

## 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

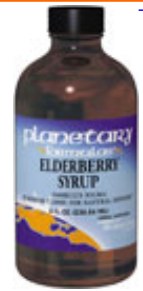


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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to

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*

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)



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# Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

## View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
- [Detox & Cleansing](#)
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- [Digestion](#)
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- [Others](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

### **The importance of Omega-3 fatty acids**

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

### **Don't forget a good multi-vitamin!**

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.