

W.H.O.L.E. Mind, Body and Spirit Wellness  
Body Management: 5 products

**Cascara Sagrada** is one of the most wonderful bowel cleaners found in nature, This is what animals, use to stay regular. Bowel wastes removed more frequently in this way prevent mischief from occurring in the body (such as prostate, uterus, bladder and urinary tract problems). Bowel wastes that are not frequently eliminated are reabsorbed through emergency exits such as skin, lungs, ears, throat, and sinuses, etc. You could tear out and throw away one third of all the so-called “dis-eases” of medical books with the practice of good bowel management. 100 capsules; liquid is also available.

**Alfalfa** acts as a detergent or scrub brush for the intestines. It contains at least 8 active enzymes that help to digest food. This is an organic plant that nourishes the bloodstream and promotes youthful, flexible joints and repairs the stomach. Alfalfa provides a balanced spectrum of vitamins and minerals (calcium, potassium, magnesium, phosphorus, and sodium). It also acts as a deodorizer and prevents excessive perspiration, stops hemorrhage, soaks up uric and lactic acids to prevent nerve irritation, lubricates joints, relieves pain and relieves fluid retention.

**A.C.S. (All Cells Salt)** contains all of the 13 organic tissue salts, which are found in the body. Organic minerals will replace inorganic mineral build-ups in the body. The salts break up congestion in the cells to replace worn out parts with new minerals. The appetite decreases and weight loss may occur due to the cleansing process. 100 capsules or Liquid also available.

**Beet Root** is a great liver cleaner and source of sulfur compounds, potassium, magnesium and trace element boron. It also provides folic acid for proper cell division of all body parts, including hair and nail growth, 4 ounces liquid.

**Three Bees** or **Formula Three** provide a source of energy, 4 ounces liquid.

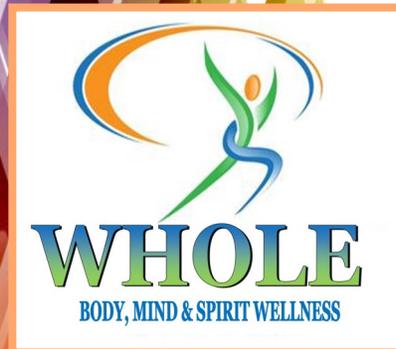
### Facts Everyone Should Know

1. Almost all the food sold and consumed by Americans contains high fructose corn syrup which has been proven to cause obesity.
2. Milk from cows injected with artificial growth hormone contain high levels of insulin growth factor which has been like to colon and breast cancer.
3. Monosodium Glutamate (MSG) has been found to induce Asthma Attacks, Migraine Headaches and is linked to Type 2 Diabetes, Alzheimer's Disease, Sleep Disorders, Lou Gehrig's Disease and Parkinson's.
4. In the United States, Heart Disease and Cancer is the leading cause of death.
5. Prescription drugs don't cure anything. They trick the body into thinking it is well.
6. Herbs were put on earth for us to consume. *“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”* Genesis 1:28

The herbs suggested for use in this Body Management Program aide in digestion, liver function, elimination and overall good health. There are no fillers, and they are non-toxic with no side effects—only God's intended effects. There can be no healing without cleansing.

If improving your health is your goal, call today for more information or to order your herbs.

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# W.H.O.L.E.

## WHOLISTIC HEALTH OVERALL LIFE EXPERIENCE

How would you feel if you learned that many of the things you've been taught and believe in regarding your health and wellness are wrong?

We all have been brainwashed into thinking that it is natural for human beings to get colds and the flu, have aches and pains and major health issues (like cancer, diabetes and heart disease). We are programmed to believe that it's natural to take prescription drugs. When in fact, the body has an inherent ability to heal itself. If the body becomes sick, it's because of something the individual has put in or on the body.

Regardless of the name of the "dis-ease" that you have been diagnosed with, you can eliminate it simply by finding out the cause of the problem. Usually it's just a natural function or functions that have been repressed or in some way unfavorably altered. The functions could be anyone of the following:

- Circulation
- Oxygenation
- Digestion
- Quality of nourishment
- Eliminative organs
- Poisoning
- Acid/Alkaline Balance
- Trauma of the Nervous System

WHOLE's Body Management Program will teach you a few shocking health and medical facts that you may not have known. You will learn where to start in your quest for better health, the most important functions needed to sustain or regain your best health, and the 5 herbs of the body management program that can be used to regain, maintain or enhance good health.

The human body has many functions. The three most important body functions needed to regain or maintain good health are the following:

**Digestion** - Complete digestion is the process by which food is converted into substance that can be absorbed and assimilated by the body. It is accomplished in the alimentary canal by the mechanical and enzymatic breakdown of foods into simpler chemical compounds allowing the food to be put to good use by the cells.

**Liver Function** - Liver function promotes the storage of vitamins and minerals, produces and excretes bile required for dissolving fats and digesting foods, breaks down chemicals including alcohol and medication and enables them to be removed from the body. It stores energy until it's ready for use, makes protein that your body needs to remain healthy and grow, produces blood clotting factors that stop the bleeding when you are cut, removes poisons that enter your body from the air, exhaust and smoke that you may breathe.

**Elimination** - Every living organism must take in nutrients and let out waste. Your bowels (colon) are your body's sewer system. And when it backs up (constipation), you've got a problem. Poor elimination is one of the major causes of illness that you can do something about right now. Poor elimination is caused by poor dietary choices, not drinking enough water and sick bowels or poor bowel terrain. When you are constipated, your liver can work up to 50% harder to breakdown toxic body waste.

If you have breakfast, lunch and dinner, with two snacks that's five meals a day. To maintain good health you should be eliminating at least 3 times a day. If you eat this way for a seven-day period, and you only eliminate 9 times, that's 12 meals that haven't been eliminated that are now backed up in the colon, Now multiply that by weeks, months, and years. You will discover why so many people become ill with "dis-ease" never to fully recover.

### Steps on the path to excellent health and wellness:

1. Work on digestion with digestive herbs
2. Clean the bowels with bowel cleansing herbs
3. Clean the blood and liver with blood and liver cleansing herbs
4. Calm the nerves with brain and nerve herbs.
5. Stay away from processed "junk foods" made with white flour, white sugar, margarine and other hydrogenated fats, table salt and any foods with chemical additives
6. Include protein at each meal
7. Add organic vitamin and mineral herbs to your diet
8. Drink clean water (such as steam distilled-water)
9. Get regular hours of rest
10. Move around regularly
11. Avoid things and people who continually upset you
12. Avoid chills
13. Put some energy and anti-stress capability into the body with energy and glandular-nourishment herbs
14. Regularly use herbs that build immunity and herbs that function as poison antidotes
15. Avoid chemicals in the home, workplace and environment
16. Erase stored trauma from the body

The body will repair itself if you give it half a chance. And when the body is healthy, you can approach each day with renewed vigor and vitality.

Knowing that our Creator has provided herbs throughout the earth for our nourishment, sustenance, and healing, it is our desire to spread the word. According to the scriptures in I Corinthians 12:26, "If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad."