

HEALTH TIP #27 – CLEANSE & DETOX

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED TO CLEANSE:

Everyday we shower & brush our teeth, but do we cleanse the inside of our bodies? Now saying this, we do want to detoxify and cleanse our bodies in a healthy way. There is so much information out there in the media & health magazines, but how do you know what is safe and best for you?

I am going to simplify this topic for you today.

We are exposed to toxins in our air, water, through our skin by moisturizers, personal care products, medications and our food including caffeine, refined sugar, aspartame & artificial sweeteners and pesticides just to name a few.

Some of the symptoms of toxicity are: frequent fatigue and low energy; gas & bloating; excess weight; food allergies; impaired digestion; irritability; bad breath; parasites in stool; frequent colds; headaches; constipation; irritable bowel; protruding belly; food cravings; skin problems (rashes); hemorrhoids; yeast infections

The best time to cleanse is in the spring and fall. It is best to cleanse once in a while, but not all the time. When cleansing you must have a clean diet, no alcohol, drink extra water and take care of yourself. It is not advisable to cleanse at a very stressful time in your life. You can cleanse for general maintenance, even if you are experiencing no symptoms.

BENEFITS:

Bowel Cleanse – for irregularity and constipation.

Yeast Cleanse – rebalances intestinal flora from toxins, antibiotic use, tap water. See attached article on “Yeast Information and Test” which includes a yeast test to determine if you would benefit from this cleanse. Some benefits, energy, flat stomach, no more bloating.

Brain/Liver Cleanse: mental clarity, better memory, removes heavy metals or toxins in the body by exposure to pollutants and toxins

5 Day Cleanse: A quick mini cleanse to give the body a boost. See attached info.

WHY GNLD CLEANSES?

All the products are made from whole foods. GNLD has been in business for 52 years and all the products have a history of safe use. Most importantly, they work!!



HOW TO TAKE:

See attached article entitled "Cleanse instructions".

TESTIMONIES:

Hey! Well my 10 days of the yeast cleanse is up and it has worked wonders for me :) I have lost about 5 pounds and feel great! If anything it has made me aware of how much I should eat and what I should eat and how to eat more healthy. I noticed a huge change now compared to how I used to eat. I have been eating lots of veggies, salad, chicken, soups with beans and veggies, but in smaller portions. I've cut every meal in half and it has been quite enough to eat for me, and NO snacks at night which has been just fine with me, I haven't craved sweets. Drinking lots of water and exercising. Overall I have noticed a big change in my body, I never feel bloated I feel that good kind of empty haha. My SKIN had transformed and so has my hair. It looks great and healthy, and my skin has greatly improved and looks fresh and blemish free! Doing this cleanse has taught me how to make better choices when it comes to eating, and also taught me how to eat healthier portions. It really made me aware of how I used to eat also, so I'm excited to continue keeping my new eating habits the same, and it was great for being aware of what I'm eating.

So THANK YOU so much for this, it has worked wonders for me! It was great, I stuck with it and I'm glad I did because I'm proud of myself.

Amanda

I loved the 5 day cleanse. I had more energy, my digestion cleared right up and I lost weight around my stomach. The best part was it was short and simple.

Sarah Aucoin, Mississauga

I felt amazing on the 5 day cleanse. The first day I did have a headache because I do drink a lot of coffee. Just cutting out the coffee and cream made a huge difference. I find now I don't crave carbs. I am more satisfied with smaller portions. I only drink my coffee, black and decaf, a little in the morning. I found my tummy shrunk, and my thighs too!! That is where I carry my weight. I am eating more fruits and veggies now too. It's been two weeks since the cleanse, and still feel great.

Nada St. Germain, Orton

The Five Day Cleanse was amazing. I felt lighter, the ridges on my fingernails disappeared and the dark circles under my eyes completely disappeared. I have also noticed that my stomach is flatter and has stayed that way since. I recommend to it to everyone.

M. Vandenbrink, Mississauga



C. Balch, Grand Valley, Ontario, Canada

I am someone who has battled on and off yeast infections for most of my adult life, and as a teenager I was often sick with tonsillitis, bronchitis, and most colds that went by. I was prescribed many antibiotics as a result my digestive system was beginning to break down to the point that I would often request a prescription for a yeast infection kit, as I knew that it would show up like clockwork when I took the antibiotics. At the age of 27 I was married, and had my first child 11 months later and was suffering bouts of spontaneous yeast infections, as well as having the doctors diagnose me as asthmatic, even though I had never suffered an attack, and give me yet another prescription, this time for Flo-vent. I at this time refused any more treatment with antibiotics, but continually seemed to be sick with colds, and the doctors over the last six years continually upped the dosage of the puffer to the point that I could not take any more. I panicked in the summer of 2003 and tried all other asthma medications to get myself off of the steroids but nothing worked, and in the mean time I was also diagnosed with hypo-thyroidism just to add to the list. I was at a point where family life was really suffering, my energy level was so low that I needed to nap on a daily basis just to get through the day, and I was suffering bouts of depression around the time of my cycle that would make me moody and cry for 3 days at a time. When I turned to the doctors for help I was recommended to begin a course of antidepressant medication, and that simply was not an option!

I began educating myself about yeast infections and found that all of the symptoms that I was exhibiting from the constant lack of energy, congestion/asthma, nagging cough, intense sugar cravings, mood swings, depression, and the list goes on, were normal with a condition called CANDIDIASIS. I began to understand now the connection between my symptoms and diet, and that certain foods containing sugars and simple carbohydrates were my enemy, and that specific diets and cleanses may be what I needed to focus on. I tried them all with only temporary relief.

I am so happy to say that when I tried the GNLD products in the summer of 2003, I found the answer. Acidophilus and Garlic are the magic combination. Within one week my congestion started to clear up, and within one month I was completely off of my puffers. By the end of the second week, I had dropped 10 lbs and my cravings for sugar were gone! My energy soared and my relationship with my husband and family was great! I am 32 years old and I cry as I write this, it is so wonderful to have my life back. Thank you GNLD !