

Your Blood Type and Post Holiday Detox

January
2017

We all like to go all-out for the holidays eating cookies, cheese, casseroles and in the days (scratch that, weeks) we spend celebrating the season, our bodies are on sugar and fat overload.

New Year is here give your body new beginning with this simple detox to get back to normal and make your New Year right. No starvation or weird juice required,

Water

Drink up! Lots of water will help cleanse your system and get you back on track to a healthier you. Remember you should have at least 64 ounces of water per day or half your body weight in ounces of water daily. If you are active and exercising you should have even more. So think about it: Are you drinking enough?

Exercise Right For Your Blood Type

I know you're probably planning this elaborate workout schedule for your New Year's resolution, Recommended exercise for each blood type as follow.

Blood Type O- Aerobics, kick boxing, running, cycling , treadmill. 40-60 minutes 3-4x a week.

Blood Type A- Tai chi, yoga, swimming , brisk walking. 40-50 minutes 2-4x a week

Blood Type B- Tennis, cycling, running, yoga . 45-60 minutes 2-3x a week

Blood Type AB- Aerobics, cycling, hiking , martial arts. 30-60 minutes 2-3 x a week

Detox Your Life

Food and drink aren't the only toxins in our lives that may hurt our health. The first of the year is a great time to purge your life of toxins and chemicals that may be harming you.

Obviously, alcohol, refined sugar, and processed foods have got to go when you're detoxing. But other toxins to eliminate include cigarettes, fragranced soaps and candles, and harsh cleaning chemicals. Introduce all-natural alternatives into your home so that those toxins don't re-enter your body when your detox diet ends.

Take Deflect and Polyflora right for your blood type.

Deflect- Block the effect of lectins from the avoid food not right your type before they cause problems.

Deflect also cleanse your cell receptors for better absorption of nutrients .

Deflect is strongly recommended for those are carbohydrates intolerance, who typically gain weight on high carbohydrate diets.

Polyflora- A healthy gut helps regulate the rest of your body, which makes regulating your gut health over the holidays that much more important, as it can help with digestion, as well as stress and fatigue. When the bacteria in the body are in balance with our blood type, the result is healthy digestion and balanced immune function.

Probiotic also restore intestinal balance by preventing the adherence of unwanted microorganisms and improved resistance against bacteria like E.Coli, Salmonella and H.Pylori.

Control your environment

Don't be a disorganized eater. Stock your home (and office) with delicious, healthy foods that right for your blood, such as with batch recipes; piles of clean, chopped, ready-to-grab fruit and veggie dishes and snacks.



Source: <http://www.ahealthiermichigan.org/2011/12/28/6-ways-to-detox-after-the-holidays-and-kick-off-the-new-year-right/>

<http://blog.naturessunshine.com/en/detox-after-holiday-feasts/>

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January 2017 Special

Detox Support Pack



•Buy any 2 bottles
@ 25% off

- ✓ **Harmonia \$89**
- ✓ **Hepatiguard \$75**
- ✓ **Intrinsa \$69**

**Save
25%**

**Now
\$174
only RP: \$233
(per Pack)**

**No
Stearates
& Fillers:**
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

Harmonia Deluxe

- ✓ Harmonia Deluxe provides an all-natural alternative to processed foods. Features 20 types of sprouted seeds and grasses like elderberry, blueberry, chlorella, ginseng, ginger, etc, bursting with nutritional integrity and enzymatic activity.
- ✓ Our greens beverage powder provides an unequalled combination of botanicals, delivering a wide array of nutrients to the body.

Hepatiguard:

Hepatiguard is designed to support healthy liver function using four well-researched ingredients:

- ✓ **Milk Thistle Standardized Extract** contains Silybin, an antioxidant and free radical scavenger.
- ✓ **Bupleurum Root** serves a wide variety of harmonizing activities, which may help to regulate body energy, and help maintain the normal process of discharging toxins safely out of the system.
- ✓ **Phyllanthus:** Acts primarily on the liver and contains important bioflavonoids.
- ✓ **Turmeric:** Turmeric inhibits the overproduction of polyamines, chemicals that act with insulin and encourage tissue growth.

Intrinsa:

- ✓ **Butyric acid** is a short chain fatty acid, which supports the health and healing of cells in the small and large intestine, and serves the natural processes of aerobic energy metabolism.
- ✓ **Caprylic acid** works synergistically with butyric acid, so that it can more easily penetrate tissues in the body such as muscles, joints, and sinuses. Caprylic acid is known to have anti-fungal properties.
- ✓ **Larch arabinogalactan** further enhances the Intrinsa formula, improving gastrointestinal health by increasing gut microflora, and offering immune enhancing properties. Magnesium acts to stabilize and blend the two protective fatty acids.

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Enhance Your Detoxification With These Supplements:

•Buy any 2 bottles
•@ 25% off

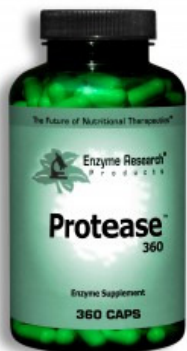


Deflect for your blood type

- ✓ Block the effect of lectins from the avoid food not right your type before they cause problems.
- ✓ Deflect also cleanse your cell receptors for better absorption of nutrients .
- ✓ Deflect is strongly recommended for those are carbohydrates intolerance, who typically gain weight on high carbohydrate diets.

LiveCell for your blood type:

- ✓ Sprouts have a greater concentration of vitamins and minerals, proteins, enzymes, phytonutrients, immune enhancing and detoxifying protectants and anti-oxidants than at any other point in the plant's life.
- ✓ The blend of 100% compliant freeze-dried sprouts in each specific ABO LiveCell **promotes detoxification enzymes** and supports proper immune functioning.
- ✓ (LiveCell Promotion is only available for blood type O & A.)



Protease:

- ✓ *Protease* helps to break down protein-based invaders in the bloodstream. If Protease is taken with food in the stomach, it will begin to work on digesting that food instead of going directly into the bloodstream.*
- ✓ Parasites, fungal forms, and bacteria are protein-based organisms that are dissolved by Protease.
- ✓ **Cellular debris, undigested protein, and toxins in the blood** are broken down by *Protease*, saving the immune system the extra work of having to rid the blood of these undesirable elements.*

Suggestd Use: Three (3) capsules immediately upon rising and before bed or between meals on an empty stomach (2) hours after hour before eating.

Lipase:

- ✓ Lipase taken between meals may be beneficial for decreasing cholesterol levels, lowering triglycerides, obesity, plaque buildup, and poor fat digestion.
- ✓ Lipase also helps the digestion of dairy products.*



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THE DETOX DOZEN: 12 SUPERFOODS THAT NATURALLY CLEANSE THE BODY

1. Lemons contain vitamin C that the body needs to make glutathione and the liver uses in its detox process.
2. Blueberries are loaded with antioxidants and phytonutrients.
3. Kale contains a substance that jump-starts the liver's production of cleansing enzymes.
4. Beets contain phytochemicals that supports detoxification in the liver and blood.
5. Almonds remove impurities from the bowels.
6. Flax Oil and flaxseeds are rich in omega-3 fatty acids that the body uses to improve insulin function, which clears sugars from the bloodstream. Take 1 tablespoon added to 8 oz water, allow to soak over night, drink in morning.
7. Fresh garlic cleanses harmful bacteria, viruses, parasites and other invaders from the bloodstream.
8. Studies show that seaweed, or kelp, binds to heavy metals and removes them from the body.
9. Arugula is a natural diuretic that helps to remove excess toxins and water from the blood and supports liver function.
10. Green tea is a magical elixir loaded with antioxidants. Drink at least two cups of green tea daily.
11. Ginger speeds food through the intestines thanks to compounds called gingerols and shogaols.
12. Phytonutrients produced by broccoli can enhance the function of phase 2 liver enzymes that help to remove toxins.

*Wishing you joy, prosperity and success
this New Year and always. . . .*

Gong Xi Fa Cai

Happy Chinese New Year

新年快樂