


# Detox

 In-Store at Loch Logan, Waterfront, Bloemfontein

 Online at [www.emagenes.co.za](http://www.emagenes.co.za)

 via WhatsApp 076 999 0177  
How it works: 1) Please WhatsApp us your order.  
2) We will send you a invoice. 3) You pay via EFT.  
4) We send your parcel via Courier Guy or Postnet.

**Toxins, pollutants, synthetic chemicals, heavy metals, and processed foods all negatively affect our health. Your body is well equipped to eliminate toxins and has a sophisticated system that involves the LIVER, kidneys, digestive system, skin, lungs and lymphatic system. Only when these organs are healthy can they eliminate unwanted substances properly.**

**SOOOOOO.....**

**Rejuvenate and optimize your body's natural detoxification system**

### HERE ARE SOME TIPS

- **Adequate sleep** - It allows your brain to reorganize, recharge and eliminate toxins that accumulate throughout the day.
- **Drink water** -YOUR KIDNEYS need water. Water cleanses.
- **Reduce sugar** and processed (**JUNK**) food - It harms your liver and kidneys and is directly linked to cardiovascular diseases, diabetes, obesity, inflammation etc.
- **Get active!** Regular physical activity lowers inflammation and allows your detoxification/lymphatic system to work properly.
- Switch to **natural** personal care and cleaning products to reduce exposure to potentially toxic chemicals.
- **DEWORM** and do everything to **ensure proper bowel movement. Our mini colon detox for 3 weeks is an excellent kickstart! Do it twice a year. Spring and autumn. Please visit our online shop or EMAGENES health shop for advice on what products to use.**
- **CHILDREN** can use a 3-day Vermox/Wormstop. Herbal dewormers can be used in its place or after that if needed.
- **If you are a sugar addict, you must know that it puts a lot of strain on your liver. It is beneficial to treat the liver for three months with a herbal combination after 3 weeks of deworming.**
- Make sure that your **protein** intake is efficient. Your body needs protein to build, repair, oxygenate, digest etc

**Replenish your gut flora** and eat a variety of fiber (fruit and vegetables) rich food to get enough prebiotics. **FRESH AND RAW fruit and vegetables are also nature's cleansers.**

**Get sun on your body! Sunbathing helps to improve blood circulation and eliminate toxins.**

## **BENEFICIAL FOODS**

### **Herbs and supplements to add to your diet:**

- Sulfur-containing food (broccoli, onions, garlic, eggs, dairy, nuts and seeds, legumes etc.)
- Chlorella: enhance the elimination of heavy metals
- Cilantro/coriander enhances the secretion of heavy metals like lead, and chemicals, including phthalates and insecticides.
- **NAC** helps with detoxification to prevent kidney and liver damage.
- **B vitamins and folate** are essential for the liver's detoxification pathways
- Antioxidant-rich food (berries, pecans, kale, red cabbage, beans, beetroot, spinach)
- **Herbs** to detox and support liver and kidney health. Loose teas, tinctures, tablets, and capsules are available. Kidney herbs: Buchu, Dandelion, Stinging nettle, Goldenrod, Parsley, Marshmallow etc. Liver herbs: Dandelion, Stinging nettle, Milk thistle, Fennel, Burdock root etc.

**There are no quick-fix detoxes.  
Your body cleanses every moment of every day.  
It is an ongoing process.**

**Do your best to do the best for your body, heart and mind.  
Remember to do mental & emotional cleansing regularly - It has a BIG impact on your health.**

### **Contact us:**



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**Please note:** This information is to arouse interest & awareness. Do your own research and empower yourself.