

TE HEALTH TODAY



THE USE AND SELECTION OF TRUE ESSENTIALS' CLEANSERS

True Essentials provides synergistic blends of botanical extracts and wild-crafted herbs that nutritionally support cleansing and expedient elimination of toxins and undesirable microorganisms from the body. Cleansing and detoxification promote intestinal health and general well-being by relieving constipation and by helping to restore and enhance the body's natural immune response. They work with and complement your body's own cleansing and detoxifying processes.

Many of us are exposed to contaminants, preservatives and pollutants every day from the air we breathe, the water we drink and bathe in, from the personal care products we use, from medications we take, and from the foods we eat. Flushing out toxins, decaying matter and other food wastes regularly promotes better health and avoids other discomforts associated with constipation. It is possible that cleansing might reduce a variety of health issues that have been plaguing you. Cleansing provides an option for eliminating residue from past exposure; we encourage you to also work to reduce future exposure to chemicals and toxins.

Some people choose to cleanse more regularly and others prefer to cleanse only occasionally. At times a full-system cleanse is desirable, whereas at other times targeted cleansing is appropriate. If you are pregnant or nursing, then cleansing should be avoided. If you take medications or have existing health conditions, then check with your doctor prior to taking cleansers or other supplements. True Essentials fulfills your unique cleansing needs by offering a comprehensive line of exceptional cleansing aids made with certified organic and wild-crafted herbs. Our cleansers are available both individually and in combined sets such as our **Anti Fungal Cleansing Pack** and our full-system **Cleanser Pack**.

While using any of the cleansing products, it is important to stay well hydrated by drinking plenty of water daily. Drink at least 6 to 8 glasses of water daily. Cleansing is designed to break up, loosen, release and dissolve toxins in the body and then flush them out. Your body needs water to transport wastes to the elimination organs. It is advisable to drink plenty of water and use **Bowel Cleanser** with any of the other cleansers in order to complete this process of elimination in a swift manner.

To support your efforts to cleanse your system and detoxify, increase your consumption of organic fresh fruit, vegetables and fiber-rich whole grains. Select lean poultry, fish and meats, all free of antibiotics and hormones. It is equally important to decrease your consumption of sugar, refined flour and other processed foods. Participating in moderate exercise and consuming foods that provide quality nourishment while minimizing chemical exposure will support your efforts to maintain optimal health and reduce the accumulation of toxins in your cells and tissues.