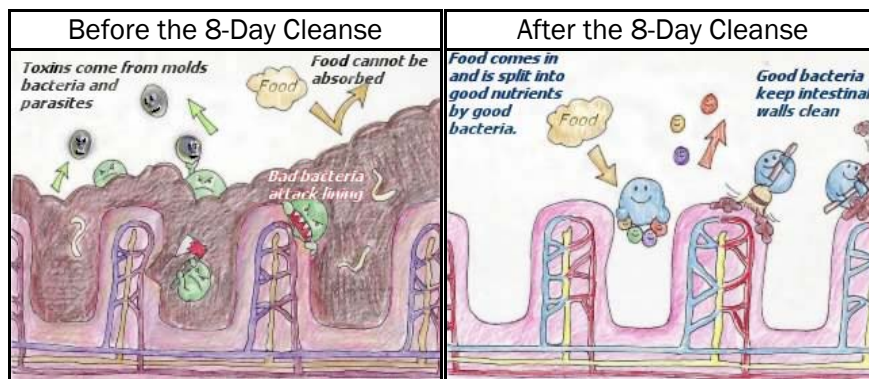
Medical historians unanimously point to sanitation as the greatest health advancement of the last millennium. Simply put—garbage cleanup and washing hands saved more lives than all the drug discoveries and surgical advancements of the last millennium combined.

In this new millennium, we will likewise find more health improvement from internal body detoxification—internal sanitation than from all the hospi-

tals, surgeries, vitamins and herbs on earth combined.

Getting rid of accumulated toxic-buildup inside the human body **is the wisest course one can take to preserve health.**

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



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

The Eight Day Cleanse has been perfected through years of clinical practice in its ability to remove more toxins from the human body in eight days than fasting can do in 40 days.

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

fortable changes in bowel habits. It can be done while continuing to go to work at your 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 with intestinal ulcers (Chron's disease) or stomach ulcers cannot undergo the 8-Day Cleanse.

Also, persons with diabetes are advised that changes in blood sugar are very likely to require adjustment of blood sugar control medications.

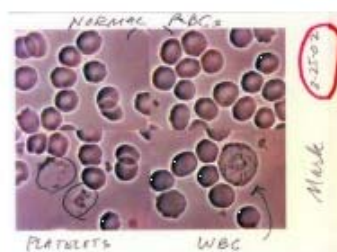
## Improving Blood Circulation, by Removing Lipids

The Eight Day Cleanse makes a dramatic difference in the circulatory system, by removing lipids (triglycerides and cholesterol) from the blood. (See the before and after blood panels to the right).

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



Before 8-Day Cleanse



10 Days After Cleanse

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

The blood becomes thinner and more easily 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 listed in instructions), oils and condiments; and only water or herbal tea may be

drunk. Vegetables may be eaten raw or lightly cooked.

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

These supplements are consumed three times per day, as follows:

- 2 capsules of the Parasite killing formula
- 1/2 ounce of Aloe Vera 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 (15 capsules daily).

Optionally, each morning, the urine pH is checked (color chart provided). Based on the 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 reduced in number by taking

the supplements provided and also because good bacteria (lactobacillus sporaganes and lactobacillus salavarius) are repopulated into the gut. Superb concentrated food nutrition is provided (giving one more antioxidants in eight days than a typical American diet provides in a whole year). The liver (the master body detoxifier) is specifically strengthened. Through the action of superbly 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.

### How difficult is it to do the Cleanse?

First of all, there is no diarrhea (as many suppose). And, for 60% of those doing the Cleanse, there is only a mild feeling of tiredness (on days 2 and 3) when the greatest dumping of toxins occurs. This can cause one to feel similar to coming down with the flu. Some people get headaches on days 2 and 3. The solution is to drink more water, work up a sweat or get a massage 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). Most people have no trouble working at their normal job during the 8-Day Cleanse. The biggest difficulty is remembering to take the enzyme capsules 15 times per day (one capsule per waking hour).

## Purchasing the 8-Day Cleanse



The cost of the 8-Day Cleanse Kit is **\$139.00** plus \$1.50 handling (and applicable sales tax).

There is no shipping charge to the 48 contiguous U.S. states. Shipping to Hawaii, Alaska and Canada is \$8.34.

Shipping outside the U.S./Canada is priced at the actual cost of Global Express shipping (5 pounds) plus a \$6.00 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: [http://www.healthy-living.org/the\\_cleanse.html](http://www.healthy-living.org/the_cleanse.html).