

MASTERING WELLNESS:

There are many theories regarding the cause of autoimmune disease. Research and lectures focus on the profound relationship between wellness and absorption or in essence, the lack of wellness and its relationship with the inability to absorb optimally. What does this mean, absorb optimally? It means proper pH in the stomach and intestines, it means proper secretion of enzymes and consumption of enzymes, and a healthy intestinal microbial.

- I. You must Cleanse
 - a. 7 day cleanse –OR–
 - b. 30 day cleanse
 - II. Then you Customize
 - a. Free online Health Survey OR
 - b. \$250 DNA Analysis, with suggested customized nutritional regimen
 - c. Suggested Protocols
 - III. Before you Beautify
 - a. Anti-Aging
 - b. Weight Loss
 - c. Optimal Wellness
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I. Cleansing.

- a. 7 Day Cleanse: use this if you feel as if you have no health challenges and are just interested in maintenance. Also, you may opt for the 30 day cleanse first, customize, then beautify and use the 7 day cleanse 2-4 times per year as maintenance.

NutriClean Digestive, Liver and Colon Maintenance System - Seven Day Supply (Fiber Powder, Hepatocleanse Capsules and Release Tablets)



The NutriClean™ Seven Day Cleansing System

Few people consider their digestive system until there is an apparent problem, such as gas, indigestion, irregularity or diarrhea. But these common occurrences could also constitute symptomatic markers of much larger problems that place the spotlight on proper colon health and digestive system maintenance.

Market America's NutriClean™ Digestive and Colon Maintenance System is a seven-day cleansing and detoxification system that is designed to optimize your digestive tract health by providing select nutrients and botanicals that cleanse and mildly purge the body of accumulated and potential toxins. This innovative three-step process only requires a

week to cleanse your digestive system, and you will definitely notice and appreciate the results!

b. 30 DAY CLEANSE

MONTH 1: PROTOCOL #1-BEGINNING PROTOCOL

Aloe #1285	\$24.95
OPC-3 #13009	\$64.95
Enzyme Formula #13022	\$29.95
B-12 #13001	\$19.95
Colon Cleanse #13275	\$39.95
Sub-Total	\$179.75

To order, go to: www.xxxxxxxxxxx.unfranchise.com

Look for:

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You search in **Health and Nutrition** for: **each code number listed above** to expedite your order.

You may also register as a preferred customer, then use the user id and password to begin you online free health survey called the Nutriphysical.

SUMMARY:

You are going to start with aloe and the B complex. Aloe has properties that will begin to heal the lining of the digestive tract. Aloe is anti-fungal by its very nature. The aloe will prep you by beginning to cleanse your intestinal area and gently remove toxins. Remember, the FDA does not cover all nutritional products; therefore we consumers have to do our homework. For example, an aloe product at the store can have 1 Tablespoon of aloe and the rest water and can be called 100% aloe. This is why I want you to get your first bottle of aloe from me. I know how concentrated it is. If after that, you want to get aloe elsewhere, you can at least use mine as a comparison. You will consume the aloe morning and night, slowly increasing the amount until you are finished with the first 32-ounce bottle. Research shows, that when there is an imbalance in the intestinal area, there is a corresponding deficiency in B-12.

After the aloe is complete, you will start the isotonic OPC-3. You understand that isotonic, is in essence, already digested. The OPC is a powerful antioxidant that is also able to begin to remove the toxins from the blood as well as many other benefits.

You have finished the aloe and completed one week with OPC and B-12, now you will start the enzyme formula. We will make it easy for you by just putting it in your bottle of water. You do carry a bottle of water with you throughout the day?

After one week with the OPC, B-12 and Enzyme Formula, you are ready for the colon cleanse. This should be week four for you!

Week 1: Aloe and B-12

Week 2: OPC and B-12

Week 3: OPC, B-12 and Enzyme drink

Week 4: OPC, B-12, Enzyme drink (or with meals) and colon cleanse

If after 30 days, you do not notice a significant difference, your money will be refunded. **However**, I must ask this... I'd like your permission to follow up with you the day after you start, the 3rd day and then again on day 7. I will then call you once a week thereafter until you are done with the regimen. We will retake the nutriphysical at that time and move into customized nutrition.

DIRECTIONS: (PLACE ON YOUR REFRIGERATOR)

Protocol 1: Cleansing Protocol-One month

Start-Aloe and B-12:

Start one aloe ounce morning and evening.
Take one cap of B-12 daily for the next 30 days.
Increase aloe as tolerated, 2 oz., 3 oz., etc. until finished with the 32 oz. Bottle.

When finished with the aloe:

Add OPC-3
2 caps of OPC first thing in the morning on an empty stomach
2 caps of OPC in the evening, as empty as possible
Continue 1 cap of B-12

After one week with the OPC and B-12 Add the Digestive enzyme drink:

(The reason I dilute it at first is that often people with immune challenges have toxic digestive tracts, so it helps to dilute it at first, the reason I add the B-12, is that research shows when people have an intestinal imbalance they are deficient in B-12, plus it makes it taste better!)

Add your daily dose of B-12 to the Digestive Enzyme Drink:

(continue with 2 caps of OPC in the am and pm)

Day 1: 2 cap of enzymes in 24 oz. of bottled water-1 cap of B-12
Day 2-4: 4 caps of enzymes in 33 oz. of bottled water-1 cap of B-12
Day 5 and on: 6 caps of enzymes in 48 oz. of water-1 cap of B-12

After 1 week with OPC, B-12 and the Digestive Enzyme Drink add the colon cleanse:

Continue OPC, B-12, and take the digestive enzymes as a drink or you can take as directed on the bottle: 1-2 caps with each meal.

Follow directions on box for the colon cleanse.

After Month One: continue if needed, or move on to a more customized approach with either the nutriphysical customized nutrition, suggested protocols for specific challenges, or lastly, the DNA custom formula.

7 BULLETPPOINTS IN UNDERSTANDING OPTIMAL HEALTH

Why Isotonix?

1. What is the missing link between Health and Disease? Are we seeing a rise in Auto-immune rates, Cancer, ADD, Depression, etc or is it all Genetic? What if I told you that whether you have something as minor as Allergies to, as Severe as Cancer, many of you have one thing in common, an inability to optimally digest, absorb and assimilate your nutrition.

2. It is not so much, "We are what we eat." but, "We are what we absorb." Research shows there is a PROFOUND relationship between wellness and absorption. I am saying, if you are not experiencing optimal health, ie allergies, migraines, fatigue, ADD, arthritis, etc, you can guess that you have an imbalance in the health of the intestinal area. (1-5)

3. Within the digestive tract there is an ecosystem of microbes, actually 3 pounds worth! These microbes have many functions from helping us assimilate our nutrition, to producing vitamins and protecting us from toxins from entering our blood stream. When there is an imbalance in this microbe population, toxins and incompletely digested proteins can enter our bloodstream and contribute to disease. (6,7,8)

4. Why aren't all the doctors talking about this? They know that medically, if they temporarily create a disruption in the flora from antibiotics or other medication, the body will restore itself. If we cut our finger, will it not heal, naturally? However, the Million Dollar Question is: *Can our body restore the balance if it is not in balance in the first place?*

5. Where do we get this bacteria from? Actually, we get it one of a few ways. First, is from being born through a healthy birth canal (9-12). Second, is Breastfeeding from a mom with a healthy balance herself (13). Last, is a continual inoculation of bacteria from our environment and our foods (14). Unfortunately, much of our fruits and vegetables, which should have these living microbes, have been irradiated. Worst is, we lose this good bacteria many ways, antibiotics, stress, high sugar diet, birth control, steroids, chlorine, and more!

6. Evidence of this imbalance is seen all around us: ulcers, ADD, IBS, Migraine, arthritis, allergies, eczema, food intolerance, fibromyalgia, rheumatism, psoriasis, colon and breast cancer, URI, Acne, PMS. (15-20).

7. IF there is a PROFOUND relationship between our Wellness and our Ability to Absorb optimally, THEN doesn't it make sense to address the health of the intestinal area? AND if we are going to supplement, do so with Nutrition that is-in essence- already digested? Well, that describes ISOTONIC NUTRITION.

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