

Alternative Healing Academy

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy



Just as spring cleaning is a way of detoxing your home by airing out spaces and de-cluttering, **detoxing your body** is an important step to take during the transition from the cold winter months to vibrant spring weather. If you suffer from constant fatigue, obesity, respiratory ailments, and a sluggish digestive system, this article is for you. Read on to find out how a simple detox plan can give you back your health *and* vitality!

"I have been struggling with general listlessness for many years. Every day I woke up feeling like I couldn't face the demands of the day - you know that feeling of "Oh No!" you get when you wake up? After taking Detox Drops for only three days, I started to feel more alive and my energy levels increased every day. Detox Drops are great!"
-Carla, 43 years old

Spring Cleaning for Your Body?

By A. Tarallo

In today's world, we are **constantly exposed to chemicals and toxins in our environment**, from the food we eat and the products we use. Combined with environmental pollution, fast foods, drugs, alcohol and a sedentary lifestyle, it's no wonder our **livers end up sluggish and diseased** with the inevitable result for our bodies: health problems.

Winter in particular has the effect of **slowing down your metabolism**. For many, this leads to weight gain, especially for those living in harsher winter climates where physical activity is significantly reduced.

One of the **best ways to kick-start your metabolism** and give your health a boost is to detox!

The most important step to begin detoxing your body is **cutting out most refined and processed foods which contain trans-fats**, sugar and additives such as artificial



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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

colors and monosodium glutamate (MSG).

Eat more raw fruits and vegetables, whole grains, and vegetable protein like beans, lentils and quinoa. By choosing organic foods, you can **reduce your exposure to pesticides**.

Some readily available all natural detox-friendly foods include kale, beets, and spinach, which can be prepared in delicious salads.

Also, never underestimate the power of physical exercise! Since the skin is the largest elimination organ your body has, working up a sweat is yet another great way to **promote cleansing and body detoxification!** And don't forget to drink plenty of water to stay hydrated.

As always, you can look to nature to support your detox efforts. Dandelion contains bitter principles that have a tonic effect on the liver and digestive system.

It is also a **very rich source of vitamins and minerals**, including Vitamins A, D, C, and B, as well as iron, silicon, magnesium, zinc and manganese.

Fennel has been used since ancient times. Apart from its naturally supportive properties for digestion, fennel also helps to maintain liver, kidney and spleen health.

To start adopting a holistic approach– detox your lifestyle and your environment too! Walk outside, clean your home (preferably with non-toxic cleaners), and begin a new hobby. These **little changes will help detoxify your body** and your mind.

Detox Drops™

Promotes natural cleansing, detoxification and toxin elimination.

Plus:

- Enhances healthy weight management
- Maintains healthy energy levels and stamina
- Promotes healthy joints
- Supports a healthy immune system

Also try our [Liver Dr.](#)™ and [ColoFlush](#)™



Retail Price: \$43.95
Your Price: \$34.95

Ask Our Experts

Question:

"I am interested in the drops for detox and to help with some weight management. I would like to know if the [Detox Drops](#) and the [EcoSlim](#)™ can be used at the same time, or would it be fair to say that the detox should be done first? Thanks."

support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



--Peggy L.

Answer:

Hi Peggy,

Due to the high safety profile of the ingredients in our remedies it is perfectly safe to use [Detox Drops](#) and [EcoSlim](#) at the same time.

You can therefore feel quite confident in using Native Remedies as your trusted supplier of herbal and homeopathic medicines.

Please let us know if there is anything else we can assist you with.

Warm regards,

The Native Remedies Team

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