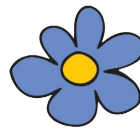


DETOX

- A POPULAR BUZZWORD!!!



In-Store at Loch Logan, Waterfront, Bloemfontein

Online at www.emagenes.co.za

via WhatsApp 076 999 0177

How it works: 1) Please WhatsApp us your order.

2) We will send you a invoice. 3) You pay via EFT.

4) We send your parcel via Courier Guy or Postnet.

Toxins, pollutants, synthetic chemicals, heavy metals, and processed foods all negatively affect our health. **Your body is well equipped to eliminate toxins and has a sophisticated system that involves the LIVER, kidneys, digestive system, skin, lungs and lymphatic system.** Only when these organs are healthy, can they eliminate unwanted substances properly. SOOOOOO.....

Rejuvenate and optimize your body's natural detoxification system

Here are some tips

- Adequate sleep** - It allows your brain to reorganize, recharge and eliminate toxins that accumulate throughout the day.
- Drink water** -YOUR KIDNEYS need water. Water cleanses.
- Reduce sugar** and processed (**JUNK**) food - It harms your liver and kidneys and is directly linked to cardiovascular diseases, diabetes, obesity, inflammation etc.
- Get active!** Regular physical activity lowers inflammation and allows your detoxification/lymphatic system to work properly.
- Switch to **natural** personal care and cleaning products to reduce exposure to potentially toxic chemicals.
- DEWORM** and do everything to **ensure proper bowel movement. Our mini colon detox for 3 weeks is an excellent kickstart! Do it twice a year. Spring and autumn. Please visit our online shop or EMAGENES health shop for advice on what products to use.**
- CHILDREN** can use a 3-day Vermox/Wormstop. Herbal dewormers can be used in its place or after that if needed.
- If you are a sugar addict, you must know that it puts a lot of strain on your liver. It is beneficial to treat the liver for three months with a herbal combination after 3 weeks of deworming.**

Replenish your gut flora and eat a variety of fiber (fruit and vegetables) rich food to get enough prebiotics. FRESH AND RAW fruit and vegetables are also nature's cleansers.

- Make sure that your **protein** intake is efficient. Your body needs protein to build, repair, oxygenate, digest etc

Get sun on your body! Sunbathing helps to improve blood circulation and eliminate toxins.

Herbs and supplements to add to your diet:

- 🌿 Sulfur-containing food (broccoli, onions, garlic, eggs, dairy, nuts and seeds, legumes etc.)
- 🌿 Chlorella: enhance the elimination of heavy metals
- 🌿 Cilantro/coriander enhances the secretion of heavy metals like lead, and chemicals, including phthalates and insecticides.
- 🌿 **NAC** helps with detoxification to prevent kidney and liver damage.
- 🌿 **B vitamins and folate** are essential for the liver's detoxification pathways
- 🌿 Antioxidant-rich food (berries, pecans, kale, red cabbage, beans, beetroot, spinach)
- 🌿 **Herbs** to detox and support liver and kidney health. Loose teas, tinctures, tablets, and capsules are available. Kidney herbs: Buchu, Dandelion, Stinging nettle, Goldenrod, Parsley, Marshmallow etc. Liver herbs: Dandelion, Stinging nettle, Milk thistle, Fennel, Burdock root etc.

There are no **quick fix** detoxes.

Your body cleanses every moment of every day. It is an ongoing process.

Do your best to do the best for your body, heart and mind.

Remember to do mental & emotional cleansing regularly – It has a BIG impact on your health.

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Please note: This information is to arouse intrest and awareness. Do your own research and empower yourself.