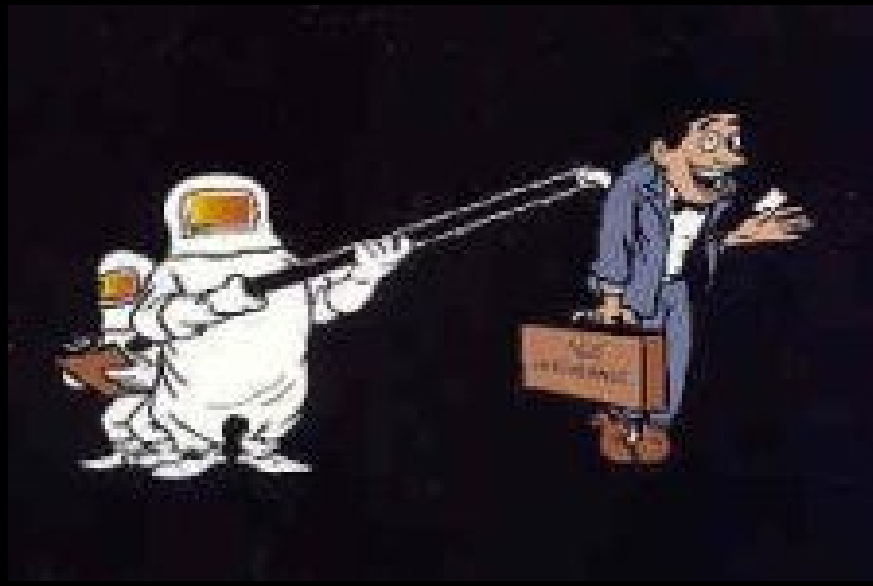
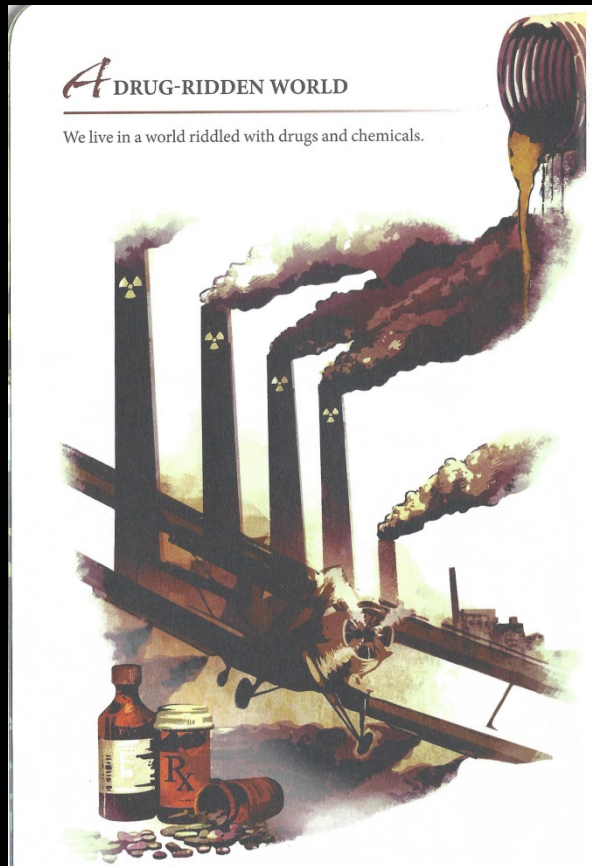


Detoxify or **ELSE!**

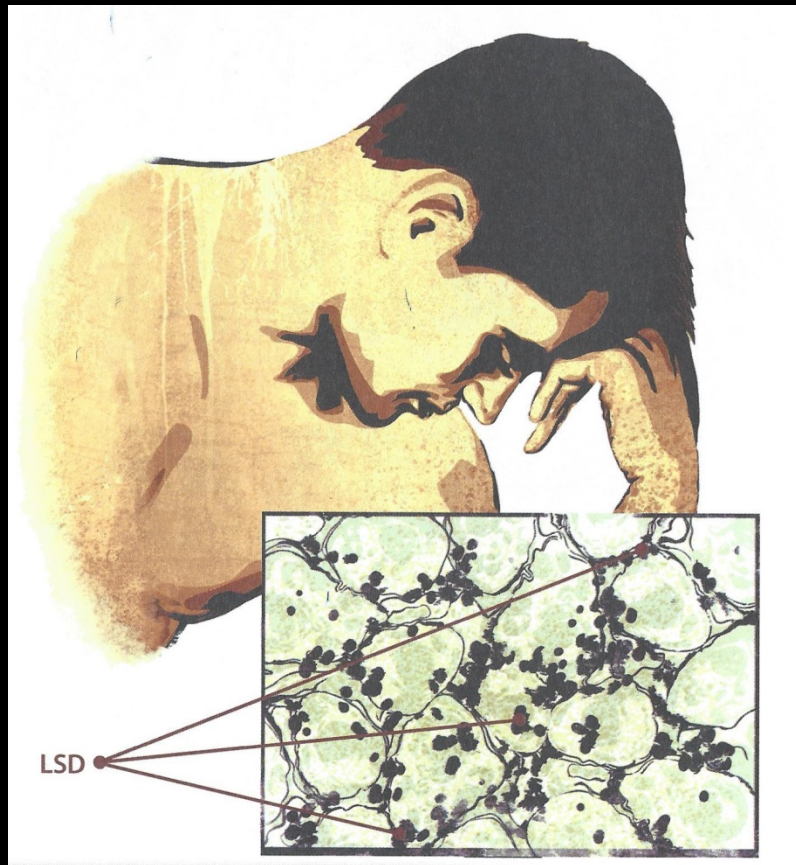


Toxins are everywhere!



- Environmental chemicals are everywhere.
- Street drugs are everywhere.
- Prescription drugs are everywhere.
- Drugs are essentially poisons.

Toxins lodge in our fat & body.



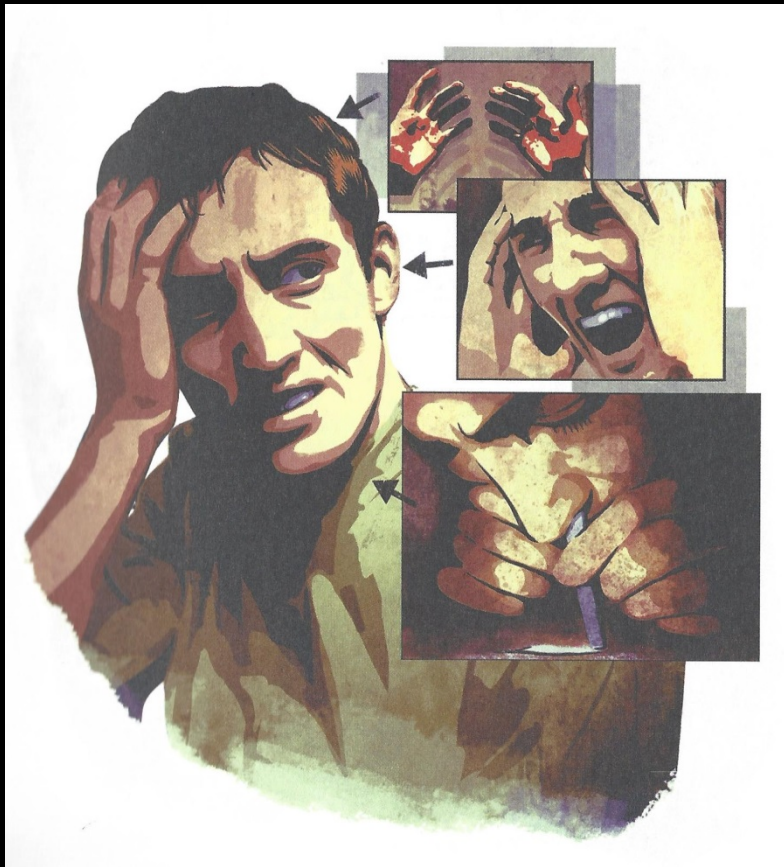
- Discovered that toxins lodge in fat & tissues
- Body cannot metabolize them
- They stockpile
- The most baffling and hopeless of diseases are caused by them

More toxic examples:



- Food preservatives
- Pesticides – herbicides
- Solvents – cleaners
- Emissions
- Dry cleaning
- Perfumes - fresheners
- Plastic!
- Metals

Mental Effects

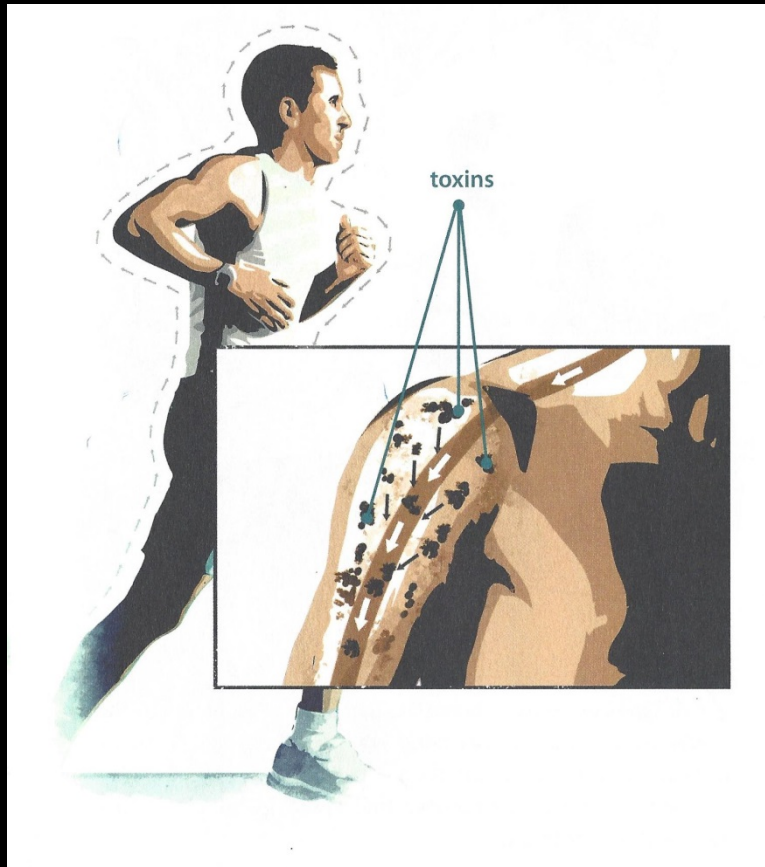


- Street drugs, “Psych” drugs, and many other chemicals imprint on the mental images and feelings.
- Mental images and emotions can reemerge as long as the chemicals remain.

There is a solution.

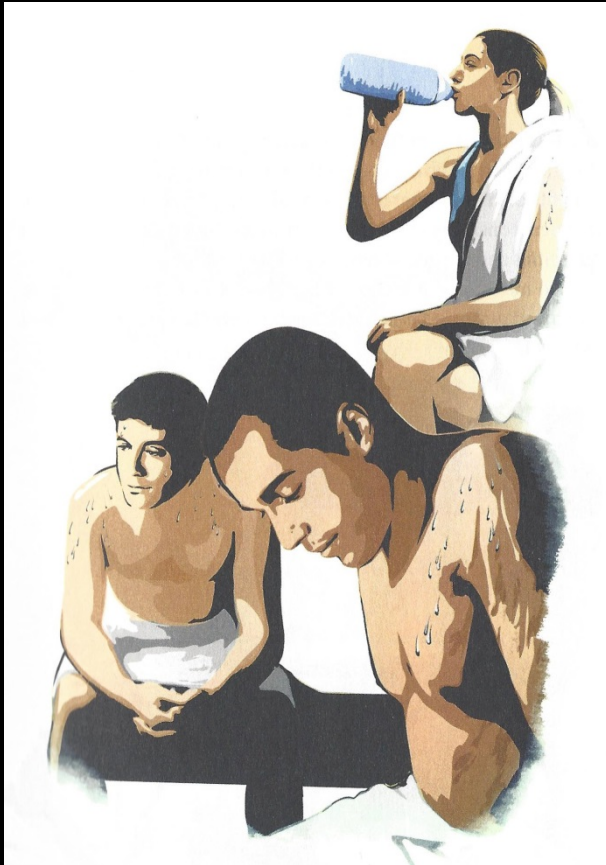
- We can free ourselves from the negative effects of drugs and toxins.
- There is a purification program that you can do.
- Thousands of hours have resulted in an exact regiment.
- Exercise, sauna, sweat-out, and nutrition.

Part 1: Exercise



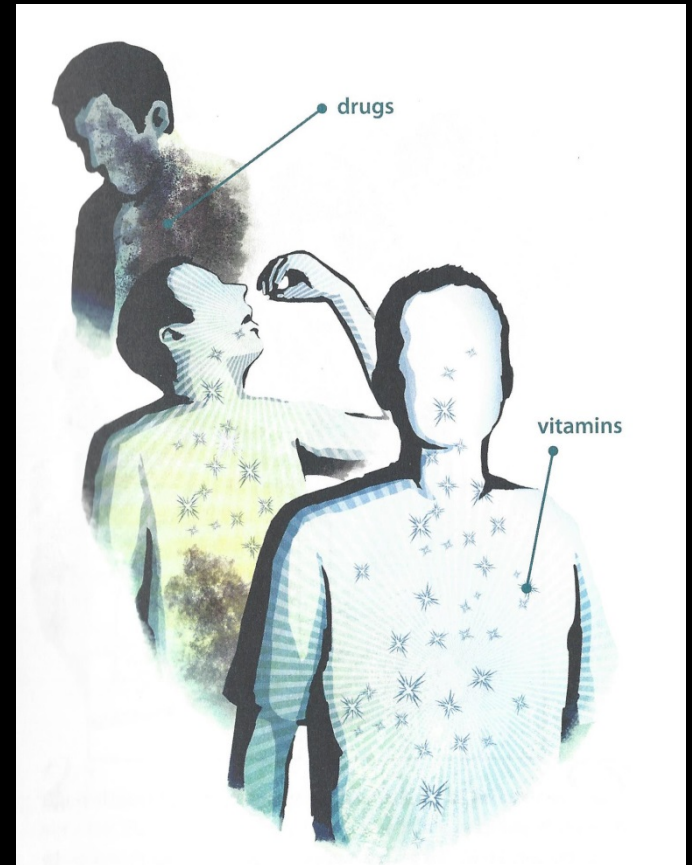
- Run
- Running works the blood deep into the tissues to lift toxins
- Gradient: 15 to 30min
- Not so much you can't talk to the person next to you

Part 2: Sweat

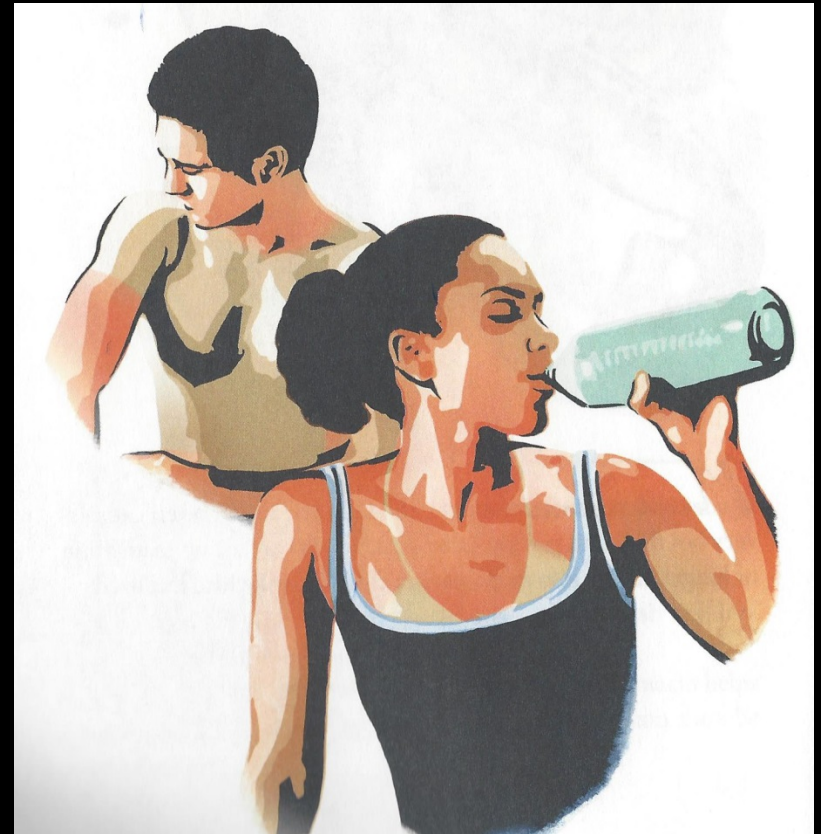
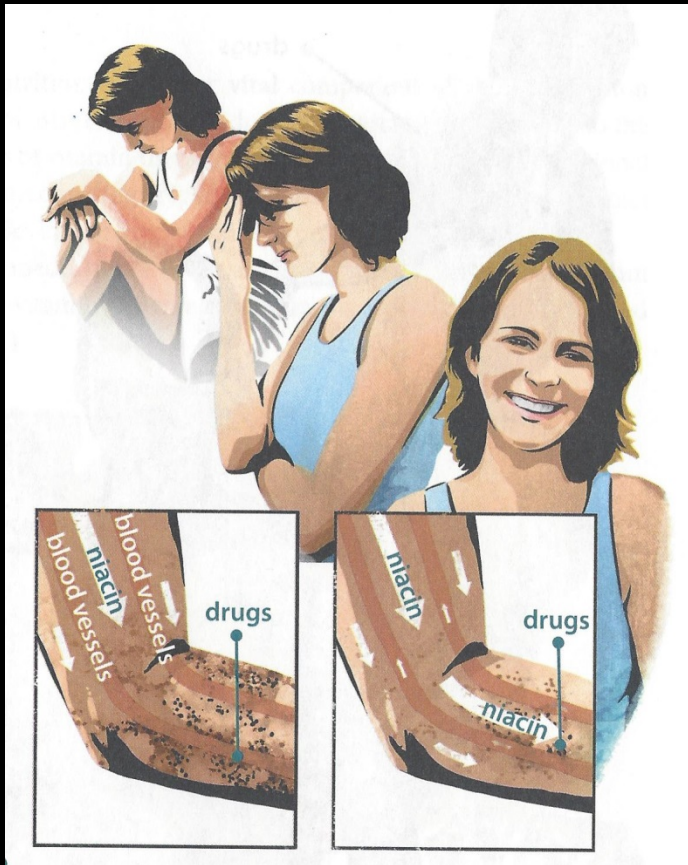


- Running is immediately followed by time in the sauna
- Gradient 2.5 to 4.5 hrs
- 4.5 hours is often needed to turn off what has turned on
- Past drugs, chemicals surgeries, sunburns.

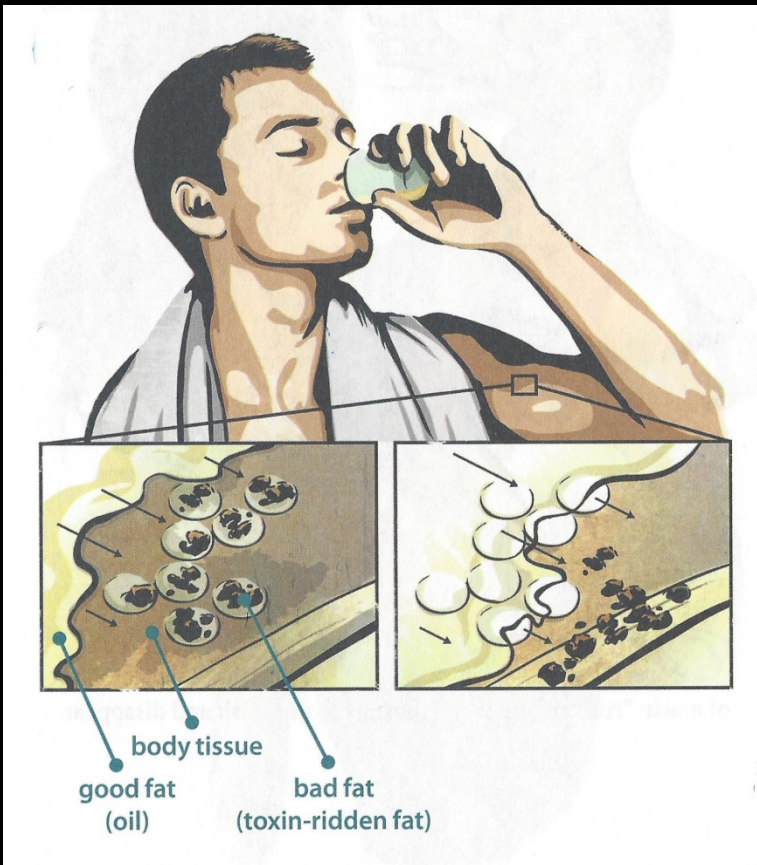
Part 3: Vitamins & Veggies



Part 4: Niacin



Part 5: Fat Replacement



- In addition to vitamins and good nutrition, you take good oil
- And lecithin
- Theory: encourages the body to exchange the bad for the good

A new beginning awaits you...



- A person continues until she or he feels renewed vitality and mental clarity.
- This is called the end phenomena.
- You *will* feel better!