

What is detoxing??

Your Body Cannot Lose Weight or Be In A Perfect State of Health If It Is Out Of Balance

The greatest misunderstanding and confusion when beginning a new nutrition regime is to properly understand and interpret the symptoms and changes your body will undergo.

The introduction of a high quality, nutrient rich beverage, in place of lower quality choices is the first shift that must be made in one's diet. The good nutrition will begin to force out toxic waste. Good replaces bad!

When the body begins to release toxins, you'll notice changes within. These changes may include an increase in the frequency of your bowel movements, headaches and fatigue. We are all different and have different body chemistries. But whatever happens, don't panic!!!

Work through it and become healthier!!!

Detoxing is expected and critical to achieve true health. **Liv's green drinks (Liv Sxinney and Green 20)** are chlorophyllin based nutrition drinks which stimulate the body's cells and improves your body's functions. Drinking **Liv Sxinney or Green 20** will flood your body with oxygen, minerals and anti-inflammatory agents.

How to detox slowly:

You may choose to slow down the detoxing process by reducing the amount by 1/2 of Green 20 or Liv Sxinney you pour into your 32 ounce water bottle. Continue to drink 64 to 100 ounces of water a day which will provide a good flush for your digestive system. Work up to one full stick pack of Green 20 or Liv Sxinney within 3-5 days.

You'll feel better after the detoxification process

Give your body the chance it needs to recover!!! If you start a better diet and stay on it for three days to a week, then quit, you might say "I feel better on the old diet - the new one made me feel weak". You did not give your body a chance to adjust and complete this very important first step. If you can work through the symptoms of detoxification you will feel better then before you started!

What is detoxing??

Embrace the adjustment your body is making to better health and weight release. If you want to improve your chances for optimal weight reduction you will also want to cut back on SUGAR, white flour products, nicotine, caffeine, coffee and soft drinks.



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