



For more Information or an appointment,  
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## **Nutritional Cleansing**

The human body accumulates impurities and toxins. Our environments are polluted, our fruit and vegetables are sprayed with herbicides and pesticides, chemicals in our cleaning products, shampoos and soaps and artificial colours, preservatives and flavours in packaged foods. It is difficult to avoid but what we can do, is help our body eliminate the toxins.

Our body naturally has the ability to eliminate these impurities and toxins however we are now exposed to levels of toxicity that our bodies are struggling to deal with, causing more food and environment related diseases than ever before. Your body is forced to store the excess toxins and impurities in fat cells. This stored waste makes your body become less efficient, including slowing down your metabolism. Your metabolism regulates nutrient use, energy production, and weight. The result, unwanted or hard to get rid of accumulated toxic fat cells. You may also feel sluggish, have a lack of energy, dull skin, have trouble concentrating, difficulties sleeping and could fall victim to a variety of illnesses. This is why we need to undertake nutritional cleansing regularly.

“In a year from now, you will wish you had started much sooner”

## **Why do we need nutritional cellular cleansing?**

The benefits of nutritional cellular cleansing are numerous. Everyday we're exposed to hundreds of toxins—from the food we eat, to the air we breathe, to the water we drink, to the items we touch. Of the three primary forms of stress, chemical stress is the factor we have the least control over in regards to exposure. Taking precautions is the right first step, because in today's society, it's impossible to avoid exposure to toxins.

Without the proper nutritional cleansing of impurities and toxins, the body slow to maintain good health. Nutritional cellular cleansing can help give your body the nutrition it needs to cleanse itself naturally, unlike other 'cleanses', laxatives or diuretics that can deplete your body and leave you feeling hungry, nutritional cellular cleansing can nourish and cleanse at a cellular level and feed your whole body with vitamins, minerals, antioxidants and botanicals.

## How you can benefit from nutritional cellular cleansing

Deep cellular cleansing and daily cellular cleansing with our cellular cleanse system supports your mental and physical performance, resistance to stress and digestive health. It can also help protect your body from the cumulative damage of environmental toxins and oxidative stress and encourages safe and effective weight loss by gently removing impurities, and in turn, the fat cells in which they are hiding within.

## How to replenish after your cellular cleanse

Once you have cleansed at the cellular level your body is ready to replenish and soak up more minerals and nutrients. Fuel it with our high grade, undenatured whey protein shake. With a balanced ratio of high-quality organic undenatured whey protein, healthy fats and carbohydrates that your body needs for perfect cell function and regeneration. They are also the only shake on the market with pro and pre-biotics, macro nutrients, micro nutrients and live enzymes and no preservatives or sweeteners. With no compromise and high quality ingredients, you may experience positive effects including releasing stubborn weight, shedding visceral fat, improve muscle recovery, improved sleep, increased endurance and stamina, cellulite loss or increased muscle growth.

