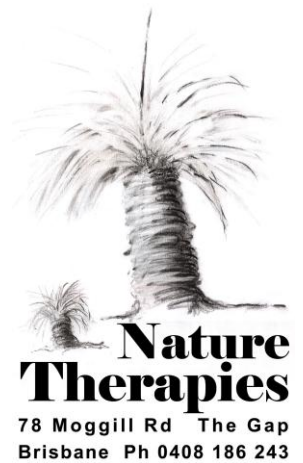


Improve Nearly Every Aspect of Your Health with **Detoxification**



Living in the 21st century poses greater challenges to our body's health than ever before. The freedom of movement, the sense of vitality and energy and the peace and calm that we believe should be fully present in our life often seems faraway. The accumulation of modern chemicals and toxins is not something that just happens to some people, it is happening to everyone. The only difference is the quantity absorbed and the proportion of these poisons that our body is able to detoxify. Toxins can accumulate from both external sources like pollution, food additives, skin creams/ shampoos, and internal sources due to poor liver function, improperly digested food and our reaction to stress. These toxins need to be cleared at the rate of accumulation, or a buildup occurs. The symptoms of toxin buildup are related to one or all of the four filters of our body.

The Gut → The Liver → The Immune System → The Kidneys. Your health appraisal questionnaire or testing may have shown a high score in these areas.

To create the health and vitality that you want we need to have the body operating free of its toxic load. At Nature Therapies we have been helping people detoxify for over 17 years. During this time we have refined these processes to be the most efficient, results rich and life changing that they could possibly be. We believe that your toxins accumulated over time, and that it takes time for the body to rid itself of these naturally, without too much stress. We believe in an integrated detoxification process that addresses firstly the gut, and then the liver as doing just one of these is like leaving the roots of a weed to spring up at the next rainfall.

We do not believe in the one week or two-week detoxes that are currently available in chemist shops as they only complete part of the process and sometimes overload the system too quickly, beyond its ability to cope. We have seen many people experiencing very unpleasant symptoms as a result of the liver not being able to cope with the rapid outpouring of toxins that these "quick fixes" often produce.

We routinely test the status of your liver gut and immune system prior to detox so that we can ascertain the most efficient way that your unique body should detoxify, and to check on completion to see what you have achieved.

With toxicity being integral to almost every body process, the results can be obtained from firstly removing toxins and then allowing increased natural functionality to heal the body, can be amazing. Aching joints, arthritis, inflammation, bad backs, poor energy, obesity, depressed immune systems, headaches, mental foginess, depression and anxiety, skin conditions and many others have improved dramatically or resolve completely as a result of integrated detoxification.

Cleaning our bodies filters should be as normal in modern society as it is in the Ayurvedic medicine some 10 to 15,000 years ago, bearing in mind that there were less chemicals to ingest and less pollution to be exposed to in those times. Twice a year seems to be the frequency that suits most people, however those who work in toxic environments or who have a high initial load may consider every three months or mixing and matching different detox protocols.

We have designed it to be a functional process in most people's family or work lives and revolves mainly around eating healthily from your blood type diet, thus avoiding a lot of ingestible and also indigestible toxins, and taking an individually appropriate, detoxification herbs and supplement regime. The results however are well worth the effort, and after most people have done two or three detoxes, they generally continue to voluntarily make the effort to maintain and improve their new found health and vitality.

If you have any questions please do not hesitate to call Terry on 0408 186 243.