

Liquid Chlorophyll and the benefits of cleansing...

Spring is a great time of year to cleanse and detox...You can do this in various ways...Starting with a whole body cleanse that you can get in a kit from the health store...A gentle way with herbs to assist the body with eliminating toxins...Changing diet, getting exercise, fresh air, drinking more fresh water, infrared sauna sessions, detoxifying foot spa sessions (pulling out the toxins), etc....Also drinking Liquid Chlorophyll, the green "blood" of plant life. It is made by plants through a process called photosynthesis...It is a powerful detoxifier and tonic, and has the same effect in the body as iron, so it builds our own blood naturally...It cleanses the blood and builds red blood cells while doing it...Liquid Chlorophyll counteracts toxins, purifies the liver, eliminates old toxic material and deodorizes the bowels and entire body...Also assisting the colon by destroying disease causing bacteria...It helps with digestive problems, constipation and diarrhea...It is non toxic, safe and soothing to the body tissues, healing chronic conditions internally and externally and is a nutritional aid for the immune system...Because it's composition contains calcium, it is highly useful for people and animals with arthritis, bone disease, and hip dysphasia....Making some simple changes in your health plan will assist you in feeling better and becoming healthier in a short time...Debbie Shkuratoff - Owner/Practitioner of Reiki Wellness and The Zen Room @ Valleyview Centre...

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