

JANUARY IS THE MONTH FOR DETOXIFICATION!

The health of an individual is largely determined by the ability of the body to detoxify. We are exposed to an amazing load of toxins in our everyday encounters (and extras during the holidays), from environmental poisons to metabolic wastes that are not efficiently eliminated. As we are exposed to more and more toxic insults, we are losing the ability to ward off disease-causing agents. The body has no recourse but to malfunction and lose cell-to-cell communication (Toohey, Lynn, Ph.D.).

When you feel congested or toxic, it is wise to take steps toward detoxifying, including drinking plenty of filtered water, getting extra sleep, eating right exercising, taking proper nutrients and utilizing a steam or sauna. Changes of season are key times to do a major detoxification. According to Dr. Toohey, every day is a key time to think about maintenance detoxification - the major detox pathways are liver, colon, kidney, lungs, lymph, skin, and blood.

Some signs and symptoms of the need to detoxify are digestive complaints, headaches frequent colds, fatigue, depression, chronic coughing, ear infections or ear aches, and/or excessive sweating. Problems associated with toxicity are abscesses, allergies, asthma, cancer, kidney stones, migraines, cirrhosis, hypertension, multiple sclerosis, and parasitic infections (Toohey, Lynn, Ph.D.).

Nutri-West has numerous products that can assist in the detoxification process (a number of them are listed below):

****Complete Glutathione or Complete Sublingual Glutathione****

Complete MG (Murphy's NEW Magnesium product)

Complete Whey-G

Core Level D-Tox

Greens Renew (Chewable or Powder)

****LB-Cln (H)****

****5-MTH Folate****

Methyl Renew

NAC Renew

Phyto Renew (Chewable or Powder)

****Total Fiber****

Total Green

****Total Liver D-Tox****

****Total Metals (HO)****

****Total Systemic D-tox****

Yst-Dysbio-Cleanz



**Visit our Website,
nutriwestblueridge.com,
for info on Nutri-West's
DETOX KIT!!!**

****SPECIAL**** Order 6 of 1 of these products, receive 1 free (January 1-31)!!!

Ask about our **DETOX KITS!!!**

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