

It's Time to Purify!



Did You Know?

- We are exposed to thousands of external toxins such as pollutants, pesticides, and chemicals.
- Research shows that certain chemicals may affect our immune, endocrine, nervous, and reproductive systems.
- The products that we use for our skin is absorbed into the bloodstream.
- We are ingesting toxins everyday by drinking soda, energy drinks, water, and alcohol.
- There are toxins in our diet such as pesticides, artificial food coloring, GMOs, hydrogenated oils, corn syrup, artificial sweeteners, and MSG.
- Drugs/Medications are toxic to human beings as they can do more harm to our bodies.
- Toxins can produce weight gain.

WHAT IS PURIFICATION?

Purification, also known as cleansing or detoxification, is a natural process that your body performs to break down toxins into safe byproducts, neutralize them, and eliminate them from your body. Purification offers the body additional support to expel and metabolize these toxins and manage weight, which is important to maintaining your health and vitality. When you purify, you will jumpstart weight loss, reduce body fat, detoxify your body, restore energy, balance blood sugar and hormones, and improve cholesterol. It is also said to reduce inflammation, improve sleep and memory, and reverse aging. To purify, we detoxify the toxins through our liver, breathe it out through our lungs, sweat it out through our skin, and excrete the waste using our gallbladder, intestines, kidneys, and lymphatic system. Successful purification requires foods, vitamins, herbs, minerals, water, fat loss to mobilize stored toxins, exercise to activate lymphatic drainage, and good bile flow.

***YOU CANNOT LOSE WEIGHT
PERMANENTLY WITHOUT
DETOXIFICATION***

***THE SOLUTION TO
POLLUTION IS DILUTION***

21 Day Purification Program

This purification program, through standard process, supports the whole body's natural toxin-metabolism processes and brings healthy lifestyle habits into focus.

It is designed to purify, nourish, and help individuals maintain a healthy body weight by eating whole foods, exercising, drinking nutritious shakes, and taking supplements made with whole food and other ingredients.

By starting this program, you will be on your way to a clearer, brighter, and lighter future!

If you would like to lighten your toxic load and manage your weight, contact us to begin your purification program! We want to help you make healthy choices and habits that will bring you a healthy lifestyle.

What Is Your Toxin Load?

- ❖ Do you or have you eaten processed foods?
- ❖ Do you eat nonorganic fruits and vegetables?
- ❖ Do you eat meat that is not organic?
- ❖ Do you or have you ever used artificial sweeteners?
- ❖ Do you drink soda?
- ❖ Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- ❖ Do you eat fast food and/or eat out regularly?
- ❖ Do you charbroil or grill foods?
- ❖ Do you drink coffee regularly?
- ❖ Do you drink alcohol?
- ❖ Do you drink tap water?

If you answered "yes" for the majority of the questions, then it is likely your diet contributes significantly to your toxic load.

Source: <https://www.standardprocess.com>

Promoting Good Health and Quality of Life



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