

What Is Body Cleansing?

Internal makeover is as important as external makeover.

Consider your body as you do your computer. If you put too much information on your hard drive, everything slows down to a crawl with a very slow response time. Your body works similarly in an overloaded situation. If you didn't change the filter on your vacuum cleaner, the machine would just stop running at some point. If you don't tune up your car, the engine becomes sluggish and things just start to fall apart.

We've always considered our bodies to be self-cleaning mechanisms. Fifty years ago, this was the case. Unfortunately, with the toxic assault we personally experience 24 hours a day 7 days a week, from the air we breathe, the water we drink and bathe in, and the food we ingest, our bodies need periodic detoxification and cleansing.

Body Cleansing, Detoxification

We hear from our childhood about external body hygiene, but we know little about internal hygiene. However, the condition of our internal organs determines much of our external appearance.

Complete body cleansing is absolutely necessary if we want to have a harmoniously functioning body that is free of internal contamination. Each stage of the cleansing procedure will bring us observable results.

- The cleansing of our large intestine (colon) could stop bloating, constipation, and heartburn.
- Clean liver brings us better digestion, improved memory, healthy-looking eyes, shiny hair, younger looks, more energy, strength, and endurance.
- After the cleansing of our kidneys the bags under the eyes disappear, blood pressure stabilizes, and abdominal pains stop.
- Clean joints (free of salty deposits) may have a wider range of motion, better flexibility, and do not react to weather changes.
- Clean lymph and blood vessels could prevent us from infections, heart attacks, strokes, varicose veins, and many other disorders.

We like the look of our home after renovations. A clean garment feels good; our car with a brand new paint job is pleasant to the eye. However, none of these feelings come close to the way we feel when our body is completely cleansed. If you decide to take this step, you will feel as if you received a brand new body.