

# HEALTHY DETOX

“The all-natural herbal tea to detoxify, cleanse, and renew your digestive system.”

**Gentle...Tasteful...Stress Relieving**

## What is Gentle Detox?

“Gentle Detox™ provides a special balance of herbs that can help aid in digestion and elimination. Cleansing has done wonders for my complexion, energy level and self-confidence.”



E. Newman,  
Registered Dietitian

### TOTAL TEA™ herbs are known to help with symptoms related to the following conditions:

- ◆ Constipation
- ◆ Irritable Bowel Syndrome - IBS
- ◆ Inflammatory Bowel Diseases
  - > Ulcerative Colitis
  - > Crohn's
  - > Proctitis
- ◆ Indigestion
- ◆ GI Ulcers
- ◆ Gastroenteritis
- ◆ Chronic Fatigue Syndrome
- ◆ Diverticulosis, Diverticulitis
- ◆ Acid Reflux
- ◆ Bad Breath (Halitosis)
- ◆ Candida Yeast Overgrowth
- ◆ Diarrhea

### TOTAL TEA™ helps:

- ◆ Restore overall digestive function
- ◆ Detoxification
- ◆ Relieve Constipation
- ◆ Increase peristalsis
- ◆ Improve food digestion performance
- ◆ Increase circulation
- ◆ Prevent intestinal spasms
- ◆ Reduce nervousness
- ◆ Reduce gas production
- ◆ Reduce bloating and cramping
- ◆ Remove Yeast and other “bad” bacteria from the system
- ◆ Inhibit “bad” bacteria production
- ◆ Improve “good” nutrient absorption
- ◆ Reduce irritation & inflammation of intestinal walls
- ◆ Improve immunity



## Why Detoxify?

### What are “toxins”, how do I get them, and why should I detoxify?

Toxins are any compounds that have a harmful effect upon your body. You are exposed to toxins daily from the foods you eat, the water you drink, and the air you breathe. These toxins are the pesticides and herbicides used to grow your food, the large amounts of hazardous wastes in your soils, the air pollutants you breathe constantly, most cleaning materials you use, alcohol, drug, and cigarette use, bacterial infections, and viruses. It is critical for you to remove all toxic material from your body. If toxins accumulate in your body they will cause significant disruption of your overall health.

### Some signs you have toxic material in your body...

- ◆ More than 20 pounds over weight
- ◆ Intestinal complaints
- ◆ Deficient immune function
- ◆ Constipation
- ◆ Indigestion
- ◆ Poor coordination
- ◆ Low energy
- ◆ Fatigue
- ◆ Muscle Weakness
- ◆ Inability to concentrate

**see Herbal Fact Sheet on reverse side**

**Echinacea** (*Echinacea purpurea*)

- Stimulates the immune system to counter both bacterial and viral infections
- Contains anti-inflammatory components

**Gynostemma** (*Gynostemma pentaphyllum*)

- Acts as a scavenger in the stomach and intestines to eliminate waste and toxins from the body
- Helps accelerate metabolism by adjusting blood sugar and reducing blood fat

**Papaya** (*Carica papaya*)

- Contains "papain", an enzyme chemically related to "pepsin" which helps digest protein in the body and acts as an anti-inflammatory
- A safe and natural digestive aid that helps prevent indigestion

**Peppermint** (*Mentha piperita*)

- Soothes and comforts the stomach, promoting healthy digestion
- Helps with the treatment of ulcerative conditions of the bowel and intestinal colic

**Senna** (*Cassia angustifolia*, *Locust Plant*)

- cleansing herb that relieves constipation, increases peristalsis, and helps soften stools

**Cinnamon** (*Cinnamomum verum*)

- Used to combat microorganisms, diarrhea and other GI disorders, and has anti-oxidant properties

**Hibiscus** (*Hibiscus sabdariffa*)

- Used to treat constipation and inflammation

**Ginger** (*Zingiber officinalis*)

- Relieves indigestion, gas pains, irritation to the intestinal walls, diarrhea, and stomach cramping

**Rose Hips** (*Rosa canina*)

- Mild diuretic and laxative that helps soften stools
- Beneficial for constipation, infections and bladder problems
- Excellent nutritional supplement and helps prevent colds

**Chamomile** (*Matricaria recutita*)

- Calms and relaxes the entire body; reduces anxiety; supports a healthy nervous system; helps ease digestion, tense muscles, and menstrual pain; relieves irritability; and helps sleep
- Contains anti-inflammatory properties that soothe the digestive tract and help relieve pain, indigestion, acidity, gas, gastritis, bloating, colic, ulcers and other inflammatory conditions of the digestive system

The above statements have not been evaluated by the FDA. The nutritional information, suggestions and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for medical advice. Please consult your health care professional for all health concerns.

“ I can't keep this stuff on my shelf!!  
My patients absolute love it  
and buy multiple boxes at a time!  
The best tea I have tried in my 6  
years of practice, hands down! ”  
Dr. Starbuck, St Paul, MN

