

Clean UP!



WEEK TWO

It's important that your bowel moves at least once per day preferably more, especially if you eat two or three meals every day. Without this exit route opening and functioning well, you are more likely to experience bloating, abdominal discomfort, wind, skin problems and general sluggishness.

This week, if your bowel is not moving at least once per day, take Frangula Complex until it does so.

Detox! Full of zeal and vim, you intend to clean up your act, banish the seasonal bulges, and get started on a new and virtuous regime of vigorous health. But how? What's the best way to achieve this laudable aim? There are so many possible regimens, it becomes a mite confusing. Here's a simple program that you can follow with ease, enjoying better health without too much pain or too many adverse effects.

WEEK ONE

It is really important to get the exit routes working well, so that toxins that you release from storage in the tissues and organs will actually leave the body. The primary exit routes are the urinary tract and the bowel, so the first two weeks are devoted to ensuring that they work perfectly, which will make the whole cleansing process more effective and less unpleasant.

Increase your water intake to two liters daily. If you aren't used to doing it, remember not to drink any large amount 20 minutes either side of a meal (to avoid diluting your digestive enzymes), and remember not to count fizzy water or flavored water in your two liters.

Cut down on your caffeine intake to two cups per day maximum, and instead increase herb teas such as Golden Rod, Fennel and Nettle, which are all very good for your urinary tract.

If you already do this then you can skip straight to week two.

Five Steps to Ensuring a Successful Detox

Headaches, bad breath and spots are just three of the reasons why people give up on a detox programme. But it doesn't have to be like that. The key to a successful detox is preparation and here are five steps to ensuring the maximum benefit from a detox. Two weeks before starting, follow this advice.

1. Drink lots of water - 1.5 to 2 litres daily to start flushing out the urinary tract.
2. Wean yourself off coffee, non-herbal tea and fizzy drinks; it makes the detox easier.
3. Boost circulation with exercise, at least a brisk 10 minute walk in the fresh air daily to get the lymphatic system and lungs working.
4. Cut down on processed and refined foods. Eat more fruit, vegetables and wholefoods.
5. Relax. Unwind for at least 30 minutes before going to bed to encourage better sleep.
6. These steps ensure that the body is better prepared for a detox and able to dispose of the toxins that are released more efficiently. It's time to start the Vogel Detox Box.
7. The A.Vogel Detox Box toxin elimination program contains four herbal blends that are selected to help the process along.. The herbs are taken twice daily for 10 days while following a sensible healthy eating plan. Suggestions for healthy meal plans to accompany the detox are provided in a helpful booklet

Many people find that drinking more water and less caffeine helps improve bowel function, so if this has been a side effect of your first week's work, well done and keep up the good work.

Also this week, start implementing a better diet.

- ◆ Reduce the amount of red meat, white flour, refined sugar and fatty fried food in your daily diet.
- ◆ Increase your intake of vegetables, fresh and dried fruit, whole grain such as brown rice or whole meal couscous, and wheat-free alternatives such as millet pasta, rice cakes and oat cakes instead of normal bread and pasta.
- ◆ Chew your food really well this makes a huge difference to how effectively your digestive system works. Try chewing each mouthful at least 20 times, and if this feels like immensely hard work then you routinely inhale your food rather than eating it, and you will benefit greatly from slowing down and actually masticating.

SHOPPING LIST

Cut Out: red meat, burgers, fried food, wheat, refined sugar, dietary products, alcohol, tea, coffee, biscuits, cakes, chocolates & sweets.

Include: fresh fruit and vegetables, chickpeas, aduki beans, butter beans, kidney beans, green or red lentils, tofu, wheat-free pasta, rice cakes, oatcakes, corn cakes, huus, dairy-free milk, dairy-free yoghurt and cheese, coffee substitutes such as Bambu, herb teas, dried fruit, nuts and seeds.

WEEK THREE & FOUR

To get your liver, kidneys and lymphatic system cleansed and toned, take the following remedies.

Milk Thistle Complex: To cleanse the liver - This tincture is a blend of Artichoke (Cynara), Milk Thistle, Dandelion, Boldo and Peppermint. 20 drops twice daily in a little water or juice

Solidago Complex: Traditionally used to help maintain healthy kidneys. A tincture containing the herbs Golden Rod, Birch, Restharrow and Horsetail. 20 drops twice daily in a little water or juice

Calendula Complex: to help remove toxins from the lymphatic system - This herbal complex containing Marigold (Calendula),



WIN!

10 BOXES TO GIVE AWAY!

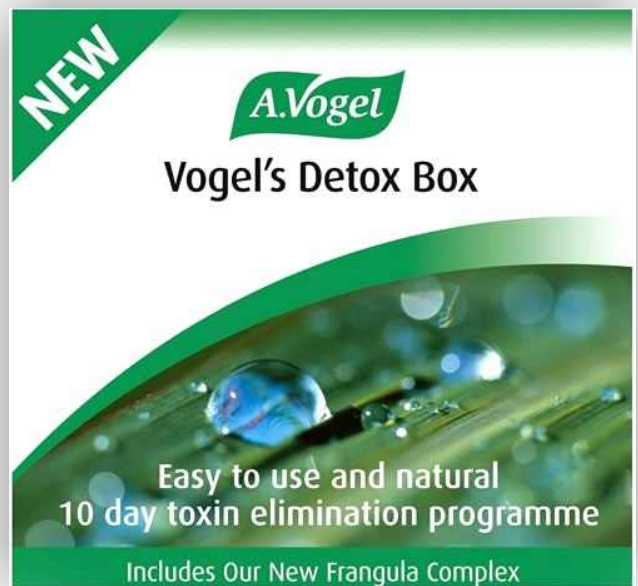
Q. How many days does it take to complete the Vogel detox program?

- A. 2 days 10 days
 5 days 15 days

Fill in this coupon & drop it at any Healthy U store to stand a chance to win yourself a Vogel DETOX BOX from Healthy U

NAME:
 E-MAIL:
 TEL:

Cut here ✂



wild Pansy (Viola) and Echinacea 20 drops twice daily in a little water or juice

Frangula Complex for the bowel - This herbal complex is a tablet containing Alder Buckthorn, Fumitory, Californian Buckthorn, Stinging Nettle, Milk Thistle and Aloe Vera.



These remedies can be mixed into the same water or juice rather than taken separately. They are available together with Frangula Complex in the A.Vogel Detox box.

To increase the beneficial effect of your lymphatic system, do 10 minutes brisk walking or skipping with a skipping rope, or 20 minutes on a step machine each day.

That's it. You're cleansed and refreshed, your digestive system has had an overhaul, and you probably don't feel like going back to bad old habits such as mainlining caffeine and sugar. You can repeat this program whenever you feel the need, but spring and autumn are particularly good times to choose.

Excerpted from Healthy Way Magazine Issue 48/2009