

# Detoxify: Cleanse for Healing *and* Weight Loss

## Centennial —

I have been considering a detoxification protocol to complement the rest of the program that I use. After deliberation, I'm recommending a 10-day herbal cleanse detox system. By flushing out toxins that the body is holding onto and changing the body's chemistry from acidic to alkaline, it will reduce inflammation thereby reducing tendencies to pain.

The first correction is the **blood sugar lowering** through careful attention to the glycemic-index. This lowered blood sugar level will increase energy, stabilize mood swings and trigger the body to release fat.

The second correction is in **body toxicity level**. The average person is carrying around 7-25 pounds of garbage internally at any given moment, so getting rid of that often helps with gas, bloating, bad breath and body odor. It also non-surgically flattens the tummy while correcting constipation and/or diarrhea issues.

The third correction is vital for management of many health issues: **the control of parasites, candida albicans and intestinal funguses**. If you have ever taken antibiotics, then chances are you have an intestinal flora or candida albicans issue. You also might have one as a result of the food chain exposure. Signs of this problem includes dozens of things like water retention, sugar cravings, mood swings, poor sleep and allergies.

The 10 day program will also correct the major chemistry issue of **acid/alkalinity**. If you are too acid you will be a "vapor weight gainer," putting on weight rapidly for no apparent reason.

You will also be tired, allergy and illness prone, not to mention that people who are too acid are the ones who get cancer. Being alkaline helps

you have more natural vitality and will help you maintain good weight management effortlessly.

And certainly not last, the 10 day body makeover program will **turn up the burn on the fat** while enhancing metabolism the all-natural way, yet controlling appetite.

I was introduced to this system by a physical therapist I've known for awhile. She's been using this with her patients very successfully to help with their pain as well as their weight issues. It's common for her patients to lose 5 pounds and 5 inches during the 10 day cleanse (one of whom I know.) She's reported to me many patients' cholesterol levels have gone down using this system also. She even had a patient use the 10 day system back-to-back 4 times (for a total of 40 days) and lost 69 pounds. The products aren't just getting rid of fat. But helping you shed the toxic stuff that doesn't metabolize. Visit **[www.firstfitness.com/drerica](http://www.firstfitness.com/drerica)** to get your 10 day cleanse. There is information on the ingredients and their 100% money back guarantee. If you'd like a little support, call me once you get your product and I will coach you through your plan successfully!

The product is also available in my office. It retails for \$59.95 plus tax/shipping. There are 3 flavors available and I have the chocolate one in my office. Also there is a tropical-flavored and berry. *You don't need to be a patient to get this product* or receive my free coaching with this plan. And you don't have to live in Denver, either! Let relatives or friends in other places know.

Good luck!

***Yours in health, Dr. Erica***