

Are You Toxic? DE-TOXIFY!

by Margy Squires

Do you feel sluggish? Have vague aches and pains? Struggle with skin issues or unexplained rashes? Crave sugar? Have trouble losing or gaining weight? An intestinal detox can help “clean” you up, boost your ability to absorb nutrients from food and supplements so that you’re more energized and healthier.

How do you get toxic? You eat. You eliminate. How much simpler can digestion be? Truth be told, the digestive process depends on enzymes, signals from the nervous system and friendly bacteria in the GI tract to glean essential nutrients from food that keep you alive and properly functioning. And since most people do not have any trouble eating, where else do you look except to the *other end*?

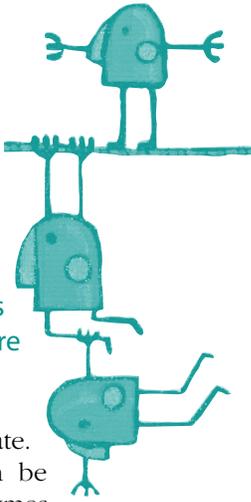
There are more than 400 different kinds of friendly bacteria in your GI system that make some of your B vitamins, K, help absorb minerals, convert proteins to amino acids, synthesize serotonin, maintain a proper pH and prevent unwanted toxins from getting into your blood stream. Your GI system is also involved in immunity, activating specialized cells against rogue bacteria and viruses. And even though some yeast is normally found in the GI tract, too much causes candida which steals your nutrients and migrate outside the GI tract to the mouth and vagina. I hope you get the idea that this is a complicated, delicate ecosystem that requires balance!

Do you have any of the signs of an unbalanced GI tract? Candida. Leaky gut. Irritable bowel syndrome. Constipation. Diarrhea. You cannot be well if your GI tract is un-well as research shows a direct correlation between nutritional status, severity of disease and your ability to get well.

A simple program of only two products can help. One, olive leaf extract to “clean” out toxins (parasites, yeast, viruses, oh my!). Two, probiotics to “replenish” health promoting GI bacteria. Follow the steps in the chart on the right. If you experience flu-like symptoms in the first few days, it’s a good sign. Toxins are being eliminated as your body “cleans house”. Loose stools are your body’s way to “empty the trash”. Drink lots of water! Proceed at your pace. Stick with it – and celebrate the “new” you!

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Read more in *Get with the Program, Clear & Replenish* in the TyH Online Library.



De-Toxify! Program Clear & Replenish (14 Days)

Suggested dose may need to be adjusted per individual health needs.

CLEAR

Days 1-7 Olive Leaf Extract or ESE™ will clear your intestines of unwanted visitors like parasites, viruses and excessive yeast.

Dosage: 1-2 Caps up to 3 times per day in a divided dose.

Days 8-14 Continue on Olive Leaf Extract or ESE™ during the day. Start taking Acidophilus ES™ or David's Probiotics™ before bedtime, at least one hour after your last Olive Leaf Extract or ESE™ dose.

REPLENISH

Acidophilus ES™ or David's Probiotics™ will replenish the friendly bacteria which is necessary to digest food and absorb nutrients, as well as to balance the ratio of good to bad bacteria in the small intestines.

Dosage: 2 caps Acidophilus ES™ or David's Probiotics™ at bedtime, at least one hour after your last Olive Leaf Extract or ESE™ dose.

- ◆ Drink plenty of water to help flush out the toxins.
- ◆ Stay on a yeast and sugar free diet while detoxing.
- ◆ Add vitamin C to boost immunity.
- ◆ Consider Digesta-Care 8™ to optimize digestion and nutrient intake.
- ◆ You'll feel more energized after a week.
- ◆ Repeat detox 2-3 times a year as needed.
- ◆ You may want to stay on a daily dose of 1-2 caps of Olive Leaf Extract during the day and 1-2 caps of Acidophilus ES™ or David's Probiotics™ taken at bedtime as maintenance.
- ◆ 14 days is not a magic number!
- ◆ Stay on the Program longer only if your yeast over-growth is long-standing. If you stop too soon, yeast may not be completely eliminated and regain control.

Note 1: Olive Leaf Extract is 6% oleuropein content and Olive Leaf ESE™ is 18% oleuropein so it is 3x stronger. You may need to take fewer doses with ESE™.

Note 2: Acidophilus ES™ contains 4 Billion organisms and 6 different probiotic strains for daily use. David's Probiotics™ is 6 times stronger and has 10 different probiotic strains for therapeutic use.

Notice of FDA Product Disclaimer: TyH products have not been evaluated by the FDA. These products, therefore, cannot claim to diagnose, treat, cure or prevent any disease. We strongly suggest that you share any products you decide to use with your health care professional for optimal individual health benefits.