



WANT MORE

*Energy?
Vitality?
Better Health?*

Total Body Cleansing

IS WHAT YOU NEED FOR GREAT HEALTH

- ✓ Increase energy
- ✓ Eliminate toxins
- ✓ Reduce toxic load
- ✓ Reduce constipation
- ✓ Improve nutrient absorption
- ✓ Decrease risk of disease

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Declining health

In today's fast paced society, it is easy to forget to take care of our health. Most start out with vibrant health, but by age 30 begin to develop 'minor' irritations. These small problems become more serious, causing our health to fall into further decline. Eventually, chronic disease sets in and we long for the days when we could do simple things without pain or suffering. Unfortunately, most people focus more on their outer appearance than their inner health. Eating nutrient depleted foods, breathing in polluted air, and drinking poor water, is a deadly trio which is poisoning our bodies.



Deadly facts

We live in a toxic world with chemicals from factories, trucks, and pesticides. Within one year in 1989 a total of 5.7 billion pounds of pollutants were released into the environment in North America. More than 1 billion pounds of chemicals were released into the ground, contaminating the soil and water table. Over 188 million pounds of chemicals were dumped directly into our waterways, and more than 2.4 billion pounds of chemical emissions were pumped into the air.

Our environment has further declined since 1989. Therefore it is up to you to take responsibility for your own health and well being. The first step towards optimal health is cleansing and detoxification.

What are toxins?

Toxins are chemicals that cause harm to the body's cells, organs, and everyday functions. There are two main groups of toxins - Exotoxins and Endotoxins. Exotoxins come from outside sources and are inhaled or ingested. Examples are polluted air, water, cigarette smoke, alcohol, medications, food additives, and household chemicals.

Endotoxins are created internally by the body. For example, undigested food can putrefy, creating toxins that damage cells, tissues, and organs in the body.

Even someone who eats organic foods, drinks the best water, and breathes the cleanest air can still suffer from toxic build up in the body over time.

Tips For Optimal Health

- ✓ Eat nutrient rich foods (vegetables, whole grains, etc.)
- ✓ Eat organic foods where possible
- ✓ Drink plenty of clean water (spring or distilled)
- ✓ Reduce excessive meat consumption
- ✓ Be active daily (walk, run, play sports)
- ✓ Reduce stress (yoga, meditation, fun activities)
- ✓ Get enough sleep (7+ hours per day)

What is detoxification and cleansing?

Detoxification is the body's natural process of elimination or neutralization of toxic materials from cells, organs and the bloodstream. The body processes these toxins through the liver, kidneys, urine, feces, exhalation and perspiration. Cleansing is the action of helping your body to perform detoxification more thoroughly.

Everyone has their own level of tolerance when it comes to toxins. However once you reach that tolerance, a number of different symptoms can begin to appear. Think of your body as a glass of water. Once a glass is full, if you continue to add more water, it will spill over. If toxins continue to be added into our system when there is 'no more room' to eliminate them, the body becomes overwhelmed and negative symptoms can occur. This can eventually lead to degenerative diseases.

Indications that the body may need detoxification are headaches, joint pain, recurrent respiratory problems, back pain, allergy symptoms, insomnia, mood changes, constipation, hemorrhoids, sinus congestion, acne and food allergies. If you ignore these early warning signs, conditions such as arthritis, ulcers, and psoriasis can occur and eventually even lead to life threatening diseases.

If you have any of these symptoms or are just concerned about the toxins you may have been exposed to over the years, it's time to start cleansing. A good cleansing program uses a combination of herbs and nutrients that support all of the body's 7 channels of elimination (liver, lungs, colon, kidneys, blood, skin, and lymphatic system).

Regardless of your current state of health, whether you have cleansed in the past, or if you are a sensitive cleanser, you can choose the cleanse that is right for you.

It is recommended to cleanse 2 to 3 times per year to help ensure good health, reduce the risk of disease, and to maintain and increase energy levels.

How does your body eliminate toxins?

The body has 7 channels of elimination which are used to eliminate toxins from the body

- **Liver** - The liver changes harmful toxins into substances that can be safely eliminated from the body.
- **Colon** - The colon eliminates toxins processed by the liver.
- **Kidneys** - The liver sends water soluble waste to the kidneys, where they are further filtered and finally eliminated through the bladder.
- **Blood** - Blood flows through the vascular system and carries oxygen and nutrients to the cells of the body, while at the same time, removing harmful waste.
- **Skin** - Skin eliminates waste and toxins through perspiration.
- **Lungs** - The lungs expel toxins through breathing (ex. carbon dioxide). Deep breathing stimulates lymphatic flow to eliminate toxins.
- **Lymphatic System** - The lymphatic system eliminates poisons from cells through a network of vessels that extend throughout the body.

HOW TOXIC ARE YOU?

If you're like most people, you probably don't realize the number of toxins you come into contact with every day. In 2007, Environmental Defence, an environmental watchdog group, tested Ontario's top three politicians and found that they were awash with pollutants, from PCBs to pesticides, stain repellents to flame retardants. The tests revealed the politicians carried a total of 46 pollutants in their bodies, many of which have been linked to cancer, respiratory illness and hormonal problems.

This brief questionnaire will help you determine your current level of toxic exposure and enable you to make the necessary diet and lifestyle changes to support your personal detoxification journey.

ARE YOU TOXIC? TAKE THE TEST

- Do you brush your teeth daily with fluoridated toothpaste?
- Do you have "silver" dental fillings?
- Have you ever had tooth extractions and/or root canal fillings?
- Do you use unfiltered tap water to brush your teeth, shower, make coffee or drink?
- Do you use commercial household cleaners, cosmetics or antiperspirants?
- Have you ever taken prescription medications or over-the-counter medications, including hormone replacement therapy or birth control?
- Do you have wall-to-wall carpet in your home or office?
- Do you eat commercial (non-organic) vegetables, fruits, or meat?
- Do you wear clothes that have been dry-cleaned?
- Do you wear synthetic materials (such as polyester)?
- Do you eat processed food or fast food?
- Have you ever smoked or been exposed to second-hand smoke?
- Do you eat in restaurants more than twice weekly?
- Do you use bug spray in your home or have a pest control service?
- Do you use weed killer on your lawn?
- Do you dye or bleach your hair?
- Do you use cologne or perfume?
- Are you overweight, underweight, or do you have cellulite deposits?
- Does your occupation expose you to toxins?
- Do you drink alcoholic beverages regularly?
- Do you eat fish more than twice a week?
- Do you regularly swim in a pool or lake?
- Do you live in a major metropolitan area?
- Do you live near an airport?
- Do you work in an environment using fluorescent lighting?
- Do you drink non-organic coffee?

Write your test result score here for future reference

If you scored less than 10: This is a great score, good for you! Chances are you're already taking some of the necessary steps to reduce your exposure to harmful toxins and eliminate toxins from your body. Regular internal cleansing throughout the year can support your healthy lifestyle.

If you scored between 11 - 24: Your exposure to toxins is slightly high and you are more than likely suffering the effects of toxicity in your daily life. Completing a full body herbal cleansing program will help as would changes to your diet and consistent exercise.

If you scored 25 and up: Your exposure to toxins is very high and you are at high risk for developing degenerative diseases (if you have not already). You most likely suffer from minor aches and pains and reduced energy. Aside from completing a full body cleanse you will want to strongly consider completing additional Renew Life cleanses such as ParaGONE, CandiGONE, Liver Detox, Total Kidney Cleanse and Heavy Metal Cleanse.

Instructions: Read each question, and then check the box if you answer 'yes'. Give yourself 1 point for every 'yes'

- Do you feel tired, lethargic, or sluggish upon waking and even throughout the day?
- Do you have difficulty concentrating or have slow or surreal thinking?
- Do you feel depressed or have mood changes?
- Do you get more than one or two colds per year?
- Do you get postnasal drip, congestion, or a stuffy nose or sinuses upon waking or throughout the day?
- Do you have bad breath, a coated tongue, or a bitter or metallic taste in your mouth?
- Do you have strong body odor?
- Do you have strong-smelling urine?
- Do you have trouble sleeping or feel unrefreshed upon waking?
- Are your nails weak, soft, or brittle?
- Do you have dark circles under your eyes?
- Do you often feel stressed or anxious?
- Do you have allergies to various household products, dust, and molds?
- Do you have eczema, dry skin, acne, or rashes?
- Do you gain weight easily?
- Do you have food cravings, especially carbohydrate-rich foods and/or sweets?
- Do you have pain or discomfort on the right side of your stomach occasionally or after eating?
- Does dietary fibre cause constipation?

DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Sensitivity to perfume or other chemical odors
- Persistent joint and/or muscle pain
- Chronic infections
- Depression
- Fatigue
- Headaches



Which Cleanse Should I Use?

At Renew Life we have developed 3 products to cleanse and detoxify the 7 channels of elimination throughout the body (liver, colon, kidneys, blood, skin, lungs, and lymphatic system). When all of your organs of elimination are working efficiently, you are better able to deal with your day to day exposure to toxins.

Criteria	First Cleanse	CleanseSMART	Total Body Rapid Cleanse
Have Never Cleansed Before	✓		
Have Cleansed Before		✓	✓
Sensitive to Cleansing	✓		
Constipated		✓	✓
Only have 7 days			✓
Achieve the full benefits of deep cleansing		✓	

First Cleanse Your First Step Towards Better Health



First Cleanse is a unique, 15 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser. It is designed to stimulate the cleansing and detoxification process of the body's 7 channels of elimination. First Cleanse is strong enough to be effective, yet gentle enough that it will not cause mild headaches or nausea that can result from detoxifying too quickly.

First Cleanse is a two part cleanse. Part 1 is an herbal organ detox formula. Part 2 is a gentle colon cleansing formula. It does not contain laxative herbs such as cascara sagrada or senna, which are purgative and can cause uncontrollable bowel movements and addiction.

Once you have finished First Cleanse, you may want to move onto the next level of cleansing with CleanseSMART, a more advanced 30 day cleansing product (see below). However if you are sensitive to cleansing, you may perform First Cleanse 2 to 4 times per year instead. For those who have cleansed before or who are constipated, you may want to skip First Cleanse and start with CleanseSMART, our advanced 30 day cleansing system:

CleanseSMART The Advanced Cleanse System



CleanseSMART is an advanced cleansing and detoxification program. This two-part cleanse is also designed to stimulate the body's seven channels of elimination but it is 4-5 times stronger than First Cleanse and more effective at eliminating constipation and improving bowel function. Part 1 contains herbs that help eliminate toxins from the organs, tissues, and blood stream. Part 2 works to enhance elimination from the colon by using magnesium hydroxide to hydrate the colon. Herbs such as cape aloe, rhubarb, and triphala work to stimulate peristalsis, which is the colon's natural action of pushing out material.

Cleansing Support Products

(For First Cleanse and CleanseSMART)

An important aspect of cleansing is to ensure that fibre intake is at an optimal level (30-40 grams per day). Fibre absorbs toxins and brings them to the colon for elimination. It is recommended that you use FibreSMART as directed on the label as part of your cleansing program.

FibreSMART is a flax based fibre formula that provides the recommended ratio of 50% soluble fibre and 50% insoluble fibre. This 50-50 ratio will not dehydrate the colon and cause constipation like some other fibres. Soluble fibre works by absorbing toxins and has an action much like a sponge, soaking up material as it passes. Insoluble fibre removes toxins by 'scraping' them off the intestinal wall as it passes through the digestive tract. Insoluble fibre also strengthens the bowel by creating resistance that the muscles of the colon have to work against.



OilSMART helps to lubricate the colon, allowing for easier passage of toxic materials. OilSMART is a patented blend of flax seed oil, borage seed oil and coldwater fish oils. It is unique in that it also contains the digestive enzyme lipase. Lipase is used by the body to help break down and utilize the essential fatty acids contained within the oils.



Please Note: FibreSMART and OilSMART can also be taken ongoing throughout the year for maintenance, as the body requires fibre and essential fatty acids daily.

Total Body Rapid Cleanse When You Only Have 7 Days



If you only have 7 days to cleanse, Rapid Cleanse is your best choice for complete, total body cleansing. Rapid Cleanse is a 3 part cleanse that is powerful enough to cleanse and detoxify all 7 of the body's channels of elimination.

Part 1 works by directly stimulating the organs, and enhancing the detoxification processes of the body. Part 2 is a fibre supplement containing acacia fibre. Normally, Renew Life recommends a balanced blend of soluble to insoluble fibre (FibreSMART). However, due to the significant impact this product has on the liver, it is important to supplement with a fully soluble fibre. Part 3 enhances elimination from the colon. It contains magnesium hydroxide which helps to regulate water into the bowel as well as the herbs cape aloe, rhubarb, and triphala which stimulate peristalsis.

7 day cleanses are effective and are useful if you are struggling to find the time for a longer program. However, to achieve the full benefits of cleansing and detoxification, it is recommended you perform a 30 day cleanse 2 to 3 times per year (CleanseSMART).