

Eight Easy Steps to Detox

1. Increase **Water** Intake: water is the vehicle toxins leave our bodies through our bowels and sweat glands. Increasing water will help your vital organs better do their job, improve digestion, increase mental clarity, enhance your mood, and improve your energy. Drink, don't sip half your body weight in ounces of water per day.
2. Medicinal use of **Cilantro**: cilantro is known to bind mercury, cadmium, lead and aluminum. Suggested minimum dose: juicing 2 T of fresh cilantro twice/day.
3. **Garlic** has sulphur compounds which oxidize mercury, cadmium and lead making these metals water soluble so they are easier for the body to excrete. At the very least, include garlic more routinely in your diet.
4. **Chlorella**—found in red, green and brown sea algae: in sufficient quantities it is known to bind radiation and to increase excretion of cadmium, uranium and lead.
5. **Miso** soup is a superb chelator...drink 1 –2 bowls/day.
6. A diet rich in terrestrial **Fruits** and **Vegetables** is very helpful. In particular, *organic apples* are excellent for digestion, binding radiation, lowering cholesterol and blood pressure. The glucosinolates in *watercress* are modulators of detox activities, the ellagic acid found in *pomegranates* directly binds toxic substances, *artichokes* have liver protecting properties and potent anti-oxidants, *rice bran* fiber has been shown to bind mutagens. Foods rich in beta carotene like *carrots* and *turmeric* have high antioxidants and help to protect against free radicals.
7. Catechins found in **green tea** act as good chelators and are shown to improve memory.
8. **Purified micronized and nanosized colloidal liquid Zeolite**: binds ALL harmful heavy metals — premiere detoxification agent for a comprehensive full body cleanse.

Disclaimer:

These statements have not been evaluated by the U.S. Food and Drug Administration. Information is intended for the purpose of sharing information only and is not intended to diagnose, treat, cure or prevent any disease. Before beginning any supplemental or dietary regime, consult a licensed medical physician.

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