

WHAT IS DETOX?

When we hear the word “**DETOX**” a variety of ideas (like dietary restrictions, juice fasting and “magic” vitamins) come to mind.

In laymen’s terms, **DETOX** (cleansing) is a period in which you allow your body the time and space to get rid of extra toxins accumulated through the previous months, years, or even a lifetime.

Detoxification is likely the oldest medical modality known to man. Ancient Greek, Sumerian/Babylonian, Roman, Jewish, Native American, Asian, and East Indian traditions all began the healing process with detoxification.

Our bodies are incredibly and wonderfully designed. We have a connective tissue system that acts as a “cloak” for our immune system to lay in wait for invaders. We have an amazing route through which our blood circulates to our liver, our kidneys, to our lungs, and back through again over and over.

Our liver detoxifies itself and our blood detoxifies by way of oxidation, reduction and hydrolysis, and then by way of conjugated. Our kidneys detoxify by way of filtration, reabsorption, secretion, and they need a huge amount of water. Our lymphatic system is the sewer and drains waste away from our cells, tissues and organs.

The colon is our trash can and should be about 4 inches in diameter, but has the capacity to stretch up to 4 times that size. The colon is also where we absorb most of our water.

God has made our bodies in such a way that we all have the innate ability to detox from the inside out. However, we are constantly bombarded by “hidden hazards” and toxins and chemicals (in our food, air, water, skincare products, medicines, vaccines, electronic gadgets, you name it) as well as metal toxins (worry, stress, and negativity).

WHY DETOX?

There are over 80,000 chemicals in our household and personal care products.

There are millions of toxins in our water, food, and the air we breathe, as well as “hidden hazards” like electromagnetic radiation.

In the same way that you take a holiday from your work routine, your body also needs a break to recharge, especially in light of the chronic exposure to these toxins and chemicals.

A DETOX gives your body the time, space, and right conditions to deal with those toxic factors that may keep you sick and tired. Think of a detox as a holistic and natural “pick-me-up” to kick your natural cleansing ability into “overdrive”.

During a DETOX, you lower the load on your digestive system and allow your intestines (headquarters of your immune system) to flush out the toxins, refresh and regain efficiency, and increase your innate self-healing powers while taking out the “cellular trash”

In essence, a DETOX is really just creating the perfect conditions to support your body in doing the job it was already made to do!

DETOX DO's & DON'Ts

- DO stay HYDRATED** – Drink plenty of clean water and herbal teas.
- DO get plenty of NUTRITION** – Ingest fresh organic juice, vegetables, fruits and fermented foods (like sauerkraut, kimchi, kombucha and kefir).
- DO get plenty of REST** – Your body cannot detoxify adequately if you are exhausted.
- DO EXERCISE** (in moderation) – Daily light exercise is essential. My favourites are rebounding (to stimulate the lymphatic system), walking, and stretching.
- DO SWEAT** – The skin is your biggest organ, and its vital to sweat out toxins several times each week.
- DO NOT eat BREAD OR DAIRY products.**
- DO NOT eat SUGAR, SWEETS, or PROCESSED FOODS** – Foods containing chemicals, preservatives and additives. Stay away from candy and chips, especially.
- DO NOT STRESS** – Besides making you feel frazzled and worn down, stress can interfere with proper nutrient absorption. Without certain nutrients, your body will not detox properly. “Don’t worry....be happy.”
- DO NOT STARVE** – If you starve yourself, you’ll likely eventually binge and overeat or abandon the cleanse entirely.
- DO NOT cave to CRAVINGS** – Make sure to have healthy snacks (fruits and veggies) with you at all times so there aren’t any temptations to give in to fatty, salty, sugary foods.
- DO NOT drink ALCOHOL** – Alcohol burdens the liver, and it’s counterproductive to burden a body part that you will be detoxing.

DETOX Q & A

Q: Who should DETOX?

A: Almost everyone can benefit from a detox, which provides the body with a “service and tune-up.”

Q: When should I start a DETOX?

A: Popular times to detox include after the holidays, after a vacation, or after other periods of overindulgence in items such as rich foods, alcohol, sweets and party snacks.

Q: Will I lose weight during a DETOX?

A: People frequently do lose weight during a detox. Much of this is due to decrease in water retention that can occur once sugar, food intolerances and excess carbohydrates are removed from the diet.

Q: Will my digestion be affected by a DETOX?

A: Almost certainly your digestion will be affected in some way, but usually for the better. While some people experience gas, diarrhea, and a rumbling tummy, most people notice remarkable improvements in digestion.

Q: Is it safe to DETOX during pregnancy?

A: I would not recommend detoxing during pregnancy. In fact, I would strongly recommend against it during both pregnancy and breastfeeding.

Q: Should I seek advice from my doctor before starting a DETOX?

A: Yes. You should always seek advice from your doctor before starting any detox program.



THE COLON



The **COLON** is also known as the large intestine. It is comprised of 4 parts: The Ascending Colon, the Transverse Colon, the Descending Colon, and the Sigmoid Colon. When you eat food, it breaks down in your stomach and passes through your intestines. This process is known as digestion. The walls of your intestines absorb nutrients from the food. What remains as waste (fecal matter) passes along to your colon and rectum. At times, things may go wrong in this process and the waste becomes stuck in the colon, known as “fecal impaction” of the colon. A person with a healthy colon will have 3 bowel movements a day, one shortly after each meal.

THE CLEANSE

The first step of a full body detox is the colon cleanse, which can entail herbal laxatives, enemas, and water irrigation (also called “colon hydrotherapy”). The colon must be first because those toxins need to exit the body, and a backed up colon can cause them to be reintroduced into the body rather than exiting as planned.

The product that take to facilitate a gentle colon cleanse is **ETERNAL GREEN D-TOXE & ETERNAL LIQUID CHLOROPHYLL**.



ETERNAL GREEN D-TOXE is a natural colon cleansing which help you to remove pounds of foul-smelling food debris which may be impacted inside your colon. Healthy flora is the foundation of good health and it increases absorption of nutrients from the food we eat and helps protect against infection. It is high in fiber and nutrients.

Consumption method:

Adult: Add 2 scoops of Green D-Toxe with 2 tablespoon of Liquid Chlorophyll in 125ml of cool or lukewater. Shake well and drink it immediately. Take it in the morning before meals or before going to bed. It is important to maintain adequate liquid intake.

Children: ½ the dosage of adult.



The product that take to facilitate a gentle colon cleanse is **ETERNAL CASTOR OIL**

It is a colorless to very pale yellow liquid with a distinct taste and odor once first ingested. It is a triglyceride in which approximately 90 percent of fatty acid chains are ricinoleate. Oleate and linoleates are the other significant components. Ricinoleic acid is a monounsaturated, 18-carbon fatty acid. It is an anti-inflammatory and anti-oxidant oil which has been used for centuries for its therapeutic and medicinal benefits. It is believed that most of castor oil's benefits are derived from its high concentration of unsaturated fatty acids.

Consumption Method:

Adult: Drink directly 1-3 tablespoon of Castor Oil each time.

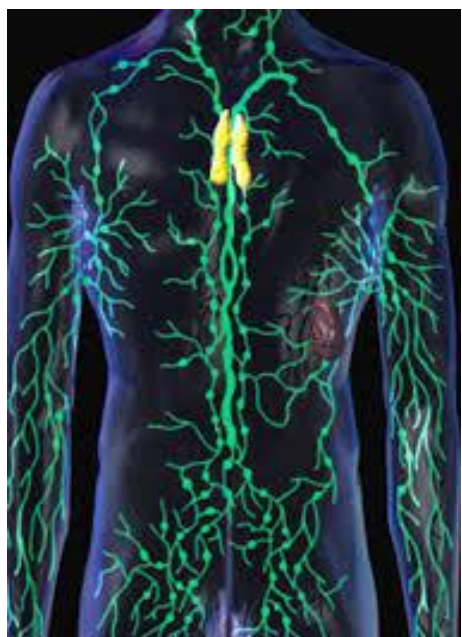
One time per week.

Children: ½ the dosage of adult.



THE LYMPH

The **LYMPHATIC SYSTEM** is a network of tissues and organs that help rid the body of toxins and waste, kind of like the drains in your house. It is a system of thin tubes (lymph vessels) and lymph nodes that run throughout the body and is a vital part



of our immune system. The lymphatic system is similar to the circulatory system, as lymph vessels branch throughout the body like arteries and veins that carry blood. But the lymph vessels transport a colourless liquid called “lymph” which contains a high number of white blood cells called “lymphocytes” that fight infection, viruses, and bacteria. They also destroy damaged or abnormal cells.

The lymph glands are small bean shaped structures (also called “lymph nodes”) which are located under your arms (in your armpits), groin (at the top of your legs), neck, abdomen, pelvis, and chest. The lymphatic system also includes the thymus, spleen, tonsils, and adenoids. The lymph nodes filter the lymph fluid as it passes through these organs.

We can detox our lymphatic system by doing **CASTOR OIL ENEMA**.

This is extremely detoxifying and ‘pushing’. Do not practice or use it more than one time in 24 hours. It is generally not recommended for cancer patients who have recently undergone chemotherapy.

Preparation :

- Drink 2 tablespoons of castor oil with 1 cup of coffee. (made by boiling 1 heaped teaspoon of ETERNAL COFFEE ENEMA in 1 glass of distilled water; strain). Sweeten with honey.
- One hour later, administer a coffee enema.
- After 4 hour followed with Castor Oil Enema.

ACTIVATION

You should focus on activating your **LYMPHATIC SYSTEM** every day you alive since a congested lymphatic system can lead to serious illnesses and chronic diseases. A clog in your lymphatic “drains” can lead to the accumulation of toxins. The problem is that, unlike your cardiovascular system, the lymphatic system doesn’t have a heart or an other pumping mechanism, so it won’t flow unless you **MOVE**.

There are multiple methods to effectively activate the lymph system and pump the lymph. However, my favourite exercise (by a long shot) is rebounding, which has been shown to increase the lymph flow by up to 30 times.

Rebounding on a mini-trampoline directly strengthens the immune system, increases lymph flow. And oxygenates the blood. Unlike jogging on hard surfaces which puts extreme stress on certain joints such as ankles and knees, eventually damaging them, rebounding affects every joint and cell in the body equally. Plus, there are no cars, dogs, and bad weather to worry about.

We highly recommend that you rebound daily, because this exercise is the best way for you to.....

KICK it up a notch!

REBOUNDING

(20 minutes Per Day)



THE KIDNEYS



KIDNEYS normally come in pairs. If you've ever seen a kidney bean, then you have a pretty good idea what the kidney look like.

Blood is carried into the kidneys by the renal artery (anything in the body related to the kidneys is called "renal"). The average person has 1 to 1.5 gallons of blood circulating through his or her body. The kidneys filter that blood as many as 400 times a day and help regulate blood pressure.

More than 1 million tiny filters in the kidneys (called nephrons) filter waste from the blood in the form of urine, which in turn cleans the bladder.

The kidneys also help to maintain the balance between water and minerals in the body, and when that mineral balance gets off whack, kidney stones result.

HERBS & FOODS

During the Kidney Cleanse:

The **KIDNEY** cleanse lasts for three days. During this time, it is best to eliminate solid foods (other than watermelon) and drink only watermelon juice and cranberry juice and herbal teas (and plenty of pure water, of course). If you get hungry and can't make it 3 more days (after fasting for 2 weeks for the colon cleanse), then that's OK. But try to eat only small amounts of fresh fruits and vegetables each day.

Why watermelon? Watermelon contains more than 90% water, providing essential fluids the body needs during a cleanse. It is also a diuretic, encouraging urine flow that aids the removal of toxins from the kidneys. The high potassium content helps break down kidney stones and also contributes to lowering blood pressure, an important aspect of kidney health.

Below are a few substances that help cleanse the kidneys and can be included in this phase of the cleanse. Adding these items to your kidney cleanse protocol will help you to

KICK it up a notch!



LEMON

1 fresh squeezed lemon each morning in a glass of water, then another in the evening. The citrate in lemons helps break down kidney stones



E-FLOW

A potent kidney cleanse formulated with saw palmetto, pumpkin seed, pygeum africanum, cranberry, corn silk and bee pollen.



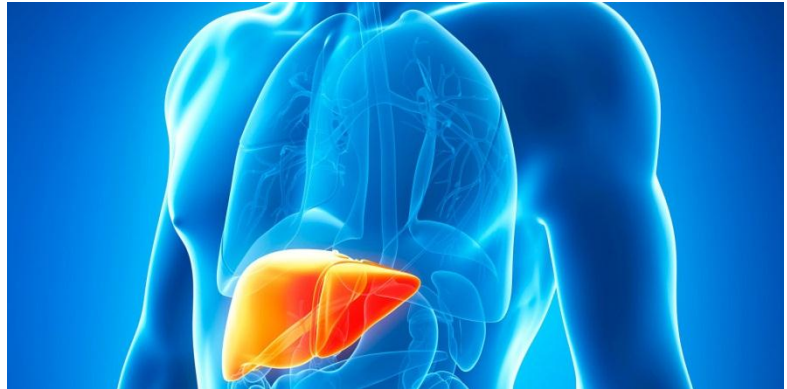
CILANTRO / PARSLEY

(Blend 1 bunch of each herb with 16 oz water and drink once daily)

THE LIVER

Did you know the word “LIVER” comes from an Old English word for “life”? That’s because the length and quality of your life are linked to the healthy function of your liver.

The LIVER has two large sections, called the right and the left lobes. Interestingly, the liver is the only organ in the body that can completely regenerate. So... what does the liver do?



1. Produces bile which helps take waste and breaks fat down in the small intestine.
2. Produces proteins that are needed for the blood plasma.
3. Produces cholesterol and proteins that help carry fats through the body.
4. Converts glucose to glycogen (used for energy).
5. Regulates amino acids.
6. Processes hemoglobin (the liver stores iron).
7. Eliminates drugs and toxins from the blood.

Regarding this last function of the liver (eliminating toxins and drugs from the blood), the liver uses a 2-phase enzymatic process to neutralize unwanted chemical compounds, typically taking fat-soluble toxins and converting them into water-soluble waste.

ETERNAL ALA CAPSULE is a good LIVER DETOX product. ALA CAPSULE contains Alpha lipoic acid. It is a fatty acid found naturally in the body. Alpha lipoic acid also known as lipoic acid, thioctic acid and ALA. It is needed by the body to produce the energy for our body's normal functions.



HERBS & FOODS

During the Liver Cleanse:

You should eat only steamed vegetables like broccoli, cabbage, carrots, spinach, and brown rice. Each day, drink at least half a gallon of filtered or spring water, 1 pint of fresh beet juice, and taking malic acid.

Coffee enema is the most effective way to detox our liver. **ETERNAL COFFEE ENEMA** contains 100% organic coffee beans, carefully selected and conforms to international standards of organic practices. It has high content of caffeine and palmitic acid. Both ingredients bear the hallmark of an optimum coffee enema.

Recipe & Procedure:

- Bring to boil 1 liter (4 mugs) of distilled water.
- Add one heaped tablespoon of Eternal Coffee Enema.
- Boil for 3 more minutes.
- Simmer on very low heat for 20 minutes.
- Steep overnight (12 hours) and warm to body temperature before use.
- Sieve coffee into a container & add 1 tablespoon of Eternal Organic Apple Cider Vinegar.
- Stir mixture and pour into Eternal Enema Bucket or bag.
- Hang bag or place bucket not more than 2 feet above self in a laying position.
- Lie on your right side, lubricate the anal tube with Eternal Aloe Soothing Gel and place anal tube 3-4 cm (for adults).
- Pull both knees forward to the chin.
- Allow the coffee solution to flow in.
- Retain coffee for 15 minutes then go to the toilet for the expulsion.



LIVER & GALLBLADDER FLUSH

The liver gallbladder flush requires 6 days of preparations by drinking apple juice. The malic acid that is naturally present in apples softens the gallstones and makes them easier to pass.

Preparations:

- 1) First 6 days take 1 teaspoon of pure malic acid in 32oz of water or 4 glasses of green apple juice every day or eat 4 to 5 apples whichever is preferred.
- 2) On 6th day, do not take any food after 1:30pm. At 6 pm take one tablespoon of Epsom salt (Magnesium Sulphate) with half glass of warm water. You can take the Epsom salt cold (by keeping it refrigerated).
- 3) At 8pm take one tablespoon of Epsom salt (Magnesium Sulphate) with half glass of warm water.
- 4) At 10pm take 4 oz (120ml) olive oil with 6 oz (180ml) grapefruit juice. Mix it well and stand next to your bed (do not sit down) and drink it. The oil lubricates the stones to ease their passage.
- 5) Apply melatonin cream. Take 1 teaspoon of passiflora with half cup of water. Lie flat and sleep. If you still cannot sleep take 3 capsules of L-ornithine.
- 6) Next morning at 6am, take one tablespoon of Epsom salt (Magnesium Sulphate) with half glass of warm water. Stay sitting or upright position, or u may go back to sleep if you're tired.
- 7) At 8am, take one tablespoon of Epsom salt (Magnesium Sulphate) with half glass of warm water and go to toilet.
 - Can repeat every 3 weeks, up to 8-12 flushes. Then for maintenance, repeat every 6 months.
 - After flushing, do not take heavy meal immediately. Take porridge, oats, soup, no oily food, no meat and slowly back to normal diet.

During the Liver Cleanse:

ETERNAL MILK THISTLE PLUS DANDELION



Herbs are edible plants or concentrated food, that are nutrient rich with natural healing qualities. **Milk Thistle** is a plant with large purple thistle-like flower heads and has been valued for its medicinal properties. Its active ingredient, silymarin is a flavonoid with antioxidant ability. It is used to treat liver disease, promote the flow of bile and as a general tonic for stomach, spleen and gallbladder.

Dandelion

contains mainly bioflavoids, biotin, choline, inositol. Dandelion is our blood and liver cleanser. It increases the production of bile. It is used as a diuretic. It has the ability to reduce serum cholesterol and uric acid. It improves functioning of the kidneys, pancreases, spleen and stomach.



Benefits:

- Optimum protection of liver through antioxidant properties and prevention of free radical damage.
- Helps to overcome fatty liver.
- Helps in the process of liver detoxification and blood detoxification.
- Stimulates the production of new liver cells and prevents formation of damaging leukotrienes.
- Alleviates skin problems such as psoriasis, rashes, acne and pigmentation.
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- Useful for abscesses, anemia, boils, cirrhosis of the liver, fluid retention, hepatitis, jaundice and rheumatism.

Active Ingredients: Milk thistle extract, dandelion extract

Product Form: vegetable capsules – 60 capsules

Consumption Method:

Adult: Take 2 capsules, twice per day (after meals).

Children: ½ the dosage of adult.



THE SKIN

What is the largest organ in the body. Can you guess? No, it's not your brain! And no, it's not your heart. It's your SKIN, which occupies over 15 square feet to cover your flesh and bones and makes up about 16% of your body weight. Your skin is constantly in contact with the elements, including pollution and toxins. Your skin is one of the major organs involved in eliminating wastes and impurities from your body, mainly through perspiration.

SKIN is also your fastest growing organ, shedding dead skin cells on daily basis and creating a new layer of skin every 28 days. It is your first line of immune defense (it produces and stores vitamin D), protects your internal organs, and it also absorbs much of what it contacts due to the fact that it is rich in receptors. Believe it or not, your skin is home to over one trillion individual bacteria and over one thousand different species of bacteria.

Skin detox is an important way for skin to release harmful toxins, eliminate damaging free radicals, and stimulate skin renewal and rejuvenation. Detoxification may seem a bit daunting, but a few small changes to your diet and your skincare routine can greatly improve the look of your skin, giving it that "soft as a baby" look, without having to rely on lathering your skin with harmful chemicals.



THE TERRIFIC THREE

Cleansing the Skin

You should be continually cleansing your SKIN on a daily basis. And remember, the more you eat junk foods, the more your skin will suffer. It's important to AVOID "congesting" foods like white bread, fast foods, and sugar. And AVOID all the toxic cosmetic products that contain chemicals like parabens, phthalates, petroleum, heavy metals, titanium dioxide, talc, and other damaging substances.

Below are our "Terrific 3 Activities for Detoxifying the Skin if you want to....



DETOX SCRUB

While there are many ways to detox. One of the easiest and most relaxing is through a detox scrub by using our Eternal Sodium Bicarbonate Scrub.



FIR SAUNA

It works by creating a thermal effect which reaches deep into the layers of tissues causing blood vessels in capillaries to dilate. This promotes better blood circulation and elevates the heart rate. The heat produces sweating, which aids in the elimination of metabolic wastes and body toxins.



DRY BRUSH

Dry body brushing will boost circulation and stimulate the lymphatic system to release toxins. It is the best way to exfoliate the skin.

PARASITES

PARASITES are organisms that feed on a host, and they are commonplace, but certainly not pleasant. They typically reside in the gastrointestinal tract and are normally acquired from consuming contaminated food or water, so everyone is vulnerable. However, people with an imbalanced micro biome or a weakened immune system may be more susceptible to parasites.

As uncomfortable as it may be to consider parasites and worms living inside you and leeching precious nutrients from your body, there are options available to cleanse your body of these nasty predators.

Below are our “Super 7” herbs and foods that have known anti-parasitic attributes:

1) BLACK WALNUTS



2) CLOVES



3) COCONUT OIL



4) OREGANO



5) PAPAYA JUICE & SEEDS



6) PUMPKIN SEEDS



7) WORMWOOD (ARTEMISININ)



Remember to **AVOID** pork (which typically contains parasites and worms) and sugar (which feeds parasites and lowers immune function).

ETERNAL VIRGIN COCONUT OIL is produced from freshly harvested coconut. So, the first characteristic of virgin coconut oil is that it is made from fresh coconut meat. However normal coconut oil is made from dried coconut meat known as copra. Virgin Coconut Oil is considered the most heart-healthy oil on earth. It is free of cholesterol.

Virgin coconut oil is defined as ‘minimally processed product which has not undergone any further processing such as refining, bleaching and deodorization.’

Virgin coconut oil is different from other cooking oils in that it has medium-chain fatty acids rather than long-chain fatty acids. It also contains caprylic acid, capric acid and lauric acid, all good compounds that are beneficial to our health. It has immense healing and nourishing capacities and also with its health promoting factors.



Active Ingredient: Virgin Coconut Oil

Consumption Method:

Adult: Drink directly 1-2 tablespoon of Virgin Coconut Oil daily, 20 minutes before each meal. Used as cooking oil, seasoning, marinating, salad dressing and flavouring.

Children: ½ the dosage of adult.

ETERNAL OZONIDE

Physiologically compatible ozonides are long-chained, oxygen-rich oils. They are water-free and viscous and formed from natural fatty oils such as olive oil or castor oil and oxygen in the form of ozone. By exchanging three oxygen atoms for the double bond in unsaturated fatty acids, a bactericidal and fungicidal substance is produced. Ozonide which can obviously also attack parasites. Mixed with water, ozonides produce emulsions that can be taken internally.



HEAVY METALS

What about HEAVY METAL exposure? No, I'm not talking about listening to hard rock music! High levels of exposure to almost two dozen environmental metals considered "heavy metals" such as mercury, lead, aluminum, and arsenic can cause acute or chronic toxicity. This can result in damaged or reduced mental and central nervous function and damage to vital organs. Long term exposure may lead to neurological degenerative processes that mimic Alzheimer's disease, Parkinson's diseases, multiple sclerosis and even Cancer.

What is the best way to detox heavy metals? One word: **CHELATE**. The word "chelate" itself is derived from the Greek word "chela" which refers to the pincer-like claw of a crustacean or arachnid (such as a lobster, crab, or scorpion). The term chelate, then, suggests the way in which an organic compound grabs heavy metals and carries them to the liver for processing and out of the body through the urine or feces.

Strawberries and grapefruit are both effective at chelating heavy metals, as are cilantro and chlorella. Another substance that is effective to remove heavy metals (and poison, drugs, and bacteria) is activated charcoal.

ETERNAL INTRAVENOUS EDTA (Ethylenediaminetetraacetic acid)



DMSA (Dimercaptosuccinic acid)

It works by binding with lead and a number of other heavy metals allowing them to leave the body in the urine



DETOX YOUR HOME

Since we're on the topic of protecting your home environment, there are a few other practical steps you can take to ensure that your home truly is your safe refuge.

Make sure you have a clean **WATER** supply, since water is possibly the most valuable tool for detoxifying your body (which is between 50% and 65% water). If you are on a municipal water supply, you need a whole house water filter to get rid of the chlorine and fluoride. There are many excellent home water filters on the market.

NO SHOES in the house, since most household dirt, pesticides, and lead come in on your shoes. If you must wear shoes, be sure to place floor mats by your entryways to wipe your shoes off before entering the house.

Keep the **AIR** clean by leaving windows open as often as possible for ventilation. Use green plants as natural air detoxifiers and use baking soda to remove odors. Use essential oils, fresh flowers and bowls of herbs like rosemary and sage to add a pleasant fragrance to rooms. Do **NOT** use scented air fresheners!

Switch from the standard household **CLEANING PRODUCTS** to cleaner and greener ones. Use vinegar in place of bleach, and use baking soda to scrub your tiles and hydrogen peroxide to remove stains. Tea tree essential oil and lemon essential oil are excellent household cleaners.

Replace your **SKIN CARE** products with less toxic and chemical free options. Deodorant, toothpaste, cosmetics, hair products, nail polish and perfumes are often loaded with toxins and dozens of carcinogenic chemicals.

Avoid **NONSTICK** pots, pans, bakeware and utensils. Teflon contains perfluorinated chemicals (PFCs) which have been linked to cancer and developmental problems.



CLEAN FIFTEEN

According to the Environmental Working Group (EWG) these foods have the lowest levels of pesticides and are relatively safe to eat non-organic. ** Watch out though, as papaya and pineapple are often GMO.



Avocado



Asparagus



Cabbage



Cantaloupe



Cauliflower



Eggplant



Grapefruit



Kiwifruit



Mango



Onion



**Papaya



Peas



**Pineapple



Sweet Potato



Watermelon



DIRTY DOZEN

These foods have probably been heavily sprayed with pesticides, so it's best to purchase organic.



Apples



Bell Peppers



Celery



Cherry Tomatoes



Cherries



Cucumbers



Grapes



Nectarines & Peaches



Lettuce



Pears



Potatoes



Strawberries

HALOGENS

FLUORIDE is getting a lot of bad press these days, and for good reason; it is a **TOXIC** molecule that wreaks havoc on the body. The thyroid is particularly affected by fluoride exposure because its store of iodine is depleted. You see, **FLUORIDE** and **IODINE** are both **HALOGENS**, and all the halogens use the same receptors in the body. Because it is much smaller, fluoride easily displaces iodine in the body.

In August 2006, a Chinese study found that fluoride damages children's liver and kidney functions. But unlike iodine (which the body cannot store long-term), fluoride is a persistent **TOXIN**. As a result, the body develops iodine deficiency, which shuts down production of thyroxine, the thyroid prohormone that controls metabolism, and, in one way or another, impacts every aspect of health. This, in turn, can lead to thyroid disease, infertility, mental retardation, early mortality, and a host of other illnesses.

Because of this, it is important to regularly supplement with a high-quality iodine supplement and drink water that is free from fluoride. Taking iodine in its nascent form is the best way to increase iodine levels in the safest and most effective way possible for adults and children whose thyroids are already compromised. It will also greatly aid in ridding the body of fluoride, chlorine, perchlorates, and heavy metals.

ETERNAL LUGOL'S SOLUTION

Lugol's Solution also known as Lugol's Iodine. It has been used traditionally to replenish iodine deficiency. Iodine reduces thyroid hormone and can kill fungus, bacteria, and other microorganisms such as amoebas. A specific kind of iodine called potassium iodide is also used to treat (but not prevent) the effects of a radioactive accident.

Active Ingredient: Iodine Crystal & Potassium Iodide

Preparation: Mix one bottle of Lugol's Solution (250ml) with 500ml of water. Keep it in an amber bottle.

Consumption Method:

Adult: Take ½ teaspoon 3 times per day. Pour into soup, fruits juice, carrot juice or plain water except green leaf juice.

Children: ½ the dosage of adult



ETERNAL SODIUM BICARBONATE TOOTHPASTE

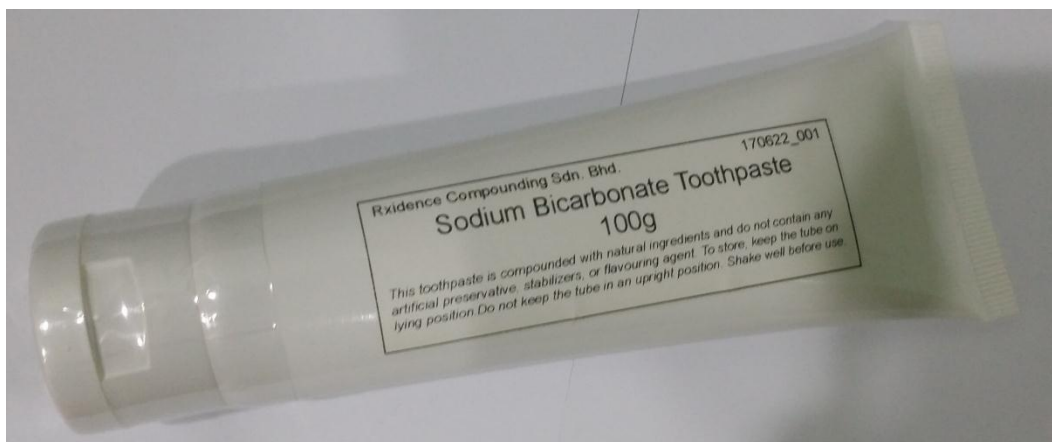
Oral hygiene is an important factor to our health that we should be aware and work to maintain. **Eternal Sodium Bicarbonate Toothpaste** *does not* contain fluoride, Sodium Lauryl Sulfate (SLS), any artificial preservative, stabilizers or flavouring agent.

Another reason is that regular toothpaste contains ingredients like SLS, polyethylene glycols, triclosan, strontium, benzene, and tin, which are all potentially harmful to human health. Regular toothpaste also contains high levels of glycerin. When there is high level of glycerin left on our teeth, it takes quite a long time before it wears off and our enamel can properly strengthen again. This leaves teeth susceptible to cavities.

Benefits of Sodium Bicarbonate Toothpaste:

- It acts as a plaque-buster to remove plaque.
- It has anti-bacterial properties.
- Whiten our teeth.
- Overcomes tooth decay, gum diseases, ulcers and bad breath.

Active Ingredient: Sodium bicarbonate Toothpaste (100g/tube)



CONCLUSION

So, there you have it! **DETOXING** is not nearly as confusing or difficult as you thought, is it? Hopefully this brief (but informative) manual has been helpful in providing you with the essential information needed to DETOX your body and provide massive health benefits such as increased energy, reduced cravings, and lowered stress levels.

The truth of the matter is that no matter how healthy you may eat, we are all exposed to toxins on a daily basis. Our bodies were not meant to cope with such excess of toxins, and it's vital to do regular detoxing to remove these sometimes deadly, disease-causing pollutants.

Knowledge is power, but if you don't **ACT** on the knowledge you have, then it's useless. Baby steps are fine... small changes eventually become massive changes. **DO NOT** let yourself become overwhelmed or discouraged. Do what you can today and continue building on your progress.

And remember, the mark of a truly successful detox is that you are set on the path of positive and long term change.

Eternal Clinic & Wellness (HQ)

No.7-3, Jalan Dagang SB 4/3, Taman Sg Besi Indah, 43300 Seri Kembangan, Selangor.

Tel: +603-89454320 Fax: +603-89452440 www.eternal-wellness.com

Email: eternal.centre@gmail.com

Eternal Clinic & Wellness (Penang)

2-1-28, Tingkat Mahsuri, The One Square, 11950 Bayan Lepas, Penang.

Tel: +604-6119585 Fax: +604-6119582 Email: eternalclinicpenang@gmail.com

Eternal Clinic & Wellness (Neo Damansara)

F-1-1, Block F, Neo Damansara,

Jalan PJU 8/1, 47820 Damansara Perdana, Selangor

Tel: +603-74965976 Fax: +603-74967155 Email: eternal.damansara@gmail.com