



Beauty and Health—Parallel Philosophies

Beauty is more than skin deep. It's a way of life.



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WHAT'S YOUR PHILOSOPHY?

Superficial beauty may fool you and some of your beholders some of the time; but when a body can no longer neutralize and detoxify harmful substances and intestinal plaque, no amount of external beauty products will hide the discomfort associated with the disorders that inevitably get their start internally. These eventually manifest themselves as premature aging, skin disorders, illness and loss of quality of life.

If you're not currently taking steps to be healthy from the inside out, make a commitment this spring to reach a new level of radiance and beauty, naturally.

Each year, Americans spend millions of dollars on beauty products designed to make us look younger, camouflage wrinkles, and diminish lines and skin flaws. Others subject themselves to risky injections and cosmetic surgery, invasive procedures that are especially dangerous for those with multiple allergies, or a compromised immune system or liver.

These age-defying measures seem so insignificant when we consider that true health and radiance start with a philosophy of healing from within—a

positive consciousness. A body that is cleansed of harmful toxins emits a healthy, natural glow.

You wouldn't consider cleaning and polishing your automobile and yet never changing the oil or performing periodic maintenance—why then would you go through the expense and time to use beauty products and procedures to look younger and healthier, and allow toxins to remain within the body?

BEAUTY CANNOT BE ACHIEVED WITHOUT HEALTH

Keys to Unlocking Beauty

Your digestive tract is the key to beauty from within! Your gastrointestinal tract, a literal intestinal chemical processing plant, will digest approximately 24,000 pounds of solid food within your lifetime. In addition, the gut lining houses over half of the immune system and half of the detoxification system.

The normal transit time from consumption of food to elimination is estimated to be between 12 and 15 hours. Because the typical American diet lacks fiber, the transit time can extend to several days, allowing for putrefaction and recirculation of toxic substances. This adds to the

internal toxic load with several pounds of old fecal matter that becomes colonic plaque.

WHEN IS YOUR BIOLOGICAL CLOCK SET TO RING?

As reported by renowned environmental physician Dr. Sherry Rogers in her book *Detoxify or Die*, a majority of our toxins originate from without. Because pollutants are so pervasive, we cannot escape exposure to them. Consider the following:

- Analysis has shown that toxic environmental chemicals are continually exhaled in our breath and circulate in the bloodstream.
- Chemicals not only overwhelm our capacity to detoxify, but because many are human-made synthetic compounds, the body does not have the capacity to metabolize them.
- Unmetabolized chemicals are stockpiled in the body because they are hydrocarbons, meaning they are lipid (fat) soluble. Likely sites of accumulation include the brain, breasts, testes, and cell membranes.
- The Environmental Protection Agency has found that 100 percent of human fat biopsies contain styrene residues (plastic wrap and trays for fruits, vegetables, meats, foam coffee

cups, Styrofoam™, plastics, etc.); dioxins (from herbicides and paper products); 1, 4-dichlorobenzene (deodorizers, mothballs, sanitizers for furniture and construction textiles, bedding); and much more.

As illustrated above, we continually add to our overall body toxic load and then wonder why we develop autoimmune and inflammatory disorders that weren't even heard of in our grandparents' era. Without reducing our toxic load through detoxification and attention to reducing exposures in our lifestyle, we are literally "human time bombs" waiting to be deployed into a state of disease and disorders whose final blow is fatal.

BEAUTY WITHIN— BEAUTY WITHOUT

Our modern lifestyle, consisting of overly processed, highly refined fast foods, chemical additives, lack of beneficial bacteria, chemical farming, chlorinated water, pesticides and herbicides, and overall bad dietary habits, is responsible for the buildup of mucoid plaque in the colon.

In today's hurried society, we rarely consume enough fiber to actually "roto-rooter" the walls of the colon to remove plaque buildup. This plaque adheres to the colonic walls in layers, creating a warm, dark, moist environment, which is a perfect breeding ground for bacteria, candida (yeast), and parasites.

It is estimated that over 63 million Americans are victims of digestive disorders, most of them not considering that a toxic colon contributes to many invisible disorders such as fibromyalgia, chronic fatigue, arthritis, multiple chemical sensitivities, immune system disorders, skin disorders and premature aging.

Reversal of these disorders requires detoxifying the body via the large intestine in order to reduce the amount of total toxic load and prevent it from damaging the delicate lining of the intestines and eventually leaking through the weakened intestinal walls into other parts of the body.

Because there are intimate connections between our liver, gallbladder and lymphatic system and the digestive sys-

tem, the toxic load of the colon must be reduced in order for these body systems to perform their task of neutralizing toxins, thereby allowing us to maintain health and radiance.

UNLOCKING THE BODY'S DETOXIFICATION SYSTEM

The intestinal human operating system is extraordinary! When provided with the right detoxifying substances and plenty of water and fiber, the body's ability to process food, separate it into absorbable nutrients in support of body functions, and eliminate waste and harmful microorganisms is unlocked. To reduce the body's toxic load from both environmental and intestinal sources, you must "flush" health-depleting bacteria and plaque. "Flushing" is accomplished by first using a natural

colon fiber cleanse to "scrub" the colonic plaque from the walls of the large intestine. Next, the cleanse must not only be assertive enough to remove plaque, but also contain ingredients that will:

- Provide a *prebiotic*, a source of "fuel" for health-enhancing bacteria.
- Naturally stimulate peristalsis, the natural act of rectal muscle movement.
- Provide soluble fiber rich in omega-3s, omega-6s and lignans.
- Act as a soluble dietary fiber, assertive enough for deep cleansing, yet gentle enough for daily maintenance.
- Serve as a traditional expectorant of mucus.
- Provide herbs known for their ability to reduce inflammation and

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What can I expect from colon cleansing?

Most people who embark on a colon cleansing routine experience some gas and bloating; this occurs because the intestinal "compost pile" has been "stirred," thus creating heat and gas.

If you've ever had a compost pile in your garden, you know that if you stir the matter that has decomposed (putrefied), it creates so much heat and gas it can ignite its own fire. Much the same analogy can be applied to the colon (large intestine).

Once detoxifying herbs and fibers are introduced, the colonic plaque is stirred. In order to alleviate these potential symptoms, **CapraCleanse** has added herbs known to soothe and counteract gas, bloating and cramping such as **slippery elm bark**, **marshmallow root**, **rosemary** and **fennel seed** powders.

What else can I do to enhance detoxification?

- **Drink plenty of pure water.** It is recommended that you consume half of your body weight in ounces of water per day. For example, a 150-pound person needs 75 ounces of water to facilitate removal of excessive toxins.
- **Reduce your intake of red meat during initial cleansing, usually 90 days.** This will give the digestion system a break so it can focus its energy on detoxification. If feasible, have some freshly squeezed green juices to add enzymes and assist with greater absorption of nutrients from the live foods that make up the juice.
- **Be sure you eliminate one to three times per day.** Do not allow yourself to miss a day of elimination—toxic matter sitting in the colon for prolonged periods can irritate the colonic lining and potentially cause toxic substances to become systemically reabsorbed.

What happens after an initial 90-day cleanse?

CapraCleanse is formulated to be strong enough to use as your initial 90-day deep cleanse, yet gentle enough to use daily to maintain intestinal health. You may find after 90 days that all you need is half the recommended dose to effectively maintain daily elimination and prevent buildup of colonic plaque. If occasionally you need to take the full dose, **CapraCleanse** can be used to fulfill your individual cleansing requirements.

Combating Intestinal Toxicity

The unique formula in **CapraCleanse** is:

- A combination of 22 ingredients that are known to assist in cleansing and maintaining a healthy colon.
- Supplied in easy-to-swallow caplets.
- Strong enough to remove mucoid plaque, yet gentle enough to use daily for colon health maintenance.
- Designed to contain combinations of herbs to not only detoxify, but also soothe mucous membranes that can become sensitive during cleansing with the “brushing” action of fibers.
- Complete with fermented mineral whey from goat’s milk, providing minerals and electrolytes with an alkaline reaction (essential in maintaining a proper pH).
- Able to combat constipation that can be a contributing factor in brain-fog, chronic fatigue, gas, bloating, body odor, depression, bad breath and many other disorders known as invisible illnesses.
- Rich in pre-digested “green” juices, providing 14 strains of beneficial microorganisms and active enzymes.
- Able to assist with immune function by the inclusion of a prebiotic “fertilizer” for friendly bacteria.
- Formulated to include herbs known for their anti-inflammatory properties and herbs rich in chlorophyll, which is known to assist as a blood cleanser.
- Designed to assist in functions to support liver and gallbladder health, protect bile ducts and encourage bile release.

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- expel excess fluids (diuretic properties).
- Soothe upset stomachs and indigestion and prevent gas.
- Eliminate muscle spasms and cramps.
- Inhibit absorption of cholesterol.
- Support proper pH with alkalizing minerals that also promote colon hydration.
- Provide multiple strains of beneficial microorganisms and active enzymes.
- Contain water and fat-soluble saponins.
- Gently assist to loosen stools.
- Support liver and gallbladder health.

STAYING AHEAD OF AGING

Fortunately, there is now a comprehensive cleansing product I am confident in using and recommending for my clients, **CapraCleanse™**. This easy-to-swallow caplet contains natural ingredients necessary for deep detoxification, maintenance



and support, yet is gentle enough for long-term maintenance to keep us beautifully healthy from the inside out.

It has long been said that beauty is in the eye of the beholder. Let your beauty shine through as you become healthy and free of toxic buildup. ■

READERS TELL US . . .

Dear *Healthy Living*,

I tried several colon cleanses that were in powder form. Each time, I discontinued the therapy because I couldn't tolerate the taste and consistency of the powder. I am also chemically sensitive and was afraid to try yet another cleanse with so many ingredients since, if I reacted, I wouldn't know what I was reacting to.

I agreed to try **CapraCleanse** on the recommendation of my doctor. To my surprise, I had several normal eliminations daily and the gas and bloating never occurred as it had with previous products. It's about time a manufacturer figured out how to pack all

that effectiveness into a tablet.

Thank you, Mt. Capra!

Sincerely, B. E., Portland, Oregon



Dr. Gloria Gilbère is internationally respected as an authoritative influence in the discovery of the causes, effects and drug-free solutions for fibromyalgia, inflammatory disorders and chemically induced immune system disorders.

Editor's Note: CapraCleanse was formulated to conform with the strict guidelines of Dr. Gloria Gilbère, internationally respected for identifying and correcting leaky gut syndrome and chemically induced immune system disorders, and her successes in reversing invisible illnesses by adherence to her intestinal cleansing and detoxification protocols.

How to Obtain CapraCleanse—To locate a natural health center carrying **CapraCleanse**, or to inquire about other organic goat-milk products and whole food nutritionals manufactured by Mt. Capra, contact:

Christine's Cleanse Corner, Inc.
 Orders Toll-free: 1-877-673-0224
 Information: 1-858-673-0224
 Fax: 858-673-5040
 Website: www.TransformYourHealth.com
 Contact E-mail: contact@christinescleansecorner.com