

Mega-Cleanse Ingredients

Alfalfa contains **health building properties**. It **cleans the blood** and helps to maintain cholesterol. It is useful for fluid retention, mental and physical fatigue, muscle and joint aches and bowel problems. It is very rich in chlorophyll, enzymes, vitamins, and minerals which are also balanced for complete absorption. *

Spirulina a micro algae, which contains every nutrient that science has identified.

Chlorella is **rich in vitamins, minerals and especially iron**. It is one of the few vegetarian foods containing lots of B¹². It cleanses the bloodstream and is an excellent source of protein, which is especially good for vegetarians.

Chromium Polynicinate helps to control appetite **and reduces sugar cravings**.

Bayberry Bark rejuvenates the adrenal glands, **cleanses the blood stream** ridding the system of poisonous wastes. Bayberry has long been used to revitalize the immune system and at the same time to **aid digestion**. *

Bee Pollen supports the **immune system** and **provides the body with energy**. It normalizes the activity of the intestines, improves appetite, and helps with constipation. Bee pollen has been shown to **slow down the aging process** providing a feeling of physical rejuvenation. *

Burdock Root is one of the **best blood purifiers**. It helps to **reduce swelling around joints** and helps rid calcification deposits, for it **promotes kidney function to help clear the blood of harmful acids**. It aids the pituitary gland in releasing an ample supply of protein to help adjust hormone balance in the body. It **supports gallbladder and liver function**. It is also helpful for mild cases of **acne**. *

Cascara Sagrada is a bark rich in hormone-like oils which **promote peristaltic action in the intestinal canal**. It enables painless evacuations. It is one of the **best herbs for constipation** and is said **not to be habit forming**. After continued use, it promotes natural bowel functioning allowing the bowels to perform naturally and regularly because of its tonic effects. It is very **cleansing to the colon** and helps rebuild its functions. It increases the secretions of the stomach, liver and pancreas and supports gall bladder function. *

Dandelion helps the liver to **detoxify poisons, increases bile flow**, purifies the blood, **promotes healthy circulation**, strengthens arteries, cleanses skin blemishes and restores the gastric balance. It helps to stabilize blood sugar levels and promotes normal cholesterol levels. Current research indicates that dandelion is effective in the elimination of uric acid from the body. It improves function of the kidneys, pancreas, spleen, and stomach. *

Red Clover acts as an **appetite suppressant**, blood purifier and relaxant. It promotes good bowel, kidney and liver function. *

Fennel helps to **take away the appetite**. Fennel **improves digestion** and **has a diuretic effect**. It promotes the functioning of the kidneys, liver, and spleen and clears the lungs. It also helps relieve abdominal pain, acid stomach, gas, and **helps relieve gastrointestinal tract spasms**. *

Ginger is an excellent herb for the respiratory system. It is very effective as a **cleansing agent** through the **bowels and kidneys** and through the skin. Ginger is an excellent herb to add to other herbs to enhance their effectiveness.

Hops alleviates nervous tension and **promotes restful sleep**. It acts as a **stimulant to the glands and muscles of the stomach and at the same time calms down gastric nerves**. It also has a relaxing influence upon the liver, gall duct and the bowels. *

Juniper acts as a diuretic, helps to **regulate blood sugar levels**, aids the removal of uric acid from the system and has the ability to restore the pancreas, kidney and prostate. It is **helpful for treating fluid retention and aids in weight loss**. * Juniper is high in Vitamin C.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.**

Kelp Plant is a good promoter of glandular health. It controls the thyroid and regulates the metabolism which helps to digest food. It **speeds up the burning of excess calories** by controlling the body's metabolism and is helpful in the nourishment of the body with its **ability to stimulate metabolism**. *

Licorice helps the body to **remove excess fluid from the lungs, throat and body** and promotes adrenal gland function. It aids in recovery from illness because it will supply necessary energy to the system. It also works as a laxative and **helps relieve inflammation of the intestinal tract**. *

Milk Thistle **strengthens and protects the liver during detoxification** by preventing free radical damage, acting as a powerful antioxidant. It also stimulates the production of new liver cells. It protects the kidneys and supports adrenal function as well as **increase bile flow thus improving digestion**. *

Nettles contains alkaloids that neutralize uric acid buildup in the body. It is **rich in iron** which is vital in circulation and **helps regulate blood pressure**. It also acts as a diuretic, expectorant and astringent enema. *

Cubeb Berries aid circulation and are an excellent support for joint health.

Barley Grass helps maintain healthy cholesterol levels and is a great cleanser for the entire body. It **rids the body of harmful metals such as lead and mercury** during detoxification. *

Wheat Grass is a **rich nutritional food** and contains a tremendous amount of chlorophyll which revitalizes body metabolism, replenishes red blood cells, and cleanses the body. *

Lecithin is an essential lipid needed by the cell membranes, muscles and nerve cells to function properly. It also enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body thus **protecting vital organs and arteries from fatty buildup**. *

Vitamin B 6 (Pyridoxine) is involved in many bodily functions. It is beneficial for water retention, and is necessary for the production of hydrochloric acid and the absorption of fats and protein. It activates many enzymes and aids in the absorption of vitamin B¹², in immune system function and in antibody production. *

Aloe Vera when taken internally is known to **aid in the healing of stomach, colon, and digestive tract disorders** and it helps heal internal tissues. *

Parsley roots and leaves are very good for the liver, bladder, kidney, stomach and thyroid function. It is a **blood purifier** and it helps **relieve occasional joint pain**. It also **stimulates normal activity of the digestive system**. *

Rhubarb Root is stimulating to the liver, gall ducts and **acts as a colon cleanser**. It also clears the causes of intestinal irritants and checks diarrhea with an astringent action. *

Sarsaparilla is valuable for glandular balance, is noted for **increasing the metabolic rate**, and **increases circulation to the joints**. *

Skullcap supports and **strengthens the nervous system**. It also **aids sleep**, improves circulation, strengthens the heart muscle and is helpful for blood pressure. *

Angelica has soothing and healing properties especially for the stomach and intestines. *

Green Tea contains compounds that have antioxidant and health-enhancing properties. It also shows promise as a weight-loss aid that can promote the burning of fat and **help to regulate blood sugar and insulin levels**. *

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.**

Bibliography- Balch , James F., and Phyllis *Prescription for Natural Healing*. Second edition . New York: Avery 1997
Kernion, Maureen, M.S. *Going Natural with Herbs* . Woodland Pub. Pleasant Grove UT. 1998.
Tenney Louise *Today's Herbal Health* second edition, Woodland Health Books Provo UT. 1983
Julian Whitaker M.D. *Dr. Whitaker's Guide to Natural Healing*, Prima Communications Inc 1996
Margot Hellmiss and Falk Scheithauer *Purify Your System for Health and Beauty*, Sterling Publishing 1998