



BODY AND MIND STUDIO®
INTERNATIONAL
PERSONALISED WELLNESS

DISCOVER THE NATURAL WAY TO CLEANSE

Experts recommend
a whole body cleanse
3-4 times a year
... and now is the

**PERFECT TIME
TO START!**



Whole Body Cleanse



10 Day Course



Gentle & Effective



COMBINING NATURAL HERBAL COMBINATIONS
LIVER HEALTH, CRANBERRY&BUCHU, PSYLLIUM HULLS, DIGESTIVE HEALTH & HSI

A COMPLETE **NATURAL** CLEANSE



TOXIC OVERLOAD



WHY WE NEED TO CLEANSE

We are constantly exposed to a wide array of toxins, chemicals and pollutants. Some are made by our own body as metabolic wastes, but many are external toxins from the surrounding environment.

Every day our bodies are bombarded by a cocktail of toxins from food, water, air pollutions, pesticides, medicines, drugs used in livestock, and chemicals in household products. A poor diet, junk food and food additives, add to the burden.

Our bodies are designed to naturally metabolise, and expel unwanted elements, but the body's ability to cope with these challenges can diminish with the ever-increasing overload of toxins.

Toxins can recirculate in the body if the eliminatory functions are not working efficiently, and fat-soluble toxins can be stored in the body for many years, creating a toxic environment which provides an ideal habitat for bad bacteria.

EXPERTS RECOMMEND

Health Experts worldwide recommend the regular use of a nutritional whole-body cleanse to help lighten this load, helping to support a healthy system that can provide energy and vitality, normal immune function and skin tone.

Steven H. Horne





HEALTHY STARTER PACK+

The Healthy Starter Pack+ is a powerful and effective 10-day course of five cleansing herbal products, which collectively help cleanse the whole body, and can be used three or four times a year.

And whilst some cleanse programmes can be complicated and time consuming, requiring special foods and food preparations such as juicing and blending, the Healthy Starter Pack+ is so simple to use.



An Effective,
Gentle Whole
Body Cleanse

“Simple, natural and easy to use.”

WHAT'S INSIDE THE HEALTHY STARTER PACK+

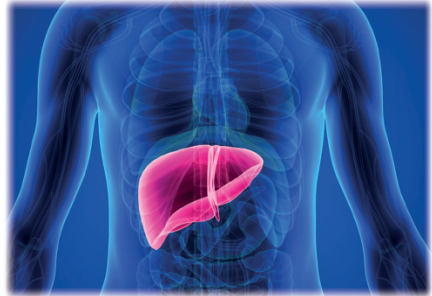
A Unique, Powerful Formulation

Nature's Sunshine's Healthy Starter Pack+ provides a unique and gentle formulation that collectively helps cleanse the body, supporting the natural routes of elimination.

1 LIVER HEALTH

12 individual herbs combined into one effective formulation, to support healthy liver function.

The liver is the body's primary cleansing organ, performing over 500 essential functions including converting food into energy, and combating infections in the body. It needs to maintain optimum performance, to continue to maintain good health.



2 CRANBERRY & BUCHU

Designed to nourish the urinary tract, this cleverly combined formula includes two well known, time honoured herbs.

The kidneys are the major regulating mechanism for maintaining proper balance, and mineral levels in the body. When the kidneys are not working properly, waste products and fluid can build up. This can lead to serious health threatening conditions.

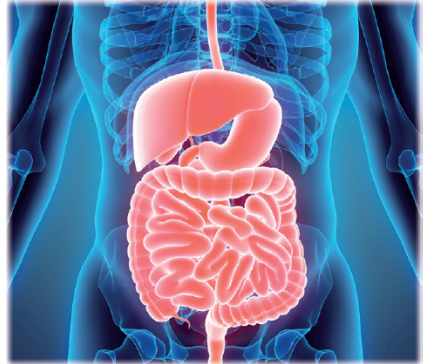


3 HS II

Formulated to support a healthy circulatory system. Includes hawthorn berries, capsicum fruit and garlic.

Blood carries nutrients and oxygen to every cell in the body. Simultaneously it picks up carbon dioxide and toxins, and waste materials produced by the cells, and carries them away for removal from the body. This is important to cleansing, and overall health and wellbeing.





4 PSYLLIUM HULLS

This has the highest level of soluble fibre known - more than eight times that of oat bran - to support a healthy colon and intestinal system.

Fibre provides the necessary bulk to encourage timely movement through the colon, and at the same time remove certain toxins, along with many times the fibre's weight in water, helping to maintain bowel regularity and reducing the time toxic materials remain in the body.

5 DIGESTIVE HEALTH

Created to help support the normal healthy function of the gastrointestinal system. Formulated with a unique combination of herbs, including ginger and marshmallow.

There are many ways to abuse and weaken the digestive system. Overeating, constant snacking and diluting digestive secretions with liquids can all place undue stress on digestive organs. Eating too fast or feelings of emotional stress may adversely affect digestion.





C PLANNING YOUR NEXT CLEANSE

Health experts recommend using a nutritional body cleanse three or four times a year, and some suggest using the cleanse at the natural changing of the seasons.



But anytime is a good time to start using the Healthy Starter Pack+, and particularly before starting a weight management plan, or prior to starting a nutritional programme.



DISCOVER THE **HEALTHY STARTER** **PROGRAMME**

Compliment your Healthy Starter Pack+ by combining two support products to make your cleanse complete.



DURING YOUR CLEANSE **LIQUID CHLOROPHYLL**

During your 10-day cleanse it is most important to drink plenty of water. This helps the fibre in the cleanse to work effectively throughout the intestinal system. Liquid Chlorophyll is a great companion to your cleanse – add it to water for a natural spearmint taste, and drink throughout the day. Turns water into a cool, clean tasting drink that leaves breath minty fresh.

AFTER YOUR CLEANSE **PRO B11**

Recent scientific investigation suggests that natural live bacteria are a valuable part of a healthy diet. The delicate balance of healthy gut flora can be disrupted by a number of circumstances, including the use of antibiotics, excess alcohol, stress, disease and exposure to environmental toxins. After your cleanse we recommend a course of Pro B11.

Pro B11 is a high potency, multi strain supplement that provides almost 12 billion natural live bacteria per serving, and includes eleven strains of bacteria.



MAKE THE MOST OF **YOUR CLEANSE**

- 1** Take the contents of one sachet with a glass of water, followed by another glass of water, approximately 15 minutes before meals, up to three times a day.
- 2** Drink plenty of water throughout the day, try adding Nature's Sunshine's Liquid Chlorophyll for a great minty taste.
- 3** Eat fresh fruit, vegetables and whole grains while using the Healthy Starter Pack+. Avoid red meat, coffee, alcohol, and sugary or fried foods, and limit intake of refined carbohydrates.