
YOUR HEALTH IN MOTION

A Bio-Hacking Wellness Center

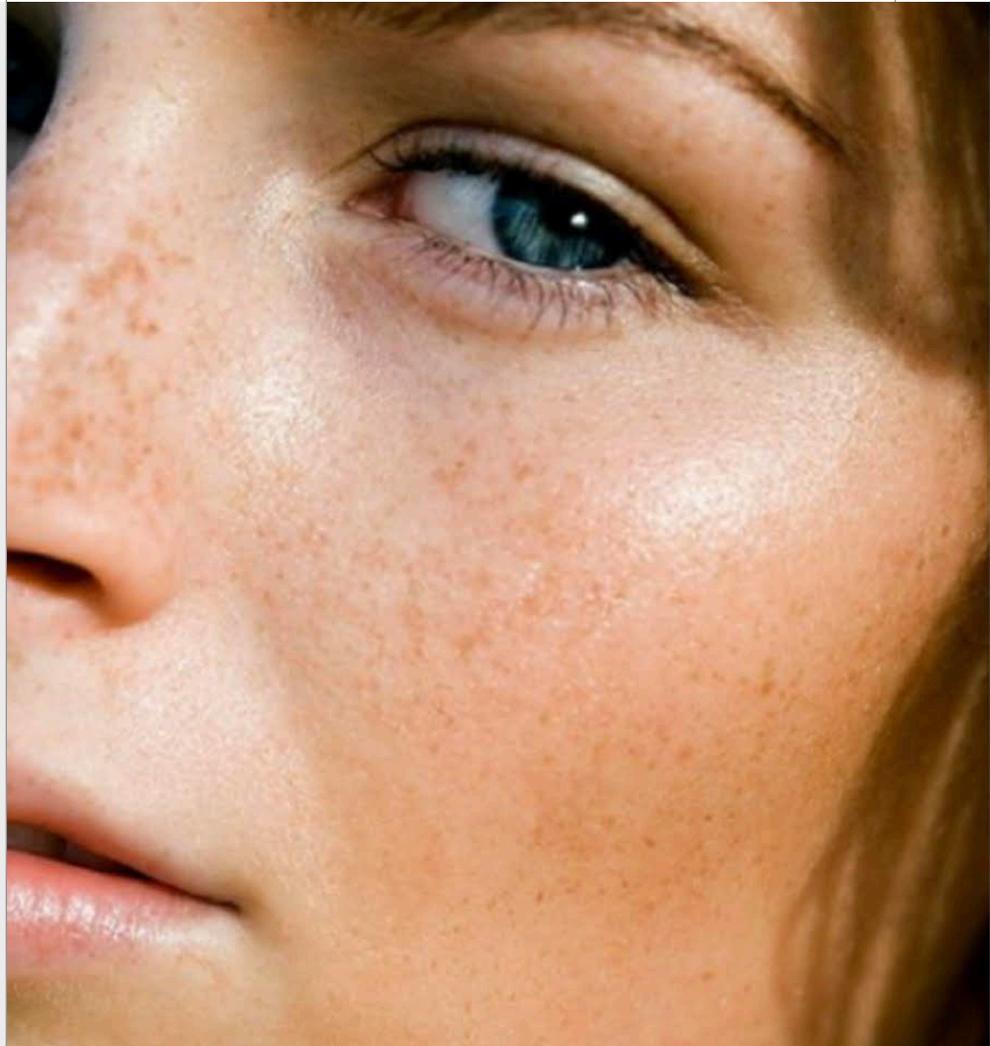
Structural Metabolic Emotional Health

What is a skin Detox?

Your skin is the largest organ in the body. Whatever is on the inside of your organs shows on the outside or your skin. It is said to resemble your intestines flipped inside out. Your lungs, liver, kidneys, and colon have the ability to detox all by themselves. Our environment, excess chemicals in skin products, poor air quality and alcohol and cigarettes can, however, cause lasting damage. All of this toxin overload— along with a poor diet and excessive cleansing and exfoliation — can deplete the skin's outermost layer. Also known as the stratum corneum or skin barrier, it helps keep skin healthy by blocking substances that can cause premature aging, among other damage. This detoxification process for 30 days your aim is to eliminate the relieve the body of toxins by eliminating most common allergens and processed foods as outlined in the Liver Cleanse pamphlet and take the supplementations given to assist the detoxification of these organs.

Organ Health = Skin Health

The liver is responsible for gathering toxins, pollutants, and excess hormones which are fat soluble to turn into water soluble compounds by a process called methylation so your body can "excrete" or "detox" through sweat, urine, and bowel movement. Our detox is aimed to regulate and assist this methylation or Phase II Detoxification Pathway.



HOW TO DETOX YOUR SKIN

AND KEEP IT LOOKING BEAUTIFUL



Products

ClearVite PSF 1-2 Shakes per day

a hypoallergenic supplement which feeds your detoxification organs what they need to get their work done. It also helps to reduce inflammation, balance blood sugar, increase energy, heal the digestive tract, and provides antioxidant benefits. It contains vitamins A-Z,* L. Acidophilus 2.3 billion CFU, Enzyme Blend (amylase, cellulase, glucanase, protease) and glutamine to support gut function. And pure pea protein.

Bilemin 1 pill 3 x a day

BileMin helps provide support for multiple aspects of the biliary system by incorporating a special blend of phytonutrients and plant-based enzymes.* Each capsule includes over 90 mg of standardized phospholipids and 325 mg of high-quality, standardized dandelion root extract. This formula can also be useful as part of a detoxification program

Metacrin DX 1 pill 3 x a day

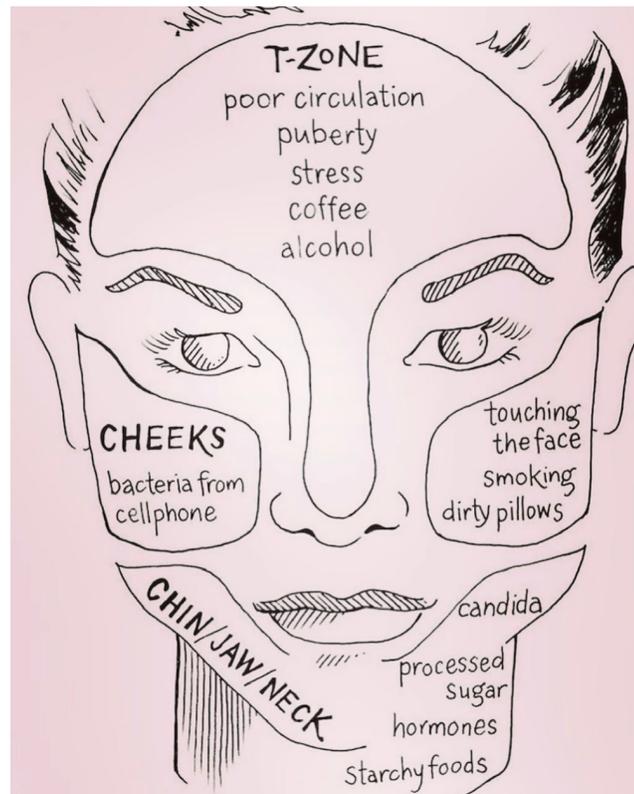
is a brand name product that contributes herbal support to detoxification and is said to optimize venous circulation. It provides herbs that help encourage hepatic cell growth and RNA synthesis and provides the vitamin substrates and amino acids.

LOVE YOUR LIVER SEE YOUR SKIN GLOW

You can cleanse your skin as much as you want or leave it alone for extended periods of time. This “detoxing” won’t actually remove any toxins. It’s the aforementioned organs — primarily the kidneys and liver — that hold that responsibility.

Methyl-SP™ 1 pill 3 x a day

Supports Methylation and homocysteine metabolism in the biliary system with a combination of targeted nutrients and cofactors such as trimethylglycine at 550 mg and MSM at 50 mg per serving.* This formula includes the antioxidant vitamins C and E, as well as high-potency riboflavin, vitamin B6, folate, and vitamin B12 for all the skin glows.



Additional Tips

Its only 4 weeks! You can do anything for that long. Delay instant gratification and stick to the foods you can eat, but this is the way to truly change your life style. This is not a starvation diet rather enjoyment of the freshest quality foods.

Stop touching your face

Dry brush your face and body each day before showering with a skin brush or dry body glove

Do a coffee Enema once a week while on the detox. Ask the office for a kit and instructions.

Use clean fingers to massage face in small circles pressing firmly to bring blood flow to the skin.

Use olive oil or coconut oil to remove your makeup

Stop using anything you cant eat on your face.

Drink at least 120 oz of water per day,

Incorporate a 20 minute breathing and meditation practice to your day, get the family involved.

Facial yoga and neck yoga to firm the tone of your skin.

Happy detoxing,ite Gorgeous!