



Why do a Internal Cleansing and Purification Program

How would you like to lose 10-20 pounds in just **Three Weeks**? Better yet, how would you like to lose the bags from your eyes in the process? That is exactly what happen to me when I went through my three- week purification/detoxification program this year.

Toward the end of the three weeks, my wife was staring at me at the dinner table. She asked if I “had something done to my eyes.” I had already lost 12 pounds, but along with the weight, I lost the bags and puffiness from over and under my eyes – without one cut from a plastic surgeon!

About once a year, I purify and detoxify my body, I, and millions of other people just like you, need a simple, short, and easy –to – follow purification program from time to time. This type of program is simply an **internal cleansing and detoxification** that enhances and supports all the organ systems that play a role in the body’s natural purification – including the stomach, small intestines, liver, kidneys, bowels, and more.

And **purification is rewarding**. If toxins are not eliminated from the body daily, problems with headaches, chronic fatigue, poor digestion, food cravings, stuffy head, low sex drive, reduced mental clarity, and troubled sleep may occur. For these reasons most people should purify their body every six to twelve months. But perhaps the main reason people use a purification program is to **lose weight** and gain control over their weight.

Although there are all kinds of fad diets, books, and supplements to help accomplish weight control, the truth is that most of these ignore the way the body actually works. In the end, the result is that all the weight lost is regained, plus a little extra. A purification program is different. It is not a diet, but it does help you live a healthier life by purifying, nourishing, and maintaining a healthy body – and thus maintaining your weight. And after 30 years in this business, I am convinced, for many reasons, that our purification program is the best.

Let's face it, body weight equals calories-in versus calories-out . And this purification program allows you to solve that equation. You will replace toxic and sugar-laden "foods" with whole, unprocessed foods—all with this unique purification "jump start" that uses tasty shakes and whole-food supplements. This program will increase your body's natural detoxification processes, while it feeds your body what it needs to stay healthy. The end result is shedding extra weight and keeping it off.

Why and How to Purify

Your body eliminates toxins from food and the environment on a daily basis. Chemicals in water, food, cosmetics, prescription drugs, cigarettes, heavy metals, cleaning products, pesticides, herbicides, preservatives caffeine, solvents, and all other toxic chemicals (80,000 are registered with the Centers for Disease Control) that are part of daily life are eliminated by the liver, kidneys, stomach, bowels, and more- 24 hours a day. When the organs of detoxification become sluggish, toxins circulate around in the blood stream, resulting in disease-be it just chronic fatigue, extra weight, or something as serious as cancer.

By eating the foods that enhance purification, you get the benefits of their **phytochemicals**, which are needed for your body's detoxification and purification. And while you are going through a 21day(3 week) purification program, you will also be **retraining yourself** to eat and live more healthfully. It is as simple as that. I like to call it a **jump start** to a better life, with more energy and weight control.

And today there are dozens of highly advertised ways to "detoxify" your body. There are sauna detoxification programs to sweat out toxins while you consume lots of pure water and eat healthfully. This is effective, but it is to difficult for most people. There are all kinds of "detoxification" programs using herbs. Some are effective, but most contain a lot of herbal laxatives. They make you think you are purifying your body because of increased bowel movements. But they can leave you depleted. And finally there are detoxification programs made up of high-dose synthetic antioxidants and vitamin supplements. These supplements are rushed through the body and excreted quickly via the kidneys and bowels—once again making you think you are purifying your body.

The truth is that the only things that will actually detoxify or purify the body are foods that provide the biochemicals needed enhance the organs of

detoxification. And that is where **Weston Wellness Center's 21 day Purification Program comes in.** Over the years, my doctor colleagues have reported to me about the wonderful results they were getting for themselves and their patients on our purification program. You see, a lack of purification is actually a leading cause of the problems I treat. And even though I include detoxification in most of my protocols, it has finally dawned on me... Everyone, including you and me, can benefit from purification. And by so doing, you will not only feel better, lose weight, and learn to live more healthfully, you may also prevent all of the diseases that I treat every single day in my practice.

If you are already sick, nothing could be better than purification. After completing a purification program, you will have a new mindset about food, your body, and your health. And you will probably experience weight reduction, increased energy and vitality, improved digestion, less bloating, clearer skin, healthier hair and nails, improved thinking, better quality of sleep, a decrease or elimination of under-eye bags as well as sagging lids, and a disappearance or lessening of your illnesses.

Real Purification

Our purification program is simple and lasts only for 3 weeks (21 days). It is comprised of five supplements that can be taken with any other protocol you may be following. The supplements are either capsules or powders that you can make into shakes that taste very good. Because the products are by Standard Process, you can be assured that they contain whole food organic ingredients that provide intact, complete, phytochemical compounds. The crops are grown on organic soil under strict certified organic farming standards. Upon harvesting, the plants are washed and immediately processed using patented high-vacuum techniques, with no heat or chemical treatments. This ensures that the products are **live and in their whole, intact form**—rich with a tapestry of ancillary nutrients, enzymes, coenzymes, trace minerals, natural plant sterols, and nutritional activators—the very things your body needs for detoxification and purification.

Please contact our office to find out more about this effective, safe program. Aside from specific instructions on how to complete your purification program you will also get information about the healthiest vegetables, fruits,

oils, grains, and proteins. You will receive delicious recipes for shakes, salads, and foods. **So, get started now by contacting us at 856-299-9508 .**

**Thank You,
Be Well Naturally,**

Dr. F. James Weston