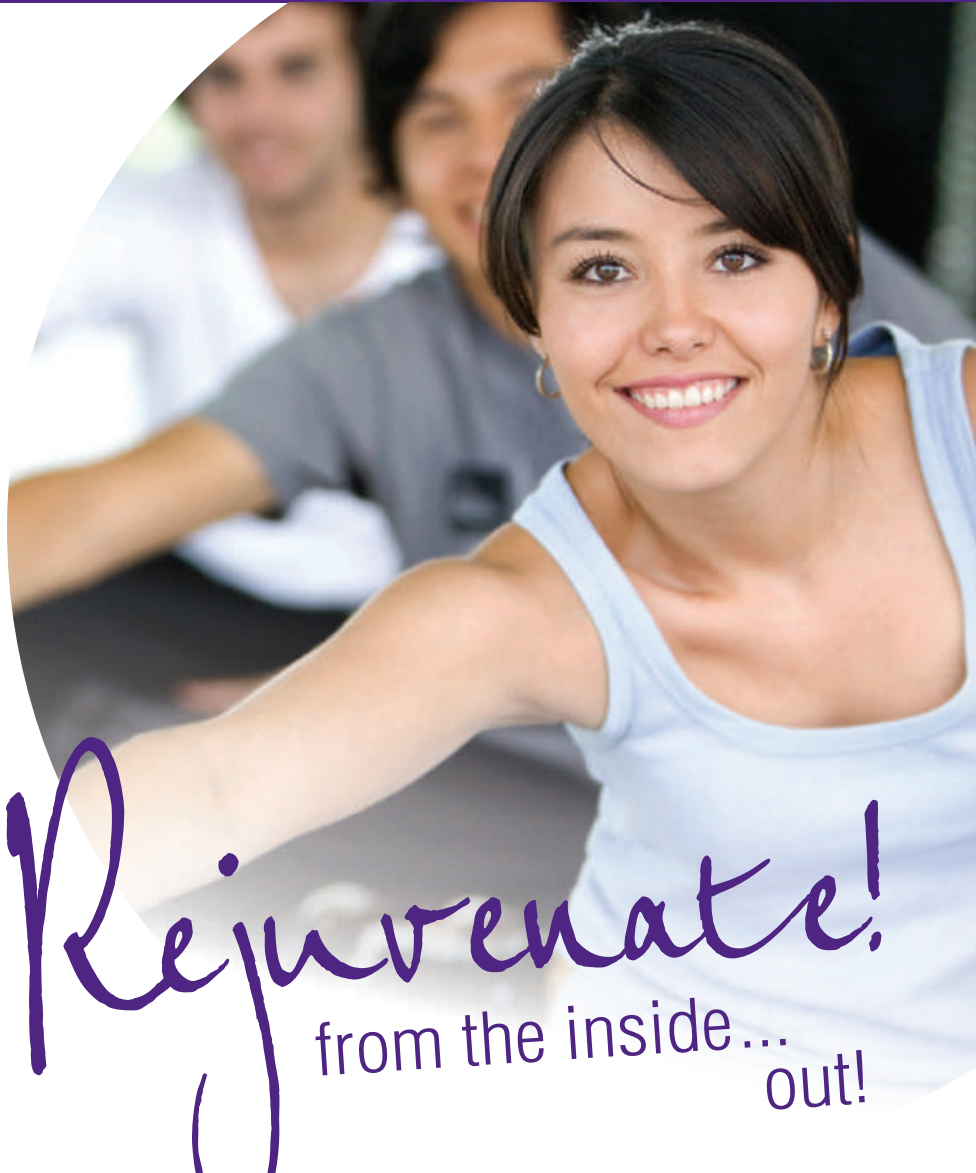


ReCleanse®

7 Day

# Whole Body Cleansing and Rejuvenation Program



Rejuvenate!  
from the inside...  
out!



## Take your first step towards better health, and feel leaner and cleaner in just 7 days!

Experts agree that a well-balanced diet, efficient digestion and proper elimination all contribute significantly to better health and longevity. We are what we eat, digest and absorb ... minus what we eliminate. By following the ReCleanse Whole Body Cleansing and Rejuvenation Program you can jumpstart, refresh and support your body on your path to radiant health!

### *The ReCleanse Ripple Effect*

*When a pebble is dropped into a pond,  
it makes a series of ever-expanding ripples.  
This principle, known as the "Ripple Effect",  
also applies to the body's ability to heal and function optimally.  
Eating a properly balanced high-fibre diet, supporting the  
digestive system and cleansing regularly is  
like dropping a pebble into a pond: it creates  
a healthy "Ripple Effect" in your body.*

*Regular use of the ReCleanse Whole-Body  
Cleansing and Rejuvenation Program  
will support the natural, ongoing processes of digestion,  
elimination and detoxification.  
Start your own "Ripple Effect" today with ReCleanse.*



# ReCleanse® Whole Body Cleansing



## ReCleanse®

### Herbal Cleanse Whole Body Detox

Each 7 day kit includes:

- Colon Cleanse
- Multi Systems Cleanse
- Lifestyle Cleansing Nutritional Guide

**7 Days. 1 Week.** An effective cleanse doesn't have to take a lot of time. And it can fit in with your current lifestyle.

ReCleanse® Herbal Cleanse is a gentle 7 day cleanse, designed for regular and repeated use with a focus on eating well.

The Herbal Cleanse includes a Multi-Systems Cleanse Formula and a Colon Cleanse Formula - each is designed so you take 2 capsules in the morning and two capsules at night. The herbs will activate your natural cleansing action while you support and nourish your body with healthy food choices. Simple!

We've provided a Nutritional Guide with a food chart to guide you during grocery shopping & meal planning; and three great cleansing support products that are a healthy and convenient way to complement your diet.

#### How Will I Feel?

Many report feeling "leaner and cleaner" as well as a sense of "lightness" after completing their first ReCleanse Herbal Cleanse. With a keener appreciation for the tastes and smells of simple, natural foods, it is likely that cravings for refined foods will diminish. While on the cleanse, people typically find that their taste buds become more sensitive and they have greater control over food choices. Improved memory and ability to concentrate are also commonly experienced.

eliminate toxins

improve digestion

optimise whole body health

reduce cravings

natural weight loss

fresher breath

## 7-Day Whole Body Detox

Enhance the natural cleansing ability of the kidneys, liver, colon, blood, glands and digestive system that deactivate, transform, filter and eliminate toxic substances. The following ingredients, contained in ReCleanse, have been traditionally used in Herbal Medicine as follows:

### Multi-Systems Cleansing Formula

**Burdock Root:** *helps remove accumulated waste products via the kidneys, skin and mucus membranes*

**Juniper Berries:** *urinary tract antiseptic to help relieve benign urinary tract infections; diuretic*

**Dandelion Root:** *helps increase bile flow; diuretic*

**Stinging Nettle Leaf:** *helps soothe urinary tract inflammation and prevent kidney stones; diuretic*

**Buchu Leaf:** *often used to help with cystitis and kidney problems*

**Uva Ursi Leaf:** *soothes inflammation of urinary tract and promotes renal elimination of water, diuretic*

**Horsetail Herb:** *helps relieve edema and infection & inflammation of lower urinary tract; diuretic*

**Parsley Leaf:** *mild diuretic, supports flushing out the urinary tract and the prevention of kidney stones*

**Corn Silk:** *soothing diuretic; promotes bile flow, soothes urinary tract irritations*

**Chamomile Flowers:** *helps relieve inflammatory conditions of the gastrointestinal tract*

**Fennel Seed:** *helps relieve bloating and flatulence*

**Peppermint Leaf:** *helps relieve flatulence, carminative*

**Ginger Root:** *helps to relieve digestive spasms, indigestion; carminative*

**Gentian Root:** *helps relieve digestive upset*

### Colon Cleansing Formula

Restores the bowel and encourages regular elimination.

**Triphala:** *gentle and effective short-term purgative; helps regulate processes of digestion and elimination*

**Rhubarb Root:** *often used to soften stools; laxative; diuretic*

**Fenugreek Seed:** *aids digestion; mild laxative; demulcent*

**Irish Moss:** *aids in the formation of stools; demulcent*

**Slippery Elm Bark:** *helps soothe irritations of mucus membranes; demulcent; emollient; vulnerary*

**Marshmallow Root:** *used to help with gastrointestinal discomfort; demulcent*

## Cleansing FAQ

### *Will I lose weight while cleansing?*

*YES! There are two levels of ReCleanse weight loss that add up to significant change. The first is immediate as body toxins, water retention and colon waste are removed. The second level is fat loss within a week as the metabolism of calories is corrected by herbal guidance and new dietary signals.*



*Aim to drink 8-10 glasses of water per day, especially while cleansing.*

## How does cleansing the body work?

Every second of every day our bodies are busy processing and neutralizing toxins; carrying out vital functions such as breathing, heartbeat, and maintaining a very strict balance of pH, blood pressure, hormone production, insulin levels and digestion. Specialized organs are involved in regulating and removing dangerous toxicity from the body to maintain harmony and balance.

By exposing our bodies to environmental pollutants and pesticides and herbicides in our food; chemical toxins in personal care products; or even chemicals from indoor environments such as household cleaning products, we can burden these delicate organs so they may not be able to do their jobs effectively. Even the slightest alteration by unchallenged toxicity can cause profound shifts from harmony and balance.

### **The five organs of elimination**

*Primary* • Liver • Kidneys • Colon

*Secondary* • Skin • Lungs

These five organs are responsible for absorbing, neutralizing and eliminating most of the toxins our bodies encounter and produce on a regular basis.

The kidneys are responsible for filtering blood and eliminating urine, while the liver is responsible for a series of enzymatic reactions which help neutralize toxins and prepare them to be eliminated from the body via the colon and kidneys. The colon will capture toxins with the aid of bile (produced by the liver) and it relies on adequate fibre to be able to excrete the toxicity from the body. If either the liver, the kidneys or the colon are not able to do their jobs properly, the skin and the lungs take over and the common results are things such as skin eruptions, congestion/mucous build-up or breathing problems.

# Optimizing your cleanse through nutrition

Inside your ReCleanse Herbal Cleanse Whole Body Detox kit you'll find an easy to follow Nutritional Chart featuring a wide array of delicious and wholesome food choices.

Each food choice has been selected based on properties that support the body during cleansing:

- ✓ **pH**
- ✓ **Glycemic index**
- ✓ **Fibre content**

as well as biological value, caloric value and antioxidant potential

**Macronutrient balanced meals** are featured, with CARB, PROTEIN and FAT ratios designed to support optimal blood sugar balance, lasting energy, appetite satisfaction and healthy blood & body pH.

## ✓ **pH:** for cleansing and good health!

Eating more fresh vegetables and fruits while reducing refined sugars and other carbs will help keep your pH balanced and your body in a more alkaline state. Why is this so important?

Most of the activity in our body and cells tend to contribute to acidity. The body constantly strives to neutralise this tendency to keep blood pH in the healthy range. Our blood, must remain slightly alkaline (between 7.35-7.45) in order to provide the benefits of a healthy circulatory system and enzyme activity. Slight deviations of pH result in failure in the body's detoxification systems.

By choosing to eat foods that avoid contributions to acidity we are supporting the body's neutralisation process, by helping it stay in the healthy pH range with less work and strain. We get to feel the benefit of this support in the form of improved energy, fat management, brain acuity, skin and hair health and better immunity.

## ✓ **Glycemic index:** keep it balanced

The ReCleanse Nutritional Chart is a perfect meal-planner for anyone with a tendency for blood sugar fluctuations, prone to diabetes or looking to control or reach a healthier body weight. Our healthy, balanced food choices provide a low glycemic index, which means blood sugar doesn't rise rapidly upon consumption, sugar cravings will be reduced and energy will be long-lasting.

## *How often should I ReCleanse?*

Monthly! Depending on the lifestyle you choose to lead, you may find that you need to cleanse more often in order to get the best results. For effective and continuous elimination of toxins, the monthly use of ReCleanse Herbal Cleanse is Recommended by qualified Naturopaths, Holistic Pharmacists and Master Herbalists. Regular and repeated use of ReCleanse Herbal Cleanse will provide innumerable health benefits helping to:

- *Eliminate Toxins*
- *Improve Digestion*
- *Regulate Bowels*
- *Normalize Weight*
- *Detoxify Liver*
- *Strengthen Kidneys*
- *Gain Energy*
- *Support Immunity*
- *Cleanse Blood*
- *Rejuvenate Skin*
- *Freshen Breath*
- *Revitalize Nerves*
- *Relieve Allergies*
- *Reduce Pain*
- *Enhance Sleep*



## ✓ **Fibre:** Get clean with nature's best broom!

**Did you know?** The average adult needs between 25 and 35 g of fibre per day and according to recent research the average Canadian only gets about **half**. The amount of fibre taken in during the day directly affects overall state of health in many ways and is especially important while cleansing as it supports removal of toxins from the body.

Fibre comes in two forms - soluble and insoluble.

**Soluble fibre** forms a sticky gel-like substance that dissolves in the gastric juices and promotes the growth of beneficial bacteria in the intestines. It also helps slow down the release of sugars into the bloodstream.

**Insoluble fibre** is a coarse material that helps bulk up the stool and improve the movement of waste material through the intestines. This cleansing and scrubbing action helps to remove built up waste allowing for optimal absorption of nutrients from food.

Both soluble & insoluble fibre help to soften the stool, relieve constipation, eliminate toxins and promote a healthy digestive system.

Foods rich in fibre include whole grains, fruits and vegetables, nuts, legumes & seeds.

## ✓ **Macronutrient balanced meals:**

**FAT | PROTEIN | CARBS** at every meal

While many diets and cleanses report to provide the best benefits by eliminating many types of food - in some cases entire groups of foods (i.e., carbohydrates) - the ReCleanse program is designed to honour the fact that the human body requires a daily supply of healthy food choices in all three of the macro-nutrient categories: fat, protein and carbohydrates.



Ensuring optimal fibre intake will help:

- Increase Daily Fibre Intake
- Eliminate Toxins
- Reduce Appetite
- Balance Blood Sugar
- Stimulate the Growth of Beneficial Intestinal Bacteria
- Improve Digestive Health
- Enhance Bowel Regularity
- Normalize Weight
- Reduce Cholesterol

# ReCleanse®



The cleanse that fits your lifestyle!  
Simply take 2 capsules each in the morning and evening  
and follow our healthy Nutritional Guide.

ReCleanse® Herbal Cleanse Whole Body Detox  
is your first step towards better health, leaving  
you feeling leaner and cleaner in just 7 days.

Supporting and stimulating the body's natural  
detoxification & elimination systems, its regular use creates  
a ripple effect in the body helping it heal and function optimally  
by gently cleansing deeper each time.

Jumpstart and support your path to radiant health!

For free post-cleanse recipes, more healthy food choices, tips to reduce toxins  
and more information please visit:

[www.recleanse.com](http://www.recleanse.com) or call 1.800.931.4247

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Start your ReCleanse® Ripple today!