CLEAN YOUR INTERNAL HOUSE, IT IS IMPORTANT TO YOUR WELL BEING

HYGEINE ISNT ONLY ON THE OUTSIDE; IT IS TAKING CARE OF THE INSIDE TO.

There are a selection of cleanses we offer, however, let us talk briefly about cleansing, its purpose and what it can do for you:

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| Most of us think about hygiene as taking a shower, brushing our teeth, combing our hair, even vacuuming the rug, doing the dishes, washing our car; however, do we ever think about keeping things running efficient on the inside? Just like a well lubed car, if you don’t drain the dirty oil and put in fresh clean oil the cars engine cannot run efficiently and will | lock up; our bodies will do the same over time. Our body is like a furnace that needs good fuel to burn. If garbage is put in for a period of time, it no longer runs at optimum levels and instead is bogged down and sick and tired. As we put in our bodies fats, carcinogens, anti-biotics, preservatives, additives, substances that turn into toxic waste, the body | has to store it somewhere and that is in fat pockets that can eventually become cysts, boils, and tumors. Detoxing the body through a cleanse can purge toxic waste from your liver, colon and down to the cellular level freeing up the body from the waste it was swimming in to now gain energy, loose weight, eliminate bowels properly and feel GREAT. |

I am available to consult about one’s personal needs in terms of which cleanse to choose and other benefits one can do to achieve their goals. Call for an appointment, stop in, message me or email @ [Shelley@HerbsforThought.com](mailto:Shelley@HerbsforThought.com) about your personal needs to get started now.