

Most people spend a lot of time keeping things clean. We bathe and we launder our clothes. But it isn't just the outside of our bodies that must be kept clean. We need to be clean on the inside as well. Learn the Untold Truth and find out why cleansing instead of medicating can open up and clear your entire body of toxic buildup.



HOW MUCH DO YOU KNOW ABOUT CLEANSING?

Answer the questions below to find out.

When I cleanse:

- I drink at least eight 12-ounce glasses of water a day.
- I avoid alcohol, caffeine (coffee, green and black tea) and soda (even diet!)
- I make sure that my water is purified and/or filtered.
- I avoid sugar and sugar substitutes.
- If I drink tea I choose ginger or peppermint for their tremendous cleansing properties.
- I avoid all processed foods (lunch meats, pre-sliced cheese, turkey bacon, etc.)
- I eat lots of raw or lightly steamed veggies.
- I stay away from hydrogenated fats, additives and preservatives.
- I don't eat fried foods.
- I avoid wheat and wheat-based products along with dairy and dairy-based products.
- I do not eat dried fruit, choosing raw, organic berries, papaya, mango, red grapes, apricots, peaches or apples instead.

Yes	No
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If you answered yes to all of the above questions you are on your way to a successful cleanse. By the way, this is a great way to eat even when you aren't cleansing!