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## DETOXIFYING & ELECTROLYTES

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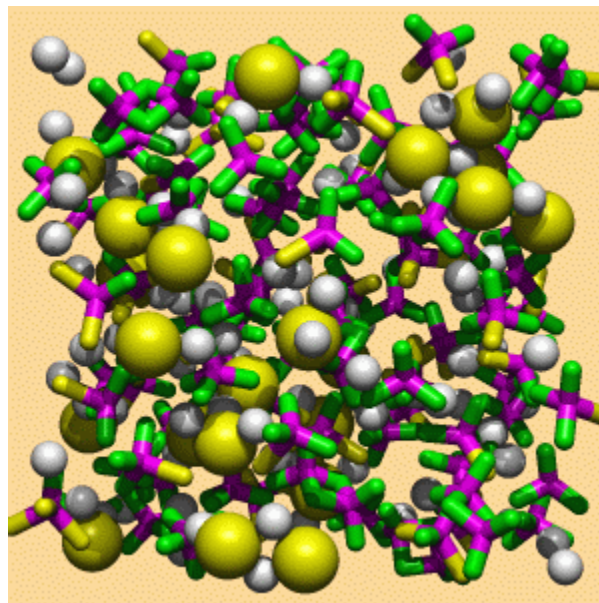
In today's day and age cleansing and detoxifying are essential. Stress, environmental pollutants and low quality foods all leave their mark on our bodies.

However a cleanse may be difficult and leave you feeling absolutely dreadful. This is your body's way of eliminating toxins and it can be very uncomfortable. This is also referred to as a "healing crisis". However, if you plan your detox and prepare in advance for the elimination required all future cleanses can be considerably easier.

A Homeopathic constitutional remedy will ensure that the body is functioning at its optimal ability. Your body will respond to the detoxification process in the most efficient way possible. It will also serve to strengthen the immune system and support the body after your cleanse.

Electrolytes play a vital role in the detoxifying/fasting process. Ensuring a stable level of electrolytes alkalinizes the body during the elimination phase and helps the body's pH remain neutral. Electrolytes then support cellular function, and the elimination of toxins from the body. They also maintain the body's ability to function within relatively normal parameters during the process.

The use of Homeopathic Tissue Salts will ensure you that your electrolyte levels are maintained and that the levels are beneficial during a cleanse. By giving your body the tools it needs to complete its task, detoxifying will be a breeze. For example, salts for enzymatic reactions, such as the minerals magnesium and potassium help with elimination and to counter or stave off any elimination headaches and physical aches and pains.



*Salt Electrolytes*