



Enhance your Cleanse

To enhance your detox experience we highly recommend adding these supplements & daily routines for continued healthy living.

PROBIOTICS

We recommend Dr. Ohhira's Probiotic

(Take 1 in the AM on an empty stomach & 1 before bed)

Our recommended brand contains 12 synergistic strains of probiotics. This helps to keep "friendly bacteria" in your colon. Probiotics also help aid in absorption of essential vitamins & minerals, create healthy bowel movements & promotes anti-cancer activity.

www.drohhiraprobiotics.com

*in our shop we offer Dr. Ohhira's 30 for \$32.95

ALOE VERA

Lily of the Desert Organic Aloe Vera

(Take 2-4 ounces on an empty stomach first thing in the AM and before bed)

Aloe vera contains enzymes, minerals, anti-microbial & amino acids that aid digestion, reduce inflammation & help cleanse & soothe the body. Also amazing for skin & hair health. www.lilyofthedesert.com

*we offer a 16oz size of aloe vera for \$6.99

BLUE-GREEN ALGAE

E3Live

(This product is provided in the cleanse on Day 1. Take 2 ounces first thing in the AM on an empty stomach & hold in your mouth for 20 seconds before swallowing)

This is a 100% blue-green algae that is an all-organic wild-harvested aqua botanical, considered by renowned health authorities to be nature's most beneficial superfood.

Highly alkalizing & detoxifying. www.e3live.com

*we offer a 16oz frozen container of E3live BrainOn for \$37.95

Oil-Pulling

Dr. Bronner's Organic Coconut Oil

(First thing in the AM, swish for 15 minutes with a tbsp of coconut oil then spit out & rinse, brush teeth as normal)

Daily Oil-pulling whitens teeth, Improves breath, Reduces Plaque, Detoxifies the mouth & body. Oil Pulling pulls bacteria, viruses, fungus & other harmful agents out of the mouth and throat. www.drbronner.com

*we offer Dr. Bronners organic coconut oil, a 14oz jar for \$10.50

9.5 ALKALINE WATER

(First thing in the morning, drink a glass of alkaline water with lemon)

Alkaline water is superior to regular water due to the higher PH levels. At Sejuiced we use a Kangen water system. Alkaline water neutralizes the acidity in the body & improves your immune system to fight off disease. Continued hydration with alkaline water will increase your energy levels & improves the body's absorption of nutrients. We recommend that you drink 1/2 your body weight in ounces of water a day. Add a wedge of organic lemon to enhance absorption & detoxification even more! www.enagic.com

*we offer a 32oz glass jug of alkaline water for \$10 and free refills anytime you come in!

Magnesium Chloride Flakes

(dissolve 1-3 cups of magnesium flakes into a warm bath & soak for 30 min.)

Magnesium Chloride Flakes have been shown to: Improve Skin hydration, decrease inflammation, sooth muscles & joints & relieve stress. It's highly therapeutic for psoriasis & eczema & draws toxins out from the skin & tissues. Magnesium Chloride is is much more easily absorbed into the body than Epson Salt therefore the effects of Magnesium is much more intense. For purposes of cellular detoxification the most effective form of magnesium is Magnesium Chloride. www.ancient-minerals.com

*we offer a 6.5 lb bag of Magnesium Bath flakes for \$37.00

Magnesium Supplement Drink

CALM the anti-stress drink

(Before you go to bed, dissolve 2 tsp in hot or cold water)

Magnesium helps prevent headaches, constipation & sore muscles. This Anti-Stress drink restores a healthy magnesium level & absorbs directly into your body at a cellular level helping to destress your body. This drink is the ideal way to unwind from a busy day, allowing your body to relax & heal with a good night sleep. www.naturalvitality.com

*we offer a 16oz container of CALM for \$31.50