

A close-up photograph of a young man and woman smiling at each other. They are wearing white button-down shirts. The woman is on the left, looking down towards the man on the right. The background is a bright, clear blue sky. The image is partially covered by a semi-transparent white geometric shape.

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Here are some staggering facts and statistics about the state of the human colon:

The healthy transit time of food through our body is less than 24 hours.

Today, with processed foods lacking enzymes and natural fibers and loaded with refined sugar, combined with a more sedentary and less active lifestyle, the transit time is slowing down to 70 hours!

Many experts believe that the average person has **5-20 pounds of accumulated waste** matter in their colon. **While a person with a toxic colon can have 40 pounds or more.**

In the USA, over 100,000 colostomy surgeries are performed each year to remove part or all of a diseased colon.

The National Institute of Health published a survey that showed 4.5 million Americans are constipated most or all the time.

80% of all disease and discomfort is related to a toxic colon - due to impacted fecal matter.

A Healthy Colon

The colon, or large intestine, is an important part of the digestive system. It is often referred to as **the sewer system of the body.**

The human colon must handle the bulk of the food we eat. Its lining includes sensitive nerves and glands that aid in the assimilation of food - especially vitamins, enzymes and water.

When the colon is working properly, its peristaltic (muscular, wave like) motions move food through the system and eliminate unassimilated substances in the form of waste within 16-24 hours of eating.

A healthy individual, with a clean and healthy colon, **will have two bowel movements per day.** They should be large, well formed, buoyant and not accompanied by a foul odor.

A healthy colon is essential to a healthy body.

What Is A Toxic Colon?

Over time, your colon may become unhealthy and lose its ability to properly eliminate all the waste materials from your digestive tract. **This is due to a combination of the following: Poor diet, lack of exercise, stress, drug intake, lifestyle and a variety of other factors.**

When the human colon becomes less active, the body does not eliminate its waste materials as effectively. Therefore, when the elimination process is not functioning properly, **deposits of waste matter build up along the wall of your colon or in the pockets of the colon.**

Normally, your body pushes waste out of your colon in 16 to 24 hours. When you're not able to eliminate properly, these wastes remain in your body for days.

Even worse, **if some of this waste material deposits along the colon wall, it may not leave for months or even years. Amazingly, these deposits of hardened fecal matter can get to be 2 or 3 inches thick and as hard as tire rubber.**

The average healthy person who is not constipated will carry about 5-20 pounds of fecal matter in their intestines and colon at any one time. However, **people who are constipated or irregular can be carrying up to 40 pounds or more of this toxic fecal matter, which is continually poisoning their body and organs.**

80% of all disease and discomfort can be related to a toxic colon. Yet, most people are unaware they have an unhealthy colon. People are not making the connection between an unhealthy colon and an unhealthy body. **However, an unhealthy colon can adversely affect your total health, including all the systems of your body.**

If we abuse and neglect our colon and hinder the elimination process, the toxins that should be removed will continue to build up and be reabsorbed into the bloodstream. This creates a serious health issue known as autointoxication or self-poisoning.

Autointoxication is the process in which the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house.

The toxins released by the decay process get into the bloodstream and travel to all parts of the body. Every cell in the body gets affected, and many forms of sickness can result. Because it weakens the entire system, autointoxication can be considered a cause for nearly any disease.

In addition to the alarming information listed above, here's more proof of the harmful effects a toxic colon has on your body.

A toxic colon can...

- Weaken and stress your heart.
- Cause skin blemishes, paleness, psoriasis, liver spots and wrinkles.
- Irritate the lungs and cause bad breath.
- Affect the brain, disturb mental functions and cause senility
- Cause pain and stiffness in the joints and contribute to arthritis.
- Cause muscle weakness and fatigue.
- Rob you of your youth, ruin your wellness and cause premature aging.

Many experts believe that all diseases begin in the colon! Not only does the decaying food produce toxic substances and provide a breeding ground for harmful bacteria, **but it also blocks the intestine from absorbing good nutrients.** This all leads to an unhealthy body.

Mega Cleanse Internal Cleansing System, Mega Cleanse EX, Thera Colon Cleanse and the Total Digestion Probiotic /Enzymes, Will provide the body with the tools it needs to undo years of abuse and damage. Your system will begin to function the way it is supposed to. You will feel so much more energy and notice skin looks more beautiful and more clear.

New Born Babies Already Toxic?!

Everyday our bodies are under attack because we now live in an era of relentless toxic exposure from plastics, pesticides, and obesity additives.

These harmful chemicals can be found **everywhere**. They are in the water we drink, the foods we eat, and the very air we breathe. Even our cookware can be toxic. Byproducts from Teflon pans, plastic particles from spatulas, and cooking sprays loaded with propellants.

Dangerous compounds like insecticides, PCB's, heavy metals, benzene, dioxin, phthalates, pesticides, DDT metabolites, flame retardants, styrene, xylene and dichlorobenzene...**all have been routinely found in the stool, urine and blood of average people all around the globe**

Even newborn infants, not yet exposed to the outside world, are in danger.

In 2005, the American Red Cross took samples of fetal cord blood from 10 newborns and **found a shocking 287 chemicals inside the samples**, which included dioxins, phthalates, pesticides, Teflon byproducts, flame retardants and many others.

And that's really just the tip of the iceberg. A study published in the journal Neurotoxicology took samples of the first bowel movement of 426 infants.

- 84% contained mercury
- 27% contained lead
- 27% percent had DDT, a pesticide that was *banned* in the US for the last 25+ years

There's no escaping this toxic burden.

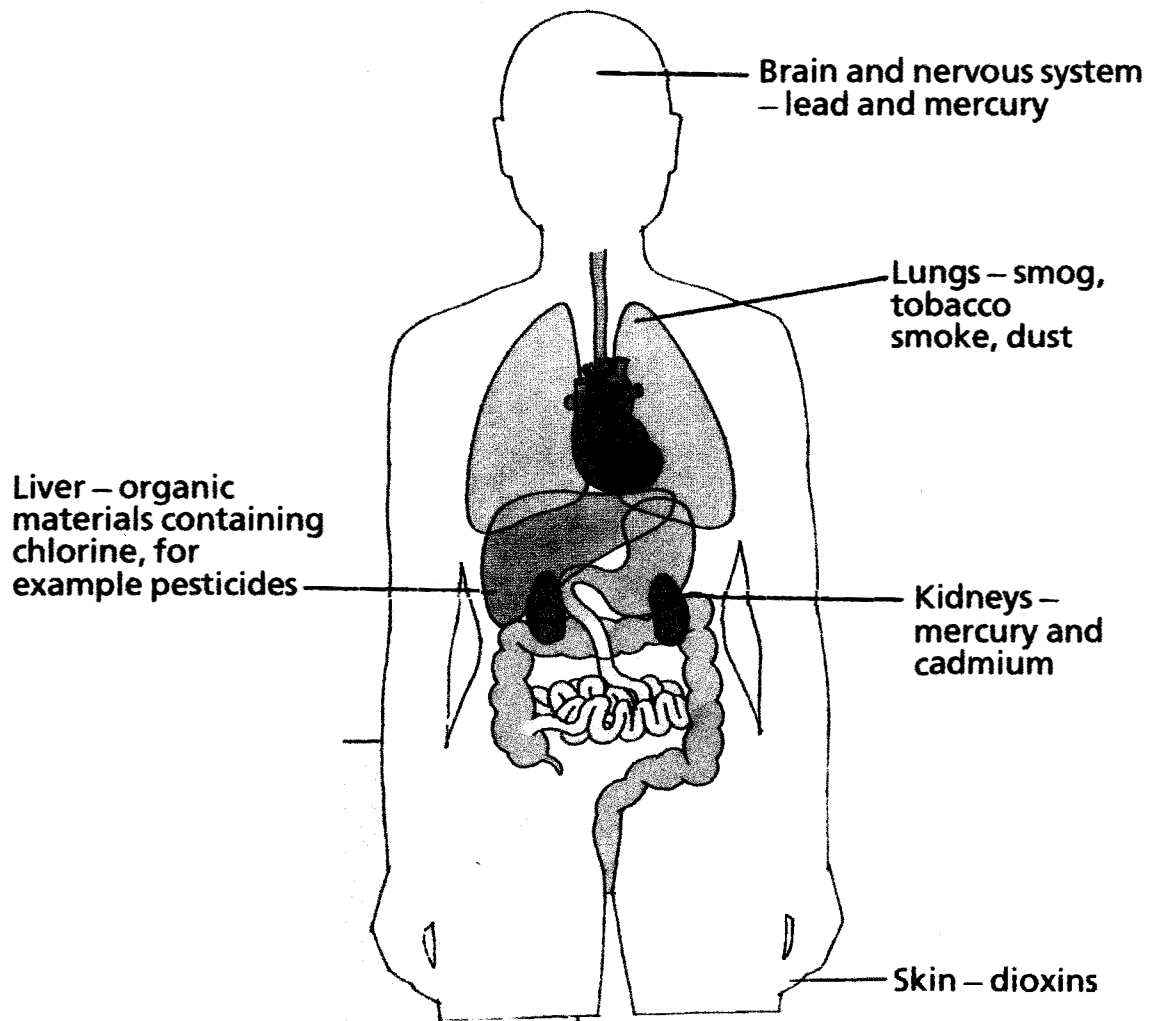
It's ALL inside your body right now and it's harming your cells, causing severe inflammation, clogging up your liver, *stopping* your body from getting rid of unwanted fat – and **it's aging your body at an accelerated rate.**

Fortunately, you change your diet, starting today, that can help your body eliminate this toxic burden and get your fat loss moving again, while helping you look and feel younger. **Take Mega Wellness Cleanse every day!**

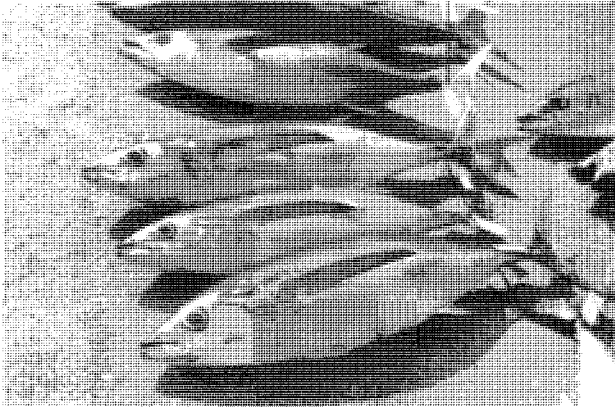
Our Toxic Environment

How it effects our bodies

The human body has to process every poison that it takes in. If this becomes impossible because the organs of elimination are overburdened, then diseases and even death will occur.



TOXIC AIR MEANS TOXIC BODIES AND ILLNESS



Many health professionals believe that mercury and other heavy metals could be one of the major causes of chronic illnesses. As you may know, one of the major sources of mercury poisoning comes from your dentist in mercury fillings. But your dentist is not your only source of this most toxic of naturally occurring metals.

The air you breathe is contaminated as well.

It turns out that thousands of pounds of mercury in particular, is being poured into the air over the United States every year.

While coal-fired plants are one source (that is being cleaned up), cement kilns are another largely unregulated source.

Two environmental groups for the first time released a figure estimating that U.S. kilns release 23,000 pounds of mercury compounds a year.

The average cement kilns put out a combined 675 pounds of mercury, according to company reports for 2006, the latest year available. The amount of mercury emitted from each plant equals mercury emissions from coal-fired power plants, the next biggest emitters in the world.

This is the reason why we are being warned about fish. Mercury enters the food chain when it falls into bays and oceans and accumulates in big long-lived fish. To give us an idea of how horrific the problem is, scientists tell us that only 0.96 grams dumped into a 20-acre lake can make fish unsafe to eat.

Let's translate that into what one cement company is emitting: Hanson Permanente Cement in Cupertino, CA. This plant released about 500 pounds of mercury compounds in 2006. One pound is 454 grams. **Nearly 500 times worse than the amount needed to contaminate a pond. And that was just in one year.**

The message is that we are in a sea of metal toxicity. And worse, the combined toxic effect of mercury and lead is not additive; it is exponential!

**This Could Be One of The Reasons
Why You Are So Tired All the Time**

It is for these reasons that many health experts believe that all of us should be on a lifetime of detoxification.

Chlorella, wheat grass, alfalfa, and spirulina, are just some of the chlorophyll containing super foods and plants that are great for pulling out metals, including mercury.

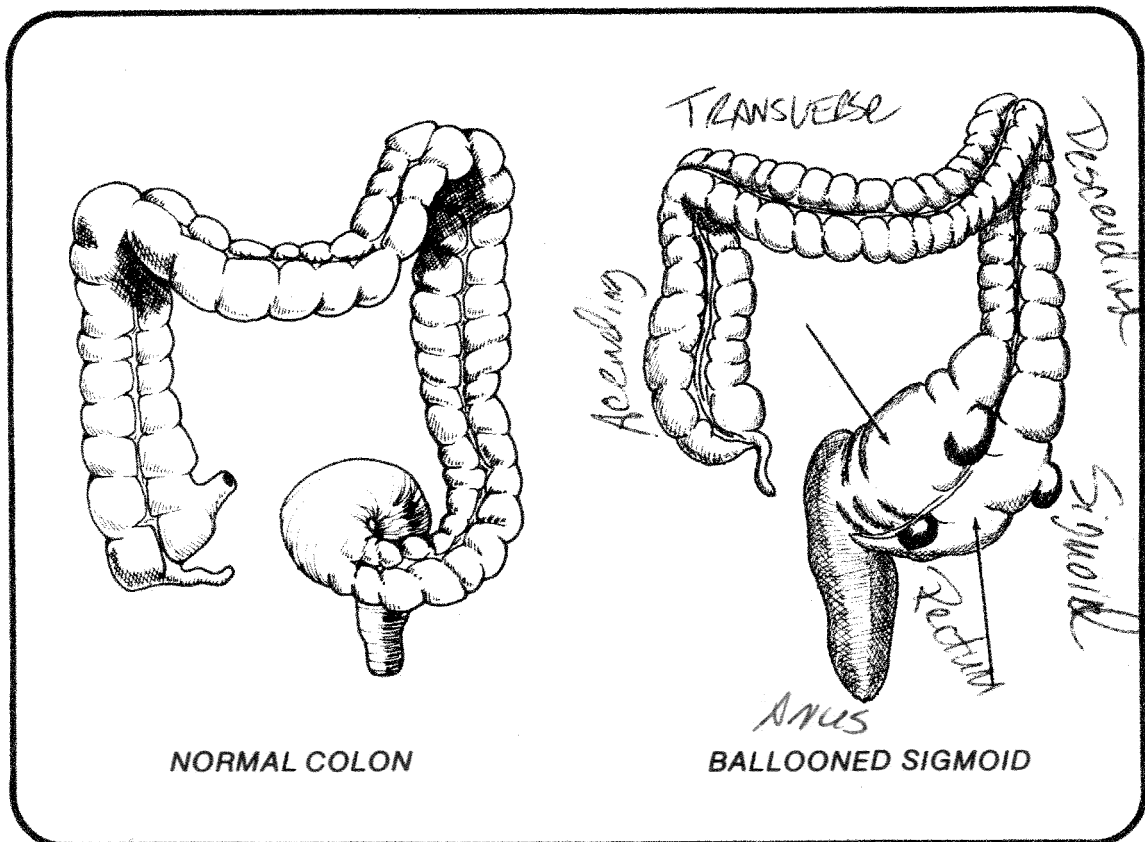
Mercury and other heavy metals can cause symptoms of every known neurological disease. We Should all be proactive in protecting our health and wellbeing from these toxic heavy metals.

Take steps to cleanse these toxins out of your system with the Mega Wellness Cleanse, Thera Colon Cleanse and the Mega Cleanse Extra. Take the Raw Mega Nutritional System and the Total Digestion Probiotic to build and maintain a healthy immune system so we can maintain health!

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Dr. Bernard Jensen, nutritionist, lecturer, and author of 30 books on natural health care states:

"Every tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first before any healing can take place."



When we are not eliminating properly, wastes may not be expelled for days, weeks, months, and years. **Toxins back up in the colon, which can cause autointoxication, or self-poisoning.** This occurs when the bowel walls become encrusted with uneliminated fecal matter. This in turn hampers the absorption of vital nutrients! So now, blood capillaries lining the bowel are absorbing the rotting fecal matter in place of life giving vitamins and minerals. This inhibits our body's ability to feed and repair itself properly!

FAQ:

Internal Cleansing with Mega Wellness Cleanse, Thera Colon Cleanse, and Mega Cleanse Extra

***Gentle cleansing and Wellness for all six channels of elimination:
Kidneys, liver, colon, lymph system, lungs and skin.**

1. Why do we need Mega-Wellness Cleanse Internal Cleansing Complex / Mega-Wellness Cleanse EX and Thera Colon Cleanse?

We live in an extremely polluted environment. Toxins are virtually inescapable. The water we drink, the food we eat, the air we breathe, the medicines we take, even the bacteria in our intestines all add up to pollution of our bodily systems.

Each year 10 million tons of toxic chemicals are released into our environment by industry. Of these, over 2 million tons are **recognized carcinogens**. Farmers are producing ever-increasing amounts of food, and they are using huge quantities of poisonous pesticides, insecticides, fungicides, and chemical fertilizers. Further food processing adds preservatives, artificial colors, artificial flavor enhancers, and artificial sweeteners. The average American is consuming 135 pounds of food additives every year.

*Increased exposure to these toxins has been linked to:

fatigue, headache, dark circles under the eyes, skin breakouts, arthritis, depression, memory failure, muscle pains, digestive disorders, constipation, diarrhea, irritable bowel syndrome, ulcers, slow metabolism, weight gain, birth defects, and serious disease such as cancer.

The human body has to process every poison that it takes in. When this becomes impossible because the organs of detoxification are overburdened, then disease and even death will occur.

It's not what you eat—it's what you absorb that counts. Poor assimilation leads to nutritional deficiencies. The job of your small and large intestine is to absorb nutrients from the foods you eat and the supplements you take. **If the intestinal walls are clogged with impacted wastes, nutrients can't be absorbed and are eliminated.**

It's up to us to protect ourselves from these toxins, **because our health and beauty are directly related to our ability to absorb the nutrients from our food and supplements and just as important, to detoxify.** **Mega-Wellness Cleanse / Mega-Cleanse Extra. / Thera Colon Cleanse contains 37 herbs and super foods to cleanse toxins from the liver, colon, kidneys, lymphatic system, and blood.** Single herbs used alone often will not have the same effect as when combined in a formula. A synergy is created. **These formulas have been in use for 35 years and are helping millions of people.**

*(Referenced from "Dr. Whitakers Guide to Natural Healing" by Julian Whitaker M.D. 1995, 1996. Prima pub. "Purify Your System for Health and Beauty" Margot Hellmis and Falk Scheithauer 1998 Sterling Pub.)

Cleansing 101. Important reading before you begin cleansing. First Option

Follow this simple formula to start cleansing toxins, parasites, heavy metals, and pathogens from your colon, liver, lymph system, kidneys, lungs, blood and skin. **BUILD UP SLOWLY AS IS SUGGESTED.**

If at any time during this suggested dosage, you begin to have a healing crises i.e. loose stool, excess gas etc., do not continue to increase the dosage. **DO NOT STOP EITHER!** Simply back down to a lower dose until symptoms subside, so as to continue slowly with tissue cleansing.

For the very best digestion and elimination add 3-6 Total Digestion Probiotics with each meal. It can be taken at the same time with the Mega Wellness Cleanse and the Mega Cleans Extra.

***DAY 1-3 (LISTEN TO YOUR BODY, the number of days before increasing is arbitrary. Example 1-5 days etc.)**

2 Mega Wellness Cleanse and 1 Mega Cleanse Extra Capsule with a meal

***DAY 4-7**

2 Mega Wellness Caplets and 2 Mega Cleanse Extra Capsules with a meal. You may divide this dose between two meals

***DAY 8-12**

4 Mega Wellness Cleanse Caplets and 3 Mega Cleanse Extra Capsules divided between meals.

***DAY 12-16**

6 Mega Wellness Cleanse Caplets and 4 Mega Cleanse Extra Capsules divided between meals

DAY 17

8 Mega Wellness Cleanse Caplets and 2-6 Mega Cleanse Extra divided between meals. Remain at this dose as long as desired. As the body begins to heal and cleanse down to the cellular level, you will feel the need to reduce this amount to a maintenance dose. You may take this dose as long as desired.

***A person who does not eliminate every day is considered irregular and has accumulated fecal matter in the large intestine. This matter gets stuck in the many kinks and twists of the bowel and hardens.**

Loosen and remove this hard matter. Add 2 Thera Colon Cleanse capsules to the evening meal as needed.

Drink plenty of water, exercise, and eat healthy organic fruits, vegetables and lean meats (hormone free) if desired.

Our bodies are all different, and you may not need to work up to as much Mega Wellness Cleanse and Mega Extra as is suggested by day 12. Listen to your body as it will dictate the right amount of these healing herbs for your particular metabolism.

Second Option

If you have chronic constipation, **start with the Thera Colon Cleanse** with the evening meal to remove all of the excess fecal matter from the large intestine. **After 1-2 weeks begin to add the Mega Cleanse Extra** and or the Mega Wellness Cleanse as explained in option 1. The MEGA WELLNESS and the Mega Cleanse Extra formula can be taken indefinitely to maintain a clean and well-functioning system, as well as control appetite. **These can be taken alone or together as desired.**

Note: If you have a slower metabolism, you may take more than someone with a faster metabolism. After you have cleaned the accumulation of fecal waste from your bowel, and the toxins that have accumulated in your liver, lymph system, fatty tissue, and blood, you will probably require less to maintain a toxic free system.

What is the difference, why three different cleanses?

Mega-Wellness Cleanse- This formula has **30** herbs that cleanse and help the function of all six channels of elimination including the liver and colon. It can be taken indefinitely

Mega-Cleanse Extra- This formula provides extra help and protection for your liver during detoxification, and aids the colon in the removal of hard matter that has been flaked off the colon wall.

Thera Colon Cleanse- This formula was designed to aid sluggish elimination, start with 1-2 capsules with the evening meal. **When you feel good elimination has been attained**, drop the number of Thera Cleanse Capsules, and add the Mega-Wellness Cleanse and or Mega Cleanse Extra. (you may combine any of these as desired)

Will I have any side effects from these products?

The Mega-Wellness Cleanse / Mega-Cleanse Extra / Thera Colon Cleanse formulas contain no chemicals, preservatives, toxins or pesticides. They are pure and pollution free, **and as pure substances they will not cause side effects**. However, it is possible for a person, who has been eating improperly for years, or has any illness to experience minor discomforts and body changes when he alters his eating habits or adds new substances to his systems. Eight of the herbs in these formulas cleanse and heal your system. They are as follows: alfalfa, aloe vera, bayberry bark, beet root, burdock root, cascara sagrada, dandelion and ginger.

When you add these new substances to your system, the accumulated toxins that were stored in your tissues and organs as well as the endotoxins from the dying parasites, bacteria, fungus and other pathogens begin to leach out into the bloodstream and are passed out of the body through the elimination process. While these toxic substances are floating around in your system in their concentrated form, they re-poison the body slightly until they are completely expelled.

This is what causes discomfort, not the herbs.

During this detoxification period, a person can experience mild to severe reactions such as headaches, flu like symptoms, body odor, upset stomach, itch and rashes, diarrhea and/ or constipation. Constipation results when hard fecal matter is flaked off of the colon walls. Mega Cleanse Extra and/ or Thera Colon Cleanse would be an invaluable tool for relief to aid in the expulsion of this hardened matter.

This is known to nutritionists as a **healing crisis** or Herxheimer reaction, and occurs within 24 hours to 5 days of cleansing. This is not a bad thing, but rather a sign that the body is releasing stored up toxins. The severity of the Herx reaction is often an indicator of just how much toxicity there was in the body to begin with and is an indicator of the effectiveness of the treatment. It is actually a sign that the body is restoring itself to good health. To lessen the severity of discomfort caused by a healing crisis, allow the body to detox slower by reducing the amount of Mega-Wellness Cleanse caplets you are taking, if constipation is an issue add Mega Cleanse Extra/ Thera Cleanse. Once elimination is re-established, then reduce Mega Ex/ Thera Cl, and increase Mega Wellness. We are all different, so listen to your body.

If we will just give our system a chance to eliminate and readjust, we will feel much better. We must move slowly but surely towards tissue cleansing and rejuvenating our system, **keeping in mind that even as it took time to pollute our system, it will take time to reverse the process.**

2. How long can I take these products, will I become dependent?

The formulas are gentle and it is the combination and amounts of each herb that make it possible to take on a daily basis.

Common sense dictates that we should cleanse the toxins from our systems every day instead of purging them out every 3-6 months, as is the case with some herbal cleansing products. Some individuals have taken these formulas for 29 years. Most report that they have reduced the amount they take after an initial cleansing phase of several months.

These are super foods and nutrients and are not habit forming. If you should quit taking the formulas, you will simply revert back to whatever condition you were in before you started taking them.

3. I'm taking medication. Will Mega-Wellness Cl. / Mega Cleanse Extra. / Thera Colon Cleanse Interfere with it?

Many clients report that they have been able to take the Mega-Cleanse Internal Cleansing Complex and the Mega-Cleanse Extra with their medications. We at Body Dynamics recommend that before you take any herbal supplements with medications that you consult your Doctor.

4. Will these products help me to lose weight?

Yes, and here's why.

- 1) Spirulina is the main ingredient in Mega-Wellness Cleanse. It is the perfect **appetite suppressant** because it contains phenylalanine, an **amino acid** that releases a hormone that **"tells" you that you are full**. Spirulina is micro- algae, or a microscopic plant. It contains more usable protein than any food you can name. In addition, it has nearly twice as much vitamin B-12 as dried liver, is rich in vitamin A., and has all eight essential amino acids. Spirulina contains every essential nutrient science has identified.
- 2) Six of the herbs in this formula help to **stabilize blood sugar levels**. This helps **reduce cravings for simple carbohydrates and sugars**. These herbs are dandelion, bayberry bark, beepollen, licorice, juniper and skullcap.
- 3) Mega-Wellness Cleanse also contains Chromium Polynicotinate. This aids fat loss by aiding brain synthesis of the neurotransmitter serotonin, which was shown **to reduce sugar cravings**. Chromium polynicotinate potentiates insulin and may help to maintain a higher metabolic rate thereby aiding in weight loss. This stimulates protein synthesis and retards protein breakdown in muscles so the body would burn available fat and not muscle.
- 4) Fennel and juniper aid the **reduction of excess water** retention.
- 5) Kelp **regulates the metabolism** and helps to control the thyroid gland
Mega-Wellness Cleanse is synergistic to other nutritional products and will aid their absorption.
- 6) Restoring intestinal health through colon cleansing **allows more nutrients** to be absorbed and **a person tends to eat less**.

7. What is Cascara Sagrada, and why should it be included in the Mega-Wellness Cleanse formulas?

Cascara Sagrada had been considered a mild, effective, treatment for constipation for generations. First used by the Native Americans, it's name means "sacred bark", in Spanish, a reference to the medicinal part of the plant itself. The bark is rich in hormone-like oil, which promotes the peristaltic action (pushing out of waste material) in the lower intestinal tract. It is this particular action that makes Cascara Sagrada so effective in treating constipation, both acute and chronic types.

The fact that it is not habit forming, like many pharmaceutical laxatives, makes it even more valuable in cases of constipation. The herb is popular for its ability to relieve constipation and tonify the bowel. The Dispensatory of the United States says this concerning the herb; "It often appears to restore tone to the relaxed bowel and in this way produces a permanent beneficial effect". **It is considered mild and gentle enough for use by children and the elderly.** Reports in the "Drug Evaluations" of the American Medical Association confirm that Cascara Sagrada causes peristalsis in the large intestine with **virtually no side effect** on the small intestine.

Colon health is dependent on the maintenance of beneficial intestinal bacteria and proper elimination. In this regard, Cascara Sagrada can prove to be invaluable in its role as a colon cleanser. When five healthy medical students were given Cascara, their bacteria counts of E coli and enterococci significantly decreased. The emodin and rhein constituents of Cascara actually inhibit the respiration processes of certain bacteria. **While undesirable bacteria may be destroyed by these compounds, friendly bacteria are not.** This good flora is necessary for colon health and helps to keep the immune system strong.

Some studies strongly suggest that the anthraquinones found in Cascara are beneficial in treatment and prevention of certain liver diseases. Traditional folk medicine utilized Cascara as a viable treatment for liver disorders. Today, its value as treatment for hepatic disease has been supported by contemporary scientific research.

Cascara Sagrada also contributes to correcting hormonal imbalances controlled by the pituitary and facilitates the activation of the gallbladder, liver and the pancreas.

Summary of Specific Actions Associated with Cascara Sagrada

1. It is an excellent remedy for chronic constipation and can help to prevent future episodes of constipation
2. Cascara bark is rich in hormone like oils, which help promote peristaltic action in the canal of the large intestine only.
3. This herb is **not habit forming to the colon** and can simultaneously clean, and restore the natural tone of the bowel.
4. Cascara Sagrada **improves the flow of stomach, liver, and pancreas secretions**, which helps to promote better digestion and elimination.
5. It also promotes the flow of bile, which is beneficial to the liver and gall bladder. Certain compounds in Cascara affect the gallbladder ducts and help the body to rid itself of gallstones.
6. Cascara has been shown to be **effective against parasites** and acts as a natural antibiotic in the intestines, ridding the colon of only the bad bacteria and not the good flora needed for colon health.

References: Daniel B. Mowrey, Ph.D. *The Scientific Validation of Herbal Medicine* New Canaan, Connecticut: Keats Pub. 1986, Donald Lepore N.D *The Ultimate Healing System* Provo Ut. Woodland Books. 1988, Sendon H. Smith, M.D., E. P. Donatelle, M.D., Vaughn Bryant, Ph.D., *Basic Natural Nutrition* Provo Ut. Woodland Books, 1984 WWW.bodydynamics.com 1-800-MEGA-910 972-245-5500

Mega Wellness 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 Polynicotinate 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.

<p>* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.</p>
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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 liver and intestinal tract**. It helps to prevent drug toxicity. *

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. *

Black Pepper Berries help to prevent intestinal gas, acts as a diuretic and has antioxidant and antibacterial effects.

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. *

. *
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 liver, bladder, kidney, stomach and thyroid function. It is a **blood purifier** and **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**.

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Mega-Cleanse Extra

Extra Cleansing for your Colon and Liver

WHY DO WE NEED MEGA CLEANSE EXTRA? It can be used alone or in conjunction with the Mega Wellness Cleanse and/ or the Thera Colon Cleanse.

This formula initiates the cleansing and healing process by enhancing the colon's ability to move excess, hard fecal waste out of the colon without painful evacuations.

This formula contains *Cascara Sagrada*, *Spirulina*, *Aloe Vera*, *Chlorella*, Beet Root, *Licorice Root*, Slippery Elm Bark, Marshmallow Root, Red Raspberry Leaves, Barberry Root, *Ginger Root*, Artichoke Extract, and *Acidophilus*. (see *Mega-Cleanse Internal Cleansing Complex ingredients*). **This product can be taken with the Mega-Cleanse Internal Cleansing Complex, or by itself. However, for the most thorough cleanse it is best to take both formulas.**

Artichoke Extract has been shown to enhance detoxification reactions as well as protect the liver from damage. This combination of effects is very important to healthy liver function. During detoxification in the liver the toxic substance is often initially converted to an even more toxic form. Without adequate protection, every time the liver neutralizes a toxin, it is damaged in this process. Artichoke extract has been shown to provide the valuable protection. Once the liver has modified a toxin, it needs to be eliminated from the body as soon as possible. One of the primary routes of elimination is through the bile. However, when the manufacture of bile is reduced or the excretion of the bile is inhibited, toxins stay in the liver and body longer. Another benefit of Artichoke is that it acts as a choleretic which is a substance that increases the formation and flow of bile. Bile acids are natural emulsifying compounds that form complexes with fatty materials in the gut to aid in their assimilation. Bile also plays an important role in softening the stool by promoting the incorporation of water. Without bile the stool can become very hard and difficult to pass.

Beet Root has a cleansing effect on the colon and the liver.

Slippery Elm has the ability to neutralize stomach acid. It acts as a buffer against irritations and inflammations of the mucous membranes. It also assists the activity of **the adrenal glands** and boosts the output of a hormone called cortin, which helps send a stream of blood building substances through the system. It is excellent for the respiratory and digestive system.

Marshmallow Root is a great healing herb. It is a powerful **anti-inflammatory** and anti-irritant for the joints and gastrointestinal tract. It soothes and relieves bronchial irritations and helps to remove mucus from the lungs. Marshmallow is protective **and healing to the irritations associated with diarrhea.**

Red Raspberry is helpful for nausea and aids digestion. It relaxes uterine and intestinal spasms. It also helps to reduce pain during menstruation. It is known to be good for many female disorders including hot flashes. It also promotes healthy nails, bones, teeth and skin.

Barberry Root is called one of the best medicinal herbs of the west. It is used for fever and inflammatory conditions. It has a wonderful influence upon the liver **by aiding the bile to flow more freely, which is important in almost all liver problems**, especially jaundice. It also helps to remove morbid matter from the stomach and bowels. It dilates the blood vessels, aiding the circulatory system. *

Acidophilus restores the friendly bacteria in the colon. More than 400 different kinds of bacteria live in our gastrointestinal tract. The body depends on beneficial bacteria to manufacture B vitamins as well as to

produce lactase and other antibacterial substances.* Commercial food processing procedures often destroy viable beneficial organisms, making it difficult for the body to maintain good intestinal flora. Preservatives, additives, high-fat diets, alcohol, birth control pills, and stress can all result in poor intestinal flora. Antibiotic drugs are especially damaging to intestinal flora and kill all kinds of bacteria, both good and bad.

The important benefits of adding Acidophilus to your diet include: Keeping constipation and diarrhea under control, reduction of bad breath, reduction of internal gas, maintaining cholesterol levels by promoting normal absorption of dietary fats, suppression of candida yeast, and suppression of a number of intestinal disorders. *

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

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Maxzorb Thera-Colon Cleanse

Aid to difficult elimination

THERA-COLON CLEANSE is a GENTLE BUT EFFECTIVE bowel cleanser that is precisely formulated with selected natural herbs and botanicals that aid cleansing and peristaltic action in the large intestine. **Thera-Colon Cleanse helps those with sluggish bowels. You will see overnight results, with no cramping.**

Problems can occur when the colon cannot completely eliminate waste. Over time, these undesirable substances can collect in the colon and become trapped. The amount of waste that accumulates can be substantial. **Some estimate that some colons may have 5 to 20 pounds of what many would classify as “toxic waste.”**

How much impact does this have on a person’s overall health? Consider this statement by gastroenterologist Dr. Anthony Bassler: “Every physician should realize that the intestinal toxemia (poisons) is the most important primary and contributing causes of many disorders and diseases of the human body.” **Problems associated with these poisons include bloating, weight gain, lower back pain, and issues with digestion. The individual might also have acne breakouts, irritability, fatigue, or have frequent headaches.**

The best way to address these issues and the underlying cause is to remove the excess waste from the colon, which is precisely what Thera-Colon Cleanse is designed to do. **This product will not only reduce overall toxin levels in the body, but will also allow the colon to absorb nutrients more efficiently.**

Bowel movements and their frequency in particular, are a good way to gauge your overall colon health. Going more often means you are eliminating the waste that passes through your colon before it has a chance to “stick” to the intestinal walls, which can lead to accumulation over a period of months and years. As a general rule, you should have two to three bowel movements daily—one after each meal. The average number is likely much lower, but that doesn’t mean it is healthy or desirable. **If you have infrequent bowel movements, just once a day or once every several days, you should be taking Thera-Colon Cleanse. Our clients have continually raved about the effectiveness and just as important, the gentleness of Thera-Colon Cleanse.**

It is the amounts and synergy of the proprietary blend of herbs in Thera-Colon Cleanse that make it **not habit forming. It can be taken indefinitely to keep our bowels functioning properly.**

You need to increase foods high in fiber such as fresh fruits and vegetables, exercise, and drink at least 8 glasses of water per day. Taking this multi-faceted approach will likely increase the frequency of your bowel movements. This can prevent not only the accumulation of toxins, feces, and other wastes in your colon, but also the many health problems that are linked to this common issue.

To provide even more benefits to the colon, add the **Total Digestion Probiotic with digestive enzymes.** As the bowel begins to function normally, start taking the **Mega Wellness Cleanse Internal Cleansing Complex and the Mega Cleanse Extra.** These formulas will maintain a clean colon, liver, lymph system, kidneys, lungs and skin and all can be taken continually .

2-16-18

Hi Brenda,

I just wanted to tell give a few testimonies regarding two of your products that I KNOW work!

First, I have been using Mega Cleanse for 16 years and I swear by it and take it daily. I went to a health store looking for something to cleanse my system and was directed to your product. I was sold when I didn't have stomach cramps and diarrhea like most cleansing systems. While taking the product, it helped me lose weight and maintain my weight but most of all it has helped my system stay cleansed when I don't eat my best.

Secondly, I have convinced my husband to use the stuff and he doesn't like to take anything! He was diagnosed with diverticulitis, which causes severe stomach pain and related issues. He uses Mega Cleanse to help ease the pain and symptoms.

Thirdly, my daughter was experiencing stomach issues 4 to 5 years ago and the doctors could not figure out what her issue was. They started treating her for IBS but that didn't work. They finally did an x-ray of her stomach and found that she had impacted bowels. They tried everything but nothing worked. I ordered her Mega Cleanse and Thera-Colon to try and the Thera-Colon was the only thing that moved the impacted bowel matter and caused her system to get back to normal. Her great-uncle, who is over 70, tried it and it helped him with stomach issues as well.

Thank you so much for making a product that REALLY works and NOT harmful to your body! You have a customer for life!

In His Service,

Lady Ywanda Jackson
The ROM Church, Sealy, TX

Brenda Swartz

From: Suzanne H. Payne <bobsuzpayne@embarqmail.com>
Sent: Monday, May 11, 2015 5:07 PM
To: Brenda Swartz
Subject: Re: THERA COLON CLEANSE

Just received my package of Thera Colon Cleanse. I will forward to not being constipated. It is good to make you go in less than a day and you don't have the cramps that you do when taking other products for constipation. It is very gentle too. I take 2 and sometimes 3 almost every day. I was worried about the Cascara Sagrada, but that hasn't bothered me. I feel better when I know I'm going to go the next day. I take pain pills with codeine and they cause constipation.

Thanks!

On May 7, 2015, at 8:48 AM, Brenda Swartz <brenda@bodydynamics.com> wrote:

I am glad to hear that. What changed your mind? I would be curious to know so that this information could be passed on to others.

Thanks,

Brenda

<image001.jpg>
2034 Statler Drive
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972-245-5522 fax
Brenda@bodydynamics.com

To heal and cleanse without damaging ourselves further, We must rely on two phases of detoxification

When we realize the sheer magnitude of toxic substances in our food, water, and air. The situation sounds dire. But don't get too depressed. You can get off the crazy train. **In fact you have the chance to turn things around pretty quickl by combining a plant based diet along with the toxin scavengers and organ support in the Mega Wellness Formulas.**

By combining the Mega Wellness formulas and a plant based diet, your body will begin to unwind damage from past behavior and rapidly begin to **reduce systemic inflammation.**

The bodies' detoxification system works in 2 phases.

Phase 1-The body identifies toxins and transforms them into unstable molecules, or free radicals to be excreted. This action actually makes the toxins even more toxic!! The body can't help but notice them and tries to get rid of them. Depending on how toxic an individual is, this can be more taxing on the systems of elimination. This is why phase 2 is so important.

Phase 2- During phase 2 these hyper-toxic free radicals are then bound up with specific dietary nutrients to render them water soluble so that they can be eliminated from the body via the urinary or digestive tract. This is where most detox programs come up short. You need maximal nutrition support. You need vitamins, minerals, and phytonutrients for the successful binding of phase 2.

The body has six primary pathways for successful detoxification

SULFATIION- in biochemistry this is the enzyme-catalyzed addition of sulfate to another molecule

GLUCURONIDATION- removes several toxic and potentially toxic chemicals from our system, such as polycyclic aromatic hydrocarbons, steroid hormones, some fungal toxins, and aromatic amines.

GLUTaTHIONE -The good news is that your body produces its own glutathione. The bad news is that toxins from poor diet, pollution, toxins, medications, stress, trauma, aging, infections and radiation all deplete your glutathione.

METHYLATION- Methylation is the process of taking a single carbon and three hydrogen's, known as a methyl group, and applying it to countless critical functions in

your body such as: thinking, repairing DNA, turning on and off genes, fighting infections and getting rid of environmental toxins to name a few.

ACETYLATION - Most of the proteins in the human body undergo acetylation. The process of acetylation is important for several important chemical reactions in the body. This includes protein formation

AMINO ACIDS- Amino acids play central roles both as building blocks of proteins and as intermediates in metabolism. The 20 amino acids that are found within proteins convey a vast array of chemical versatility. Humans can supply 10 of the 20. The other 10 must come from our food.

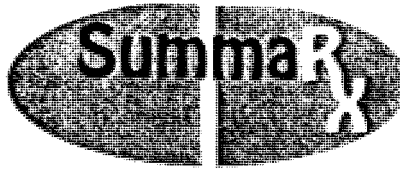
The 10 amino acids that we can produce are alanine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. Tyrosine is produced from phenylalanine, so if the diet is deficient in phenylalanine, tyrosine will be required as well. The essential amino acids are arginine (required for the young, but not for adults), histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. These amino acids are required in the diet. **Plants, of course, must be able to make all the amino acids. Humans, on the other hand, do not have all the enzymes required for the biosynthesis of all of the amino acids.**

All of these nutrients can be found in a plant based diet, as well as adequate fiber and hydration. If you are doing phase 1 at the expense of phase 2, you are allowing free radicals to roam about the body like a crazy man with a loaded gun, doing damage anywhere and anyhow they can. Fruits and vegetables are phase 1's swat team. They neutralize the threat before things get lethal! If you are overweight, sick and toxic, 2 weeks for an imbalanced diet such as the Master Cleanse can damage your health even further!

Your body simply can't process toxins without adequate nutrition.

Raw Plant food provides the nutrients necessary to help the body get rid of toxins and provide for new cell growth. These must be organic if possible to provide the best nutrition so as to not poison the body further with pesticides, chemical fertilizers, etc.

[www. bodydynamics.com](http://www.bodydynamics.com)



LABORATORIES, INC.

Body Dynamics Inc.
Attn: Brenda Swartz
2650 Midway, Suite 120
Carrollton, TX 75006

August 13, 1996

re: Herbal Mega Cleanse
Herbal Super Nutritionals

Dear Brenda (and Jack):

I have had the pleasure of working with you for a few years now, and have appreciated your business and the opportunity to manufacture for you. I must admit you have the best of many, many ingredients in your two products. There are 50 raw ingredients in **Super Nutritionals**, and 38 raw ingredients in **Herbal Mega Cleanse**.

I'll let you in on a little secret you can tell your customers:

.....of all the thousands of dietary supplement special formula custom manufactured products we make, of which I have my own choice for personal use, the two products that have always been in my bathroom medicine chest for daily consumption are "Herbal Mega Cleanse" and "Super Nutritionals." *These are two of the finest and most complete products I have manufactured. Congratulations !*

There. The cat's out of the bag.

Kindest regards,

Joel Pettegrew
Sales Manager

A handwritten signature in black ink, appearing to read "Joel", is written over a large, loopy, oval-shaped flourish.

Organic Coffee Enema- Benefits and Instructions

There are several advantages that make this a good technique for pain relief and accelerated, safe detoxification of the liver and kidneys. This will enable massive amounts of fecal matter to be eliminated safely.

The coffee enema allows the natural caffeine in the coffee to recirculate to the liver several times through the colon, opening bile ducts in the liver and kidneys and allowing them to excrete directly into the rectum. This way, toxins may be immediately expelled, rather than recirculate through the blood supply.

The coffee held in the rectal cavity stimulates the nervous system, promoting increased peristalsis throughout the intestinal tract.

Dr Max Gerson said the beneficial compounds in coffee stimulate the production of glutathione S-transferase, which is the “master enzyme”. “master antioxidant” and possibly one of the most important detoxifiers in the body. This enzyme binds with free radicals that cause aging, tissue damage, and cancer and quickly flushes them out of the body. Pain and swelling abates, and a newly cleansed person has a renewed sense of wellbeing.

Dr Gerson also noted that coffee does not significantly damage beneficial flora that populates the colon, and that the enemas promote peristalsis, which is the organized, regular muscle contractions that naturally move food through the 35 foot long digestive tract and out of the body. Most persons who have lived on the standard American diet have weak peristalsis.

Bloating, stomach pain, and gas are also often times relieved.

These enemas work best when used in conjunction with any of the following products: Thera Colon Cleanse, Mega Wellness Cleanse, Mega Cleanse Extra and the Total Digestion Probiotic.

The enemas help to speed up the cleansing process especially for a person who has suffered many years with constipation, digestion issues, or any other disease.

How to make an organic coffee enema

- 1 Bring 1 quart of distilled or purified water to a boil.
- 2 Add 3 rounded tablespoons of ground organic coffee. Not instant.
- 3 Reduce to low heat and simmer for 15 minutes.
- 4 Strain out the coffee grounds well so as not to have them deposited in the intestines.
5. Allow it to cool to body or room temperature before using.

Note: If you use a coffee maker, use the brown filters to avoid chemicals in the white ones.

THIS IS MY FIRST COFFEE ENEMA, WHAT DO I NEED TO DO?

It is important to cleanse the colon with a distilled or purified water enema first, to get some of the fecal matter out of the way so the coffee can do its work. It is recommended to do two of these. Use any enema bag. These can be purchased at any drug store. Follow instructions that come with the enema bag

Fill the enema bag with the coffee solution, and try to hold the solution as long as possible before releasing. Allow the liquid to flow into the colon until you feel pressure. Once you have succeeded, massage the colon gently to stimulate removal of fecal matter on the lining of the colon. Try to work up to 12 minutes of holding it before releasing the liquid.

At first, you may not be able to take on the entire quart. Listen to your body as we are all different, and some of us will need to release it sooner than others. Many health professionals recommend 1 or 2 coffee enemas per week. Very ill individuals may find benefit in one every day.

In time as the body heals, you will not find it necessary to use the enemas as often or at all.

Special note: Because the coffee enema stimulates a dumping of bile into the small intestines for excretion, it is recommended to use a binding agent, such the Mega Wellness Cleanse which has chlorella and other binding agents, to assist the body with complete removal of toxins, preferably taken twenty minutes before the coffee enema is taken.

Toxins in our system not only hinder our health but prevent weight loss and actually cause WEIGHT GAIN!

Unfortunately in today's world we are encountering an unprecedented amount of toxins and poisons in our food, air and water. In addition to these outside toxins, our bodies create waste from cell metabolism, endotoxins from the bad bacteria in our gut, as well as parasites. It is inescapable. Many of us are aware of this, but many *Naturopathic Physicians are now sounding an alarm about how these toxins prevent weight loss!*

A person who has too many toxins to process will make new fat cells and store those toxins along with fat in them. This is a form of self-defense against being poisoned, and a strategy to get toxins out of the circulation and away from major organs. **This means that some people will not be able to lose any weight at all, regardless of how little they eat, until the problem of these toxins are addressed!**

It is now understood that “toxic” blood triggers the formation of new fat cells. This is because the endothelial cells of our circulatory system directly communicate to our bodies’ fat cells and tells them to create more fat cells.

This is so the toxins can be removed from the blood stream and stashed away in these newly created fat cells as a protection! The fat is literally a “holding cell” for these poisons so as to prevent them from harming the vital organs of the body..

It is very clear that these toxins are released back into the circulation when we are losing weight. Especially in the case of significant weight loss. During a weight loss of 12 percent of body weight, toxins in the blood increased 23 percent to 51 percent. The heaviest individuals released the most toxins.

Over a one year period of weight loss, toxic exposure ranged up to a whopping 388 percent!

Making the problem even worse is the fact that scientific data shows that as the toxins go up in the blood during weight loss, the levels of biologically active thyroid hormone (T3) go down. **This data means that your organs of detoxification such as your colon, liver, kidneys and lymph system, must be in good working condition for healthy weight loss, and to maintain good thyroid health.**

Toxins make us feel irritable. Many people have reported feeling “poisoned” at a certain point in their weight loss process. This is the reason we need to constantly be cleansing our organs of detoxification, especially during weight loss!

If we do not cleanse the toxins out of our systems that are being released during weight loss, we are dooming our efforts to failure because to feel better, our bodies will begin to crave fatty foods.

As we eat the fatty foods, the toxins are pulled out of the blood and placed back in the fat. This action makes us feel better for the short term, however, we usually gain even MORE fat than we had to begin with!

It appears that the difficult-to-lose pounds are typically toxic fat, or better known as the “toxic plateau”. Strategies to improve detoxification will enable weight loss to proceed.

Strategies to Improve detoxification while losing weight

When we are losing fat, the body breaks the fat cells down for fuel thereby releasing the toxic trash into the blood stream where it can harm our organs and tissues unless it is removed.

It is extremely important to increase fiber intake. Fiber acts like a sponge for toxins. For healthy weight loss we should try to get our fiber to 50 or 60 grams, and take detoxifying herbs such as are in the Mega Wellness Cleanse.

We must increase antioxidants, Omega -3 fatty acids, vitamin B-12, Vitamin E, vitamin C and vitamin D-3, zinc and iodine, while eliminating processed foods from our diet.

Raw Mega Nutritional system provides all of these nutrients and more, in optimum amounts.

Blending raw fruits and vegetables are so good for us during weight loss. It provides lots of good fiber, antioxidants, vitamins and minerals to sop up these toxins and aid in the expedition of them out of our bodies. Blending also provides nutrients to sustain us during weight loss. .

Keeping our blood as clean as possible and supporting our organs of detoxification are vital steps to ensure that we are able to lose toxic fat, and just as important, keep it off.

Exercise and drinking plenty of water are also extremely important to flush these toxins out of the blood stream as they are excreted from the fat cells. These chemicals cause disruption of the hormone signaling system that regulates your metabolism so we have to remove them as quickly as possible if we are going to continue to lose toxic fat.

It is critical to our health and wellbeing to understand this so we can fight back against these toxins that are permeating the world around us, and are preventing us from losing weight, and having the health and happiness we want!

www.bodydynamics.com

Our Liver Controls How We Look and Feel, What We Can Do to Help.

Tired? Can't lose weight no matter what? Age spots? Memory and vision worsening?

These are all signs of a fatigued, toxic liver.

Our liver is the hardest working organ in our bodies. ***It performs 500 essential functions every day.*** These include the following:

- **Producing more than 13,000 crucial chemicals... and regulating over 50,000 vital enzymes.**
- **Balancing sex hormones, including testosterone and estrogen.**
- **Filtering nearly 100 gallons of blood that pass through it every day.**
- **Producing a full quart of bile daily to break down fat and help with food digestion.**
- **Maintaining healthy cholesterol, blood sugar, and amino acids.**
- **Converting glucose into energy your body can use.**
- **Storing essential nutrients, such as vitamins A, B, D, and K.**
- **Detoxifying waste products and pollutants, so your body can get rid of them. (If our liver stopped detoxifying, we would be dead within a few hours!)**

Even worse, it starts to develop shorter telomeres at a faster rate. Telomeres are the caps at the end of each strand of DNA. When our telomeres get shorter, we age at an escalating rate.

As a result, you may feel tired all the time, as your liver can't convert glucose to energy quickly. You may keep piling on the pounds around the waistline, and get more cellulite, as your liver is clogged with fat deposits. And you may suffer from sex hormone imbalances and poor sex drive.

The good news is that we can heal and rejuvenate our liver.

Our liver does not function in isolation. We need to help all of our organs to function properly which will aid the liver to do its' many tasks much easier by taking stress off of this most important organ.

If our immune system is sluggish, our liver suffers, too. So we also need to strengthen our immune system as well.

Ingredients in Mega Wellness Cleanse, Mega Cleans Extra, Thera Colon Cleanse and Total Digestion Probiotic with Digestive Enzymes will help our liver and other organs function at top efficiency!

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.

Cascara Sagrada 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 is 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. *

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 liver and intestinal tract.** It helps to prevent drug toxicity. *

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.**

Parsley roots and leaves are very good for **liver, bladder, kidney, stomach and thyroid function.** It is a blood purifier and is 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

Artichoke Extract has been shown to enhance detoxification reactions as well as **protect the liver from damage.** This combination of effects is very important to healthy liver function. During detoxification in the liver the toxic substance is often initially converted to an even more toxic form. Without adequate protection, every time the liver neutralizes a toxin, it is damaged in this process. Artichoke extract has been shown to provide the valuable protection. **Once the liver has modified a toxin,** it needs to be eliminated from the body as soon as possible. One of the primary routes of elimination is through the bile. However, when the manufacture of bile is reduced or the excretion of the bile is inhibited, toxins stay in the liver and body longer. **Another benefit of Artichoke is that it acts as a choleretic which is a substance that increases the formation and flow of bile.** Bile acids are natural emulsifying compounds that form complexes with fatty materials in the gut to aid in their assimilation. Bile also plays an important role in softening the stool by promoting the incorporation of water. Without bile the stool can become very hard and difficult to pass.

Beet Root has a cleansing effect on the colon and the liver.

The nutrients listed above will go a long way to provide our liver what it needs to stay healthy and function at its' greatest capacity!

DENA KONICKY
2530 MEADOW LARK LANE
WYLIE TEXAS 75098
972-442-6872

Dear Brenda,

I will never stop taking Mega Cleanse and the Total Digestion products again!!

As you know it was a fight with my husband to buy these products as he does not think any of this stuff works.

When I was taking the Mega Cleanse, my cholesterol was perfect. The Total Digestion got rid of my acid reflux too.

After quitting them for 6 months, my last test at the doctor showed very high cholesterol!! The doctor prescribed Trilipix, Lipitor, and Crestor. No way am I taking this. These drugs have many side effects and are really bad for the liver.

This runs in my family, and I have three cousins who have died from liver failure, one of them just 2 month ago. Most likely due to the drugs they were taking for their high cholesterol as this is a side effect of those drugs.

After much prayer, I told my husband that I had to get back on my Mega Cleanse!

Anyway, I am telling all of my family and the friends at my church to help their bodies heal themselves. I am telling anyone who will listen about your products.

May God Bless And Keep You,

Dena

Body Dynamics
2034 Statler Dr.
Carrollton, TX 75007
Attn: Brenda

James Williams
214.881.7286
Arlington, TX


Dear Mega Cleanse,

I have been overweight all of my life. I first started buying Mega Cleanse 5 yrs ago and just kinda took them when I knew I ate too much. January 2005 I got really sick. Too crazy to go to the doctor, I started taking Mega Cleanse every day and within two weeks my symptoms were changing.

Before I started taking your product I was over 500 Lbs, had high blood pressure, and high blood sugar to the point that I would see spots and go blind for 15 seconds at a time (sometimes while driving). My shirts were size 6X and my waist was 66 inches. I had migraine headaches, constant colds and bronchitis, and never had the energy to do more than I had to.

Now, my shirt size is 2X, my waist size is 32, I haven't been sick in 2 years (including headaches), I no longer hit the snooze button and my body feels better than I knew existed. By the way this was without Any exercise. Now that I have added exercise my life is even better. I have learned how my body works/how to work my body, and still get a kick out of it when people dont recognize the new me.

If you are looking for a better way I recommend Mega Cleanse!! It doesn't matter who you are or what your situation, if you start now and give it time you will have a new way of LIVING!! This is not a quick fix, but it sure beats no fix at all..

Healthy Living,

James Williams



ProWell | ProFit
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Plano Tx. 75075
972-415-6733

Dear Brenda,

I just wanted to truly thank you for your amazing product and the absolute wonders it has done for my life! I am a personal trainer and a massage therapist and have struggled with finding the right “niche” for my body to get fit and stay fit. Even w/ my knowledge in my field it was still difficult until I learned more about the toxins stored up in my body, YUCK! Well little did I know that “death begins in the colon”. I started your Mega Cleanse and my body shouted for joy, lol! I had been trying to drop about 20-25 lbs that I had gotten a bit lazy about for awhile and I have dropped exactly 25 lbs 14 of them the last month that I have been on your product. I LOVE MEGA CLEANSE!!!!!! Enjoy the before and after pics! Thanks again!

Mark McLean



Brenda Swartz

From: Jana Toohey <jana@togospa.com>
Sent: Monday, July 11, 2016 7:48 PM
To: brenda@bodydynamics.com
Subject: What do I need?

Hello Brenda.

I was your neighbor at ICE Dallas a couple months ago and bought some of your products to try. They're great! I'm an ingredient snob, and a certified herbalist - and I was super impressed with your formulations.

I took a couple things for a couple weeks, and felt great. Less bloated, solid all day energy, mental clarity, and slept better too. Then I was traveling, had another trade show, ran out of stuff - and whatever. Now I feel like shit again.

I'm busy and confused.. Can you give some consult on which products I should start with, and what I should be taking long term. I know I want one of the cleansers, and the joint support, and is there some brain stuff. And whatever I was taking before.

Do you have time for a quickie phone consult?

Thanks.....

Jana
719-671-5889

I also bought the micro-scrub, cleanser, toner and night cream. Due to our business, we have buckets of skin care products, and these are MINE. All mine. I use them every day, and all I get is fresh, clean, glowing, younger looking skin. So thanks for that too.

ToGoSpa
Jana Toohey
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[888-773-1711](tel:888-773-1711)

8/12/19

Dear Brenda...

I have a very dear friend who lives in Ft Worth. She had told me about Body Dynamics some time ago but because of life situations, I did not act on her recommendations of the supplements.

To be honest with you I've always been a bit sceptical about most vitamin/ supplement companies out there. Well...I am here to tell you that my thoughts have changed in the past couple of weeks, since taking Body Dynamics products!

A little over a year ago, I started working as a caregiver for my cousin who has a neuro degenerative disease.

The stress of my life had gotten to me, and I felt like I was totally out of control! I was dragging from the time I awakened to the time I went to bed. I decided I needed to see my PCP, and get some blood tests. I made the appointment, and the next call I made was to Body Dynamics.

How grateful I am that I did that! I got my products on July 22nd, and started taking the supplements that evening!

By the following Sunday, I realized I wasn't dragging at night while I was taking care of my horses. The next morning was my doctor's appointment. I told her everything, and took the supplements to show her what I was doing. I told her that in that first week, I was already feeling different...in all ways! My mind was clearer, and I definitely wasn't feeling stressed or overwhelmed like I had been.

The brain fog has definitely cleared! My tummy is not hurting, and I have had gut problems since the age of 12! I tell all my girlfriends how much better I feel. I then tell them about Body Dynamics! I continue to feel better and better, and here's the thing...the ONLY thing that I've changed is taking these supplements.

My life is still as crazy hectic, overwhelming and out of control as it was three weeks ago. My body must have been so depleted from the stress, that it was definitely on overload! I'm feeling great, and am grateful that I decided to give these supplement a chance!

I am taking is CurcuMaxPlus, DIM, Total Digestion Probiotic, Thera-Colon Cleanse, Raw Mega Nutritional System and Mega Wellness Cleanse. I know the Thera Colon Cleanse and Mega Wellness Cleanse are very paramount...very important!

I'm not feeling bloated. My insides are feeling cleaner and I know that's one of the main reasons I'm feeling so good! The junk is getting out of me! Well...again...thank you for literally changing my life! I am EXTREMELY active, and thrilled to say that I'm turning 59 in a couple of months, and I truly am feeling amazing!

Thank you so much for being passionate about what you do! You ARE making a difference, one person at a time!

Have a blessed and beautiful day!

In excellent health...
Joy Holton

Sent from Yahoo Mail on Android
Joy Wright <joymwright_joymwright@yahoo.com>

KAREN KRAMER <karenacramer@yahoo.com>

Dear Body Dynamics;

It has just been a couple of months since I started taking Mega Wellness Cleanse and Total digestion Probiotics.

I am having very good results!

I had IBS symptoms for many years and am no longer dealing with them, as these two products have settled my digestive and elimination systems into a smooth, regular process.

Along with choosing more nutritious foods, my physical life is stronger creating my health and well being.

Thank you Body Dynamics!

Sincerely
Karen Cramer
San Antonio

Sent from my iPhone

August 22, 2011

Body Dynamics
Brenda Swartz
2034 Statler Drive
Carrollton, TX 75007

Dear Brenda,

I have wanted to contact you for a year. I first used Mega Cleanse in 2000 when I worked at a health food store in Missouri and we began carrying your products. After eleven years in health food and natural healing careers, your products ***Mega Cleanse*** and ***Mega Cleanse EX*** still stand out as the ***best I have ever used***. I cannot put it any clearer: **YOUR PRODUCTS WORK**. Even better, they are CHEAPER than most WITHOUT SACRIFICING QUALITY.

Specifically, I can compare my experience of Body Dynamics with such highly regarded brands as **Garden of Life, RenewLife, and Enzymatic Therapy**. I have used GOL's Perfect Cleanse, RenewLife's Cleanse Smart, First Cleanse and Cleanse More, and Enzymatic Therapy's Whole Body Cleanse as well as an extremely high priced (think triple digits) three month cleanse purchased from a renowned British company. I have NEVER GOTTEN RESULTS like I have with Mega Cleanse. Your products are EASY TO USE, with CLEAR DIRECTIONS, and I CONSISTENTLY GET FANTASTIC RESULTS.

I want to go back to Mega Cleanse because I know how well it works, I trust the quality of the ingredients, and I know I can continue to take it UNTIL I REACH MY GOAL and beyond into MAINTENANCE so that I can stay HEALTHY AND FIT.

I will not waste money on other brands in the future. Body Dynamics' Mega Cleanse is the cleanse for me. Thank you for your dedication to health and to sharing your knowledge and expertise with the world. **Thanks for SUCH AMAZING PRODUCTS AT SUCH AFFORDABLE PRICES!!!** I wish you every success!

Sincerely,
Kathleen Peterson
3217 Fleet Lane
St. Charles, MO 63301
636/875-3205

12-27-14

THIS IS A COPY OF A POST TO PAGE ON FACE BOOK AT BODY DYNAMICS AND SKIN DRINK BY JONI JENSON

Dear Brenda,

Just wanted to say a HUGE thanks for your great products!

Over 10 years ago, I had some major issues with my gut. After being diagnosed with Irritable Bowl Syndrome and diverticulosis, I discovered Mega Cleanse, and it literally changed my life.

About 2 years ago, I stupidly stopped taking your products and ended up in the emergency room with a severe bout of diverticulitis. NEVER AGAIN will I do that!

I have now been taking this great product for nearly 10 years, and just recently had another colonoscopy. Everything looks great, and I rarely have any problems.

When I do, I take a dose of your Thera-Colon Cleanse, along with the Mega Cleanse and Mega X.

For those of you who are skeptics, I say give these products a try and see how it changes your life. It's one of the best decisions I've ever made. Thanks, Brenda, for helping me to stay healthy! (p.s. I also love all your face products!)

Joni Jenson

From the desk of Anne Lewis

Dear Brenda,

A couple of weeks ago, due to the urging of Pam Priddy, a neighbor, I was introduced to your product Mega Cleanse.

Last summer I was hospitalized with diverticulitis , Since then I have searched in vain for something to stop my chronic diarrhea.

I started with the Mega Cleanse on July 9th and since that time, I have had diarrhea only once or twice and not as bad as usual. I cataloged my usage and the most I ever took was two in the morning and two in the evening. Now I am comfortable with one in the morning and one in the evening.

It has done wonders for me! Also, my 66 year old skin is looking better.

Thanks a lot

Anne

Dear Brenda,

3-7-00

I began using Mega Cleanse when I had cancer three years ago. I had just started using it, when I found out I had cancer. I took a list of ingredients to my doctor to make sure it was okay. My doctor told me he had no problem with me taking the product. It helped me from being so sick while taking chemotherapy & radiation. Now I take the product to help ~~lose~~ lose weight from having a baby! The product is great!!

Stacie Chandler
Kurst, Texas

P.S. I thought this would be a great product for ~~the~~ other people w/ serious illnesses.

September 28, 2017

Brenda Swartz

Body Dynamics, Inc

Dear Brenda,

I attended a class that you had at Omega Health Foods in Bethany, OK. I was having many health issues and was looking for some recommendations.

For the past couple of years, I have struggled with IBS. The doctors were unable to help even though they prescribed multiple medications, the problems were still there.

After being introduced to your products, I started to take the following: Total Digestion Probiotic, Mega Wellness Cleanse, and the Mega Cleanse Extra. I started with the suggested dosage and over time, as my body began to recover, I was able to adjust them to a lower dose. The difference has been incredible! I have not gone back to the doctor for this problem. I still have occasional attacks, but often realize that they are diet related.

In addition to this, I was taking a prescribed antidepressant and felt it was making me worse, not better.

During your class, a lady commented about how she had learned that Dynamic Energy helped someone she knew personally to overcome depression.

After the class you spoke with me a few moments to assist me on a personal level. This gave me the added knowledge and wisdom to make an educated choice.

That night I quit taking a prescribed antidepressant that I had been trying to get off of for eight months. I was not able to get off of it and it was not relieving my symptoms.

I began taking the Dynamic Energy and Raw Guarana each and every day. I was able to completely remove the prescribed medication and have not taken that one or any other since. Your products have been able to keep me stable and well! Most friends have noticed the change in me, and I share my story with them.

I cannot thank you enough for your products, your teaching and your personal concern for every individual's health recovery and maintained good health. I rely on your products along with a good diet and exercise to live a healthy life. Thank you so very much!!

With gratitude,

Margaret Hanson



Sherri Webb

Dear Body Dynamics,

I want to thank you for these products. I have been diagnosed with Diverticulitis and these products have helped me tremendously. Jamie Daniels here at work told me if I would start using them, I would be able to tell a difference. She was Right...


I have been out of the product for the last 5 days or so, and believe me, I can tell the difference.

I couldn't wait to get paid so I could order again. I just wanted you to know these WORK. For me.

So many products out there don't work, people need to know when something DOES.. IT DOES.....

YOU SHOULD BE ON TELEVISION ADVERTIZING!

Thanks for making my situation a little easier to bare.


Sherri D. Webb

sherriw@concote.com

ALL INFORMATION CONTAINED HEREIN IS UNCLASSIFIED

Brenda Swartz

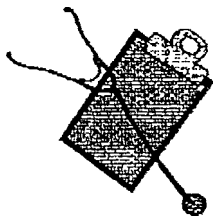
From: Yesenia Guevara <yeseniaguevara94@yahoo.com>
Sent: Wednesday, February 06, 2013 12:08 PM
To: brenda@bodydynamics.com
Subject: Thank you letter

Ms. Brenda,

I want to THANK YOU so much for your products! Ever since I've ordered the Mega Cleanse complex and the Mega Cleanse EX and have been taking them in moderation, I feel great, clean and energetic! I also take your Mega Nutritional Vitamins and I have felt a big difference from the vitamins I was taking from Herbalife and Melaleuca, I cannot take any other vitamins because I can definitely feel the potency of your vitamins! Thank you so much!

Sincerely,

Yesenia Guevara



ADA M RICHARDSON/LVN
MELLINIUM HOME HEALTH CARE
5525 ALTER DRIVE
FT WORTH, TX 76119

BRENDA SWARTZ
BODY DYNAMICS, INC.
2740 VALWOOD PARKWAY
DALLAS, TX 75234-3562

November 14, 2001


SUBJECT: MEGA CLEANSE AND MEGA CLEANSE EXTRA

DEAR BRENDA,
I HAVE BEEN ON MEGA CLEANSE FOR ABOUT SEVEN MONTHS AND IT HAS REALLY CHANGED MY LIFE. AS I STATED IN MY PREVIOUS LETTER. IT HAS TAKEN AWAY MY DESIRE FOR SWEETS, WHICH HAS HELPED MY BLOOD GLUCOSE LEVELS 100%. WHICH IS VERY IMPORTANT BEING A TYPE II DIABETIC. AND HOW I LOST 14 POUNDS IN JUST THREE WEEKS WHILE TOTALLY ELIMANATING MY PROBLEM WITH CONSTIPATION.

AS YOU KNOW I AM A HOME HEALTH CARE NURSE AND I HAVE BEEN ASKED BY MY PATIENTS ABOUT MEGA CLEANSE. AFTER TELLING THEM ABOUT THE RESULTS THAT I'VE EXPERENCED THEY WANTED TO TRY MEGA CLEANSE. NOW THREE OF MY PATIENTS ARE TAKING MEGA CLEANSE ALONG WITH THEIR PRESCRIPTION MEDICATION. AND I HAVE NOTICED A REDUCTIONS IN SWELLING IN THEIR HANDS AND FEET, BLOOD PRESSURE DOWN, DECREASE IN FOOD CRAVINGS JUST TO NAME A FEW.

FOR HIGH BLOOD PRESSURE, DIABETIES, EXCESS WEIGHT GAIN, AND JUST OVERALL HEALTH. AS AN ADDITION TO YOUR DIET MEGA CLEANSE WILL START YOU ON YOUR WAY TO A HEALTHIER LIFE.

SO I WOULD RECOMMENTND TO ANYONE WHO WANTS TO IMPROVE THEIR HEALTH TO START WITH MEGA CLEANSE.

SINCERELY,

ADA M RICHARDSON / LVN
LINCENSE VOCATIONAL NURSE

Dear Brenda,

I just wanted to say Thank you.
Your Products have helped my Family
so much. My oldest son has been
diagnosed with ADD, ADHD, & bad
Eczema. I have been giving him
Mega Cleanse for 8mo. & now his
skin has cleared up completely.
(we tried everything & nothing worked)
Also his attitude has changed so
much that he no longer needs all
the harsh medications The Doctors
said he would have to have to
function normally.

Thank you again
Rashelle

2818 NW 24th St.
Lawton OK
73505

(580) 704-7997



ALL CHURCH

HOME FOR CHILDREN
CHILDREN, YOUTH AND FAMILY SERVICES

Dearest Brenda,

I would like to share something with you regarding your Mega Cleanse Products.

For about half my life I have been constipated (not a word I like to use) and I would not see a doctor, because I found it difficult to share this

Previously, I worked in the nursing field in Washington State, and working with doctors, you never have time to use the restroom. So I learned to just "hold it" if you know what I mean. When I came to Texas, I still had this problem, but I just lived with it. I would not have a bowel movement for two weeks at time. However, about two years ago, I decided to see a doctor who told me that everyone's body is different and that some people do not eliminate as often as others do, and not to worry about it. He did take tests and gave me some prescriptions that helped my stomach, but did not help me eliminate anymore regularly than before

I went into a health food store. The lady was very helpful and suggested Mega Cleanse, Mega EX and Total Digestion, and I thought to myself "it can't hurt." Well this year was the *first* time I became regular, or least let me say that I have a bowel movement at least once a day! That is so good for me. Moreover, I always wanted to say thanks to someone and so glad that I found you. THANK YOU!

I plan to try some of your other products in the future, but I need you to know that *Mega Cleanse* will *always* be a part of my daily routine – always.

You have been such a blessing.

May God continue to provide you with Wisdom and keep you in His Favor.

Blessings always,

Tina Straughter-Brewer
Manager, Street Outreach

Brenda Swartz

From: THOMAS MELL [tedtmelljr@yahoo.com]
Sent: Wednesday, November 30, 2005 8:20 PM
To: brenda@bodydynamics.com
Subject: HERBAL CLEANSSES

I would like to take a few minutes to tell you of my experiences with herbal products. I was diagnosed with a kidney ailment back in 1980. The doctors stuffed me with medication which is the reason i got sick in the first place. I was a army ranger in the vietnam war and subjected to agent orange, which takes a little time to work on the body. I was not feeling better with the drugs, so i went to an herbalist and she told me there are to many toxins in your body and you need a product to start removing them slowly. I started with renew life and it just didnt seemed to work but it just did not do what i wanted. So the lady at the health food store told me about mega cleanse and mega x, so i decided to take these products, within 3 days the results were totally different this was the one that worked for me, there are a lot of products on the shelf but dont waste your money because a health food store will sell you anything . I have found the results to be fantastic. I have been using mega cleanse since 1993 and will to continue to use it for the rest of my life..... THANK YOU ..BODY DYNAMICS..... SGT TED T MELL US . ARMY RANGER RETIRED.....

Yahoo! Personals

Single? There's someone we'd like you to meet.
Lots of someones, actually. [Try Yahoo! Personals](#)

Attn. Brenda
Body Dynamics

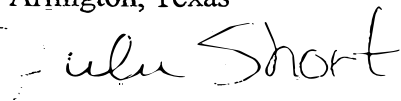
Dear Brenda,

I just had to write and thank you for Mega Cleanse. It has been wonderful for me personally, but the real story is my daughter. Alexis is 4 years old and has suffered with constipation since she was a baby. I have taken her to specialists concerning this problem and their solution was surgery. That was not an option for us. I knew there had to be something out there for her. My mother has been taking the Mega-Cleanse for some time now and suggested giving Alexis half a dose, crushed up in some yogurt on a daily basis.

Ever since she has taken the Mega-Cleanse she has been fine. No more constipation or painful enemas, and no more talk of surgery. Thank you so much for your product. I am glad there are healthy alternatives like Mega-Cleanse.

Sincerely,

Julie Short
Arlington, Texas

A handwritten signature in cursive script that reads "Julie Short".

Julie Short
217 Valley Spring Dr.
Arlington, Texas 76018
817-784-0604

Dear Brenda,

I am writing this letter to share with everybody what your product "Mega Cleanse" has done for me. I have been on this product for over two years now and it has changed my life. I am a nursing student at TWU and I am very knowledgeable about physiological processes and medicine in general and I have never seen or heard of anything like the "Mega Cleanse". Before I started the Mega Cleanse I suffered from horrible gastrointestinal problems for many years. Everything that I ate upset my stomach and made me absolutely miserable. I suffered from Irritable Bowel Syndrome since I was a child and nothing would help me. Immediately after I started the Mega Cleanse I saw a difference. For the last 2 years I have not suffered from stomach problems and I am now able to go out and eat Mexican Food and not be miserable! I will not go a day without my Mega Cleanse. Thank you so much Brenda for the Mega Cleanse and for being such a great person. I appreciate all you have done for me.

Love ya,

Traci Redding
Traci Redding



Kelly Dover
1013 Roman Road
Grand Prairie, TX 75050

October 12, 2004

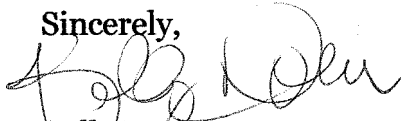
Dear Brenda,

I am so EXCITED about your Mega Cleanse system!!!! I have had an ongoing problem with constipation / irritable bowel syndrome that climaxed in May '04, when I did not have a bowel movement for SIX WEEKS - which ultimately led to blood poisoning causing me to pass out while I was driving. I ended up in the hospital for a week and left with a prescription for Miralax to take 4 times a day. I was still going as long as two weeks without a bowel movement until last week, that's when I was turned on to your Mega Cleanse system.

We received some samples at the spa I work at in Highland Park. With my history I was of course chosen to try one of the Week supply packets. I have to admit I was extremely skeptical if it would work I saw results by the 5th day - and have had DAILY results since. I cannot stress enough how exciting it is to go from two weeks of cramping to finally having normal bowel movements. It seems like a crazy thing to get excited about - you'd think I was a newborn baby with the celebration going on in my house.

Your product is a MIRACLE for me - I thank you and look forward to finally feeling good again!!!!!!

Sincerely,



Kelly Dover

Brenda Swartz

From: Janet Greene <txsage2014@gmail.com>
Sent: Tuesday, July 26, 2016 1:41 PM
To: brenda@bodydynamics.com
Subject: Need some advice!

Hi, Brenda!

I am a former customer from many years ago....my sister, Mary Sculley, and I even used to attend your classes way back in 1987ish!!!

My husband and I used to be regular users of your spirulina product...I would not go a day without it!!!! But then...we moved overseas...then back to Dallas...then on to Arizona and now Mexico...and lost contact somehow...

I have been ordering many products from Dr. Sears (among others!)...but something kept telling me to see if you were still in business...so today I googled you...and was pleasantly surprised to find you still going strong!!!

After reviewing your lovely website...I am confused as to where we should start with your products. I just finished with a probiotic for the first time...but not sure it made much difference. We are both in excellent health....and want to stay that way...but I know we need to get rid of "stuff" before other products will be able to do their job such as your mega vitamins.

John is 75 yrs old and I am 65!!! (When did that happen???)

Any advice would be appreciated....

Also -- We will be in Coppell visiting my 93 yr old mom in a few weeks...Is there a storefront where I can purchase your products...or is it best to order by mail?

I am so happy to see you so successful!

Best regards,
Janet Greene
(480-409-1646)

Brenda Swartz

From: CAROL STOUT <carol_stout@sbcglobal.net>
Sent: Friday, August 28, 2015 5:27 PM
To: Body Dynamics
Cc: brendaswartz@verizon.net
Subject: Thank You!

Hi Brenda,

I just want to take a moment and tell you how much I appreciate the service that you have given to me for the last 13 years!

Since you got me started on the Mega-Cleanse and the Mega-Cleanse Extra I have felt so much better and my life has literally been transformed because of your products. I have been using both Mega-Cleanse and Mega-Cleanse Extra for 13 years now. These 2 products have amazing results. Once I started taking them, I no longer have digestive problems or discomfort of any kind. These 2 products really work to cleanse my body and the results for me showed within the first week. As you and I know, I can't make it without them. I hope that anyone who reads this will take these products seriously and give them a try. Trust me! There is nothing better to cleanse your digestive tract, liver and your whole body. It even makes your skin glow.

Speaking of skin....I have used most all of your skin products and still do. These are amazing also and are just as good as the expensive brands, if not better. My skin has never looked better.

After 13 years with your amazing products and your help, guidance and sincere customer service that you have given to me as a client...I believe it's time I give you a BIG THANK YOU!

Carol Stout
933 Springleaf Lane
Arlington TX 76018
817-468-4268

BODY DYNAMICS

MaXorb™
NUTRITION

DIETARY SUPPLEMENT

**RAW MEGA
NUTRITIONAL
VITAMIN SYSTEM**

Take your vitamins! That's not your mother talking; it's Bruce Ames Ph.D. a biochemist at the University of California. Berkeley. Only 35% of us take a multi vitamin every day Dr. Ames research shows that everyone *should*, because not getting enough vitamins and minerals may actually cause DNA damage, which has been linked to higher risks of cancer and premature aging.

Every Nutritionist knows how important vitamins and minerals are to our health, and they also know our bodies need many other nutrients to absorb and utilize them. **These should be natural, not synthetic. In Particular, Vitamin B-12 (Cyanocobalamin is synthetic Methylcobalamin is bioidentical), vitamin D3 is natural form, (vitamin D 2 is synthetic) and Vitamin E.(dl-alpha-tocopherol is synthetic, d-alpha-tocopherol is bioidentical) It is crucial that any good formula have these three vitamins in their bio identical or natural form to be used by the body effectively.**

These other nutrients include trace elements, amino acids, cell salts, enzymes, and many others. Since they are all as hard to find in modern foods as the vitamins and minerals they support, any well designed supplement **must** include them.

We are so pleased to introduce the first supplement that does. By providing not only Mega potent vitamins and minerals, but also every co-

nutrient we need to use them, a multiple is finally born that can deliver the benefits only complete nutrition can. Because its super food/herbal base provides a nearly perfect blend of every nutrient the body requires, the vitamins and minerals are assured of having every co-nutrient they need. This all adds up to a multiple vitamin that works like no other vitamin, and a difference you can feel! We guarantee it! If you are not completely satisfied, we will refund your entire purchase price!

The Raw Mega Nutritional System contains every element the human body requires. Because of this, all its nutrients are far more assimilable than those found in traditional supplements. In addition to the nutrients listed more than 100 other nutrients are also present. These are provided through the super food and herbal base that consist of Spirulina, Bee Pollen, Ginseng and Alfalfa. Among the additional nutrients are:

All 28 Amino Acids
All 28 Minerals and Trace Elements
Additional Potencies of all Vitamins
All 12 Tissue Salts
Every Enzyme that science has identified
All essential Pigment, including Chlorophyll
All Lipids for Cellular Maintenance
Excellent Energy Fuels
Balanced Nucleic Acids

VITAMINS	POTENCY	%RDI
Vitamin A (beta carotene)	10,000 I.U.	200%
Vitamin D3 (as Cholecalciferol)	400 I.U.	100%
Vitamin E (as d-alpha-tocopherol)	333%	100 I.U.
B-1 (Thiamine)	45 mg.	3000%
B-2 (Riboflavin)	51 mg.	3000%
B3 (as Niacinamide)	75 mg	375%
B-6 as pyridoxal-5-phosphate	60 mg.	3000%
Folic Acid (as Quatrefolic®)	400 mcg.	100%
Biotin	300 mcg.	100%
B-12 (as methylcobalamin)	180 mcg.	3000%
Chlorine Bitartrate	50 mg.	***
Pantothenic Acid	75 mg.	750%
Vitamin C (mag. Ascorbate)	1000 mg.	1600%
Bio-Flavonoids (citrus mix)	175 mg.	***
Rutin	50 mg.	***
Hesperiden Complex	10 mg	***
PABA	30 mg.	***
Octacosonal	6 mg.	***
Papain	45 mg.	***
Lecithin	30 mg.	***
RNA/DNA	50 mg.	***

Inositol	70 mg	***
Lutein	500 mcg	***
Co-Enzyme Q 10	10 mg	

DIGESTIVE ENZYMES

Acidophilus	5 mg	***
Amylase	5 mg	***
Lipase	5 mg	***
Bromelain	5 mg	***
Betaine	5 mg	***
Apple Pectin	5 mg	***
Carotenoids	3 mg	***

MINERALS	POTENCY	%RDI
Calcium amino acid chelate	200 mg.	15%
Magnesium oxide	300 mg.	75%
Iron (as ferrous fumarate))	15 mg.	83%
Zinc (gluconate)	15 mg.	100%
Potassium (chloride)	50 mg.	**
Manganese	2.5 mg.	**
Copper	500 mcg.	25%
Chromium Nitrate	16 mcg.	***
Selenium (yeast Selenit)	148 mg.	269%
Phosphorous	100 mcg.	10%
Iodine (from Kelp)	150 mcg.	100%
Boron	2mg	***
Essential and Trace Minerals	1 mg	***

HERBS

Garcinia	100 mg.	***
Gentiana	100 mg.	***
Ginkgo Biloba	100 mg.	***
Spirulina	10mg.	***
Bee Pollen	10 mg.	***
Ginseng (Siberian)	10 mg.	***
Alfalfa	10 mg.	***

*** daily value not yet established ** Less than 10% of RDI value

Laboratory test conclusions indicated "that the inclusion of Garcinia in the diet resulted in significant reduction in food intake, body weight, epidermal fat and serum triglyceride." It further stated in those tests "it would appear that the conversion of excess carbohydrate to fats is possibly affected... and contributed to the decrease in body weight... and reduction in appetite in (subjects) fed Garcinia seems to be a specific effect of Garcinia in the diet." (Dr. R. Nageswara Rao and Dr. K.K. Sakariah of the Central Food Technological Research Institute)

Ginkgo Biloba

Ginkgo has been in use as a beneficial herb for thousands of years in China—certainly long before anyone knew about Antioxidants. Even today, the precise mechanisms by which Ginkgo works are still being teased out of the tree's chemical complexity. Both the leaves and the fruit of Ginkgo Biloba contain many of substances with known

biochemical activity. Already an accepted treatment for vascular insufficiency in Europe, extracts of Ginkgo Biloba have been found in study after study to improve blood flow, increase oxygenation, and increase vascular tone (Chatterjee 1985; Drieu 1985; Murray 1990). Ginkgo is known to be a strong scavenger of free radicals, primarily by virtue of the activity of a group of chemical substances known as flavonoids. Ginkgo has proved effective in blunting the damage that usually accompanies restoration of blood flow to areas that have been denied oxygenation and suffered damage, such as in a heart attack.

Allergies	Alzheimer
Anxiety Attacks	Arthritis
Circulatory Disorders	
Coughs	Dizziness
Headaches	Heart Problems
Lung Problems	Memory Loss
Mental Clarity	Stroke
Varicose Veins	Vascular Impotence

Gentiana

Gentiana is beneficial for the stomach, liver, blood, spleen and circulation. It helps to balance stomach acid (whether too much or too little). It is helpful in cases of exhaustion from chronic disease; weak digestive organs; strengthens the whole body—it warms and enlivens the system. High in iron contains B Complex, especially inositol and niacin. Contains Vitamin F, manganese, silicon, sulphur and zinc.

Anemia	Bruises
Constipation	Cramps
Exhaustion	Jaundice
Joint Inflammation	Liver
Stomach Problems	Urinary Infection

For more information and customer reviews:
www.bodydynamics.com

Cathy Katrycz
1018 Woodland Trail
Weatherford Texas 76085

To: Brenda Swartz

Subject: Mega Nutritional Vitamin

Dear Brenda,

I would like to tell you my experience with the Mega Nutritional System.

I have a very difficult time finding a multi vitamin that does not upset my stomach or increase my appetite that is until I found the Mega Nutritional System.

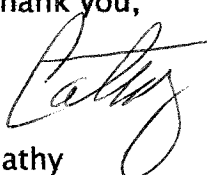
It is the only vitamin that I have taken that does not upset my stomach and the big plus, it suppresses my appetite!

I work in a hospital and am constantly exposed to various viruses and illnesses and I find that the Mega Nutritional System helps me to fight off potential illnesses that I come in contact with.

My energy levels are unbelievable, as well as my ability to deal with day to day stress.

I ran out of the vitamins and the results that I was getting disappeared. I know that as soon as I resume my daily intake of the Mega Nutritional System I will feel good again!

Thank you,


Cathy

Brenda Swartz

From: Rhonda Beck <rjbeck15@me.com>
Sent: Wednesday, January 23, 2013 12:16 PM
To: brenda@bodydynamics.com
Subject: Vitamins

Brenda,

I just wanted to let you know that I started taking your vitamins on November 6, 2012. I have been so pleased with them. They do not irritate my digestive system as previous vitamins have done. In addition, I have had problems with vitamins in the past causing yeast infections. Unfortunately this led to me not taking vitamins because I did not like dealing with the side effects caused by them. I have tried numerous prescription and OTC vitamins to include Centrum, One A Day and NatureMade.

I love your vitamins and look forward to trying your other products.

Thank you,

Rhonda Beck

rjbeck15@me.com

September 13, 2010

David Blair
212 Lexington Avenue
Clute Texas, 77531

Body Dynamics Inc.
2034 Statler Drive
Carrollton Texas 75007

Dear Brenda,

Per our conversation earlier today, I wanted to put in writing what I told you on the phone so others may benefit from my experience as it is very confusing when searching for products that will really work. I have spent a lot of time and lots of money on things that did not.

The Mega Cleanse is amazing because it does what it is suppose to do. It does!! My dosage is only one tablet per day. It arrests my appetite for a 24 hour period so I am not overeating and it supports my lung function by removing excess fluid. I have asthma and it prevents my weezing

I have tried other nutritional products for my asthma like Royal Jelly and allergy shots, I did quit eating meat and experienced an improvement in my asthmatic condition, but it is the Mega Cleanse that fully removed the wheezing sensation.

I am taking the Body Dynamics multi vitamin and it works the best. It says it will give you an energy boost and it does. The energy boost is sustained for six hours and the energy is not supplied by caffeine or a caffeine derivative. I have tried many multivitamins, but I did not get the energy from them

I also take the Joint Renewal and it works the best. I have taken other joint supplements at much higher dosages and they do not work as well. Your product permits me to participate in Salsa dancing and Yoga throughout the week.

I would highly recommend your products to anyone.

Best regards,

David Blair



from the desk of Wanda Varney

15216 Majorca Street
Dallas Texas 75248

Phone: 972-385-6040

Body Dynamics, Inc

Carrollton Texas 75007

Brenda,

This letter is in reference to the Mega Cleanse Supplements. I have been taking Mega Cleanse for approximately one year. My father had colon cancer in his early forties. Upon recommendation from my internist, I had a colonoscopy performed on 03/15/05. The doctor told me that this was the "smoothest" procedure she had ever performed. The colon itself was very clean and healthy.

I believe that this due in part to my daily use of Mega Cleanse Supplements. I will always make it a part of my daily routine.

I must say that I am also impressed with the Nu Born Skin. I started daily use of it two months ago and was shocked when I began to notice that after four weeks some brown spots on my face began to disappear. After eight weeks they have completely gone! In addition, my monthly face break outs have also disappeared. My complexion is cleared up completely.

Thank you for products that actually do what they are designed to do.

Respectfully,

Wanda Varney

Health Solutions

5159 River Oaks
River Oaks TX. 76114
817-624-6500

Dear Brenda,

Enclosed is my check for the last order.

I love the Dynamic Energy-I choose it for depression., with everything going on in my life. I am impressed with the anti tumor herbs in it as well.

My last check up with my oncologist was great and my tumor marker was down.

I love the energy but most of all I love being able to stay off my depression meds. I am also losing weight!! My clothes are loose-Wow!! I don't really think about eating and I have to make myself stop and eat or my blood sugar drops.

I am so excited and I love selling your products.

Oh an by the way, the face care. Everyone thinks my 37 year old son and I are married. It makes him so mad-so mad, he won't sit by me when we go out to eat!!

Thank You

Pam

Maxzorb Dynamic Energy -Improves Mood and Determination

Body Dynamics has developed a unique formula of energy foods and antioxidants that help us to face the challenges of following through, giving us energy to live our lives to the fullest potential **without jittery side effects. It contains the following ingredients.**

Rhodiola Rosea Extract The main ingredient in **Dynamic Energy**, is effective for **improving mood and alleviating depression**. Clinical studies on Rodiola Rosea have shown improved mood and reduced levels of fatigue and C-Reactive Protein, while boosting cognition and subjective well-being.

Acai Health benefits of the acai berry include its anti-inflammatory, antibacterial, antioxidant and antimutagenic properties. It is also **beneficial to the cardiovascular system**.

Astragalus This herb has been used in Traditional Chinese Medicine (TCM) for thousands of years, usually in combination with other herbs. It is still widely used in China to prevent and treat the common cold, chronic hepatitis, and in the **treatment of heart disease**. **Cha de Bugre** is a small tree native to Brazil that has been used as a **weight loss aid** for centuries. Extracts are made from the fruit of the tree. It is rich in beneficial phytochemicals.

Eleuthero root is a woodland plant native to southeastern Siberia and the Korean Peninsula. It has been used in (TCM) since about 190 AD. Eleuthero is an adaptogen. And agent that helps the body address stress. Scientists believe it helps **prevent “adrenal burnout”**.

Goji The extract from this berry has been found to **boost energy, slow aging, and help weight loss**. **Green tea leaves-** have been shown to **lower blood pressure**.

Maca is a root like vegetable that grows in the Ande Mountains. For more than two thousand years, Peruvians have used maca root as a food and as medicine, **to promote endurance and improve energy vitality, and sexual virility**.

Mangosteen is a dark purple fruit it is found in Canada and Hawaii. It is found to contain xantones. Laboratory studies suggest that xantones have **anti-tumor effects** when studied in test tubes.

Noni is a rich source of antioxidants. It is reported to have a broad range of therapeutic effects. It is an antibacterial, antiviral, analgesic, **anti-inflammatory and has immune enhancing** effects. It promotes energy and wellbeing.

Asian ginseng Russian research and historical evidence shows that Asian ginseng is useful in **bolstering athletic performance**, probably from plant’s chemicals called glycosides which initiate stress response in the body. This serves to energize and give stamina to athletes.

Pomegranate seed extract Pomegranates have substances such as polyphenols that have antioxidant, **anti-viral, and anti-tumor activity**.

Schizandra fruit is capable of increasing the immune system and protecting the body against stress. It contains properties to **increase energy and nourish the veins**.

Sea-buckthorn These berries are valued for their rejuvenating, **restorative and anti-aging action**. It is a traditional medicinal plant in many European and Asian countries.

Maxzorb Nu Born Skin Anti-aging formula with DMAE, Alpha Lipoic Acid, C-Ester, and Carnosine (Capsules)

Nu Born Skin contains **18 ingredients** to give the body what it needs to build healthy skin from the inside out. This formula provides some of the strongest antioxidants that have been shown to **slow aging**. They are as follows:

Ascorbyl Palmitate (C-Ester) This nutrient is a fat-soluble form of vitamin C. It plays a major role in collagen, a protein that forms the basis for connective tissue. It is an effective **free radical scavenging antioxidant**, which promotes skin health and vitality.

DMAE protects cell membranes from being attacked by free radicals, and boosts the effects of other antioxidants.

Alpha Lipoic Acid Several qualities distinguish alpha-lipoic acid from other antioxidants and Lester Packer PhD, of the university of California, Berkley described it as the “**universal**”, “**ideal**”, and “**metabolic**” antioxidant.

Vitamin E plays an important role as the major lipid soluble **antioxidant** that protects our bodies against free radical damage.

Carnosine is considered to be an anti age supplement because it not only prevents free radicals from entering tissues, but is also active after free radicals react to form other dangerous compounds. It thereby protects the cell from these damaging second wave chemicals. It has **wound healing** capabilities and is an immune booster.

Blueberry extract This antioxidant was ranked #1 in antioxidant activity compared with 40 other fruits and vegetables.

Grapeseed extract contains bioflavonoid complexes. Dr. Jacques Masquelier, discovered that these bioflavonoids **strengthened blood vessel walls** within hours of ingestion! These potent bioflavonoids have also been shown to halt cataract progression, prevent degenerative disease, and reduce skin aging.

Hydrolyzed Collagen is a modified form of collagen protein that has been broken down into smaller pieces by enzymes which enables better absorption into the small intestine to be used more efficiently by the body to **repair skin**, bones, cartilage, tendons, and ligaments. All connective tissues require collagen.

MSM (Methylsulfonylmethane) is good for skin, hair, nails, joints, circulation, immune function and respiration.

Beta-sitosterol is one of several phytosterols (plant compounds with chemical structures similar to that of cholesterol), Over the past few years this particular phytosterol has been tested for **lowering cholesterol**.

Arabinogalactans are extracted from the Larch tree. This substance is receiving an abundance of attention from the scientific community as a botanical compound that has been shown to **increase the immune system substantially**.

Digestive Enzymes occur naturally in the body and their purpose is to aid food enzymes in digestion

Olive Leaf The active ingredient in Olive Leaves is called oleuropein Olive leaves are reported to **enhance the immune system, increase energy**, and have an internal cleansing effect.

Silica When silica is ingested, our bodies convert it to a form of **calcium readily used by our skin and connective tissues**. Calcium is a necessary nutrient for beautiful, radiant and firm skin.

Herbal blend of Spirulina, Wheat Grass, and Chlorella are herbal super foods are high in naturally occurring vitamins, minerals, antioxidants and amino acids. This blend of potent plant extracts contains a **high amount of chlorophyll, which is very cleansing to the whole bodily system thereby contributing to clearer more beautiful skin**.

Maxzorb Aloe Guarana Energizer with Aloe Vera

Guarana provides energy in a safe, organic way, for times when an extra boost is necessary. It contains (at least 4% to 6% levels) the naturally occurring stimulant guaranine, an alkaloid similar to caffeine in molecular structure. **Aloe Vera soothes stomach irritation and heals internal organs and tissues. It acts as a cathartic, cleansing the intestines** of undigested food particles and mucous. It is a great companion to the Dynamic Energy formula.

Energy Cocktail This consists of 3 **Dynamic Energy** Capsules, 3 **Nu Born Skin** Capsules, and 1 or 2 **Aloe Guarana** Caplets. Take 30 minutes prior to any activity. You'll notice more focus, energy and a sense of well-being. **For further information and reviews visit www.bodydynamics.com**

5-7-09

To: Body Dynamics

Re: Nu Born Skin

I find it important to let your company know something very important.

I had to stop taking hormones after about five years. I didn't like the way the way the texture of my skin was looking. My hot flashes were horrible... so my local health food store suggested the Nu Born Skin. She said that her customers swore by it.

The rest is history. Within a few days my hot flashes were gone and I was sleeping better. I know this is what helped because I ran out and the hot flashes returned and I felt awful! Now I will not be without this product.

She also gave me some samples of the skin care and vitamins. Now I am thinking of trying all of the products. I don't know why or how it works for hot flashes and I don't really care, it does work and what can I say except THANK YOU!

Sally Dickerson

P.O. Box 21/1175 Epps Rd.

Palmer TX 75152

Scincerely,

Sally

PAOLO

802 North Shore Drive
Highland Village, TX 75077

February 27, 2004

Body Dynamics
2034 Statler Dr.
Carrollton, TX 75007

Dear Brenda:

I am writing to let you know how much I love your NuBorn skin product.

I have used your skin care line for a while, and love it also, but had not tried your NuBorn skin supplements. I tried the product on the advice of my friend who has gorgeous skin.

NuBorn Skin is WONDERFUL and no woman should be without it!!! I know now that it's so important to take care of my skin not only on the outside, but to build it and nourish it from the inside out. What a difference NuBorn Skin has made. People are asking me what I have been using to make my skin look thick, supple and dewey!!!

Thank you for making this wonderful product!! Please share this note with other people so they know to start using this product also.

Best wishes,

A handwritten signature in cursive script that reads "Elisa Z. Paolo".

Elisa Z. Paolo

Brenda Swartz

From: RACBED5@aol.com
Sent: Thursday, December 08, 2011 11:41 AM
To: brenda@bodydynamics.com
Subject: I love your Nu Born Skin Anti Aging Formula!

Attn: Brenda
Body Dynamics

Dear Brenda,

I just want to let you know, that I love your Nu Born Skin Anti Aging Formula!

I have used Nu Born Skin for several months now, and I can most definitely attest that it is the best!

I am 53 years old, and the skin on my face, arms and thighs were starting to look very dull and droopy.

I heard about Nu Born Skin from a friend, and decided to try it out.

Boy, this product really works!

People say that my skin is nice and clear, and that I look like I am in my 40's, and this is a direct result of using Nu Born Skin.

I went on a trip, and forgot to take my Nu Born Skin along, and after a week of not using Nu Born Skin, I could immediately see the difference in my skin.

My skin started looking very dull, and I could feel that my skin was slowly starting to sag.

When I returned home from my trip, I started taking Nu Born Skin again, and now my skin has returned to it's usual radiant, clear and firm texture.

I am a firm believer in Nu Born Skin, and I will be a loyal customer forever!

Thank you so much for introducing Nu Born Skin to the world!

Sincerely,

Deborah J. Carter
Desoto, Texas

Deborah J. Carter
1400 Rusticwood Drive
Desoto, TX 75115
469-688-2218

Joint Renewal Complex—A Scientific Breakthrough in Joint and Bone Health

90% of us will suffer from bone loss and some form of joint pain or disease in our lifetime. Arthritis and degenerative disk disease have many symptoms —usually pain, inflammation and stiffness of the joints and intervertebral disks.

At root is a breakdown of the slippery, gel-like cartilage. Cartilage is a tissue that forms the bearing surface of all joints, which cushions and protects the end of the bones in the body as well as the intervertebral disks that separate and support the vertebrae of the spine.

Healthy cartilage is a smooth, firm, tough tissue made from three major substances – collagen, proteoglycan aggregates, and water. It is the proteoglycans, densely swollen with absorbed water that gives healthy cartilage its unique characteristics. *(see chondroitin and manganese)

New cartilage is slowly but continuously formed throughout life replacing that which is lost through normal wear and tear. Synthesis of new cartilage components requires vitamins and minerals. When the body is lacking these nutrients than it becomes impossible to replace worn out cartilage with new, healthy, cartilage resulting in joint pain and disease.

Recent scientific research suggests that it is a combination of Glucosamine and other co-factors that provide the most relief for people afflicted with joint pain and disease. In addition to Glucosamine Sulfate we have added twelve other vitamins, super foods and herbs making it the most comprehensive formula available.

Glucosamine 1.000 mg stimulates the production of the key elements of cartilage and then protects them. It helps your body repair worn cartilage, reduce pain and improve function. The January 2001 issue of Lancet magazine reports: “Belgian researchers confirm that glucosamine does indeed reduce cartilage damage and provide relief from osteoarthritis.”

****Chondroitin 800 mg. attracts fluids into proteoglycans, the molecules woven through cartilage that gives the tissue its shock-absorber quality,*** and protects the cartilage against breakdown. It inhibits free radicals that degrade joint cartilage and collagen. Chodroitin also improves blood circulation to the joints, which enables antioxidants and glucosamine to enter inflamed joints to stimulate the repair process.

MSM (Methylsulfonyl Methane) 1,000 mg. is an odorless dietary metabolite of DMSO. This naturally occurring bio-active form of sulfur provides anti-inflammatory relief. MSM also has

sulfur containing amino acids, collagen and disulfide bonds. ***It is good for skin, hair, nails, joints, circulation, immune function and respiration.***

Strontium Citrate 33 mg. has been shown to aid in the **prevention of bone loss**, and boost the formulation of collagen and cartilage in joints. Thousands of studies show that Strontium helps to build new bone and prevent old bone from breaking down. It enables your body to hold on to calcium, phosphorus and protein, making bones stronger.

Flax Seed 1,000 mg. is nature's richest source of omega-3 oils. Several studies have shown that it can reduce the pain, and inflammation of arthritis. It has also been found to lower blood cholesterol and triglyceride levels, and to help reduce the hardening effects of cholesterol on cell membranes.

Turmeric has anti-inflammatory phytochemicals that act as natural cyclooxygenase-2 (COX-2) inhibitors in the body. **Indian researchers found it to relieve joint pain and swelling in people with arthritis.**

Black Walnut oxygenates the blood to kill parasites. It aids in burning up excessive toxins and fatty materials. It also helps to balance blood sugar levels.

Horsetail or Shavegrass Increases Calcium absorption, which promotes healthy skin, bones, and connective tissues. **Research has shown that fractured bones will heal much faster when horsetail is taken.**

Irish Moss purifies and strengthens the cellular structure and vital fluids of the system. It has a beneficial effect on all the functions of the body in addition to its use as an aid to the mucous membranes. This herb contains 15 of the 18 elements that compose the human body.

Mullein Recent studies show that mullein contains saponins and mucilage which accounts for its ability to soothe inflammation.

Oatstraw is rich in body-building materials. **It has been used to treat arthritis, rheumatism, skin diseases and liver infections.** Oatstraw has many elements that have antiseptic properties and is said to be a natural preventative for contagious diseases when taken frequently.

Queen of the Meadow is useful for **all ills of the joints.** It is well known for its usefulness in rheumatism, gallstones, and urinary problems. It is useful in treating water retention and joint pains caused by uric acid deposits. It has been used to treat gout, cystitis, and chronic urinary problems.

White oak bark is useful for ***inflammation***, and has an antiseptic effect. -

Hyaluronic acid 50 mgs. This ingredient makes up the backbone of cartilage. It is a key component in the synovial fluid surrounding your joints. It directly feeds nutrition to the Joint cartilage making it invaluable for joint health and comfort.

B-6 (Pyridoxine) is involved in more bodily functions than almost any other single nutrient. It is a necessary nutrient in the production of collagen fibers and proteoglycans that make up the cartilage that forms the bearing surfaces of all joints in the body.

Vitamin C 200 mgs –Synthesis of new cartilage components requires vitamins and minerals, one of those being collagen. Fifty molecules of vitamin C are consumed in the production of one molecule of collagen.

****Manganese 12 mg.*** Cartilage produced in a body that does not have sufficient manganese results in ***weak proteoglycan molecules which can't hold water well and easily escape from the collagen mesh, resulting in weak cartilage prone to breakdown.***

Most of my clients report reduction in pain in 3-4 weeks. The worst cases, i.e. bone on bone and severe cases of arthritis, report feeling better in 3-4 weeks with significant reduction in pain and increased mobility in 3-6 months. Improvement increases with continued and daily use.

For more detailed information and customer reviews got to www.bodydynamics.com

Bibliography- Today's Herbal Health 2nd edition by Louise Tenney Prescription for Natural Healing 2nd edition by James F Balch MD, and Phyllis A Balch CNC Going Natural with Herbs by Maureen Kernion, MS

Brenda Swartz

From: Tim & Cathy Ingraham [tcingraham@sbcglobal.net]
Sent: Thursday, August 02, 2007 2:45 PM
To: Brenda Schwartz
Subject: Your Products

Dear Body Dynamics;

It has been a few years since I last contacted you, and I wanted to send you an update, and a "thank you". The Joint Renewal has helped me so much in my daily life, and also to avoid having another back surgery. I have a seriously complicated spine: childhood scoliosis that resulted in 16 spinal fusions; two neck injuries which added 4 more fusions, for a total of 20 fused spinal discs, plus 5 titanium plates in my neck. I am an RN, and had to quit working due to all the surgery I had had, plus the chronic pain that I was suffering.

I have been taking Joint Renewal since 2001, on the insistence of a friend. I had tried multiple other glucosamine products, with no effect. Your product is the only one that has helped; by decreasing the level of pain that I had, as well as to avoid further surgery. In 1999 my surgeon gave me 5 years, at the most, before I would need to have the final lumbar disc (lower back) fused, because it was pushed forward, and was also out of alignment with the rest of my almost completely fused back. I have made it three years past his prediction, and am hoping that I will be able to avoid any more surgery altogether. I plan to take Joint Renewal for the rest of my life, as I believe it has definitely helped to strengthen my joints, and it has helped to reduce the pain I was in.

I am also a firm believer in your Mega-Cleanse. My system was so slowed down by all the pain medication/muscle relaxers/anti-depressants, etc. that I used to take! I started the Mega-Cleanse just to help with the constipation, and it works wonderfully. I noticed that all my lab work came out normal, despite the large amount of medications that I used to take. Also, my sweet cravings have pretty much disappeared, which is such a blessing! My daughter, age 16, was having some problems with constipation. She started the Mega-Cleanse and now takes it daily with great results.

With all the positive results I have experienced from the two products, I decided to try your skin care line also. I love how they make my skin look and feel! I now use your products exclusively, instead of Clinique. I often have people tell me that I look about 10 years younger than my actual age. I have a 13 year old son, who began to have trouble with his skin as he entered adolescence. I was having difficulty getting him to use any astringent because he didn't like the burning. I had him try your toner, and he liked how it did not burn his skin. Now he uses it daily, and his skin cleared up in about a week! (He also likes that the label on the bottle is removable; he can take it off, and it doesn't look like a "beauty" product!)

Oh, I almost forgot that my husband is also sold on your vitamins. They don't "repeat" on him throughout the day, like so many others on the market. I guess my entire family is now enjoying the Body Dynamic products. Thanks again for producing such a quality product for a reasonable price.

Sincerely,

Cathy Ingraham (Plaman), RN

100 TRILLION BACTERIA IN OUR GUT

GOOD BACTERIA IS DESTROYED BY THE MEDICINES WE TAKE AND THE FOOD WE EAT

Experts say as much as 80% of our immune system is controlled by the bacteria in our gut.

MOST OF US HAVE 85% BAD BACTERIA TO 15% GOOD and this causes

Food allergies or food sensitivities.

Autoimmune disorders, fibromyalgia, chronic fatigue syndrome or lupus, rheumatoid arthritis.

Poor digestion, bloating, gas, constipation, loose stools, heartburn and nutrient malabsorption.

Inflammatory Bowel Disease (IBD), including, IBS Crohn's or colitis.

***Thyroid issues* such as hypothyroidism, Hashimotos Thyroiditis or Graves disease.**

Adrenal fatigue, candida and slow metabolism.

Mood disorders, including anxiety, depression and autism.

Chronic pain in joints and muscles, including arthritis and headaches.

Skin problems, including eczema, psoriasis, rosacea, acne and age spots.

Total Digestion Probiotics with Digestive Enzymes has at least 50 billion colony forming units (CFU's) to correct the ratio of good bacteria to the bad bacteria

Body Dynamics provides a third party test to get an unbiased opinion so you can see exactly how many CFU's in each batch.

WE make small batches so the product is always fresh and potent.

Look on the bottom of the bottle to see the born date. This is the actual date the product was made.

www.bodydynamics.com10

Total Digestion: Multi-Strain Probiotic with Digestive Enzymes (50 billion CFU's per gram)

Bad Bacteria have taken over, thanks to years of bad foods, antibiotics, stress and a backed up load of fecal matter in your colon. There are so many of them that **most people have 85% bad bacteria and only 15% good bacteria!** **THIS CAUSES GAS AND BLOATING/ POOR DIGESTION, LOW ENERGY, CONSTIPATION AND OR DIARRHEA, FOOD ALLERGIES, ANXIETY, HEADACHES, MOOD SWINGS, CHRONIC PAIN IN JOINTS AND MUSCLES , COLDS, IMMUNE PROBLEMS, AUTOIMMUNE DISORDERS, ECZEMA, PSORIASIS, ROSACEA, ACNE, BAD BREATH, YEAST PROBLEMS, SINUS PROBLEMS AND DEPRESSION.**

You can reverse this process and by including this state of the art probiotic blend with digestive enzymes. Drink 8 glasses of pure water per day, and eliminate nutrient robbing junk food.

Enhance the results with the **Mega Cleanse Internal Cleansing Complex**. It contains 31 herbs and super foods to clean toxins from the colon, liver, kidneys, lungs, lymph system, and skin. In a short time the good bacteria will be plentiful and the ratio of good to bad bacteria will be restored. Your digestive system will get back to normal quickly. You will pass normal stools, gas and bloating will go away. With enough friendly flora, your immune system can function at peak efficiency to keep you well.

The following explains what these bacteria and digestive enzymes can do for your health and well being.

Lactobacillus Acidophilus is a bacteria that lives in the small intestine and is generally considered to be beneficial because it produces vitamin K, and lactase. It breaks down food in the intestines and forms several substances that create an unfriendly environment for "bad" bacteria.

Lactobacillus Plantarum-This bacteria seals and heals the gut by creating a healthy barrier in your colon to keep dangerous bacteria from penetrating the lining of your intestines and entering your blood stream, Thus preventing leaky gut syndrome. It can be a treatment for Irritable Bowel Syndrome, also ease Crohns disease and Colitis.

Lactobacillus Salivarius breaks up and melts away hard, crusty old fecal matter packed on the walls of your colon. It is a bowel cleanser which is very active on proteins as well as by products of protein putrefaction. Aids oral health when combined with B Coagulans.

Bacillus Coagulans Is especially known for improving the vaginal flora, improving abdominal pain and bloating in Irritable Bowel Syndrome patients and increasing immune response to viral challenges. The bacterium has also been assessed for safety as a food ingredient, and is beneficial for maintaining good breath. Spores are activated in the acidic environment of the stomach and begin germinating and proliferating in the intestine

Saccharomyces boulardii has been identified a unique type of yeast-*Saccharomyces cerevisiae*, used for general digestion problems, irritable bowel syndrome (IBS), inflammatory bowel syndrome (IBD, Crohn's disease, ulcerative colitis), Lyme disease, a bowel disorder called relapsing Clostridium difficilecolitis, and bacterial overgrowth in short bowel syndrome.

Some people use *Saccharomyces boulardii* for lactose intolerance, urinary tract infections (UTIs), vaginal yeast infections, high cholesterol levels, hives, fever blisters, canker sores, and teen-age acne.

Saccharomyces boulardii is used for treating and preventing diarrhea, including infectious types such as rotaviral diarrhea in children, diarrhea caused by gastrointestinal (GI) take-over (overgrowth) by “bad” bacteria in adults, traveler's diarrhea, and diarrhea associated with tube feedings. It is also used to prevent and **treat diarrhea caused by the use of antibiotics.**

How does it work

Saccharomyces boulardii is called a “probiotic,” a friendly organism that helps to fight off disease-causing organisms in the gut such as bacteria and yeast.

Digestive Enzymes --Why we need them

Alpha and beta amylase is an enzyme that breaks down starch in to sugar. It is present in human saliva.

Protease is a very important enzyme to digestion as it breaks down the protein foods to liberate the amino acids needed by the body.

Lipase is an enzyme that breaks down the fats in food so they can be absorbed in the intestines. People who have health conditions such as crohns disease, and celiac, may not produce enough lipase to digest fats properly.

Cellulase is an enzyme that breaks down cellulose, the carbohydrate that is the main part of the cell walls of plants. The human body does not produce cellulase. By adding it to our diets, our digestive tract can break down plant material better, thereby getting the most nutrition from the plants that we eat.

Lactase is essential for the digestion of milk. Deficiency of the enzyme causes lactose intolerance.

Since enzymes play such a crucial role in our health, supplementing with enzymes is essential. These enzymes are derived from plant sources grown in a laboratory specifically for digestive use. Supplementing with plant enzymes is an investment in life and enables you to get more from the foods you eat.

Total Digestion provides the perfect balance of probiotics and digestive enzymes to give your body the ability to digest and assimilate the foods you eat and the supplements you consume.

For more information and customer reviews go to www.bodydynamics.com

April 21, 2011

Dear Brenda,

You asked me to verify what I said about your Total Digestion as you said no one would believe it.

Well I am here to say out loud to everyone who has ever had heart bun, acid reflux, or indigestion that the Total Digestion product was the ONLY thing that worked.

I had taken Nexium and Prilosec from my doctor that did absolutely nothing.

I am 81 years young, and this was an ongoing problem of mine for many years.

I took the Total Digestion for less than a month and my indigestion completely disappeared!!

I could sure tell if I missed a dose too. I took 2 capsules with each meal.

I have taken the Mega Cleanse and the Mega EX and it took care of a lifetime of constipation. I have used it consistently now for six years. Now that the acid reflux is gone, I really feel good.

I can not thank you enough for telling me about this, as it has saved me a lot of unnecessary pain.

I love your skin care too. It is the best!

Thank you for all of your help over the years.

Marie Davis

2703 E FM 852

Winnsboro TX 75494

903-365-3106

Artesia Public Schools

April 28, 2010

Body Dynamics
Brenda Swartz

Brenda, I wanted to send this letter as a big **Thank You!**

My 21 yr. old son has been dealing with Ulcerative Colitis for almost 10 years now, in and out of doctors offices with lots of flare ups that have kept him on and off heavy meds.

A few months ago I came across your products, Mega Cleanse and Mega Cleanse Extra and in reading about it I started taking it, wont do without it, but in the process Of me taking it I relayed to you about my son and you suggested Total Digestion.

It has been the absolute best thing for him, that and the Mega Cleanse has helped Him more than anything he has every taken. He has been taking these products for About 6 weeks now and has stopped taking his other meds, and no flare ups!!!

We are going to schedule a colonoscopy this summer, can't wait to see how the results will be this time.

He will continue to take Mega Cleanse, Mega Cleanse Extra, and the wonderful Total Digestion for as long as you keep making it. He is feeling Great !

Thanks Again,


Joy Conklin
Assistant Business Manager
Artesia Public School

Estrogen Driven Cancers. Why We Need Estro Clean Complex

DIM and Indol-3 Carbinol contains compounds found in cruciferous vegetables like broccoli and cauliflower that are shown to help balance estrogen and testosterone levels in men and women

Contains EstroPurePlex tm- a proprietary blend of 9 herbs and super foods that are shown to benefit reproductive tissues in both men and women.

vitamins D-3, E and C-ester have been added to enhance this formulas' ability to support healthy breast, endometrial and cervical tissue in women, and healthy prostate in men

Alleviates PMS symptoms in women and swelling of prostate in men

Promotes the availability of free testosterone in men

Supports healthy weight loss and optimizes lean body mass in both men and women

Maxzorb Nutrition has formulated a superior product because of the wide range of hormone issues it addresses.

See the following page for details.



DIM Estro Clean Complex

- EstroPurePlex™, Maxzorb Nutrition very own proprietary blend of powerful herbs and superfoods to further enhance the bodies ability to **balance hormones** which benefit both male and female reproductive organs.
- DIM and Indol-3 Carbinol contains compounds found in cruciferous vegetables like broccoli and cauliflower that are shown to help **balance estrogen and testosterone levels** in men and women.
- Vitamins D3, E and C-ester have been added to enhance this formulas' ability to support **healthy breast**, endometrial and cervical tissue in women, and healthy **prostate** in men.
- Alleviates **PMS**, acne, and **menopausal** symptoms in women and swelling of prostate in men.
- Promotes the availability of **FREE** testosterone in men.
- Supports healthy weight loss and optimizes **lean body mass** in both men and women.

Indol-3- Carbinol (i3C) is used for prevention of breast cancer, colon cancer, and other types of cancer. The National Institutes of Health (NIH) has reviewed indole-3-carbinol as a possible cancer preventive agent and is now sponsoring clinical research for breast cancer prevention. Indole-3-carbinol is used to balance hormone levels, "detoxify" the intestines and liver, and to support the immune system.

Indole-3-carbinol is a substance found in vegetables such as broccoli, Brussels sprouts, cabbage, collards, cauliflower, kale, mustard greens, turnips, and rutabagas. Researchers suspect indole-3-carbinol is one of several vegetable components that might protect against cancer.

Di-Indolyl Methane (DIM) is formed in the body from plant substances contained in "cruciferous" vegetables such as cabbage, Brussels sprouts, cauliflower, and broccoli.

DIM is involved in the liver's natural estrogen and testosterone balance in both women and men. It appears to support the activity of specific enzymes that improve estrogen metabolism. Scientific research shows that DIM increases the level of "good" estrogens (2-hydroxyestrogen) while reducing the level of "bad" estrogens (16-hydroxyestrogen). Underproduction of 2-hydroxyestrogen in women has been linked to PMS, acne, mid-life obesity, painful menstruation, recurrent breast pain, cervical dysplasia, fibroid tumors, as well as rheumatoid arthritis and systemic lupus erythematosus.

In men, obesity and chronic inflammation have been linked to underproduction of 2-hydroxyestrogen. DIM, has been shown in scientific studies to reduce the risk of prostate and other hormone-driven cancers by helping the body to make a better balance of the hormones.

Both men and women may get huge benefits from DIM in terms of free testosterone, estrogen balance, and physical conditioning.

How DIM helps to reduce levels of Sex Hormone Binding Globulin which helps provide for increased amounts of free testosterone.

DIM promotes healthy estrogen metabolism diminishing un-metabolized estrogen, known as estradiol. Elevated estradiol levels may lead to moodiness and breast pain in women and decreased sex drive in men. DIM promotes a more active metabolism of estrogen, un-metabolized estrogen levels fall and the 2-hydroxy-estrogens (good estrogens) increase. The 2-hydroxy-estrogens possess the unique ability to displace testosterone from SHBG (Sex Hormone Binding Globulin), and set it free. **Therefore, the combined effect of DIM to reduce un metabolized estrogen and increase 2-hydroxy-estrogens can reduce elevations in SHBG and allow more free testosterone.**

Both of these changes help maintain and restore a youthful balance between estrogen and free testosterone. This balance is a key to a healthy and active metabolism in men and women.

Natural Vitamin E (D-Alpha-Tocopheryl Succinate) Due to its molecular structure, natural vitamin E is much better absorbed in the body. Specific transport proteins in the liver tend to bind better to natural vitamin E, allowing it to be transported to other tissues in the body to be used for important functions, including as an antioxidant.

Vitamin C Ester is a unique, exclusive form of Vitamin C designed to stay in your white blood cells for 24-hours, providing you with around-the-clock immune system support.

EstroPurePlex™ (640mg per serving.) ADDED FOR GREATER EFFECTIVENESS

Vitamin D3 (Cholecalciferol)

Vitamin D3 plays a wide role in overall health, it's becoming clear that a large percentage of individuals are deficient in this important nutrient, which has hormone-like activity.

BroccoSinolate

A broccoli extract that's been standardized to 4% glucosinolates, the natural, sulfur-containing antioxidants present in cruciferous vegetables. These are a family of organic compounds found in tangy herbs such as horseradish, mustard, and onions. Their presence in the diet is thought to help prevent cancer in humans. Glucosinolates enhance the activity of the liver and intestinal enzymes essential to the detoxification of harmful chemicals and byproducts.

Rosemary

Recent research has shown that rosemary can help prevent cancer and age-related skin damage. Rich in carnosol, Rosemary has been found to detoxify substances that can initiate the breast-cancer process. And it's a rich source of vitamin E (alpha tocopherol), another powerful antioxidant. It's widely known that an imbalance of estrogen hormones in women can contribute to breast cancer.

Bio-Curcumin

Bio-Curcumin is an extract of the spice turmeric and benefits nearly every organ in the body. It can help support the brain, breast, pancreas, colon health, and it promotes healthy cell division and healthy inflammatory response.

Graviola fruit

Graviola fruit has its roots in ancient medicine but has been studied in modern times. This study was conducted by the National Cancer Institute. The results were quite astounding. It was found that, along with many graviola benefits, it had an ability to eliminate cancer cells in the body. The Memorial Sloan-Kettering Cancer Center in New York also confirms that graviola, particularly graviola extract, does have beneficial elements including anti-rheumatic, and anti-viral.

Green Tea Extract 50% Catechin (Polyphenon)

Green Tea's bioactive compounds include Polyphenols and Catechins, which are known to exhibit potent free radical neutralizing properties.* Its most abundant Catechin, EGCg has been scientifically demonstrated to assist in maintaining healthy tissues in the face of normal metabolic stress and to support proper cell cycle regulation.

Nettles Root

Nettles Root has been studied extensively and has shown promise in treating Alzheimer's disease, arthritis, bladder infections, gout, hives, kidney stones, laryngitis, multiple sclerosis, PMS, and prostate enlargement. It is helpful for urination problems related to an enlarged prostate.

Resveratrol

Resveratrol is a member of a group of plant compounds called polyphenols. These compounds are thought to have antioxidant properties, protecting the body against the kind of damage linked to increased risk for conditions such as cancer and heart disease.

Chrysin

Chrysin is a naturally occurring flavonoid in the passion flowers, honeycombs, and certain mushrooms. Chrysin is used for the treatment of anxiety, inflammation, gout, and has anti- tumor benefits, and is an antioxidant.

Co Q10

Many medical studies demonstrate CoQ10 benefits when taken as a supplement, most of which stem from its vital role in oxygen utilization and energy production, particularly in heart muscle cells

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◆BODY DYNAMICS, INC.

1-800-MEGA-910

www.bodydynamics.com

Post on facebook 9/14/17 by Natalie Bunce

Body Dynamics has kept me young, vital, restored and revitalized over these last 5+ yrs!! Where do I begin??

I'm 51yrs old, travel the world with my pilot hubby, do real estate and have 4 step kiddos! So stress and exposed to all kinds of elements are my " norm" No matter where we travel, Jet lag , coupled with overdoing sometimes w food/ drink, We somehow bounce back refreshed and haven't been sick in several years!

I recently went in to get my hair highlighted and my hairdresser was stunned.." you are GROWING a lot of new hair!! I have recently, only 1 month ago received HRT pellets Both my husband and myself have been on DIM Clean for several months.

..I ran out and got the " Drs Professional Strength" DIM. I decided to give the Estro Clean Complex DIM a try. After using it there was NO COMPARISON.

Ladies , if you're on Pellets or any kind of hormone replacement therapy, they want you to take DIM so you don't have the nasty" bad" Estrogen circulating that could reek havoc. As an added bonus, I believe it's a wonderful detoxifier.

Maxzorb Raw Mega Nutritional Vitamins is why I believe my hair, skin and nails look hearty and I do not get sick ever during " flu season".

Microdermabrasion Face (and the Body Scrub) get off all the old so my products can get down into pores and go to work. I SWEAR by the deep cleansing face lift masque!! It cleans out the gunk from sweat, toxins and makes my face firm up!

Lastly, the lip balm, I put that all around above lip to moisturizer those " smootch" wrinkles and run all around my eye socket at night and in the winter so I don't dry out! Love, Love, Love Body Dynamics products, I've gone through many seasons of change, and by applying their suggestions have totally revolutionized my on-the-go routine.

Truly, Beauty DOES Begin Within!! I wear less make up and look young and refreshed. PS I can't tell you how the intoxicating scent of the Body Firmer lotion coupled with deep penetrating moisture has made me feel sexy and beautiful all over...It definitely keeps away the " crepey" legs friends my age complain about!

Regarding DIM Estroclean for men:

ATTENTION TOTAL MED SOLUTIONS:

Supplements are always a mixed bag for me. I really want the m to work as advertised. Often, results must be taken on faith and always, there is the risk that results may largely be a placebo effect.

NOT SO WITH MAXZORB DIM ESTROCLEAN!

At 58 years old it becomes more and more challenging to achieve and maintain results at the gym. After taking Estroclean DIM for just a few weeks I began to get praise from other members at the gym for improved muscle tone.

In a few months I have really seen a noticeable difference in my strength, stamina, and muscle gain! Those gains in turn drive a higher motivation as I can see the results. It is fair to say I am very surprised at the amount of improvement, and in turn more surprised that I had never heard of this product before now.

Estroclean DIM has certainly worked for me and I would highly recommend it to others.

Mark Brady

CurcuMaxPlus

CAVACURMIN® (1000 mg), BosPure® (300 mg) and ZorbPlex™

SUPPORT FOR INFLAMMATION RESPONSE

Maximum Absorption

It's no secret that Curcumin, an active ingredient in turmeric, has many health benefits. However we also know that it is difficult to absorb enough curcuminoids from turmeric to reduce inflammation, and receive other known health benefits. This combination of ingredients achieves as much absorption as is possible.

CAVACURMIN® Turmeric oleoresin (*Curcuma Longa Liquid Extract*). Turmeric root is actually a fleshy oblong tuber 2–3 in (5–10 cm) in length, and close to 1 in (2.54 cm) wide. It is tapered at each end, and its exterior can be yellow, tan, or olive-green in color. The interior of the root is hard, firm, and either orange-yellow or deeply rust-colored, with transverse resinous parallel rings. Oleoresin contains all the actives from turmeric such as Curcuminoids, natural essential oils and resin. It represents whole turmeric and has a synergistic effect of these active ingredients.

- Oleoresin is more natural compared to Purified curcuminoids. Oleoresin is further purified to get the powdered curcuminoids (95%).

CAVACURMIN® utilizes technology which entraps the active ingredients inside a natural trimolecular complex, inside a natural matrix. This trimolecular complex enhances the solubility and absorption of the curcuminoids and provides for a sustained release of the powerful curcuminoid molecules. It is a powerful turmeric extract many times stronger than taking turmeric supplements alone.

Maxzorb CurcuMaxPlus contains 1,000 milligrams of CAVACURMIN®, making it one of the most powerful and beneficial curcumin supplements available.

The medicinal properties of turmeric have been a subject of over 5,000 published biomedical studies. Here are some of the results of those studies:

- **Reduces inflammation** - Studies confirm curcuminoids are a powerful antioxidant. It lowers the levels of two enzymes COX AND 5-LOX in the body that cause inflammation (1) This provides for **better joint function** by reducing pain from inflammation. Reducing inflammation reduces pain throughout the body, while enhancing the immune system.
- **Protects Brain Cells** – Cavacurmin binds to and dissolves abnormal proteins in the brain, helping to protect them from damage. **It reduces one of the main factors of memory loss...** Brain plaque responsible for Alshiemers Disease (2)
- **Supports Healthy Cardiovascular Function** - It supports your heart by saving it from the damaging effects of **chronic inflammation**. (3)
- **Supports healthy liver function** – (CEC) stimulates your liver enhancing its ability to **detoxify your body** from toxins, metals, heavy metals and other toxins clogging up your system. (4)
- **Promotes younger looking Skin** - Research shows that (CEC) inhibits a key enzyme (elastase) that reduces the ability of elastin from forming. Elastin, along with collagen, is a protein needed for making the skin smooth and pliable. Cucumin is an antioxidant (5)

Curcumin has proven to have *immunomodulatory* properties. It can help regulate inappropriate immune responses in people with autoimmune diseases, and relieve depression

BosPure® is a uniquely standardized extract from the resin of the *Boswellia Serrata* tree. According to Dr. Andrew Weil, extracts of boswellia are most commonly used for **chronic inflammatory ailments**. In May of 2013, Natural Medicines Comprehensive Database (NMCD) indicated that boswellia extracts “can reduce pain and improve mobility in people with osteoarthritis in joints. **Research shows that it might decrease joint pain by 32% to 65%.**” A comprehensive 2011 overview of in vitro and animal studies found that boswellic acids inhibit the synthesis of pro-inflammatory enzymes, illustrating its usefulness as an anti-inflammatory agent, **reducing pain throughout the body.**

ZorbPlex™ These herbs and super foods have been added to the **CurcuMaxPlus** formula to further *enhance and magnify the results of Curene® and BOSPURE®, by providing for even more absorption.*

Bioperine extract (95% piperine) or black pepper is highly absorbable and enables better absorption of curcumin. It has anti-bacterial properties, is rich in vitamins B, C, and K and acts as a very potent anti-inflammatory agent in the body. It is a natural detoxifier and helps digestion.

Ginger Root Extract is closely related to Turmeric and is a powerful anti-inflammatory herb.

Cats Claw reduces inflammation and builds the immune system and is helpful for osteoarthritis symptoms.

Clove aids digestion and protects the liver while boosting the immune system. It is known to be helpful for controlling diabetes-and preserves bone quality.

Cayenne Pepper is shown to have pain relieving properties, and aids reduction in blood sugar levels.

Ashwagandha an adaptogen herb, has shown incredible results for lowering the stress hormone cortisol. The extract was also shown to **reduce bodily pain in the muscles and joints**. Research shows that it protects the brain from degeneration and improves symptoms of depression, anxiety and mental decline.

Hesperidin is found in citrus fruit such as oranges and grapefruits. It is a bioflavonoid which has antioxidant effects. It is said to **improve circulation and reduce inflammation**.

In addition: Vitamin A, B-12, D-3, K-2 and Folate have been added to provide antioxidant protection, aid in circulation, as well as provide many other health and wellness benefits.

CucuMaxPlus works with Joint Renewal by increasing circulation to the joints and reducing the pain! Take them together, as well as with the other formulas in the Maxzorb Nutrition line.

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FROM THE DESK OF:
MARIE DAVIS
1004 COKE ROAD
WINNSBORO TEXAS, 75494
903-312-8282

Dear Brenda,

After the success I had with your Mega Cleanse and probiotics I was very excited to try the new CurcuMaxPlus.

At the age of 87, I was feeling just plain rotten. I did not want to do anything. I was lifeless, no energy.

You can't imagine how this helped me live again! After the 3rd day of 2 capsules with lunch, I felt my body waking up!

I call this my "super duper"!

I have two daughters who both complain of feeling badly. I am going to get them on this no matter what!

Thanks so much for another wonderful product!

Marie Davis

3-28-18

Sarah Kucharski

3921 Marsh Ln

Ft. Worth TX 76123

Dear Brenda,

I wanted to follow up with you as I said I would put it in writing the near miraculous results that I have gotten from your Curcumaxplus product.

Recently, I had been opening several very tight jars and woke up in the middle of the night with excruciating pain in my hand.

I was in so much pain that I had to go to the emergency room. I was given a steroid shot, which temporarily took away the pain until I could visit my doctor.

Upon my visit to the doctor, I was told that I had Osteoarthritis , Osteopenia and Chonrocalcinosis. They wanted to give me prescriptions for Celebrex for pain, and other arthritis medications.

Not one to take medication, I went to my local health store and Curcumaxplus was suggested to me by the clerk.

I had been in horrible pain for 2 solid days and was very skeptical that anything could really relieve it.

I took 1 capsule that evening and 1 capsule the next morning. I was so surprised that the pain went away completely!

I absolutely swear by this product and have suggested it to my many friends.

As a teacher, I enjoy learning all I can to take care of myself in a natural way. I have been so impressed with your Curcumaxplus, that I am going to be researching the other nutrition supplements you offer.

Thanks so very much,

Sarah Kucharski

From: grgordineer .
To: brenda@bodydynamics.com
Subject: Great products!
Date: Tuesday, February 13, 2018 9:42:57 PM

I just wanted to thank you for your wonderful products! I have a 30 year old ankle and knee injury that had started "talking" to me. Doctors wanted to give me shots and prepare me for joint replacement. In the mean time, I was taking 800 mg of Ibuprofen twice a day for the pain. At my age, I didn't want surgery, so I started looking for an alternative. Luckily, you appeared in Wichita Kansas for a seminar and told the group about your Joint Renewal & Maxzorb CurcuMaxPlus Complexs. I purchased a 30 day supply that day, and have never looked back. I experienced relief of the pain within that 30 days and went off of the medicine. By 60 days, I had returned to playing golf and put my cane in the closet. Now, a year later, I am not even considering surgery. I exercise daily and am able to do everything I thought I would have to give up last year! I will NOT be without these products.

I also use a complete routine of the skin products - and what results! I was asked just the other day if I was my husbands daughter! HA! Love it!

Again, Thank You! Thank You! Thank You!
Glenda Gordineer



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What does Platinum Plus CBD Oil Do?

MaXzorb

Opinions may differ, but one thing is undeniable about CBD oil, the incredible healing power it has demonstrated with many people.

Relief for Chronic Pain

Those suffering from chronic pain from maladies like fibromyalgia are finding relief with CBD oil. Taking CBD oil can offer pain relief and can even prevent nervous system degeneration. In fact, it has been approved in Canada for multiple sclerosis and cancer pain.

What's really amazing is that CBD oil doesn't cause dependence or tolerance, so it's a great choice for those trying to stay away from opioids.

Reduces Anxiety and Depression

CBD oil has been shown to reduce levels of stress and anxiety in those suffering from PTSD, social anxiety disorder, and obsessive compulsive disorder. CBD oil was even found to reduce the stress and discomfort involved with public speaking!

(Note) Depression is often linked to those who are deficient in vitamin B12. Add the Raw Mega Nutritional System to increase levels of B12 and all of your B vitamins.

Reduces Inflammation

Chronic inflammation is rampant in our society. It contributes tremendously to diseases such as heart disease, cancer, Alzheimer's, high blood pressure, and autoimmune disease.

It is primarily caused by a poor diet lacking fresh fruits and vegetables, not getting enough sleep, and lack of exercise.

Recent research agrees that poor gut health plays a big role in chronic inflammation. Add the Total Digestion Probiotic to balance your microbiome, so as to correct the imbalance of bad bacteria to good bacteria.

Promotes Healthy Weight

CBD oil can help maintain healthy blood sugar, stimulate genes and proteins that help to break down fat, and increase metabolism.

Here's how

CBD oil encourages the body to convert white fat in to brown fat. Brown fat is fat that is in small deposits that behaves differently than white fat. Brown fat is said to improve health by enhancing the body's ability to burn white fat, create heat, and even regulate blood sugar.

Why Platinum Plus CBD oil by Maxzorb Nutrition works!

Only the highest grades of agricultural hemp are used in the production of our product. It is non-psychoactive and has a tremendous safety profile. We utilize the whole plant for the most efficacy.

What is the Endocannabinoid system?

Since its discovery in 1992, researchers have been investigating the existence of a central regulatory system called the Endocannabinoid System (ECS).

The ECS is made of cannabinoid receptors, endogenous (self made) cannabis-like compounds and enzymes that create and inactivate them. The ECS is one of the most important physiologic systems involved in establishing and maintaining human health.

Endocannabinoids and their receptors are found throughout the body. In each tissue, cannabinoids perform different tasks, but the goal is always the same: homeostasis, or maintaining a stable internal environment despite fluctuations in the external environment.

So why is CBD oil important to the ECS?

CBD oil is important to the ECS because CBD oil modulates endocannabinoid tone and may help keep healthy people healthy.

Sometimes called the “whole plant” or “entourage effect”, cannabis offers a complex biochemical matrix of many of the constituents in cannabis working synergistically. It also leaves behind other compounds that are only available when we eat the entire plant.

This is why Platinum Plus CBD oil by Maxzorb Nutrition provides even more broad spectrum nutrition, exerting a synergistic effect because it includes over 500 distinct compounds which include the following:

Phytocannabinoids, Fatty Acids, Terpenes, Plant Sterols, Chlorophyll and Vitamin E.

The Triple Pain Relief Cocktail – This works!



Combine the benefits of two other fantastic Maxzorb Nutrition Formulas CurcuMax Plus and Joint Renewal with the Platinum Plus CBD Oil for unbelievable results and synergistic effects. Take this after a meal, 2 times per day for maximum benefits. Less pain? Try taking less.

- (2) Platinum Plus CBD Oil capsules
- (3) CurcuMax Plus capsules
- (3) Joint Renewal capsules.

9/28/18

Thank you, Brenda - I have only been on CBD for a week or so but sleep is better already and my appetite has been tamed. Also, am following your recommendation for the quadruples at night: three CurcuMAX, three Joint Renewal and two CBD...thanks again for your foresight into this newly discovered oil...my body feels harmonious again!

KATHLEEN BRANSFORD

**Claudia Nelson
2001 Garretts Way
Manchaca, Texas 78652**

January 15, 2019

Dear Brenda,

I just received my order. Thank you for always getting my order out in a timely manner.

My husband remarked when I unloaded the CurcuMaxPlus from the box: "It is definitely better not waking up with pain in my body!" This is an amazing product and has made great improvement in our well-being. We feel very blessed to be in good health and active in our 70's. I believe your products (DIM, CBD, Probiotics, et al) have been a blessing to us.

Sincerely,

Claudia Nelson

23 January 2019

We may finally know what causes Alzheimer's – and how to stop it

AFTER decades of disappointment, we may have a new lead on fighting Alzheimer's disease. Compelling evidence that the condition is caused by a bacterium involved in gum disease could prove a game-changer in tackling one of medicine's biggest mysteries, and lead to effective treatments or even a vaccine.

As populations have aged, dementia has skyrocketed to become the fifth biggest cause of death worldwide. Alzheimer's constitutes some 70 per cent of these cases (see "What is Alzheimer's disease"), yet we don't know what causes it. The condition, which results in progressive loss of memory and cognitive function, usually over a decade or so, is devastating both to those who have it and to their loved ones.

The condition often involves the accumulation of two types of proteins – called amyloid and tau – in the brain. As these are among the earliest physical signs of the disease, the leading hypothesis since 1984 has been that the condition is caused by the defective control of these proteins, especially amyloid, which accumulates to form large, sticky plaques in the brain.

The bulk of research into understanding and treating Alzheimer's has centred on this "amyloid hypothesis". Huge sums of money have been invested in experiments involving mice genetically modified to produce amyloid, and in developing drugs that block or destroy amyloid proteins, or sometimes degraded tangles of tau.

It has become clear that this approach isn't working. In 2018 alone, the US National Institutes of Health spent \$1.9 billion on Alzheimer's research. But according to a recent study, the failure rate of drug development for Alzheimer's has been 99 per cent.

Some have begun to question the amyloid hypothesis. The lack of results has been compounded by the discovery that people – including some in their 90s with exceptional memories – can have brain plaques and tangles without having dementia. In a review of the research to date last year, Bryce Vissel at the University of Technology Sydney, Australia, concluded that there isn't sufficient data to suggest that "amyloid has a central or unique role in Alzheimer's".

In 2016, researchers discovered that amyloid seems to function as a sticky defence against bacteria. They found that the protein can act as an anti-microbial compound that kills bacteria, and when they injected bacteria into the brains of mice engineered to make Alzheimer's proteins, plaques developed round bacterial cells overnight.

At the time, the team said it still believed that amyloid itself went on to cause the brain damage of Alzheimer's, not bacteria. But a spate of subsequent studies have looked at microbes. Bacteria have been found in the brains of people who had Alzheimer's when they were alive. But it hasn't been clear whether the bacteria caused the disease or were simply able to enter brains damaged by Alzheimer's.

Multiple teams have been researching *Porphyromonas gingivalis*, the main bacterium involved in gum disease, which is a known risk factor for Alzheimer's. So far, teams have found that *P. gingivalis* invades and inflames brain regions affected by Alzheimer's; that gum infections can worsen symptoms in mice genetically engineered to have Alzheimer's; and that it can cause Alzheimer's-like brain inflammation, neural damage and amyloid plaques in healthy mice.

A whole new hypothesis

"When science converges from multiple independent laboratories like this, it is very compelling," says Casey Lynch of Cortexyme, a pharmaceutical firm in San Francisco.

Now researchers from Cortexyme and several universities have reported finding the two toxic enzymes that *P. gingivalis* uses to feed on human tissue in 99 and 96 per cent of 54 human Alzheimer's brain samples taken from the hippocampus – a brain area important for memory (*Science Advances*, doi.org/gltvdt). These protein-degrading

enzymes are called gingipains, and they were found in higher levels in brain tissue that also had more tau fragments and thus more cognitive decline.

The team also found genetic material from *P. gingivalis* in the cerebral cortex – a region involved in conceptual thinking – in all three Alzheimer’s brains they looked for it in.

“This is the first report showing *P. gingivalis* DNA in human brains, and the associated gingipains co-localising with plaques,” says Sim Singhrao at the University of Central Lancashire, UK, who wasn’t involved in the study. Her team has previously found that *P. gingivalis* actively invades the brains of mice with gum infections.

When Lynch and her colleagues looked at brain samples from people without Alzheimer’s, they saw that some had *P. gingivalis* and protein accumulations, but at low levels. We already know that amyloid and tau can accumulate in the brain for 10 or 20 years before Alzheimer’s symptoms begin. This, says the team, shows that *P. gingivalis* doesn’t get into the brain as a result of Alzheimer’s – but could be the cause.

AFTER decades of disappointment, we may have a new lead on fighting Alzheimer’s disease. Compelling evidence that the condition is caused by a bacterium involved in gum disease could prove a game-changer in tackling one of medicine’s biggest mysteries, and lead to effective treatments or even a vaccine.

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Some have begun to [question the amyloid hypothesis](#). The lack of results has been compounded by the discovery that people – including some [in their 90s with exceptional memories](#) – can have brain plaques and tangles without having dementia. In a review of the research to date last year, Bryce Vissel at the University of Technology Sydney, Australia, concluded that there isn’t sufficient data to suggest that “amyloid has a central or unique role in Alzheimer’s”.

In 2016, researchers discovered that amyloid seems to function as a sticky defence against bacteria. They found that the protein can act as an anti-microbial compound that kills bacteria, and when they injected bacteria into the brains of mice engineered to make Alzheimer’s proteins, plaques developed round bacterial cells overnight.

At the time, the team said it still believed that amyloid itself went on to cause the brain damage of Alzheimer’s, not bacteria. But a spate of subsequent studies have [looked at microbes](#). Bacteria have been found in the brains of people who had Alzheimer’s when they were alive. But it hasn’t been clear whether the bacteria caused the disease or were simply able to enter brains damaged by Alzheimer’s.

Multiple teams have been researching *Porphyromonas gingivalis*, the main bacterium involved in [gum disease](#), which is a known risk factor for Alzheimer’s. So far, teams have found that *P. gingivalis* [invades and inflames brain regions](#) affected by Alzheimer’s; that gum infections can [worsen symptoms in mice](#) genetically engineered to have

Alzheimer's; and that it can cause Alzheimer's-like brain inflammation, neural damage and amyloid plaques in healthy mice.

A whole new hypothesis

"When science converges from multiple independent laboratories like this, it is very compelling," says Casey Lynch of Cortexyme, a pharmaceutical firm in San Francisco.

Now researchers from Cortexyme and several universities have reported finding the two toxic enzymes that *P. gingivalis* uses to feed on human tissue in 99 and 96 per cent of 54 human Alzheimer's brain samples taken from the hippocampus – a brain area important for memory (*Science Advances*, doi.org/gftvdt). These protein-degrading enzymes are called gingipains, and they were found in higher levels in brain tissue that also had more tau fragments and thus more cognitive decline.

The team also found genetic material from *P. gingivalis* in the cerebral cortex – a region involved in conceptual thinking – in all three Alzheimer's brains they looked for it in.

"This is the first report showing *P. gingivalis* DNA in human brains, and the associated gingipains co-localising with plaques," says Sim Singhrao at the University of Central Lancashire, UK, who wasn't involved in the study. Her team has previously found that *P. gingivalis* actively invades the brains of mice with gum infections.

When Lynch and her colleagues looked at brain samples from people without Alzheimer's, they saw that some had *P. gingivalis* and protein accumulations, but at low levels. We already know that amyloid and tau can accumulate in the brain for 10 or 20 years before Alzheimer's symptoms begin. This, says the team, shows that *P. gingivalis* doesn't get into the brain as a result of Alzheimer's – but could be the cause.

By Debora MacKenzie

RAW FOOD PYRAMID

Cold Pressed Oils
Nutritional Yeast



MEDICINAL FOODS
EAT SPARINGLY

Herbs, Microgreens
Sea Weed, Wheat Grass



Nuts & Seeds
Flax, Hemp Seeds



PROTEINS, AMINO ACIDS
EAT MODERATELY

Sprouts & Legumes



Fruits & Vegetables



FOUNDATION FOODS
EAT GENEROUSLY

Leafy Greens



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HOW TO GO MORE RAW, AND LOVE IT!!!

“You don’t become a raw foodist, you already are one. Your body is designed to process live raw materials MORE EFFICIENTLY THEN PROCESSED DEAD ONES!

The food you eat either fuels disease or fights it. There is no middle ground.

It’s not a diet. It’s a lifestyle you don’t want to stop living!!

Eating a raw food diet is not about restriction, but about abundance. Eat any kind of raw plant food you like till you are satisfied!

Throughout history, people consumed almost exclusively wholesome natural products grown in rich, healthy soil. This way of eating underwent a dramatic shift approximately 180 years ago when the industrial revolution began. This is when refined sugar, canning, and milling white flour were invented. Later on came hydrogenated oil, artificial additives such as colors flavoring etc.

People eagerly embraced these new convenient foods and dramatically reduced their consumption of wholesome foods, especially green vegetables.

Within a short time, eating predominantly processed and refined foods became common place and, like riding a bicycle and using electricity, was considered a sign of progress. No one suspected that these new foods were high in calories and low in nutrition. Most people of the time actually thought these canned, refined, and other processed foods were easier to digest than whole foods, and better for you.

When people began developing various symptoms of deficiencies, they did not associate this with their newly acquired eating habits.

Degenerative diseases began to grow rampantly and one of those exploding ailments was cancer

According to Dr. Max Gerson, cancer was rare until the beginning of the industrial revolution. By 1900, 64 of 100,000 people died of cancer. These numbers tripled by the year 2000.

It is clear, in order to live a healthy long fulfilled life, and we have to STOP eating processed, dead food.

Start by adding new raw foods into your diet, allowing them to crowd out the old food choices. You will find that you will soon lose your desire for the depleted choices of the past. You will find you self “craving” these life giving “live” foods.

“Dead” processed, overcooked foods will become unappealing.

Eat any green leafed vegetable, sweet fruits, and fatty plant foods. This includes all fruits, herbs, vegetables of any kind, nuts, seeds, as well as super foods such as spirulina, goji berries, maca etc.

Organic foods are the best. They are higher in nutrients and don’t have the pesticides and fungicides on them.

The famous 12-year Schuphan study tested the nutritional superiority of organically grown food. Here is what was found:

1. Organic foods are much higher in mineral and trace mineral content with the exception of sodium. Organic produce had far more iron, potassium, magnesium and calcium. There are 2 to 10 time the mineral content of conventional foods
2. Organic spinach contained 64-78% more vitamin C
3. Organic crops had a dry weight of 69-96% more than conventional crops, demonstrating higher food value content.
4. Overall organically grown food exceeded commercial grown crops significantly for 20 of the 22 beneficial trace minerals.
5. Organic foods had lower quantities of toxic trace elements, such as aluminum, lead, and mercury. They taste much better too.

Very simply, raw plant foods heal, rejuvenate and make us feel great!

Making the transition- The easiest and most pleasant way to move towards a raw food diet is to drink green smoothies. Start with at least 8 ounces per day. **DON’T GULP IT DOWN!** Drink it over a 20-minute span, so you will feel satiated. This first step will lead to an eventual dislike of processed food.

Why are green foods so good for us?

Chlorophyll is the lifeblood of plants; hemoglobin is the lifeblood of animals. Their molecular structure is almost identical. The hemoglobin molecule has iron at its center, while the chlorophyll molecule is built around magnesium. No doubt, this is why the human body absorbs chlorophyll so easily where its healing properties are dramatic. Chlorophyll helps to

neutralize and remove toxins from the blood and internal organs. In addition, it helps to heal digestive disorders, boost immunity, and combat low energy levels.

Rotate the greens you eat. Green leaves are typically the most nutritious part of a plant, and creatures naturally want to eat them. Plants carry a trace of alkaloids in their leaves to ensure that animals will move on and will not exterminate any one species. Although alkaloids are poisonous in large quantities, in small quantities they are good for you and actually build the immune system. To prevent building up these alkaloids in the system you must rotate the greens you eat.

You can rotate your greens in any way that is convenient to you. Some people like to put a different type of green in their smoothie every day. Others put a variety of greens in each smoothie.

A good way to do it is to rotate 7 greens, one for each day of the week.

Greens that are really good to start with are:

Bok choy, celery, chard (all types), Collard greens, escarole, kale (all types) mustard greens, lettuce (all types, red and green), romaine, spinach, turnip greens, and wheatgrass. Organic if possible. **The fiber from these are prebiotics.** You may mix 2 or 3 of these in one smoothie.

Fruits that are really good to start with are:

Blueberries, raspberries, strawberries, apples, (green, red, any variety), apricots, peaches, plums, pears, grapes, kiwi, melons, bananas, papayas, or any fruit that sounds good to you.

Add more nutrition to your smoothie. Sprouts, flax seeds, chia seeds, nuts, sunflower seeds. Flax seed oil, aloe vera juice or gel, yogurt (I love cultured coconut milk), nut milks like coconut milk and almond milk add omega probiotics, 3 fatty acids and many other vitamins and minerals. Beets are fantastically good and add an earthy sweet flavor. They are powerful antiaging, super stars known to lower blood pressure. You may add stevia or honey to taste. If it doesn't taste good, chances are you will not stay on this wonderful healing journey.

We don't have to rotate our fruits as much as they rarely contain alkaloids. All fruits and berries are wonderful in your smoothie. Berries are some of the lowest in fructose.

Bananas make your smoothie taste creamy it is a good idea to peel bananas, quarter them, and put them in freezer bags. You will never have to throw away over ripe bananas again. Freezing them not only preserves them but gives your smoothie a great texture. Frozen blueberries, raspberries, and blackberries. They are so high in antioxidants and taste so good!

What about protein?

Greens contain protein! It is wise to add plant protein powder. There are a variety of these in your local health food store. This is up to your preference. Adding protein is a good idea just to make sure you are getting enough if you are not eating meat.

How many smoothies should I drink per day?

This depends on what your smoothie contains. Usually 20 ounces is enough. We also want to **EAT PLENTY OF RAW FRUITS AND VEGETABLES**. Chewing is good for you.

Can I freeze my greens if I can't use them before they wilt?

In a perfect world, you would eat the greens the minute they are plucked from the ground. Some grow their own garden and can eat the ripe, fresh veggies immediately after being picked. Most of us do not have that capability, so the next best thing to buy greens in bulk and break them up into freezer bags. Some say that freezing is better because it keeps the product fresher. You want to get as much nutrition as possible from your organic produce.

How long do smoothies keep?

In most cases, smoothies will remain fresh for at least 48 hours.

Are powdered greens better than fresh?

Powdered greens are fine, and can be added to your smoothie for an extra boost. They are great when traveling. Fresh is better on a daily basis. (Horses offered dried hay and green grass, chose the green grass every time!)

What about vitamin B-12, which vegans don't receive from plants?

Take a comprehensive multi vitamin and mineral supplement that is high in B-12. The Mega Nutritional System is high in all B vitamins and is in a food base.

Can I lose weight drinking green smoothies?

Yes! You will feel satisfied **EXPECIALLY IF YOU ADD FLAX SEED TO YOUR SMOOTHIE**. Processed, starchy, fried foods will become unappealing. Add herbs that will satisfy the appetite, and detoxify your organs. The Mega Cleanse Internal Cleansing Complex has 30 herbs and super foods to help you eat right and gently detox at the same time.

I started drinking green smoothies 3 days ago, and I am constipated. What did I do wrong?

People who eat predominately refined food, which is low in fiber, cause their bowels to become sluggish. Raw food is high in nutrition and fiber. It consists of 90% water. This is a big change for the intestines to get accustomed to. It may take a couple of weeks, maybe longer for the intestines to heal, for their muscle tone to improve, for them to start working properly. This is known as a healing crises, or Herxheimer reaction. If you allow the body to cleanse and readjust, you will feel much better.

Add Mega Wellness Cleanse and Mega Cleanse Extra to aid elimination and tonify the colon so it functions more efficiently.

Do I need a special blender or food processor?

A strong blender such as the “Ninja” works extremely well.

Any blender will do to start with. Just put liquids in first then the greens, blend, then and other ingredients and blend, gradually adding in the ingredients till all are well blended. If it is too thick and hard to blend, add more liquid. A **“chunky smoothie”** may be better for you, as you are chewing it up and the act of chewing produces certain enzymes as well as this slows down the consumption of the smoothie, which is healthier for us than drinking it to quickly.

Juicing or blending. Which is better?

It is a personal preference and both are great for your health. Many are of the opinion that blending is better for you because instead of throwing away the pulp or fiber, a person is getting that extra value! It is easy to do and stick with daily, no matter how rushed one is!

What about eating cooked food?

Most people find it hard to go 100% raw. Balance is the key to life in general. Cooked food should be of the highest most nutritious quality. Steamed carrots, cruciferous vegetables such as broccoli, cabbage, cauliflower, and brussel sprouts are very nutritious, but are better for you when cooked as cooking destroys goitrogens. These are substances that disrupt the production of thyroid hormones by interfering with iodine uptake in the thyroid gland. Soups are super nutritious, as the minerals that are leached from the vegetables, are in the broth. Soup is a great way to get your cruciferous veggies in!

If a person can maintain a 50% to 80% raw diet they would most likely be healthier and would achieve a better quality of life.

What about meat?

If you are a meat eater, make sure you choose meat that is not full of hormones and other additives that could have an adverse effect on your health. Your local health store will offer a variety of these kinds of meats.

What is Oxalate?

Oxalate, also called oxalic acid, is an organic acid found in many plants.

These include leafy greens, vegetables, fruits, cocoa, nuts and seeds.

Your body can produce oxalate on its own or obtain it from food. Vitamin C can also be converted into oxalate when it's metabolized.

Once consumed, oxalate can bind to minerals to form compounds, including calcium oxalate and iron oxalate. This mostly occurs in the colon, but can also take place in the kidneys and other parts of the urinary tract.

For most people, these compounds are then eliminated in the stool or urine. Drinking the correct amount of water will help to flush these particles from the kidneys before stones can form.

YOUR GUT DETERMINES OXALATE ABSORPTION

Most of the oxalate you eat can be broken down in the gut so it does not bind to minerals.

A person who has taken antibiotics, consumed processed foods, has not been drinking a sufficient amount of water, and has not replaced their good gut flora, is prone to suffer from the ill effects of oxalate.

It becomes imperative to take a probiotic blend such as Total Digestion, to make sure that you have a strong microbiome.

This is of utmost importance so that you can digest your food properly.

We don't want to throw the baby out with the bath water so to speak by not eating plant foods that have oxalates but are also nutrient dense, supplying antioxidants, vitamins, and minerals that your body needs to survive and fight disease.

BOTTOM LINE: Most healthy people can consume oxalate-rich foods without problems, but those with altered gut function may need to limit their intake, and correct their ratio of bad bacteria to good bacteria by taking probiotics and drinking the correct amount of water. Eliminate soft drinks, and other processed foods to prevent complications from oxalates.

Delicious, Healthy Lentil Soup (add cruciferous veggies too!)

2 tablespoons olive oil

1 large onion chopped

2 large carrots chopped

3 garlic cloves chopped

1-inch piece ginger peeled and finely chopped

2 bay leaves

1-3 branches of thyme

3 teaspoon ground turmeric

1 teaspoon coriander

1 cup of black lentils, 1 cup of red lentils, rinsed

1 14 and ½ ounce can chopped tomatoes with liquid

1 teaspoon sea salt

¼ teaspoon cayenne pepper

Heat olive oil, onions, carrots, sautéing until onion is soft and translucent. Add Ginger, garlic, bay leaves and thyme and cook another 2 minutes. Stir in the turmeric and coriander and cook for 2 minutes or so.

Add the lentils and the tomatoes and 7 cups of water. Stir to combine the ingredients.

Bring to a simmer, uncovered, over medium high heat for ½ hour or until lentils are tender.

If it is too thick add more water to obtain the consistency you want.

Remove, thyme branches and bay leaves and add the salt and cayenne pepper.

Cook an additional 15 minutes, cool and serve. (put chunks of avocado in right before serving)

Delicious, fast, and really good for you!

This will last a week in the fridge.

Do you miss your love affair with bread? Now you can have fabulous, guilt free bread!

This is THE HEALTHIEST bread recipe ever!!! LOW CARB, PALEO , VEGAN!!!

Make Garlic Bread using the SAME base recipe !!!!

Prep Time- 5 minutes
Bake Time - 40 minutes
Rise Time- 1 hour

Makes - 4 long loaves of bread (you can freeze them for use later)

Dry Ingredients:

2 cups Almond Flour
2 cups Arrowroot flour
2/3 cup coconut flour
1.5 tsp sea salt
4 tsp active dry yeast
2 tbsp. very fine ground chia seeds
4 tbsp. organic psyllium husk powder

Wet Ingredients:

2.5 cups water
4 tsp Organic Dark Maple Syrup

Directions

- 1) In a large bowl, whisk together almond flour, arrowroot flour & coconut flour
- 2) In another Big bowl, take 2.5 cups of water. microwave it for 2 minutes. using a thermometer, ensure the water temp is between 105-110 F. This is important. Add the maple syrup and stir. Add the yeast and let stand for 10 minutes. After 10 minutes, the yeast should bubble or foam. If this does not happen, then start over. This step is crucial in the making of bread.
- 3) Once the water is bubbling, stir in the finely ground chia & psyllium powder into the yeast mixture. Let stand for 1 minute to thicken, then whisk.
- 4) Pour thickened yeast - chia mixture into bowl with the dry flours and mix very well until well combined. the dough will be slightly sticky but workable. Knead for 1 minute.
- 5) Put kneaded dough back in the bowl. Cover with a damp cloth and place in a warm spot to rise for one hour.
- 6) Preheat the oven to 425 F. Place a pizza stone (or glass baking dish or cooking sheet) into oven to preheat
- 7) Divide the dough into long rolls. use a serrated knife to cut a transverse pattern on the top
- 8) Slide the prepared dough onto the preheated stone or cooking sheet. Bake 35-40 minutes. Please Note - baking time can vary- the measure of doneness is an internal temperature of 205-210 F
- 9) Let cool completely on wire rack (not allowing the loaf to fully cool before cutting may result in a gummy interior) when completely cool, slice serve or store in an airtight container. To re-crisp crust, toast or reheat in a 375 oven for 5-10 minutes.

www.bodydynamics.com

Why Organic Food Choices Will Make the Difference Between Wellness and Illness

Adding organic food to your shopping cart can be a little more expensive.

That said, avoiding consuming chemical pesticides and hormones could help you to avoid damaging (and costly) future health problems.

A 2012 Washington State University study demonstrated that environmental toxicants can have negative effects on not just an exposed animal but the next three generations of its offspring.

Another recent study showed that Monsanto's widely used herbicide formula Roundup destroys testosterone and ultimately leads to male infertility. More than **25 other diseases** are also known to be linked to Roundup including DNA damage, birth defects, liver dysfunction, and cancer. How can you avoid putting toxic pesticides into your body? Simple, buy organic foods whenever possible. If you are on a tight budget, you can prioritize your purchases based on the Clean Fifteen and the Dirty Dozen list on the next page.

Taking Mega Wellness Cleanse will rid the body of the accumulative toxins in your organs and prevent toxic material from building up!

The Dirty Dozen

- 1 Apples
- 2 Strawberries
- 3 Grapes
- 4 Celery
- 5 Peaches
- 6 Spinach
- 7 Bell Peppers
- 8 Nectarines
- 9 Cucumbers
- 10 Potatoes
- 11 Cherry Tomatoes
- 12 Hot Peppers

The Clean Fifteen

- 1 Pineapples
- 2 Papayas
- 3 Mangos
- 4 Kiwifruit
- 5 Cantaloupes
- 6 Grapefruit
- 7 Sweet Corn
- 8 Onions
- 9 Avocado
- 10 Sweet Peas (frozen)
- 11 Cabbage
- 12 Asparagus
- 13 Eggplant
- 14 Sweet Potatoes
- 15 Mushrooms

From most to least contaminated

From the least to most contaminated

In general, the thicker the skin, the lower the pesticide levels that penetrate the produce from spraying. But studies show skin thickness isn't the only determining factor---some produce absorbs high levels of pesticide from the soil. Some seeds, such as corn, are coated with a pesticide before planting. Once the plant starts to grow, it spreads throughout the plant

Compliments of Body Dynamics at www.bodydynamics.com

Eat a Plant Based Diet for That Youthful Glow

Vegetables hydrate your skin, which can help reduce wrinkles. Not only are some vegetables 85 to 95 percent water, but they also contain a plethora of phytonutrients that help guard against aging by preventing cell damage from stress, ultraviolet light, and environmental toxins.⁷ Vitamin C, abundant in tomatoes, cucumbers, bell peppers, broccoli, and others, aids in collagen formation.

Brightly colored red and orange vegetables such as carrots, peppers, and winter squash, give you beta-carotene and help protect your skin from sun damage. Tomatoes contain lycopene, which acts as a natural sunscreen. A Scottish study involving college students suggests that fruit and vegetable consumption may even increase your attractiveness! Researchers found that the pigments (carotenoids) in many fruits and vegetables impart a warm glow "sufficient to convey perceptible improvements in the apparent healthiness and attractiveness of facial skin."⁸ Translation: vegetables make you appear more healthy and beautiful!

Eating more fresh vegetables is one of the simplest choices you can make to improve your overall health. A vegetable-rich diet can help protect you from arthritis, heart disease, stroke, dementia, cancer, and can even help slow down your body's aging process.

A recent study found that people who consume seven or more portions of vegetables and fruit a day have a 42 percent lower risk of dying from any cause, compared to those who eat less than one portion—and vegetables have the greatest impact.¹

Vegetables are the REAL comfort foods, with nutrients that actually improve your resilience to stress. Eating vegetables helps replenish your magnesium and vitamin C, which can be depleted by stress.

Vegetables also provide you with omega-3 fats and B vitamins, proven to help reduce anxiety and depression. The vitamin K in veggies helps reduce inflammation in your body, which stress can aggravate.³

Green leafy vegetables, such as kale, spinach, and Swiss chard, are loaded with magnesium, which helps balance your cortisol, one of your "stress hormones." Magnesium and potassium relax blood vessels, helping keep your blood pressure low.⁴

Magnesium also plays an important role in calcium absorption, helping you maintain good muscle and nerve function and a healthy immune system. Low magnesium levels have been linked with anxiety disorders and migraines, both of which are typically aggravated by stress.⁵

Avocados are one of the best stress-busting foods you can eat, replete with potassium, glutathione, healthy fats, and more folate than any other fruit. Folate is extremely important for your brain. Asparagus is also rich in folate.

The Causes of Gas and Bloating

Bloating and gas are usually tied to what and how you eat. Vegetables can help reduce bloating—but if your gut is *not healthy*, they can make bloating worse.

A major cause of bloating is gas in your abdomen, half of which is simply swallowed air.⁶ You can reduce swallowed air by refraining from habits like drinking through a straw, chewing gum, or drinking carbonated beverages.

The remaining abdominal gas is produced by the bacteria in your gut that help digest your food. If food doesn't move quickly enough through your digestive tract, gas can build up in your intestines, resulting in that uncomfortable bloated feeling.

Foods that tend to make bloating worse include sweeteners like sorbitol and fructose, grains, legumes, dairy products (if you have difficulty digesting lactose), and certain fruits and vegetables such as cabbage, cauliflower, Brussels sprouts, and prunes.

These foods contain sugars and starches that some people have trouble digesting. Overeating, eating too quickly, and not chewing your food adequately also contribute to bloating.

Fiber May Be Friend or Foe, Depending on Your Gut

You have probably heard that fiber is important for good health, but it is important to realize that eating a high-fiber diet with a damaged intestinal lining can lead to serious health problems. If high-fiber foods make you feel bloated, then it may indicate your digestive tract is in need of healing.

Your digestive system is not designed to break down fiber. It is actually because your body *can't* digest fiber that it plays such an important part in digestion.

Soluble fiber, like that found in cucumbers, blueberries, beans, and nuts, dissolves into a gel-like texture, helping to slow down your digestion. This helps you to feel full longer and is one reason why fiber may help with weight control.

Insoluble fiber, found in foods like dark green leafy vegetables, green beans, celery, and carrots, does not dissolve at all and helps add bulk to your stool.

This helps food to *move through your digestive tract more quickly* for healthy elimination. Many whole foods, especially fruits and vegetables, naturally contain *both* soluble and insoluble fiber.

If your gut flora is healthy, i.e. dominated by beneficial, probiotic species, then these microbes will feed on the undigested fiber in your bowel, allowing it to thrive and proliferate.

Fiber Helps Nourish Your Gut

Many of these dietary fibers are digested by the beneficial bacteria in your distal colon and they produce short-chain fatty acids, like butyric acid, that are highly nourishing to your intestinal cells. This creates a very healthy symbiosis.

Vegetables May Reduce Bloating—But Increase Them Gradually

Once your digestive tract is working optimally, the fiber in vegetables will help flush out waste and gastric irritants, thereby minimizing bloating by keeping things moving along. When changing your diet, do so *gradually*, because suddenly eating lots of vegetables, or radically increasing your dietary fiber when you're not accustomed to doing so, can be a shock to your system.

The microbial environment in your gut is accustomed to certain conditions, and changing this too abruptly can result in gastric distress, bloating, and other GI symptoms. Whenever making changes to your diet—even beneficial ones—take care to acclimate over time. If you introduce new foods and experience a problem, back off a bit, but don't give up. Continue slowly.

Mega Wellness Cleanse and the Total Digestion Probiotic with Digestive Enzymes will also help you to move slowly but surely to your goal of a healthy digestive system.

Sugar in Fruit. How Much is Too Much

Strawberries, bananas, oranges, kiwi... the list goes on and on. Fruit is touted as a super-healthy snack option, but while the fiber and other nutrients found in fruit are a great part of any diet, many varieties can also be very high in sugar. The sugars in fruits are more "neutral" unlike processed sugars like corn syrup and table sugar. In fact, some fruits that have high antioxidant levels (such as berries) are particularly powerful in the fight against cancer and other degenerative diseases, even though they do contain moderate amounts of natural sugar. The American Heart Association recommends no more than 26 grams of sugar per day for women, or 36 grams per day for men. And for men and women ages 19 to 30, the USDA recommends two cups of fruit per day. But depending on which fruit is picked, this could be bad news for fruit lovers: Just two cups of sliced bananas adds up to the maximum recommended amount, clocking in at 36 grams of sugar! Organic fruit, frozen or fresh, it is best avoid canned and dried fruits.

Fruit-tastic — Your Action Plan

Traditionally, a diet high in fruits and vegetables has been shown to help prevent weight gain (when compared to a diet high in fiber from other foods). Although fruits can hold three times more calories per serving when compared to vegetables, they're still a relatively low-calorie choice, especially when considering how good fruit's high water and fiber content are at promoting feelings of fullness

Mariea Collazo-Clavell MD States, "It is a common myth that if you have diabetes you shouldn't eat certain foods because they are "too sweet." Some fruits do contain more sugar than others, but that doesn't mean you shouldn't eat them if you have diabetes. The total amount of carbohydrates affects blood sugar levels more than does the source of carbohydrates or whether the source is a starch or sugar".

One serving of fruit should contain 15 grams of carbohydrates. The size of the serving depends on the carbohydrate content of the fruit. The advantage of eating a low-carbohydrate fruit is that you can consume a larger portion. But whether you eat a low-carb or high-carb fruit, as long as the serving size contains 15 grams of carbohydrates, the effect on your blood sugar is the same.

The following fruit servings contain about 15 grams of carbohydrates:

- 1/2 medium banana
- 1/2 cup (83 grams) cubed mango
- 1 1/4 cup (190 grams) cubed watermelon
- 1 1/4 cup (180 grams) whole strawberries
- 1/3 cup (80 grams) sapodilla (chikoo)
- 3/4 cup (124 grams) cubed pineapple

If you are diabetic or trying to lose weight, choose fruits and vegetables that contain less sugar and less carbohydrates to get the fiber, vitamins and minerals you need.

Berries

If you want to keep your sugar intake low but still want to eat fruits, berries are your best option. Most of the carbohydrates found in berries are fiber and very little is sugar. For example, a serving of 1/2 cup of raspberries has only 2.7 grams of sugar and the same portion of strawberries has 3.5 grams of sugar. Blueberries have slightly more sugar, with about 7.4 grams per 1/2 cup, but this is still less than half of what is found in a typical serving of fruit. As a comparison, a medium banana has 14.4 grams of sugar, a medium apple has 18.9 grams of sugar and half a mango has 23.0 grams of sugar.

Also, let's not forget the evolutionary argument... humans and pre-humans have been eating fruit for millions of years. The human body is well adapted to the small amounts of fructose found in nature.

There are lots of nutrients in them that are important for health. This includes fiber, vitamins, minerals, as well as a plethora of antioxidants and phytonutrients.

Fiber, especially soluble fiber, has many benefits. This includes reduced cholesterol levels, slowed absorption of carbohydrates and increased satiety. Plus there are many studies showing that soluble fiber can contribute to weight loss

Fruits tend to be high in several vitamins and minerals... especially Vitamin C, Potassium and Folate, which many people don't get enough of.

Of course, "fruit" is an entire food group. There are dozens (or hundreds) of different fruits found in nature and the nutrient composition can vary greatly between the different types of fruit.

There are many other studies showing that fruit and vegetable consumption is associated with a lower risk of heart attacks and stroke, the two most common causes of death in Western countries

Bottom Line: There are many studies showing that fruit intake is associated with a lower risk of serious diseases like heart disease, stroke and type II diabetes.

Moderation is the key with anything including fruit consumption.

Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, kale, bok choy, cabbage and Brussels sprouts. All of these vegetables are very nutritious, while having a very low sugar content. For example, 1 cup of cooked cauliflower florets contains only 2.6 grams of natural sugar, and the

same amount of broccoli contains 2.2 grams of sugar. You can include generous servings of these vegetables in your stir-fries, soups and salads without having to worry about your sugar intake. The high fiber content of cruciferous vegetables can help you feel full on fewer calories to help you lose weight on your low-sugar diet.

Leafy Greens

All leafy green vegetables contain barely any sugar, on average less than 0.5 grams per cup raw. You can opt for any type of lettuce, such as Romaine lettuce, iceberg lettuce, arugula or red leaf lettuce, or choose spinach, collard greens or Swiss chard to prepare low-sugar salads. Choose a salad dressing or vinaigrette that is free of added sugar, or prepare one with olive oil and sugar-free balsamic vinegar. Many leafy greens can also be used in omelets or stir-fries.

Mushrooms, Tomatoes and Radishes

Most non-starchy vegetables have very low sugar contents and can be consumed liberally on a sugar-free diet. You can eat a whole cup of raw mushrooms, an entire medium tomato and a few radishes for under 5 grams of natural sugars. Cucumber, zucchini, green beans, carrots and bell peppers also have very low sugar and high fiber contents, so they won't influence your blood sugar levels significantly.

The Benefits of Healthy Intestines For Your Skin

When a large intestine is healthy -- when it is not carrying putrefied, undigested food matter and instead contains healing, cleansing phytonutrients like chlorophyll from fresh fruits and vegetables -- it is going to perform its function well. **A person who has a healthy large intestine will reflect that in their complexion. Their skin will look young.** This helps explain why people who routinely engage in a lot of juicing or blending raw fruits and vegetables have such healthy looking skin. **It is not only because the juice is nourishing their skin, it is also because the juice is cleansing their large intestine. Their entire digestive system gets healthier, and their skin reflects that improved level of health.**

Probiotics are good for both the large intestine and the skin for many of the same reasons. The large intestine is kept healthy by maintaining a friendly terrain that welcomes helpful bacteria. **We must have friendly bacteria in the gut in order to be healthy individuals** for a variety of reasons, some of which are only beginning to be understood by medical researchers. Healthy skin also provides the right terrain for friendly bacteria, while discouraging the growth of harmful bacteria.

The importance of water for digestion and skin

There are other similarities between these two organs: their positive reaction to sufficient dietary water. Water actually helps lubricate the movement of fecal matter through the large intestine. **In a person who is chronically dehydrated, the peristaltic action of the large intestine is reduced; thus fecal matter spends a longer amount of time in the body, emitting toxins and poisoning the body.**

So many people are chronically dehydrated, it's no surprise that millions of people suffer from diseases of the large intestine and bowel like Crohn's Disease and Irritable Bowel Syndrome.

Likewise, water is important for healthy skin, lubricating it and keeping it soft and supple. Without water, all tissues in the body become crippled at the cellular level; they begin to shrivel and lose their ability to function properly. They are unable to do the basic things that every cell needs to do to survive, which is to take in nutrients and excrete metabolic waste products.

Raw Thyroid Balance

From Thyroid Issues to Raw Food Health

Can a raw thyroid be healthy and balanced?

There is a lot of confusing and conflicting information out there in regards to how a raw food diet affects the thyroid. Some people say that it is not a good idea to eat too much raw food if you have thyroid issues, and others swear by a raw food diet, saying that it has stabilized their thyroid gland in ways that years of prescription medicine were not able to.

A raw food diet can be followed if you have thyroid issues, but should be tweaked a little depending on if your thyroid runs underactive (hypo) or overactive (hyper).

Thyroid Overview

Our thyroid is a tiny gland, but affects our bodies in huge ways. The thyroid weighs less than one ounce and is found at the front of your neck, just below your Adam's apple. Its main job is to take iodine from the foods that you ingest and turn it into thyroid hormones (thyroxins) that get released into the bloodstream where they control your metabolism (how fast you turn oxygen and calories into energy). These thyroid hormones also control how sensitive the body should be to other hormones.

Hypoactive Thyroid

People that have an underactive thyroid usually have problems losing weight, run low in energy and their bodies can sometimes run cold. The thyroid does not produce sufficient hormones to signal the body to use calories for energy.

On a raw food diet, there are a few things to take into consideration if you have a hypoactive thyroid. One is to not overdo it on raw veggies that contain goitrogens, such as broccoli, cauliflower, kale or cabbage. The goitrogens interfere with your body's ability to absorb and use iodine, which means that it is not getting enough to signal the production of thyroid hormones.

Further compounding the problem is the fact that these goitrogen-high veggies are high in sulfur, which can mess with the delicate balance of copper and iron in your body. Sulfur, copper and iron all need to work together in certain quantities for optimal thyroid function.

Other foods that interrupt the thyroid's ability to work at its best include soy (which blocks the activity of an important enzyme called thyroid peroxidase), millet, peanuts and pine nuts, so these foods should only be consumed in small quantities by people with a hypoactive thyroid.

Foods that stimulate the thyroid gland are avocado, coconut and caffeine, for example found in dark chocolate. Saturated fats also stimulate the thyroid gland, but for obvious reasons these should be consumed in small amounts, and do not come up too often on a raw diet that does not include animal products anyway.

One thing to be aware of is to include warming foods to help offset the chilliness that someone with an underactive thyroid may feel. Fresh ginger, cayenne, black and white pepper, and green onions are especially stimulating and warming.

There's a good chance that people with a history of hypothyroidism may actually find themselves losing weight when they embark on a raw food diet. With a raw thyroid they will probably also have more energy than they have felt in years!

Hyperactive Thyroid

On the other end of the spectrum are the people whose thyroid works overtime, constantly sending out signals for the body to convert calories into energy. They may have a hard time keeping weight on, and may have so much energy that it may be difficult for them to unwind and get a good night's sleep.

With a raw food diet, people with hyperthyroidism need to be careful to get enough proteins and fats. If protein and fat is severely restricted, the thyroid ends up sending out too many hormones that tell the body to begin tapping into other energy reserves.

The use of good monounsaturated oils will provide your body with a high caloric intake, which is important to keep weight on. Good monounsaturated oils include.... olive oil, cashew nuts, macadamia nuts, and sesame oil

Huge consumption of fruits should be avoided, as they can be too light and cleansing for a body that needs to focus more on building and strengthening. Too much fruit consumption for a person with hyperthyroid can also cause them to fill without getting sufficient daily caloric intake to maintain their wired body.

Many people with an overactive thyroid try to limit thyroid output by restricting their iodine intake and eating more foods that have goitrogens (such as raw broccoli, cabbage and cauliflower.) This is not a smart strategy and will backfire, because a restriction in iodine actually makes the thyroid increase in size in an effort to filter more blood and get more iodine from there. What happens next is that when iodine does get re-introduced into the diet, the larger thyroid has the ability to be even more active and powerful than before, stimulating even more hormones to be made.

A better strategy would be to increase foods high in copper which help the body tolerate iodine without increasing its hormonal production. Sesame seeds and tahini, sunflower seeds, pumpkin seeds, sun-dried tomatoes and dried basil all contain good amounts of copper and should be consumed regularly by those with hyperthyroidism.

Raw Thyroid Balance

There are many foods which are beneficial for both hypo- and hyperactive thyroids, because these foods have the ability to balance and regulate. Coconut oil, all forms of seaweeds, radishes, sprouts, oats and raisins all contain at least one enzyme or mineral that is crucial to optimal thyroid function.

In addition to diet, many doctors and schools of thought have noted the positive effect of deep meditative breathing on the thyroid. The breath passing over the thyroid gland (which remember, is right by your windpipe) helps to massage the gland gently and naturally. For an underactive thyroid, this action is stimulating, and for an overactive thyroid it is relaxing and calming.

Raw Thyroid Choices

There is no reason why a careful raw food diet cannot be followed by those with thyroid issues. Those on prescription medication may want to get tested for dosages more regularly as the body may heal and change very rapidly in response to a new way of eating. Medication amounts may be able to be lowered very quickly.

One of the benefits of a raw food diet is the ability to bring the body back into natural equilibrium. With a few modifications and adjustments depending on which end of the spectrum the thyroid is on, you may find yourself on the road to balance and wellness in no time!

Brenda's Berry Good Green Smoothie.

Try this! It fills you up and you are getting the equivalent of about 15 servings of fruits and veggies!! Use organic fruits and vegetables as much as possible.

Ingredients

1 cup of organic cherries (frozen)

1 big hand full of organic raw spinach (or any green leafy mixture

¼ of an organic red beet

6-10 large Strawberries

1 apple washed and quartered (you can leave on peel if it is organic)

1 cup frozen blueberries

1 big hand full organic carrots

1 scoop of plant protein powder vanilla flavor (This will really make a difference in the taste)

½ cup aloe Vera juice or what your bottle calls for

1-2 tablespoons of flax seed oil, coconut oil is fabulous too

1 tablespoon hemp hearts

4 cups pure water

1 big handfull of raw nuts of choice

1 banana

Use virtually any fruit or vegetable to create delicious and very nutritious meals!

If you want to lose weight or are diabetic, eliminate nuts and sweet fruits such as bananas and apples, and include more veggies.

You can add chia and or flax seed and or hemp hearts. Try adding 1 lemon, peeled and seeded for more cleansing. Love nuts? Add one handful the last 10 seconds of blending.

Blend on high to liquefy the ingredients. If it is too thick add more water.

Use a high powered blender such as vita mix or a "Ninja" Blend well for 2-3 minutes.

If you have a regular blender, put liquid in first, and gradually add other ingredients till all are blended! This should make about 70 ounces. It keeps for up to 38 hours in the fridge. I get about 3- 4 meals out of this. It makes a great breakfast! *TROUBLE SWALLOWING YOUR SUPPLEMENTS? THROW THEM IN TOO!!*

Overcomers Morning Start

1 cup water & ice ½ cup coconut water
3 large handfuls spinach
3 cups frozen or fresh green grapes
1 scoop vanilla plant protein 2 tbsp. Coconut oil

Pina Colada Love

1/2 cup ice 1 cup coconut water 1 tbsp. coconut oil
3 large handfuls organic spring mix
1/2 lemon
1 orange, peeled
2 cups pineapple chunks
3 stalks celery (chopped)
1 scoop of vanilla protein
2 tbsp. flax seed oil

Dance to the Beet

1 cup pomegranate juice 2 tbsp. coconut oil
1/2 cup aloe vera juice
1 medium beet chopped
3 handfuls of mixed greens of choice
3 carrots, chopped
1 cup frozen mixed berries
1 scoop vanilla plant protein

Bren's Fave

1 apple
1 kiwi peeled and chopped
2 stalks celery chopped
½ bannan
1 large carrot
½ cup aloe vera and 1 shot of Noni juce
1 cup of frozen blueberries
3 handfuls of any greens
1 hannful of mixed nuts

In a high-speed blender, blend liquids, ice, and greens for 30 seconds. Add fruit, protein powder, and other ingredients. **Add enough water** to make the consistency thinner unless you like it thick. Put nuts in last 10 seconds. Interchange these ingredients to create YOUR signature smoothie.

Drink a pint of smoothie at least 4 times per week to get fabulous health benefits.

It is a common myth that if you have diabetes you shouldn't eat certain foods because they are "too sweet." Some fruits do contain more sugar than others, but that doesn't mean you shouldn't eat them if you have diabetes. The total amount of carbohydrates affects blood sugar levels more than does the source of carbohydrates or whether the source is a starch or sugar.

“ One serving of fruit should contain 15 grams of carbohydrates. The size of the serving depends on the carbohydrate content of the fruit. The advantage of eating a low-carbohydrate fruit is that you can consume a larger portion. But whether you eat a low-carb or high-carb fruit, as long as the serving size contains 15 grams of carbohydrates, the effect on your blood sugar is the same.” Maria Collazo-Clavell, MD

The following fruit servings contain about 15 grams of carbohydrates:

1/2 medium banana

1/2 cup (83 grams) cubed mango

1 1/4 cup (190 grams) cubed watermelon

1 1/4 cup (180 grams) whole strawberries

1/3 cup (80 grams) sapodilla (chikoo)

3/4 cup (124 grams) cubed pineapple

One serving (exchange) of fruit contains about 15 grams of carbohydrate, no protein or fat, and 60 calories. Fruits in the amounts listed below equal one exchange. Unless otherwise specified, weights listed include skin, core, seeds and rind. Type Food Serving size

Fresh fruit

Apple, small (2 inches across) 1 (4 ounces)

Apricots 4 (5 1/2 ounces)

Banana, extra-small 1 (4 ounces)

Blackberries, blueberries 3/4 cup

Cantaloupe, honeydew, papaya, cubed 1 cup (11 ounces)

Cherries 12 (3 ounces)

Dates 3

Grapefruit, large 1/2 (11 ounces)

Grapes, small 17 (3 ounces)

Kiwi 1 (3 1/2 ounces)

Mango, cubed 1/2 cup

Nectarine, small 1 (5 ounces)

Orange, small 1 (6 1/2 ounces)

Peach, medium 1 (6 ounces)

Pear, large 1/2 (4 ounces)

Pineapple, cubed 3/4 cup

Plums, small 2 (5 ounces)

Raspberries 1 cup

Strawberries 1 1/4 cup

Tangerines, small 2 (8 ounces)

Watermelon, cubed 1 1/4 cup (13 1/2 ounces)

Dried fruit

Apples 4 rings

Remember these guidelines for including fruit in your diabetes diet:

Eat whole fruit when you can. It has more fiber and is more filling than fruit juice.

FACTS ABOUT HOW OUR FAST OUR BODIES RENEW THEMSELVES

In the human molecule, the turnover rate of atoms in the body is 98%, meaning that every year, the typical person acquires nearly a complete set of the 26-elements that comprise the person. [1]

“Studies at the Oak Ridge Atomic Research Center have revealed that about 98 percent of all the atoms in a human body are replaced every year. You get a new suit of skin every month and a new liver every six weeks. The lining of your stomach lasts only five days before it’s replaced. Even your bones are not the solid, stable, concrete-like things you might have thought them to be: They are undergoing constant change. The bones you have today are different from the bones you had a year ago. Experts in this area of research have concluded that there is a complete, 100 percent turnover of atoms in the body at least every five years. In other words, not one single atom present in your body today was there five years ago.”

Philosophical implications

In 2007, NPR radio did a segment entitled “Atomic Turn-Up: How the Body Rejuvenates Itself”, wherein they had a sort of roundtable discussion on the subject with American chemist Logan McCarthy, a chemistry professor at Harvard University, on the subject of atomic turnover, American evolutionary biologist Daniel Dennett, among others. In the discussion, NPR science correspondent David Kestenbaum commented his concluding view that: [12]

“In a very real sense, we are not the people that we were a year ago. We're this collection of atoms that hang out together for a while and then they go on to do other things—sort of a momentary cloud of organization. So what is me? Am I still me if my parts have been replaced?”

Daniel Dennett replied to this:

“Well, of course, the question goes way back to ancient philosophy.”

They digress into science fiction discussion of teleportation and Kestenbaum comments that he knows of some Swedish researcher who found that some atoms do not turnover:

**“It turns out there are some atoms that are with us for our entire life. This comes from a researcher in Sweden and the atoms are actually in some interesting places. They are deep in the DNA of some cells in our brain and in our heart, and also some atoms in our teeth.
”**

1. Thims, Libb. (2007). *Human Chemistry (Volume One)* (pg. 121). Morrisville, NC: LuLu.

11. Are 98% of the atoms in the human body replaced every year? (2011) – RedIt.com.

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Hormones- Important For Our Health and Wellbeing

There are more than 80 identified human hormones, all with distinctly different roles. Each hormone is aimed at a specific target cell and has no effect on any other cells as it washes past them.

When a hormone acts on its specific target cell, it can change the way it behaves to make it perform a specific task. For example, the hormone adrenalin causes your heart to beat faster, and the hormone gastrin makes your stomach secrete gastric acid when eating certain foods.

Hormones exert their influence in very small concentrations—every molecule packs quite a punch! This is why **endocrine-disrupting chemicals like BPA and phthalates are so dangerous even in tiny amounts.**

They exert many different actions on many different time scales. For example, adrenalin acts on your heart for a few minutes, but **estrogen secreted daily can have effects that last for years.**

Some hormones are designed to stimulate the release of other hormones. Some exert effects throughout your body, whereas others act only on small, localized areas of tissue. Some hormones have very dramatic effects, whereas the effects of others are more subtle.

Hormone Types—Just the Basics

Hormones can be classified into four categories, based on how they work: Steroids, peptides, amino acid derivatives (amines), and eicosanoids.¹ Steroid hormones include your sex hormones and adrenal hormones.

Peptides represent a wide variety of chemical messengers, including human growth hormone (HGH), insulin, and melatonin. Adrenalin is an amine, and prostaglandins (involved in inflammation) are eicosanoids. Hormones are kept in balance (homeostasis) through a complex feedback system, and their release is triggered by three principal mechanisms:²

1. Specific molecules in your blood (e.g., certain minerals or nutrients that serve as feedback mechanisms)
2. Stimulation by other hormones (this typically leads to a *rhythmic release of hormones*, rising and falling in a predictable pattern)
3. Stimulation by signals from your nervous system (this typically leads to a *short burst of a hormone*, such as adrenalin)

Hormones can be endocrine and exocrine, depending on how they're released:

- **Endocrine:** Hormones released directly into your bloodstream from a ductless gland (pituitary, adrenal, thyroid, ovary, testicle, pancreas, etc.)³

- **Exocrine:** Hormones released into a duct or lumen, such as from your salivary glands or the gastric glands in your stomach⁴

Some organs have both endocrine and exocrine functions, such as your kidneys, pancreas, and gonads. When you see the phrase "endocrine system," this generally refers to your system of eight hormone-secreting glands, but not to the other hormone-secreting tissues and organs, such as the placenta, which secretes estrogens and progesterone during pregnancy.⁵

More and more of your tissues are being discovered to secrete hormones—in fact, it's likely that *most of your body tissues produce hormones*. For example, we now know that your stomach produces the "hunger hormone" ghrelin to help regulate appetite. Even your fat cells secrete hormones—including leptin, which plays an important role in fat storage.

The Discovery of 'Fat Hormones' Turned Endocrinology on Its Head

The field of endocrinology was really turned on its head in 1994 when molecular geneticist Jeffrey Friedman of Rockefeller University discovered that the "satiety hormone" leptin is produced by fat cells. Prior to this, your body fat was never considered to be an endocrine organ, and obesity was not generally considered an endocrine problem. All of that changed with the discovery that your fat cells are more or less "controlling" your brain—insofar as telling you when to stop eating, via the hormone leptin. According to Rockefeller University:⁶

"Leptin is secreted by fat cells into the bloodstream and acts on the brain to regulate food intake and energy expenditure. When fat mass falls, plasma leptin levels fall, stimulating appetite and suppressing energy expenditure until fat mass is restored. When fat mass increases, leptin levels increase, suppressing appetite until weight is lost. This system maintains homeostatic control of adipose tissue mass."

The problem is that this feedback loop between your fat cells and brain can malfunction, causing leptin receptors to lose their sensitivity. The more fat cells you have, the higher your leptin levels may be and the more "leptin resistant" you may become—this is akin to developing insulin resistance from chronically elevated insulin levels. Both insulin and leptin resistance are associated with obesity and type 2 diabetes and are a foundational problem underlying almost all chronic degenerative disease.

Drug treatments are unlikely to solve leptin resistance, just as they are ineffective and even counterproductive for insulin resistance. **The ideal way to correct leptin resistance is through diet. A whole food diet that emphasizes good fats and avoids blood sugar spikes will improve both insulin and leptin sensitivity. A major category of hormones—your steroid hormones—are derived from cholesterol, showing you just how critical healthy fats are to your endocrine function, and therefore to your overall health and well-being.**

When Hormones Run Amuck

A number of factors can affect your hormone function, such as aging, lifestyle, and environmental factors. These changes can alter your hormone production, hormone metabolism, and how well your target cells respond to hormone messengers. Age-related changes have been observed in nearly every gland. Other factors known to adversely affect endocrine function include the following:

- Genetics: congenital birth defects and mutations (missing or damaged chromosomes)
- Diseases, infections, autoimmune disorders, allergic reactions, and other health conditions
- Stress of all kinds, including emotional trauma and severe illness or injury
- Surgery, radiation, chemotherapy, drugs, and other medical procedures
- Endocrine disrupting chemicals (EDCs)

Hormone disruptions can affect you in a multitude of ways, such as decreased fertility, impaired immune response, and neurological changes that reduce your capacity for handling stress. Diet and lifestyle choices are important to keep hormones in check, but avoiding endocrine disrupting chemicals is also extremely important, for the following reason:²

"Some EDCs mimic natural hormone binding at the target cell receptor. (Binding occurs when a hormone attaches to a cell receptor, a part of the cell designed to respond to that particular hormone.) EDCs can start the same processes that the natural hormone would start. Other EDCs block normal hormone binding and thereby prevent the effects of the natural hormones. Still other EDCs can directly interfere with the production, storage, release, transport, or elimination of natural hormones in the body. This can greatly affect the function of certain body systems."

Endocrine disrupting chemicals (similar in structure to estrogen and found largely in plastic products), combined with toxic foods, lack of exercise, and low vitamin D levels, are contributing to precocious puberty and cancer.

Hormone Imbalance Causes Much More Than Hot Flashes

As you have seen, hormones have far-reaching effects in your body, and hormone deficiencies can wreak total havoc on your health. When you think about unbalanced hormones, "hot flashes" are but one of many possible effects. For example, research published in 2013 suggests that what is typically thought of as "age-related cognitive decline" may actually be caused by estrogen deficiency. The health of your brain's synapses is closely linked to cognitive decline, and *estrogen actually restores synaptic health*, thereby improving memory. Maintaining hormone balance as you age does not mean you must use hormone replacement—there are a number of effective lifestyle strategies you can implement first.

Addressing your food choices should be your first step. If tweaking your diet is not enough, then the next best option is bioidentical hormone therapy.

Avoiding processed foods is one of the best strategies for preserving your natural hormone function. Refined carbohydrates and damaged fats can elevate your estrogen levels—as much as twice of what is normal. This is a major cause of menopausal symptoms in the first place. Processed foods may also reduce other critical hormone levels and are loaded with health-degrading ingredients such as sugar (especially fructose), GE ingredients, trans fats, processed salt, and other chemical additives.

On the other hand, consuming a diet rich in whole organic foods, with high-quality proteins and fats, can go a long way toward keeping your hormones balanced as you age—especially when combined with an effective fitness program. As a general rule, fat-soluble vitamins have a beneficial effect on sex hormones. Consuming foods rich in vitamin A will benefit progesterone production. Here's a quick list by Dr. Thierry Hertoghe MD. These are his dietary recommendations for maintaining healthy hormone levels:

Additional Considerations Before Taking Hormones for Menopause

If you continue to have unpleasant menopausal symptoms after implementing the dietary changes outlined above, you might try a few of these other strategies before resorting to bioidentical hormone treatment:

- **Phytoestrogens:** Consuming plenty of phytoestrogens (plant-estrogens) such as licorice and alfalfa prior to menopause can help moderate your day-to-day estrogen levels so that when menopause arrives, the drop won't be so dramatic. However, avoid using unfermented soy, as it can wreak havoc on your health in a number of different ways.
- **Optimize your vitamin D levels:** This is a must for gene regulation and optimal health.
- **Polyphenols:** Certain polyphenols have been shown to have HRT-like benefits without the drawbacks, and are associated with a lowered risk of heart disease. Maca is an excellent adaptogenic herbal solution for menopause that many women have found helpful.
- **Animal-based omega-3 fat:** You'll also want to get plenty high-quality animal-based omega-3 fats, such as krill oil.

Hormones are a complicated subject- but worth the effort to understand due to the powerful roles they play in your health.



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Please read the following information on **ingredients** and **detailed instructions** on how to use the products. **Don't waste another dime** on products that don't work and even worse, are bad for your skin!
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Aloe Based, this formula provides the most up to date, effective, registered and trademarked ingredients known to **tighten skin and reduce the deepest wrinkles. Read below to see why this works like nothing else!**

Matrixyl® synthe'6® fills in wrinkles from the inside both on the forehead and the crow's feet for a visibly smoother and plumper skin. Thanks to its matrikine-like effect, Matrixyl® synthe'6® stimulates 6 major constituents of the skin matrix and the dermal-epidermal junction (DEJ) and ensures an optimal architecture of the tissue. **In vivo studies demonstrated that, after 2 months, the forehead and crow's feet wrinkles are visibly smoothed from the inside of the skin.**

BV-OSC (tetrahexyldecyl Ascorbate) is a stable, oil soluble form of Vitamin C. The penetration of BV-OSC is dose-dependent, and surpasses that of Ascorbic Acid at the same concentration (20µM) by three-fold. BV-OSC maintains a higher penetration rate even when the Ascorbic acid is increased by 25 times that of BV-OSC. **It is shown to provide anti-oxidant protection, DNA protection, strengthens collagen synthesis and protects collagen, and lightens dark spots.**

PhytoCellTec™ Argan From the Argan Tree and Malus Domestica TM (From apples) The first active with a proven protecting effect on real dermal stem cells is PhytoCellTec™ Argan. PhytoCellTec™ Argan is based on plant stem cells derived from the very resistant and rare argan tree that has been obtained through our unique PhytoCellTec™ technology. **This dual plant cell technology accelerates the skins natural repair process. It actually activates your body's own ability to slow down the speed by which your skin appears to age.**

AC DermaPeptide Lifting PBF R contains firming polymers with a pioneering technology that includes a combination of enzymatic hydrolysis and cross-linking. A high molecular weight biopolymer **made from sweet almond proteins**, this product contains large proteins that are perfect for adhering to the skin and forming a stable, pliant and lifting film. Sweet almonds are considered excellent emollients. A series of in vivo efficacy studies demonstrated AC DermaPeptide Lifting displayed immediate effects in alleviating the appearance of wrinkles, toning the skin.

Derm SRC combines bamboo silica, pea extract and glucosamine HCE in a synergistic complex that increases the production of collagen, elastin and hyaluronic acid, and induces cell proliferation and differentiation. These actions make skin firmer while making deeper wrinkles less visible. It increased exfoliation by 85%, procollagen synthesis by 84%, and increased hyaluronic acid synthesis by 85%. **In 4 weeks volunteers looked 11 years younger!**

LANABLUE® is extracted from *Aphanizomenon Flos aquae*, and blue algae. These are super foods that support and enhance stem cells. These ingredients are harvested in wild conditions from the Cascadia region in North America. They have a high content of naturally occurring B vitamins, amino acids that act like natural retinoids on the keratinocytes thus **smoothing and increasing density of the epidermis**.

Kollaren® A biomimetic peptide derived from the hepatocyte growth factor. **Kollaren® increases the firmness of the skin by activating the extracellular matrix proteins synthesis such as collagen, elastin, fibronectin and laminin. With its tissue repair properties, Kollaren®** encourages tissue renewal and restores the biomechanical properties of the skin.

Hydromanil H.GL. is a unique, three dimensional glycol-matrix delivery system that releases moisturizing molecules sequentially into the stratum corneum (outer skin layer), **resulting in a highly significant improvement of both immediate and long term skin hydration.**

This multi- faceted formula contains dual-stem cells, multi-peptide blends, natural retinoids as well as other well documented age fighters.

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These anti-aging ingredients are as follows: Argireline® Hexapeptide-8, Matrixyl 3000®- Acetyl Tetrapeptide-5, Extracts of Embilica fruit, Osilift®- made from oat kernel, Melfade-J® - made from Bearberry plant extract, Darutoside, Palmitoyl Tetrapeptide-7, Butylene Glycol from Echinacea, and Hyaluronic Acid.

Matrixyl 3000® Acetyl Tetrapeptide-5 contains two matrikines, which are clinically proven to promote collagen production in skin. These are messengers of cutaneous reconstruction and repair. They activate the neosynthesis of extracellular matrix macromolecules providing a visible anti-wrinkle efficacy. Aging and environmental factors cause our skin to produce less collagen. Collagen is what actually supports the structure of our skin, making it firm and resilient.

Argireline® Hexapeptide 8- is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles, and stop their future development.

Darutoside is the principle active ingredient in **Siegesbeckia plant extract**. It has been shown to stimulate wound healing and tissue regeneration by way of collagen matrix build up. **It leads to tissue renewal to normalize appearance of scars**, to full restoration of elasticity.

Embilica is held in high esteem by Ayurvedic medicine. It stimulates glycosaminoglycans, reduces UV-induced skin pigmentation and **lightens pigmented skin**. **Bearberry extract also has a skin lightening**, anti-oxidant and a collagen stimulating effect.

Hyaluronic Acid- is virtually unmatched in hydrating the skin. It deeply hydrates, and plumps fine lines in any climate. Hyaluronic acid holds 1000 times its weight in water. This **plumps out fine lines** and gives the skin an even texture.

Osilift® - derived from oats, **firms and lifts skin** providing a tensor effect on wrinkles.

Sargassum Filipendula Extract and Hypnea Musciformis Extract- Sea Algae, chlorophyll containing organisms. They contain an amazing amount of natural occurring antioxidants and are nourishing to the skin. Vitamins A, C and E are added for their anti-aging benefits. **Results are immediate!** Continued use provides more radiant, smoother, poreless, and younger looking skin. Use alone, or in conjunction with any of the other Skin Drink treatments. Use AM and PM. Wears well with any powder or foundation.

Skin Drink Stem Cell Age Reverse Sculpting Serum

All Skin Types- Anti-Aging

Aloe Vera based, this light serum contains three of the most talked about, patented trademarked actives in anti-aging skin care. The same amounts are included that were used in the clinical studies. Most beneficial to aging skin, it can be used alone, or with any of the other Sink Drink treatment formulas to create a potent anti-aging cocktail for firmer, lifted skin.

PhytoCellTec™ - a novel plant cell culture technology has been invented to cultivate dedifferentiated callus cells from a rare Swiss apple. These apple stem cells are rich in epigenetic factors and metabolites, assuring the longevity of skin cells. PhytoCellTec™ Malus Domestica has been shown to protect human skin stem cells

PhytoCellTec™ Malus Domestica protects longevity of skin stem cells, delays biological aging of essential cells and, combats chronological aging of the skin.

Derm SRC™ A potent mixture of unique bamboo silica, glucosamine, and pea extract rich in powerful peptides that dramatically reduce appearance of wrinkles. Natural exfoliation gives your skin a smoother, more luminous look.

Ellagi-C™ As an antioxidant, ellagic acid helps prevent unwanted damage to cell membranes by neutralizing free radicals. Ellagic Acid is a type of Polyphenol. A Korean study reported at the April 2009 Experimental Biology Meeting discusses the potential of a topical form of ellagic acid in the management of wrinkles. Here is what was found:

The human skin cells treated with EA showed signs of **reduced inflammation**. In particular there was a reduction in MMP (matrix metalloproteinase), a substance that contributes to the breakdown of collagen and leads to the coarsening of skin.

This adds to some promising research that was published in 2006 in the Journal of Investigative Dermatology. In that investigation, it was determined that ellagic acid may **encourage more elasticity and suppleness in an aged skin model**. The researchers of that paper suggested that EA could be used as a preventive measure against the “normal” changes that occur in aging skin.

Collectively, this evidence reveals that ellagic acid may combat wrinkles by protecting the collagen in skin tissue and reducing inflammation. In addition, it appears that **EA also confers some protection against the harmful rays of the sun**.

Skin Drink Mushroom Trilogy Serum

All skin Types -Anti-Aging

This light yet rich formula of essential oils and botanical extracts absorbs quickly, making it invaluable. It provides a **gentle plumping action on lines**, improves elasticity, and encourages cellular regeneration.

It contains three antioxidant mushroom extracts. These are Hypsizygus Ulmarius Mycelium Mushroom, Ganoderma Lucidum (Reishi) Mushroom, and Cordyceps Sinensis Mushroom.

These mushroom extracts been touted by Dr. Andrew Weil. He argues that these mushrooms slow the rate at which cells age. New York dermatologist Dr. Howard Sobel states "Mushrooms contain **Kojic acid, which brightens the skin** by reducing the pigmentation caused by sun damage. Kojic is also an antioxidant."

DMAE (dimethylaminoethanol) is a natural food component, and a natural metabolite of the human body), Alpha lipoic acid, and C Ester has been added to round out this perfect anti-aging formula.

Many well known M.D.'s including Dr. Nicholas Perricone, have been very vocal about the benefits of these ingredients topically as well as internally.

Numerous published observations have documented the fact that asiatic acid, and asiaticosides extracted from Centella asiatica, or **Gotu Kola** has the ability to stimulate dermal fibroblasts and **increase collagen** synthesis in the skin. In addition, **Coneflower** Extract or Echinacea angustifolia, contributes to the integrity of the skin by increasing the viscosity of the ground substance between the cells. Coneflower extract has been shown to have strong anti-inflammatory and immune enhancing properties. **Clinical studies** have shown that **there is a considerable reduction in lines and wrinkles** in four weeks of continued use. Skin tone and texture is also greatly improved in just one week of use and continues to improve for months. **Acne prone skin improved greatly.**

Hyaluronic Acid is added to plump up the skin smooth it out instantly!

Silk Amino Acids have a water binding capacity which regulates the skin's moisture content.

Results from clinical studies show that this combination of ingredients, **in fact, increases** superficial and integral **skin firmness** increases the thickness and density of the epidermal and dermal compartments, and results in a **clinical improvement of the skin surface**. The serum tightens and tones the skin noticeably. This formula disappears deep within the skin. Use is along with any of the Skin Drink formulas of your choice.

EXTREME RESTORATION LYFT

LOWER FACE, NECK AND CHEST

TIGHTENS- FIRMS-REDUCES CREPEY SKIN

All skin types- Great for dry, mature skin

Our neck, chest and jawline are the first places where aging skin really show. Saggy, loose skin is the culprit. We are so excited to bring you THE most powerful saggy, crepey skin fighting formula available. Here is the science behind it.

What it is, what it does, and why it works! Medical grade, trademarked actives

Progeline[®] Trifluoroacetyl Tripeptide 2 helps inhibit the synthesis of progerin, one of the proteins partially responsible for causing some of the most unattractive signs of aging. Progerin interrupts the tissue repair process which results in sagging skin. Progeline[®] is invaluable to stop the damaging results of progerin.

Progeline[®] is one of the most powerful peptides (chains of amino acids). Progeline[®] enables the production of collagen, reduces the look of wrinkles, and diminishes the appearance of sagging skin.

It plays a role in reviving your skin's elasticity and firmness. The formation of jowls, the degeneration of soft tissue cells, and the sinking in of the chin are all connected to collagen deficiencies. Progeline[®] helps to reduce these signs of aging by helping to **lift the jawline and renew the youthful look of the neck.**

Idealift[®] Is based on lipodipeptide. Idealift[®] helps stimulate the synthesis of elastin and other proteins related to its formation. It acts on the skin fibroblasts and stimulates the synthesis of a number of proteins involved in the building of the elastic tissue like tropoelastin, fibrillin-1, fibulin-5 and lysyloxidase. It strengthens the skin's elastic fibers.

Uplevity[®] Acetyl Tripeptide 2 mimics the hormone thymopoietin. This hormone diminishes as we grow older and results in a slower regeneration of cells. Acetyl Tetrapeptide 2 appears to compensate for the loss of thymopoietin by boosting the skin's immune defenses and stimulating the growth and differentiation of keratinocytes (skin cells) which results in firmer skin.

This essential blend of medical grade actives has been shown in clinical trials to smooth, firm, tighten, lift, and reduce crepiness. You will feel a plumped up, smoother texture upon the first application. After 4-6 weeks of continued use, you will see a striking difference in the appearance of saggy, wrinkled and crepey skin.

Get a tighter jaw line, reduced appearance of "turkey neck" and tighter, lifted skin on your chest. Use anywhere on your body that shows crepey, loose skin, like knees, and upper arms

These trademarked actives are in an Aloe Vera base without artificial colors, fragrances, or dangerous chemicals. Skin Drink Phytoceuticals has also added the healing power of the following essential oils, extracts, and vitamins creating a complete wellness formula for the results you want.

Pyrus Mallus, (Apple Fruit Extract), Camellia Sinesis, (Green Tea Leaf Extract), Citrus Aurantium Dulcis (Orange) Fruit Extract, Brassica (mustard) Campestris seed oil, Citrus Limon (Lemon) Fruit Extract, Leontopodium Alpinum Callus Culture Extract, (Edelweiss plant), Paullina Cupana, (Guarana Extract), Saccharum Officinarum (Sugarcane) Extract, Citrus Tangerina (Tangerine) Peel Oil, Citrus Aurantium Ducis (Orange) peel oil, Tocopheryl Acetate, (vitamin E), Sucrose Palmitate, (vitamin A), Tocopherol, and (vitamin E).

www.bodydynamics.com

CBD and Moringa Oil GLOW DROPS

STOPS INFLAMMATION, REDNESS

BENEFITS FOR AGING, BREAK OUT PRONE SKIN, CONDITIONS SUCH AS ROSACEA, ECZEMA AND PSORIASIS.

All Skin types

Only pure CBD and Moringa oils are used in our formula. A double whammy to fight aging, acne and other inflammation related skin issues.

CBD oil is chock-full of benefits for our skin! So much so that some dermatologists—including board-certified dermatologist, Dr. Debra Jaliman recommend the use of CBD oil for hair and skin. “It’s rich in vitamins A, C and E,” says Dr. Jaliman. “Vitamin A stimulates the cells responsible for producing the tissue that keeps skin firm and healthy; vitamin C stimulates collagen production, and it helps to reduce signs of aging, and vitamin E blocks free radicals from the body which helps slow down the aging process.”

In addition to benefits of CBD to aging skin, it can also benefit breakout-prone complexions. “Because acne is an inflammatory condition related to overworked sebaceous-gland production, promising new research states that CBD can help reduce the over production of sebum, which means CBD could provide treatment for acne, particularly acne vulgaris, the most common form of acne associated with overproduction of sebum,” says Dr. Zenhausern.

CBD oil also helps other inflammatory-related conditions such as skin allergies, rosacea, eczema and psoriasis. The anti-inflammatory and anti-bacterial properties of CBD naturally help improve irritated skin conditions

MORINGA OIL

The oil extracted from Moringa seeds contains a significant amount of omega-9 fatty acid, which makes it one of the best natural moisturizers for the skin, locking in moisture and providing a beautiful glow.

Moringa is loaded with nutrients like calcium, vitamin A, B, C, D, E; minerals like copper, iron, zinc, magnesium, silica and manganese. These antioxidants and nutrients are vital for fighting lines and wrinkles. Antibacterial attributes of these oils fight skin irritation and help to heal afflictions of the skin such as acne, rosacea, psoriasis, and eczema.

Never greasy, these nutrient dense oils penetrate the epidermis (the lowest skin layer), leaving an unbelievable glow that can’t be obtained any other way.

Add 1-4 drops of this very fine oil to a dime size amount to any Skin Drink Phytoceuticals formula to enhance the overall performance of the product. Mix in your hand and apply, or use it alone!

Either way, you will be astounded by the results that you see!

CBD and Moringa oil stimulates and enhances the growth of hair through the scalp’s absorption of the main fatty acids found in both CBD and Moringa, omega-3, omega-6 and omega-9. In addition, these essential fatty acids add shine to the hair.

Add a few drops to your hair conditioner and rub it in to your cuticles for more beautiful nails!

www.bodydynamics.com

Skin Drink Hydrating Nourisher

Normal to Dry Anti-Aging

The **Hydrating Nourisher** has **10% Acetyl Hexapeptide-8** which reduces muscle contraction, helping to minimize long term formation of lines and wrinkles. It disrupts the nerve signals sent to tense muscle beneath the dermis, functionally relaxing them and smoothing the overlying skin. When this is added to the other natural ingredients, results are unbelievable!

All together these ingredients combine to create an exceptional product that deeply moisturizes, nourishes, and firms. **It can be used both day and night.** Normal to dry skin can use it alone or in conjunction with any of the other treatments. It provides firming and nourishing for the face and throat. It wears well under make-up, and further protects the skin from free radical damage caused by pollution and sunlight.

Like the other formulas in the Skin Drink line it is Aloe based, contains **Alpha Lipoic Acid, DMAE, vitamins A, E, and C Ester**, and no artificial colors or fragrances have been added.

This formula contains **MSM** or Methylsulfonylmethane. This enables the nutrients and botanical extracts to be **absorbed deeper into the skins inner layers plumping out lines and wrinkles.** Studies have shown a significant increase in moisture content in the deepest layers of the skin when MSM is included.

The Skin Drink Hydrating Nourisher also contains Panthenol (vitamin B5), Grapeseed oil, Jojoba oil, Kukui nut extract, Algae extract, Elastin, Collagen, Ginseng, Gotu Kola, Echinacea, Green Tea, and Papaya extracts to provide naturally occurring antioxidants, Polyphenols, bioflavonoids, and nutrients A, C, and E. They also aid circulation, and provide anti-viral properties. In addition, these botanical extracts contain vitamin K and many minerals.

The Papaya extracts further enhances the sloughing off of dead skin cells revealing a younger fresher skin.

The formula is Aloe Vera based, and contains **DMAE, Alpha Lipoic Acid, and C Ester.** These ingredients along with the nutrient rich herbal extracts and botanical oils penetrate to the deepest levels of the skin to rebuild and nourish new skin cells. These include **Sea Buckthorn oil, Squalane, Safflower oil, Carrageenan, Comfrey, Cucumber, Ivy, Lemon, Sage, and Allantoin,** These natural ingredients all add up to the most comprehensive natural skin care available.

Skin Drink Face Firmer

Normal to Dry Anti-Aging

This anti-aging innovation is based on the latest scientific findings. Excellent for normal to dry skin, the combination of palmitoyl-oligopeptide, and palmitoyl tetrapeptide-3 is a peptide blend that mimics DHEA in the skin, **It is a powerful anti-inflammatory that helps speed tissue regeneration** resulting in normalization of damaged skin. It works to reduce the look of fine lines and wrinkles caused by repeated facial expressions. **It dramatically diminishes lines in the forehead, around the eyes, and around the mouth.** Many of my clients report definite improvement within 20 minutes of application!

Aloe Vera based, it also contains the most potent antioxidants: Alpha Lipoic acid, green tea extract, Vitamin A, Vitamin C, Vitamin E, and DMAE. These are known to combat free radical damage to cells caused by pollution and sunlight.

Hyaluronic Acid has been added because of its ability to attract and hold 1,000 times its weight in water. This plumps out lines, smoothing them, to create the most beautiful line free appearance possible!

Seaweed extracts, Gelidiella acerosa and sargassum filipendula, along with butylene glycol, firm and tighten sagging, sun damaged skin.

Plant extracts, eyebright, cucumber, willow bark, and jojoba provide a glow that just can't be obtained any other way.

You will be thrilled with the improvement in texture, skin firmness, and a more line free youthful look. You'll see instant gratification obtained with the most innovative anti-aging product available!

Skin Drink Renewal Complex

Normal to Oily Anti-Aging

This state of the art skin treatment lightly moisturizes and is recommended for all skin types. It contains **no artificial colors** or fragrances. It contains DMAE, Alpha Lipoic Acid, and C Ester.

Butylene Glycol and Hydrocortical extract have been added to further enhance firming and texture of the skin. These are patented ingredients derived from Echinacea and gotu kola. In clinical studies these ingredients have been shown to noticeably firm and tone skin in 30 days of use. **Wrinkles and lines were diminished by 66%, and skin tone and texture improved dramatically!**

Glycolic acid, an acid derived from sugar cane, has been added to slough off dead skin cells that make the skin dull and sallow, revealing a younger, fresher skin underneath.

Camu Camu, Acai, Mangosteen are super strength **antioxidants** added to aid the fight against oxidation, promoting a healthier, glowing skin.

Those who have **acne prone, oily skin will have fewer breakouts**, and when breakouts do occur (usually due to hormone fluxuation,) they notice fewer **blemishes and those heal quicker**. **Old scars and dark spots also begin to fade**.

People with aging, sagging, and sun damaged skin, notice huge improvements in over all texture, feel, and look of their skin. Many report **lightening of dark spots** caused from the sun and hormones, resulting in a noticeably younger more flawless look!

This fabulous formula may be used day and night, and in conjunction with the Skin Drink Hydrating Nourisher, SPF 30 Day Protection, and the Mushroom Trilogy Serum. It wears well under make-up, providing a dewy look and feel.

Skin Drink Day Protection SPF30

All Skin Types Anti-Aging

This combination of herbal extracts and antioxidant vitamins rebuilds, nourishes and protects the skin from the ultraviolet rays of the sun and pollutants in the air. **A wonderful primer for any make up**. It may be used for **all skin types**.

It **minimizes pores** and creates a dewy, never oily finish. Wear it alone or under your favorite foundation. Make-up goes on smooth and stays fresh all day!

It is Aloe Vera based, and contains **DMAE, Alpha Lipoic Acid, C Ester** and glycolic acid. These anti-aging ingredients have been shown to firm sagging skin and improve texture and elasticity in the skin with extended use.

It contains no artificial colors or fragrances. It contains Butylene Glycol and Hydrocotyl extract. These are patented ingredients derived from Echinacea and gotu kola. In clinical studies these ingredients have been shown to **reduce lines and wrinkles by 66%** and noticeably firm and tone skin in 30 days of use. Skin texture, suppleness, and over-all look and feel continue to improve with continued use.

Other natural ingredients include Jojoba oil, Squalane, Collagen, Comfrey extract, Sage extract, Lemon extract, Ivy extract, Carrageenan extract, Cucumber extract, Panthenol (vitamin B-5), Allantoin, and Grapeseed Oil.

This formula may be used alone or in conjunction with the other Skin Drink formulas.

Skin Drink Eye Firmer

All Skin Types Anti-Aging

A younger looking eye contour is possible with this **anti-wrinkle, anti-dark circle** and antioxidant formulation. Palmitoyl Oligopeptide, Palmitoyl Tetrapeptide-3 and Diepeptide 2 have been clinically proven to **reduce bagginess and puffiness with the firming and tightening power of DMAE**. Clinical studies show that **dark circles were reduced** by reducing capillary permeability.

These studies showed that 65% of the subjects improved dark circles in 28 days and 70% within 58 days. This peptide combination plays a vital role in the skin's healing process. These protein molecules, found naturally in the body, send out signals when damaged skin is in need of repair. These peptide blends target upper and lower layers of skin reducing wrinkles. It has been proven to suppress the body's production of interleukins, the chemical messengers that trigger inflammation.

Alpha Lipoic Acid, DMAE, C- Ester, vitamins A, C, E, and botanical extracts **produce a significant reduction of wrinkles, and tones and lightens the eye area.** It helps to lessen the appearance of lines and sagging skin and dark circles. The raw ingredients may have a pungent odor that will dissipate.

Use AM and PM with the following application of the other Skin Drink treatments.

Skin Drink Oil Free Hydration

Face and Body Anti-Aging

This unique, versatile formula provides moisture and nourishment for your face and body without unwanted oil. If used on top of the other products, it seals in the moisture, great for winter and very dry climates. Oily skin types use it alone with the Acne 911 if needed. It is a superb product for those on an oil restricted diet.

Aloe Vera based, it contains Hyaluronic Acid, a powerful **humectant** that plumps up the dermis to provide a smoother surface. It penetrates deeply to firm and renew without clogging pores. It contains the antiaging benefits of **DMAE and Alpha Lipoic Acid**.

There are **14** nutrient rich antioxidant vitamins and botanical extracts to protect against free radicals that can damage your skin. These are as follows: Green Tea, Rosemary leaf extract, **Grape seed** Extract, **Acai** Extract, **Pomegranate** Extract, **Coffee Arabia** Extract, **Gogi Berry** Extract and **Neroli** Extract.

Glycosaminoglycans. The main function of GLYCOSAMINOGLYCANS (GAG's) is the maintenance of and the support of the Collagen and Elastin and turgidity (bounce) in the cellular spaces.

Keeping those protein fibers in balance and proportion. It also promotes the ability of the collagen and elastin fibers to retain moisture, therefore remaining soluble

Palmitoyl Tripeptide-38 Complex—A dioxygenated lipopeptide consisting of Palmitoyl-Lysyl-Dioxymethionyl-Lysine, this matrikine-mimetic peptide stimulates the synthesis of 6 major constituents of the skin matrix molecules and dermal-epidermal junction (collagen I, III, IV, fibronectin, hyaluronic acid and laminin 5) and evens out skin relief, smoothing wrinkles from the inside by rebuilding the skin where it is needed, particularly on the forehead and crow's feet.

This combination of ingredients provides the face and body an antiaging, scar reducing, moisture balance to produce a more radiant, luminous look and feel.

Skin Drink Flash Peel with Enzymes and Antioxidants

Reverses photo damage-anti-aging-helpful for acne- All Skin Types

Documentation by skin care professionals worldwide proves that peels dramatically improve and renew the skin to reveal a more radiant, toned and younger complexion.

As teenagers we shed our skin every 28 days.

At age 30 every 35 days, 40 every 40 days, and by age 50 every 45 days. This makes our skin look dull and tired.

The Skin Drink Flash Peel is based on its unique combination of natural ingredients, **which trigger the body's own natural reaction to exfoliate dead skin at a deeper level, and is also effective at stimulating natural collagen production** while it builds skins elasticity for a fresh moistened look.

This peel is designed to address mild to severe skin damage, elasticity, wrinkles, acne, and much more. **Acne clients notice far less break outs and diminished scarring because it rids the skin of dead cells as well as it kills bacteria.**

This fabulous peel produces noticeable improvement in skin texture, tone and evenness in color with the very first treatment! After 3 or 4 treatments you will be thrilled with how gorgeous your skin looks and feels!

It is aloe vera based, **contains lactic acid, fruit acids / enzymes** such as Papain, Pumpkin extract, sugarcane extract, Lemon fruit extract, green tea extract, apple extract, Bromelain extract, and vitamin A.

These ingredients combine to dissolve dead skin cells and sebum impacted in your pores.

Skin Drink Flash Peel can be used weekly on a different day from the mask which is also used once per week.

The following instructions for use may be followed, depending on your preference.

Instructions for use weekly: Wash your face twice with the cleanser. Dry off. Apply peel all over face, avoiding eye area. Leave it on for 5 to 10 minutes. Dampen finger tips and massage in a gentle, circular motion without pressing down, for 20 second. Rinse well.

Note: It will sting slightly, and it will feel dry and tight. This is normal. Put on a generous amount of Repair Revolution, Face Firmer, Hydrating Nourisher and or any of the Skin Drink Formulations of your choice.

Instructions for use bi-weekly or daily

Bi-weekly: Wash your face and damp dry. Rub a dime size amount of Flash Peel in a circular motion for 20-30 seconds, avoiding eyes. Rinse well, follow with Skin Drink formulations of your choice.

Daily use: Wet face, apply dime size amount with cleanser, avoid eyes, cleanse in circular motion as usual. Rinse well. Use on arms, legs, and feet as desired. Apply Skin Drink formulas of your choice!!

Skin Drink Microdermabrasion (Facial Resurfacing Crystals)

All Skin Types

This unique facial scrub exfoliates dry, flaky, dead skin cells to let new fresh skin shine through. It helps to refine fine lines, acne, small scars, and pigment variation. It can be used alone or in conjunction with professional microdermabrasion treatments. For the best results, use it every three days, or as follows: There are a variety of ways to use it:

(1) Wash face and leave damp. Scoop out a nickel size of product and rub on face in very small circular motions for 30 seconds. (Can be used longer if suggested by your skin care professional} If product becomes too dry, dampen fingertips and continue. This method is aggressive and should be done twice per week. Rinse thoroughly and follow with Renewal Toner, Serum etc. Skin may appear flushed. This will go away shortly and you will see and feel a smooth radiant complexion.

(2) Mix dime size amount of cleanser with dime size amount of Microdermabrasion Crystals. Rub onto wet face in small circular motions of 30 seconds up to two minutes. This method is less aggressive and can be done more often according to your skin type. Follow with toner, serum, and Skin Drink formulas for your skin type.

Skin Drink Deep Cleansing Face Lift Masque

All Skin Types

DEFY GRAVITY! The masque is designed to instantly **lift and tighten the contours of the face, alleviate wrinkling around the eyes and mouth** and to thoroughly remove debris and dead skin cell from the pores. It is made from a combination of, Aloe Vera, Ubiquinone, Hyaluronic Acid, Lactic Acid, and herbal extracts such as Grapeseed, Acai, and Blueberry for their potent antioxidant benefits. Arnica is helpful to reduce inflammation. You will see a difference with the first application!

It works best when used with **steam therapy** to loosen and soften hard, dried, sebum that is plugging up the pores.

Option 1. Bring a large saucepan of water to a full boil. Remove from stove and place it on a table top. For a very pleasing and relaxing experience, add some chamomile tea bags to the steaming water. Hold your face over the steam for 5-10 minutes. Use a towel to make a tent over your head to trap the steam leaving an opening for the steam to escape. If it is too hot make the opening bigger. Dry face and apply the masque. Best done at night before retiring.

Option 2. Wash your face with very warm water. Apply a hot towel over your face for about 30 seconds. Dry face, and apply masque as described below.

Spread the Masque on your face in sections..**Note:** If the masque is cold, run the tube under hot water for a few seconds or put it in your micro wave for 8 seconds. It will be luke warm and will smooth on much easier. This will not damage the product. It is thick like the consistency of honey.

Lay back and relax for about 15- 20 minutes and **allow the masque to dry**. Don't move facial muscles. You'll feel a tightening, warming sensation and it may itch around the edges as it dries. This is normal. After it is dry, wash thoroughly with the Cleanser followed by the Toner. Apply the Mushroom Trilogy Serum, Multi Active Repair Revolution, Stem Cell Age Reverse Serum, Hydrating Nourisher, / Renewal Complex/ Face Firmer/ Extreme Hydrating Night Complex. Any Skin Drink formula for your skin type.

Oily skin types should use the mask once a week for best results. If blemishes are present, use The **Pro Enzyme Flash Peel** to remove excess dead skin cells instead of the masque. (See Pro Enzyme Flash Peel instructions) **Apply Acne 911 zit blast** to clear them up. Be gentle with your skin, not to over stimulate oil glands. Normal to dry skin should use it once a week or no less than every 2 weeks for best results.

Skin Drink Body Firmer with Neroli

Anti-Aging Treatment for Your Body, All Skin Types

This luxurious hand and body treatment is a new level of skin rejuvenation for a body lotion! It will nourish, pamper and soften your skin like no other. It contains Alpha Lipoic Acid, DMAE, and C Ester, which firm and improve skin tone of upper arms, hip, thighs, and entire body, and fight against further damage.

The anti-aging properties from the deep penetrating botanical extracts, anti-oxidant vitamins, add more benefits to refine and firm the skin.

This special blend of ingredients is **Aloe Vera based**, and contains a patented **MSM concentrate** to help preserve the skins moisture balance. Soft and light in texture, it penetrates quickly without leaving an oily and greasy feel. You'll enjoy the natural aromatherapy from all the wonderful herbal extracts and essential oils.

It contains Neroli oil, Avocado oil, CoQ-10, vitamins A, E and C, Beta-Carotene, MSM, Allantoin, Panthenol (vitamin B-5), extracts of: Hops, Rosemary, Horsetail, Pine, Lemon, Calendula, Meadowsweet, Grapeseed, Comfrey Root, and Balm of Gilead.

Neroli comes from the Bitter Orange tree blossoms. The essential oil is a sedative and tonic to the central nervous system. It is especially beneficial to sensitive skin, and known to have a rejuvenating effect on the skin, as **it has an ability to stimulate the growth of new healthy cells**. Rub over entire body after every shower for the anti-aging benefits of this fabulous body treatment!

Body Firmer-Shimmer, Sparkle and Shine

All Skin Types

Just like the Body Firmer with Neroli, It contains Alpha Lipoic Acid, DMAE, and C Ester, which firm and improve skin tone and fights against further damage.

The antiaging properties from the deep penetrating botanical extracts, antioxidant vitamins, and more benefits to refine and firm the skin.

Apply to chest, arms, and legs for a beautiful shimmer, sparkle and glow! Aloe Vera based, no colors, harmful perfumes, or parabens, it has a light texture that is quickly absorbed. It has an enveloping, delicate almond, pear and mango scent. Wear it over your sunscreen in the summer and is beautiful worn at night!

Skin Drink Microdermabrasion Body Scrub with Neroli

All Skin Types

Our skin is the largest organ of our body. As we age, dead skin does not slough off as it should, resulting in a dull, uneven toned and bumpy appearance. **This inhibits the skins ability to eliminate toxins**. This layer of dead skin must be removed. Dead Sea salt combined with the natural glycolic acid in sugar provides the necessary abrasive action to re-textures the skin giving it a smooth, soft feel.

Dead Sea Salt is particularly therapeutic because it is known to help remove toxins and is traditionally less drying than regular salts. **They contain many minerals;** including magnesium, zinc, calcium, potassium, and bromide as well as many other trace minerals. **It aids the skin in**

detoxification as it removes dead skin. The latter is important, as the body loses these important trace elements through perspiration. **Also sea salts that have different grain sizes** that are optimal since the larger grains whisk away the dry skin and the smaller grains **provide a polishing effect to produce the smoothest texture**

Through extensive research, Body Dynamics has formulated a superior product, “Skin Drink Microdermabrasion Scrub for your Body” for the renewal of your skin. Body Dynamics has done this by combining **Dead Sea Salt with super antioxidants DMAE, Alpha Lipoic Acid, vitamins A, C, and E.** They are blended in a base of rich nutrient oils which include: **neroli, apricot, grape seed, olive, jojoba, and macadamia nut oil.** These oils have a regenerative effect on the skin, helping to prevent **stretch marks.**

For best results, Use in the shower. Shower as you normally do. Turn off the water and scoop out about a tablespoon of the Body Microdermabrasion with a luffa glove or your hands. Massage in circular motions with gentle pressure all over arms, legs, buttocks, special attention to knees and elbows. **Avoid sensitive areas such as your chest. Rinse off Thoroughly.** Note: if you have any small cuts, the salt will burn. It is best to shave your legs after you use the micro body scrub.

When you step out of the shower you’ll notice an immediate feeling of well being and velvety soft skin. **Follow with the Body Firmer for an anti-aging treatment of the entire body!**

This is a must for self- tanners to achieve an even, beautiful self- tan

Skin Drink Acne 911 –Zit Blast

Eliminates and controls pimples, blackheads, and cystic acne

This aloe Vera based formula begins working on contact to reduce swelling, redness, and will **completely eliminate breakouts in 12 to 48 hours!!**

All of us, at certain stages of life, have been faced with the problem of acne. Some have endured it in their teens and some on into adulthood. Acne is an outbreak caused by bacteria that likes to feed on the dead skin cells and skin oil; this is when the skin glands overproduce oil, many times because of hormonal imbalances. Acne 911 attacks these problems.

How it works- The Aloe Vera penetrates deeply right to the problem. It brings with it the herbal extracts of **Chamomile, Calendula, and Green Tea** combining forces as a bactericide, antiseptic, and as an anti-inflammatory. These powerful plant extracts also contain antioxidants to start healing skin lesions quickly.

Panthenol is a form of Vitamin B that is derived from plants. When this natural, hydrating vitamin is applied externally, it penetrates into lower skin layers, gets absorbed into your skin cells and turns into pantothenic acid (commonly known as Vitamin B5). **Because panthenol is**

absorbed deeply into the skin, it adds essential moisture and has a desirable plumping effect helping to make acne scarring less noticeable.

The combination of Sulphur and Benzoyl Peroxide works three ways to rid acne. (1) It brings additional oxygen to the pores which create a hostile environment for the bacteria to grow in. (2) It also aids in the shedding of dead skin cells which become trapped in the pores depriving the bacteria of its food source, literally starving it. (3) **It also acts as an anti bacterial agent to kill the bacteria responsible for acne, and rid the excess oil that it feeds on. This is responsible for blackheads, white heads and cystic acne.**

Hyasol- BT™ – This is a derivative of Hyaluronic acid. It is very lubricating and creates a hyaluronic acid film that supports the skin. In connecting tissues, hyaluronic acid fills the space between collagenous elastic fibers, and the cells. It is responsible for the elastic characteristics of the skin. **It aids in the dryness that may be caused by ingredients used to dry up the excess oil.** This prevents flakiness and irritation sometimes associated with other acne treatments.

Instructions for use. After cleansing, use on entire face or just in the areas you break out. You may turn bright red, and feel stinging where product is applied, this will dissipate. If you are too dry, apply the Renewal Complex over it at night, and the Day Protection SPF over it during the day. Continued use is advised to prevent more breakouts. You have finally found the answer to your problem skin with Acne 911- Zit Blast!

Skin Drink Intensive Renewal Cleanser

All Skin Types

This special cleanser has been formulated with **Aloe Vera as the base** and ten natural botanicals to soothe and nourish while it thoroughly cleanses. Soft and gentle to the skin, it is **pH balanced** so it won't disrupt the acid mantle that protects the skin.

This creamy cleanser is for all skin types. **It removes make-up on contact, is light in texture and will not leave a greasy feel on the skin.** You'll see skin that is smoother and clearer.

The herbal extracts include Chamomile extract, Anise extract, Arnica extract, Calendula extract, Elderberry extract, Dandelion extract, Rosemary extract, Coneflower extract, Ginseng, Hops, and Panthenol (vitamin B-5). These herbs have healing, soothing, antiseptic, and germicidal qualities. It is especially healing and soothing for acne and blemished skin. Not drying, so it is equally good for dry skin.

Skin Drink Intensive Renewal Toner

All Skin Types

A unique blend of natural ingredients **designed to hydrate the skin and gently exfoliate dead skin cells.** Glycolic acid is the natural exfoliating agent. This formula is Aloe Vera based with 12 botanical extracts to soothe, tighten and firm the skin. It refines pore size and acts as a second cleanser.

It contains Plantain extract, Rosemary extract, Papaya extract, Comfrey extract, Lemon extract, Acacia extract, Alfalfa extract, Balm of Gilead extract, Bladderwack extract, Calendula extract, Chamomile extract, English Cucumber extract, Sodium PCA, Panthenol (vitamin B-5), Essential oils of: Jasmine, Rosemary, Sage and Cedarwood. **This blend of herbs and botanical extracts, prepares the skin to absorb and utilize the nourishing and anti-aging benefits of the Skin Drink Formulas.**

Mix and match any of the Skin Drink Formulations to create your very own Skin Drink Cocktail!

Skin Drink Face Time Primer

All skin Types

What it is and what it does:

This silky blend of antioxidants and vitamins quickly minimizes the appearance of pores and fine lines.

It is a lightweight formula that can be worn over your moisturizer and under your make up to create a smoother-than-smooth canvas. It can also be used over make up throughout the day to mattify shine, and hide large pores especially in the T-zone. It's so translucent, no one will know you're wearing anything!

It is non-comedogenic, silica based, so it allows the skin to breathe and never clogs pores.

It can be used around eyes to make concealer glide on and not look flakey. Eye makeup stays put and goes on flawlessly too!

Don't wear make-up but still want need to hide pores and get rid of shine? Wear it alone over any moisturizer.

This unique formula contains 10 herbal extracts and vitamins to support collagen.

Pomegranate Extract helps to tighten pores.

Grapefruit Extract, Tangerine Peel Extract, Calendula Flower Extract, Lemon Fruit Extract, Orange Peel Extract all work to balance and tighten your skin while absorbing excess oil and dirt.

Anti-Aging vitamins

Vitamin E, Vitamin A, and Tetrahexyldecyl Ascorbate oil soluble Vitamin C protect your skin from free radical damage

How to use it:

Apply to clean moisturized skin, use Skin Drink products for your skin type. Apply a small pea sized amount of Primer to your finger tips and blend a thin film over entire face or just in the T-Zone area, and around eyes Apply foundation and eye makeup as usual. Mid-day shine? Use Face Time primer instead of powder to reduce shine and the appearance of large pores. It will provide an invisible finish unlike the obvious, cakey powder finish. You will have that "lit from behind" finish!

www.bodydynamics.com

Neroli Oil



Why it is so good for our skin and well being!

Neroli essential oil is extracted from the fragrant blossoms of the bitter orange tree. It has a beautiful aroma that appeals to men and women alike.

Origins and folklore

It is believed that neroli oil originated in South East Asia, later spreading to North Eastern India, Burma and China, and eventually finding its way via Arab traders to Africa, Arabia and Syria. From these regions it was taken to the Mediterranean by the Moors, and by the end of the 12th century it was cultivated in Seville, Spain, thereby leading to the common name for the bitter oranges.

In the 17th century, the duchess of Bracciano, Italy and the princess of Nerola, first introduced neroli oil to high society. She used it during her bath, perfumed her stationary with it as well as her gloves and scarves.

Perfect for the Skin

Appealing in aroma to both men and women, neroli is one of nature's most effective **antidepressant** oils, which together with its balancing and sedative properties makes it perfect for treating all types of negative emotional conditions, states of anxiety, menopause, and insomnia. This action may also in part explain the oils reputation as an effective aphrodisiac.

Most problem skin conditions respond extremely well to treatments incorporating neroli oil. It works best when mixed in with a hypoallergenic carrier lotion such as the **Body Firmer**, rather than carrier oil.

Used as part of a regular skin care routine, **neroli improves elasticity, stimulates new cell growth reduces thread veins, softens wrinkles and scars, and smells absolutely divine.**

We have added this extraordinary oil to our already fabulous Body Firmer

From: D Woodbury
To: brenda@bodydynamics.com
Subject: brown spots
Date: Thursday, February 15, 2018 6:26:53 PM

Dear Brenda-

Just wanted to let you know how your products are working for me.

I have been using your stem cell serum and multi-action repair every morning for since the summer.

My facial brown age spots have cleared up remarkably. In fact, when I go to the dermatologist for my annual visit, he usually freezes the brown age spots on my face as a matter of course.

I went to my dermatologist yesterday, the usual discussion about my brown spots did not come up. Why?- because they have all faded to the point where I can't see them and neither can my dermatologist! The only change I have made in my skin regime has been to incorporate your products.

Thank you so much!

Love your products!

Keep up the good work!

DeeDee Woodbury

Connie Johnson <conniejohnson4035@att.net>

6/28/18

Dear Brenda,

Thank you so much for your amazing Skin Drink products! I hope you will share this letter with women of all ages who are searching for a skin care line that really and truly works!

I met you at an event in Cedar Hill, Texas in 2001. I was impressed with the ingredients and decided to give some of the products a try. I was floored at the results that I was getting!

I have always valued being healthy and strive to have young, beautiful skin. Like many other women out there, I spent thousands of dollars at those high end cosmetic counters such as Lancome, Estée Lauder and Elizabeth Arden and after using Skin Drink for just a week I could see better skin.

I have been using your Skin Drink products religiously until this last year.

I took a second job working nights and weekends at the Lancome counter to help my daughter through nursing school.

Of course the expectation from Lancome was for me to use all of their products. Even though I used their most expensive high end products, none of these gave my skin the amazing results I got when I used Skin Drink! (I started back with my Skin Drink and did not tell them)

In addition to younger and healthier looking skin, Skin Drink is so much more affordable! It's a win win! I get better results and can afford a phenomenal skin care regime as a single woman and educator. I did the math to let women know they do not have to spend hundreds of dollars at any high end counter. The same (11) Skin Drink products I purchased for \$218 dollars would cost \$920 at the Lancome counter. That is a \$700 savings!!

I would be crazy to go back and spend hundreds at any high end cosmetic counter.

I hope this letter encourages women to give Skin Drink a chance. My daughter is now 26, and has been using Skin Drink since high school. She loves it!

For those who read this letter, please give Skin Drink a try. You won't be sorry and will be hooked for life!

Thanks so very much Brenda, I am so glad we met 17 years ago, and so is my skin!

Connie Johnson

Greenville, South Carolina

Brenda Swartz

From: Misti Pendleton <mistipen@yahoo.com>
Sent: Wednesday, February 17, 2016 11:27 PM
To: Brenda@bodydynamics.com
Subject: Love your Skin Drink Line 😊

Dear Brenda,

I have been using your Skin Drink skin care line for 8 years now. I use it personally and professionally. I'm a licensed Esthetician and met you 8 years ago at Hill County College. I immediately made the switch and started using your products on my own skin. I had been using Aveda skin care products for 10 years before meeting you. I LOVED your products so much that I started selling it to my clients and that is the only line that carry. When a client comes in for a facial they love how soft and smooth their skin feels. The cleanser and hydrating nourisher are my two best sellers. I literally can't keep it on my shelves. Thank you for making an all natural product so affordable! My skin looks AMAZING and so do my clients. I love your line and feel blessed to have met you! 😊

Sincerely,
Misti Pendleton

Sent from my iPhone



11/5/15

I work for Total Med Solutions Allen and have been using Brenda's Skin Drink products for over a month now.

Despite the awesome popularity, feedback and sales we have for Skin Drink at our clinic I was still skeptical that anything I tried would work for my skin. I have over the years bought so many products that were much more expensive to battle my dry, dull sun damaged skin without much success. I am a triathlete and am constantly in chlorinated pools, salt water and the sun and wind on my bike that I was convinced that the damage to the skin was not repairable. I have experimented with countless makeup concealers, foundation and BB creams trying to cover up my bad skin. The effect always looked caked on and flaky.

After starting a routine that consisted of her serums, cleanser, scrubs, and the peel and masque I started seeing a noticeable difference very quickly.

Working at a Med Spa I have used Botox and Fillers to help with wrinkles and aging, but now after using Brenda's skin care line I have glowing, youthful bright skin as well. I am ecstatic! Now I use a minimal amount of concealer and a light BB cream, that's it! I do not need to cover up my skin anymore because I am so proud of how it looks.

Brenda is a true professional, completely dedicated and passionate about her products. I recommend and brag on Skin Drink to all of our patients at Total Med Solutions. It has literally changed my skin and I couldn't be happier with the results!

.

Best regards,

Mandee Whitman
Total Med Solutions

- [Like](#) · · [Share](#) Charlynn Smith, Melissa Rodriguez, Debbie Slade Smith and 28 others like this.



Natalie Bunce Brenda,

Wanted to tell you I will never stray again! I tried meaningful beauty by Cindy Crawford in August and it was heavy, greasy and broke my skin out badly. I thought it would be "all that" because of the hype and the price...sent it back 45 days into the 60 day trial...I did you wonderful firming mask..microdermabrasion scrub..and the day cream and hydrating new at night and stem cell..OMG...look young and radiant a month later..no damage, spots or plugged up pores.

By the way...back on track using the luscious body scrub then follow with body firmer..look (and smell even better)...very tight skin again on thighs/calves.

Lastly ...I always get complements when I use the body shimmer cream...it reflects light and sparkles..I look young and radiant!

**Mariann Newberry
TravelSolutions by Campbell
14800 Landmark Blvd, Suite 155
Dallas, TX 75254
(972) 716-2500 x3995**

mnewberry@campbelltravel.com



Hello!

I just wanted to say "Thank you and again how amazed I am w/your Skin Drink skin care line."

I have been using face and eye firmer, the Mushroom Trilogy and the Skin Drink mask for almost a year now. I have been off it for only not even 2 weeks and I cannot tell you the difference in the way my face looks and feels. I was talked into trying a new line, Dermalogica which is more than double the price and has done nothing at all for my face, but to make it red and feel just, "weird".

I also received 2, 1 week samples of L'OCCITANE Divine Youth Oil, to try for 2 weeks and saw NOTHING!! The regular price is \$96.00.

I do not know why I try different things for no reason. But when I finally got my Skin Drink products and used them, I have realize there is NO other Skin Care Line for me.

I feel the difference right away. The price of the Skin Drink products are the same as Oil of Olay and Loreal' and neither of those products do any good, trust me! And they are MORE THEN ½ THE PRICE of the expensive lines like L'OCCITANE, and Lancome', and they work even better!

I have realized that I won't try others again, because it saves me the energy of having a pushy Sales Person, and the time of having to return it anyway.

Thank you Brenda!!!! You are a Miracle Worker!

Mariann Newberry~

Radiant Reflections by Rena

6401 W. Plano Pkwy.
#135 Studio 6 Plano TX 75093

Dear Body Dynamics,

I am so grateful to have found your skin care product and nutritional supplements.

I have such a variety of clients. Young and old and your products have been well received by all.

It started with the first client I sold the anti aging kit to. She came was back in 3 days to by the entire line for her daughter who had severe acne. I have found that the anti inflammatory properties of the DMAE and the anti fungal anti bacterial herbs reduce redness in 48 hours and breakouts are healed in 7 days.

After using BBWI on my back bar for the past six weeks I have dropped all the other lines I was selling. These were Dermalogica, MD Formulations, and Dr Iris Rosacea Formulas. I have found your line to be the most beneficial to all of my clients. They are appreciative of the price too!

The Mega Cleanse, Nu Born Skin and the Vitamins are the best formulas I have found to help the skin from the inside out. My clients that do both the nutritionals and the topical treatment are the happiest.

I use your products during my treatments and when I'm finished I always put on the Hydrating Cell Renewal. They will ALWAYS comment on how it feels and smells I often recommend that they get these two products. ***Within a month they are usually back for a treatment and then leave with the rest of the BBWI program!***

I can truly say that professionally I have not encountered any client that has not had a positive response.

The result is that I have happy clients, less trouble with inventory and book keeping , and I just feel blessed to have found you and your products.

Sincerely,

Rena



Dear Brenda,

We met in November 2002 at the Aesthetics Expo in Orlando FL. After speaking with you I purchased the Mega Cleanse and Mega Cleanse Extra. I have had tried many things in search of a solution to my lifetime problem with constipation and irregularity and had become almost dependent on laxatives. I have to tell you that from the very first day of taking the Mega Cleanse and Mega Cleanse Extra, it worked!

I was so impressed with your supplements that I purchased your full line of skin care products for my staff and me to try. We are all of various ages and skin types so this was a good opportunity to see if your products would work for all of us. After using the products for several weeks we all agree that the Skin Dynamics products are great and suitable for all skin types.

I am very excited about all of your products and am thrilled that I can now offer high quality; effective supplements and skin care products at affordable prices in my clinical skin care center.

Sincerely,

Lisa Sherrell
Clinical Aesthetician
Owner

Omega Health Foods, Inc.
2427 N. Council Rd, Bethany, OK 73008.

Tele: 405-495-9420, Fax: 405-603-7140

Email: ohfoods@coxinet.net

April 18, 2014

Dear Brenda,

I wanted to let you know how Body Dynamics Skin Drink has helped my skin as well as my self-esteem.

In my mid twenties, I developed embarrassing hormonal acne. I would break out with these deep painful cystic bumps on my face, and just when it would get better another break out would occur. This constant struggle with my skin issues made me feel self-conscious and uncomfortable.

Working in a health food store, I tried so many natural remedies and oil cleanses, I even tried the famous products seen on TV for a number of years. A few months ago, my father added your products in our store and asked me to try Body Dynamics Skin Drink. I figured I really didn't have anything to lose, so I tried the samples.

That was a good decision.

Within two weeks, my skin was glowing like a newborn! My acne significantly decreased and I don't have those painful cystic breakouts any longer. My confidence also returned and I don't feel so self-conscious anymore. I am so grateful for this remarkable product that you created.

I can't help but recommend your skin care line to my family, my friends and my customers. Thank you again Brenda for believing in what you do.

Sincerely,

**Julie Uthup
Office Manager
Omega Health Foods**

**Whitcomb Clinic
Craig Whitcomb M.D.
Affordable Lasering
2801 Osler Drive Suite 124
Grand Prairie Texas 75051
972-606-1334**

August 11, 2004

Dear Brenda,

I am taking a moment to express my thanks for your wonderful BBWI and Body Dynamics product line.

I am a fifty year old mother of three who has prided myself in taking great care of my body. I exercise, eat healthy and such.

When I was first introduced to your skin care line and vitamin supplements, I smiled and agreed to try them only because the Hydrating Cell Renewal felt so divine. I am now a firm believer and use the entire line on a daily basis and can see not only a difference, but a great improvement in my skin, especially around my eyes.

My husband is a medical doctor in Grand Prairie TX. since 1980. We also offer affordable lasering (permanent hair removal) and micro-dermabrasion in our office.

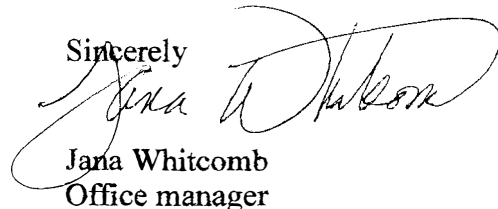
I was anxious to expand our practice to offer a skin care line and I feel that I have found the perfect one for our growing practice. The only problem I have with your products is keeping them in stock!

I keep a tester on the counter and invite everyone to try it. It sells itself.

I would encourage any office that wants to offer an awesome and affordable skin care line to their patients to try your remarkable products to see for themselves how time can be erased from their skin.

I have not had so much fun selling anything in my life.

Sincerely



Jana Whitcomb
Office manager

Brenda Swartz

From: anne wythington <annewyth@yahoo.com>
Sent: Thursday, February 07, 2013 3:20 PM
To: brenda@bodydynamics.com
Subject: Your great products!

Dear Brenda,

Thank you so much for giving me some recommendations in your skincare.
I have been using the cleanser, toner and Multi Repair Revolution serum for a month.
I cannot believe what a difference it has made to my face so quickly.
In the last week I have had 4 people tell me that I look 10 years younger (I am 64).

I have always spent money on good skincare but have been very disappointed with the very high cost not to mention the fact that my skin stays the same. Even Chanel skincare, which is very expensive, hasn't helped at all and I spend too much for only 2 or 3 items. The serums alone are \$160+.

I was beginning to think that I might as well give up and make do with drugstore brands but they have unsafe chemicals and don't work either(ditto with the department store products).

I had decided to buy your products as I finish the Chanel ones but now that I have had such amazing and fast results with only your cleanser and toner and the Multi Repair serum I am going to get the other products you suggested ASAP and get my skin in great shape.

Thank you so much for helping me,
Anne Wythington

P.S. You have done a brilliant job creating this line!

8/7/12

To: Brenda Swartz

From: Yvonne Silva

1530 W Roberta Ave

Fullerton CA 92833

For years I used Clinique and Lancome. I thought nothing else would work, and was happy with them.

As I got older, my skin became very sensitive. The above mentioned products made my skin dry and itchy. I could no longer use them. I noticed this especially around my eyes. Maybe it works for others, just not for me.

I must say I am amazed at how my skin looks now after using the Skin Drink products. My face glows and dryness around my eyes is gone. It has made a great improvement in the smoothness of my face and neck. I would recommend this to anyone who has sensitive, mature skin.

I love the fact that I can get all the products I need for at least half the price I use to pay. The Mushroom Trilogy is one of my favorites. I use that and the face firmer over it. The eye firmer is fantastic!! These are truly the best products I have found.

Feel free to share this with anyone that wants to know straight from the horses mouth!

Thank you so much for all of your help

A handwritten signature in cursive script, appearing to read 'Yvonne Silva', written in dark ink.

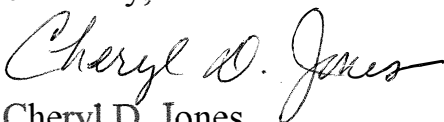
Yvonne Silva

June 09, 2000

Brenda,

I must admit I was reluctant to use your skin care products because (1) I was using medicine from my dermatologist (2) I did not think the products would work on African American skin. I am the first to ADMIT I WAS WRONG!!! I began seeing results in about 4 weeks. My skin has a glow and the dark spots are beginning to disappear without many new blemishes. THE BIG TEST – I went home for Mother's Day and my mother said, "Your skin is looking good. You need to continue to use whatever it is you are using on your skin." To hear those words from you mother I knew I had the right products for my skin. THANKS for asking so many times to try your skin care products. I am GLAD I DID!!!

Sincerely,


Cheryl D. Jones

Brenda Swartz

From: Laurie Loselle <lloselle@yahoo.com>
Sent: Thursday, April 05, 2012 1:48 PM
To: brenda@bodydynamics.com
Subject: WOW

Hi Brenda!!!!

It has been awhile since I have written to you. I just had to let you know how wonderful your products are, and how wonderful my skin looks as a result of using them. I was at work yesterday (I work in health care) and everyone was looking at my skin (and you know how RN's can be) they were sure I had cosmetic surgery and a face lift. I kept telling them no I have not had any cosmetic surgery, face lift etc. After exensive investigation of my face and neck, they agreed no cosmetic surgery had been done. Then everyone wanted to know what I was doing, I told them I was using your Cleanser, Toner, Skin Drink, Micro Scrub. I told them I could not wait to try the Stem Cell Cream, its my next goal. To make a long story short guess where my nursing staff is today, yes Central Market purchasing your products. YEAH!
Thanks So Much!!!

Laurie

PS. Need to update my address.

New Address:

201 Fran Way

Apartment 1235

Dallas, Texas 75203

469-364-1568 (still the same)

Print - Close Window

Subject: Body Dynamic

To: natalie Ensenat (asknatalienow@yahoo.com)

From: asknatalienow@yahoo.com;

Date: Tue, 23 Aug 2011 16:21:34

Dear Brenda,

First off, I love how Evangelistic you are about these products and how willing you are to visit in depth...

You have such knowledge and passion...Thank you for taking the time to talk about your line when I was unable to access you on the web.

You and I spoke and you recommended various creams and vitamins and I decided to gamble and go for it...as a birthday gift to myself.

I am high energy, in real estate sales and step mother of 4kids
AND I work out alot...I want to stay lean, energetic and fit.

My complaints were mostly acne, energy, clarity...etc.

I had also been battling off and on with Crohns, but we didn't really touch on that.

I am now on my 2nd bottles of both the Mega Cleanse/XL

and am regular, without tummy aches/ burning /pain in my lower left side AND no "pot belly pig" poof in my lower abs

AND I've lost about 5pds (which I have always found it sooo hard to do) and am a muscular 5'7", 135pds!

MORE IMPORTANTLY..

... My dull, broken out skinned has made a total 180 change these past 60days.

<My skin is clearing more everyday...

and breakouts are only during hormonal cycles, but I head that off with Acne 911

There's one thing I could NEVER wear on my face..

SUNBLOCK...of any kind!

It would cause reactions, zits, plugged pores..

Absolutely LOVE the Day Protection w Sunblock

and the Renewal Complex at nite. I start my day very simple w washing and the fabulous Intensive Renewal Toner (boy does that even my complexion out on contact!)

Then mushroom trilogy/then Day Protection..

Im not sure what exactly of the above mentioned "cocktail" is clearing my skin...But its REALLY looking awesome!!

Bright and shiny like a woman 10-15yrs younger!

A lady friend at the gym the other day said,"you don't have any make up on do you? You should go around more without it!"

_ O M G!!!_

Best compliment in years...

I have tried E V E R Y T H I N G to stop breakouts!!

I just turned 45yrs last week and this regimen is what I wanted as a birthday goal ...Beautiful SKIN!

~ No more embarrassing, distracting marks on my face...making me feel unconfident and self conscious!

Thank You!! Natalie

RE/MAX

850-619-6688

Elisheva Ferguson

126 Bayshore Dr.

Hemphill Tx. 75948

Dear, Brenda

You have the best products ever!!!
I used to have acne that was extremely
hard to deal with. I'm 15 years old so
it was practically ruining my teenage years.
I was embarrassed to take my makeup off
in front of my friends, and taking pictures
was not my favorite thing to do. I found
your "BBWI" and used it for about a week and
fell in love with it!! I had spent over 850\$
on all kinds of product, including; proactive,
Murad, acne free, skin ID, doctor prescribed
creams and sooo much more. I have used the
microdermabrasion, deep cleansing mask, and the
acne 911. My skin looks so good today that I enjoy
not wearing makeup everywhere I go!! I can
now say that I love my skin so much!! Thankyou
Brenda for making this amazing product!

Elisheva Ferguson :)

4/25/11

Hi Brenda

It's Angela from Napa, CA. I think you should know how WONDERFUL your products are, everyone of them, and that they REALLY DO WORK!!!

I want you know I've tried so many health products for so many years and just to find they were just another disappointment. I found you in our local health food store in their monthly health advertisement magazine and I thought I would try it. To my surprise they ACTUALLY WORK!!!

You were not just another company trying to make a buck off the little guy, but your products really back up what you say they'll do. For example, with other products I was taking I was fortunate if I went to the bathroom once or twice a week. With Mega Cleanse and Mega Cleanse-Ex, now I go everyday and they look like there suppose to be, long and "S" shaped like our colon. Which is sign of a healthy colon.

I also love your Mega Nutritional Vitamin System I love that they're based with whole foods and super foods. I feel like everyday my cells in my body are being fed and renewed.

Now, don't even get me started on your skin products. They have caused my big pores to shrink and my face looks supple, smooth and dewy with a natural glow, WOW!! My 19yrs old daughter acne has cleared up on her face and back. Her Pores have shrunk. Also, her face glows and the texture on her face is like a baby's bottom. THANK YOU, THANK YOU, THANK YOU!!!

I'm sorry that these comments are not shorter for you, but I've got too much to RAVE about!!!

Sincerely,
Angela Monteiro(40yrs)
707-738-4302



Dear Body Dynamics,

I wanted to write and let you know what an incredible product your Intensive Renewal Serum is.

I recently had surgery which left a scar from the incision. About two weeks after my surgery I began applying the serum directly on the incision, knowing the ingredients also promote skin healing.

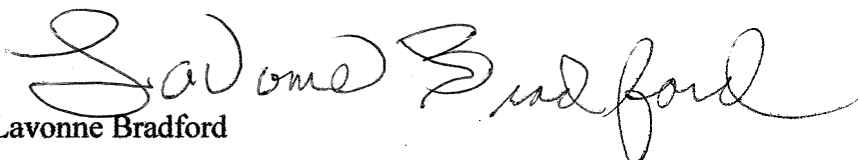
Within on month the scar had lost almost all of the redness and puffiness and the width of the scar had diminished to a remarkable degree.

I have loved using all the products on my face for months, but now I always have extra serum on hand for any cuts or lacerations that I might acquire.

The serum allows healing to be greatly accelerated and it prevents a scar from forming.

Thanks for a great product line.

Sincerely,


Lavonne Bradford

Bronson Clinic Inc.
5521 Bellaire Drive South Suite 100
Ft. Worth Texas 76019

Dear Brenda,

I am so glad to have found such great products for myself and our patients!

I had used Obagi skin care for ten years, and became allergic to it. I switched to Dr Perricone. It was nice but so pricey.

An employee of ours showed me your BBWI skin care and I noticed that it had many of the same ingredients as Dr. Perricone. Best of all there were no parabens in your line.

I love the Deep Cleansing Mask. It has made my pores so much smaller, especially around my cheek and nose area. I do it faithfully followed by the Microdermabrasion.

I absolutely am in love with the new stem cell serum and I mix it with the repair serum. I get compliments constantly and quickly tell others where they can get great skin care and vitamins that won't break the bank!!

Best regards,

Martha

From the desk of Judith Moore

154 Perico Creek Road Greenville, NC 27834

Brenda Swartz
Body Dynamics, Inc
2034 Statler Dr.
Carrollton, TX 75007

Dear Brenda,

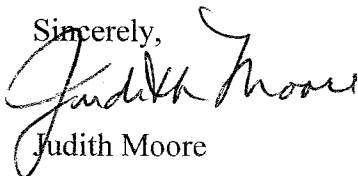
THANK YOU FOR YOUR PRODUCTS!!!!!! I have used skin products for years from some of the most renowned skin specialists including Chanel (whom I worked for in the mid eighties), Lancome, and Estee Lauder, to name a few brand names, and NONE have compared to the results that I have seen from your skin care line. Your products are ten thousand times better and they do not cost me an arm and a leg every time I use them. My husband has commented on how nice my skin looks and I turn fifty this year. Many of my friends say I do not look my age. I use your Intensive Renewal Complex, Intensive Hydrating Nourisher, Intensive Renewal Cleanser, Intensive Renewal Eye Firmer, Skin Dynamics Face Firmer and most importantly, the Microdermabrasion Scrub. That is a wonderful product.

I also know that skin texture comes from within, so I also use your Mega-Cleanse, Mega-Cleanse Extra, and Mega Nutritional System. My body is working better this last year and a half that I have been using your products than it did throughout my early forties. I also believe you have helped me go through menopause with ease.

My husband and I are ranchers, so our skin is exposed to some very extreme conditions. His fingers crack open in the winter and are very painful. I ordered your Intensive Renewal Body Firmer for him to use and his hands are staying in good shape. He swears by your Body Firmer because it is not greasy and seems to work better for him than any other creams he has tried.

I have searched for many products over the years for both my body and skin and I feel I have found the answer through your products. I also want you to know that I appreciate your prompt service to my orders. In this day and time, it is unique to not only find products that work, but also service to go with them. Thank you Brenda - You and your products are wonderful.

Sincerely,



Judith Moore

What THEY say about US!

SKIN DRINK – A NEW DIMENTION IN Organic, Clinical, Skin Care

I work in health care and everyone was looking at my skin (and you know how RN's can be) they were sure I had cosmetic surgery and a face lift. I kept telling them no, I have not had any cosmetic surgery, **FACE LIFT** etc. After extensive investigation of my face and neck, they agreed no cosmetic surgery had been done. After telling them I am using the SKIN DRINK skin care line, today the whole nursing staff is going to Central Market to get your products!! Skin Drink really is the best skin care I have ever found!! **Laurie Loselle**

"I have tried Aveda to Estee' Lauder and nothing gets close to the results I have gotten with SKIN DRINK skin care. I have severe acne and was on acutane. Once I started using your products, they helped to maintain moisture in my skin without oil. My ACNE began to clear up, and it reduced my scarring! In a matter of one month, every one I knew could see a big difference." **Gina Collier**

"I am also using the NUBORN SKIN supplements, MEGA CLEANSE and Mega Cleanse EX, and the full Skin Drink skin care line and I am almost to the point where I do not even make up now! Also, and this is the greatest thing, I was diagnosed with INTESTINAL CYSTITIS this year, which of course is very painful. I began using the MEGA WELLNESS CLEANSE and after two weeks, I have less painful flares and increased ENERGY. Thank you!" **Rachel Keith**

"It's the greatest! MY SKIN IS REAL SENSITIVE so I have to be real careful what I use and I've used just about everything on the market for sensitive skin. I don't know what it is, but my skin felt great from the instant I applied it! It's light and not greasy. My skin is almost translucent. I'm a customer for life!"
Wanda Meyers

"After using your products for two weeks I started to get compliments on how good my skin looked. Especially the LIGHTENING OF DARK SPOTS caused from hormones and the sun. After comparing your products to some very expensive dept. store brands, I noticed that most of the same ingredients were in your products, but without the perfumes and coloring! The creams are light and absorb well. I highly recommend the cream." **Jamie Piland**

"I just wanted to let you know how impressed I am with your products and how much I feel it has improved the appearance of my skin. As a teenager I had problems with ACNE and I tried all kinds of prescriptions and even used Acutane. As an adult I still have occasional problems and using creams and moisturizers tend to break me out. It doesn't matter whether it's over the counter or prescribed by my Dr. it still causes me problems. Your product however out DOES NOT CAUSE MY FACE TO BREAK OUT and has helped the overall look and feel of my skin." **Lisa Anderson**

"Just to let you know, I LOOK FABULOUS thanks to your products. Actually saw a change in PORE size and skin texture the 3rd day! Can only imagine what my skin would look like if I'd found SKIN DRINK 30+ yrs ago. Two of my friends and my 80 year old mother will be using this line now after seeing the difference."
Sandra Fritts

"I love your product, Stem Cell Serum. Two of the ingredients in it I take internally,...ubiquinol and hyaluronic acid are in your Joint Renewal. The EXTREME REGENERATION NIGHT is ERASING LINES on my face after one month!!!
Thank you, Brenda, for your war on AGING and loss of vitality!" **Kathleen Bransford**

My favorite Skin Drink Cocktails For the Best Skin Ever!

Best Night Caps

Good Night Triple Miracle Worker Cocktail (Mature, dry, spots, and wrinkles)

1 dollop of the Extreme Regeneration Hydrating Night Cream

1 or 2 squirts of the Multi Active Repair Revolution

3-4 drops of the CBD and Moringa Glow Drops

Dreamy Skin Firmer Cocktail (Normal to Dry)

1 dollop of the Hydrating Nourisher

1 dollop of the Face Firmer

1 squirt of the Mushroom Trilogy or Stem Cell Serum

3-4 drops Glow Drops

Wake up a star Cocktail (Normal to Oily)

1 dollop of the Intensive Renewal Complex

2 squirts Mushroom Trilogy Serum

2 drops of the CBD and Moringa Oil Glow Drops

Best Day Time Cocktails

Best Skin Day Ever Cocktail (Normal to Dry)

1 dollop of the Day Protection SPF 30

1 or 2 squirts of Multi Active Repair Revolution

3-4 drops of the CBD and Moringa Glow Drops

Clear and Gorgeous Cocktail (Normal to oily)

1 dollop of Day Protection

1 squirt of the Mushroom Trilogy

2 drops of the CBD and Moringa Glow Drops

Just mix the ingredients in your hand and apply to a clean, dry face, neck, chest and hands. Apply Eye Firmer to eyes and Extreme Restoration Lyft to Neck and chest over the other ingredients. Acne? Apply the Acne 911 to any break outs first, then apply the cocktail of your choice

Clean, Clear and Radiant Cleansing Cocktail Mix cleanser, and Microdermabrasion Scrub (all skin types)

Be creative! Mix any or all of your faves for a Super Cocktail that gets the results YOU want!

www.bodydynamics.com



Care for Mature, Dry Skin

Wash Morning (AM)

1. face with the Intensive Renewal Cleanser.
2. Apply toner to face and throat with cotton pad.
3. Apply small amount of Eye Firmer around the orbital bone and right below the brow. It acts as a primer for eye shadow. (wait 2-5 min. apply shadow or primer) base makeup makes great primer.
4. Apply **Multi Active Repair Revolution and Stem Cell Age Reverse Serum** to face, neck and if desired, décolletage and tops of hands. Make a cocktail by mixing Mushroom Trilogy with above serums.
5. Apply Day Protection SPF 30 to face, neck, and if desired décolletage and tops of hands. **Allow one or two minutes for the products to absorb deeply, then you may follow with makeup, or powder of your choice.**
6. Apply the Intensive Renewal Body Firmer to arms, legs, and buttocks paying special attention to elbows, feet and knees.

Night (PM)

First suggestion:-Repeat Steps 1-3. Apply the Extreme Regeneration Night Complex. Need more moisture? Add a small amount Hydrating Nourisher and/ or Repair Revolution to provide more hyaluronic acid, and other nourishing actives. (Mix and match, making your Skin Drink Cocktails according to preference.)

Second suggestion: Repeat 1-4. Apply the Stem Cell or the Repair Revolution, Hydrating Nourisher and /or the Face Firmer to face, neck, and if desired to the décolletage, and tops of hands. You may want to alternate the Hydrating Nourisher and the Face Firmer every few days or as desired.

Apply the Body Firmer to the rest of your body.

Once a week

Preferably at night before bed, wash face thoroughly with the Intensive Renewal Cleanser. Steam your face for at least 5 minutes. Apply the Deep Cleansing Face Lift Masque. **Allow to stay on for 15 to 20 minutes.** Preferably get in to the shower. Apply Cleanser, rinse thoroughly. Finish your shower as usual, rinse thoroughly, turn off shower, and apply the Body Microdermabrasion scrub to arms, legs, buttocks in a gentle circular motion. (Luffa gloves work the best for application of the Body Microdermabrasion. They can be purchased at any drug store.) Rinse off thoroughly, you will be slightly pink, as this removes dead skin cells and stimulates collagen and skin cell renewal. Follow with above suggestions for night

(Note) Bi-weekly After cleansing your face at night, apply the Pro Enzyme Peel. Use as a scrub.

Note: As an extra boost for anti- aging The Extreme Regeneration Night Complex is the most potent product for firming, tightening and moisturizing. During the day mix one squirt each of the Repair Revolution, Stem Cell and the Mushroom Trilogy in your palm creating a super anti-aging cocktail! Apply to face, neck, chest and tops of hands. Follow with the Day Protection SPF 30. It is also important that we treat the rest of our bodies with the anti- aging ingredients in the Body Firmer and the Body Microdermabrasion scrub.

Our skin is only as good as your internal organs. Eat a healthy diet of fruits, vegetables, and lean meats. Drink 64 oz. of water per day, and exercise regularly. Add the Mega Cleanse Internal Complex, Mega EX, Nutritional System multi vitamin, Total Digestion Probiotic and the Nu Born Skin caps



Facial Instructions for Normal to Oily Skin

Morning (AM)

1. Wash face with the Intensive Renewal Cleanser.
2. Apply toner to face and throat with cotton pad.
3. Apply the Mushroom Trilogy Serum or Skin Drink Serum of your choice; and the skin Drink Day Protection SPF 30. , then apply make-up, or powder of your choice.

Night (PM)

Repeat steps #1 and #2. Then apply the Skin Drink Renewal Complex for more oily skin, or the Skin Drink Hydrating Nourisher if your skin is normal to dry. Most of us are more dry or oily depending on the season.

Note: If your skin is normal to dry, the Stem cell Age Reverse Sculpting Serum or Multi Active Repair Revolution would be best. More oily skin types would benefit more from the Mushroom Trilogy Serum. These formulas are very potent anti-agers, will enhance collagen growth, and rid wrinkles scars and dark spots. **You may mix them together to create a super anti-aging cocktail.**

Night (PM) Bi-Weekly

Cleanse your face, apply the Skin Drink Pro Enzyme Flash Peel. Leave it on for 2-10 minutes. Moisten fingers and rub in a gentle circular motion for a few seconds then rinse thoroughly, follow with toner, Skin Drink Serum of your choice and Intensive Renewal Complex/ Hydrating Nourisher.

Weekly

Steam Therapy- Steam your face with a steamer or boil a pot of water, remove it from the stove and place on a table. Put a towel over your head and hold your head over the steam allowing it to roll up on your face for 5 to 10 minutes. Dry off, apply the Deep Cleansing Face Lift Masque to entire face, neck and chest area. Lie down and relax for about 15-20 minutes or until dry. Do not move your facial muscles. Wash off thoroughly and apply toner, Serum of choice and the Renewal Complex and or the Hydrating Nourisher. This is best done in the evening before bed time. **Don't have time?** Instead of the steam therapy, put a hot towel over face for 30-60 seconds. Then apply Masque. **Note: If it is cold, put it in the microwave for 8 seconds. This helps it spread on much easier and will not harm the product.**

If you have monthly breakouts, apply the Acne 911 Zit Blast to Cystic acne or pimples 2 or 3 times during the day. **They will disappear in 2 days!!**

Got a Zit? Not Anymore.

How to get rid of acne once and for all!

AM- Wash your face with the cleanser using hands. Leave the cleanser on for one minute if desired to dissolve makeup, sebum and dirt from your pores. Follow with the Intensive Renewal Toner. Apply Acne 911 over existing breakouts and surrounding areas that are prone to break outs and black heads, usually the forehead, cheeks, nose and chin. If you get random breakouts all over, then put it on the entire face. **This is a very effective formula that kills the bacteria that cause acne. It will tingle and may make your skin red.** This is normal and will dissipate. Rub in well both am and pm.

AM-If you are extremely oily, **you may not need additional moisture. Most people do.** After the application of the Acne 911, apply EQUAL AMOUNT OF the Mushroom Trilogy Serum; AND EQUAL AMOUNT OF SPF 30 Day Protection on dryer areas of your face, sparingly on the T-Zone. Wait a couple of minutes, then apply makeup as usual or wear alone. **(During the day keep your hands away from your face as this will only spread bacteria and cause more breakouts. Note. After physical activity or if skin becomes very oily, apply toner over entire face to remove oil and dirt. This will help prevent blackheads and help heal blemishes. Reapply Acne 911 if possible)**

PM- Double cleanse the day away. **Wear a lot of makeup?** Wash once to remove it, rinse, and lather again to make sure all of the oil and debris are down the drain and not left on your skin to clog pores. **At least 1-2 times per week, apply the Pro Enzyme peel or the Deep Cleansing Mask. Steam your face first for 5 minutes or apply hot towels.** Get in the shower and wash with the cleanser thoroughly to remove the peel / mask. Apply a dime size amount of the microdermabrasion to your face and gently rub with no pressure in a circular motion to lift up the dead skin that the product has loosened. **(Do not use Microdermabrasion directly on break outs)** Rinse thoroughly. This is best done in the shower as you are able to remove the microdermabrasion and the enzyme peel more efficiently.) **Apply the Toner, Acne 911, Mushroom Trilogy Serum, and/or the Intensive Renewal Complex. And/or Multi Active Repair. Dryer skin, use Repair, oily skin, use Mushroom Trilogy Serum.**

Use the Acne 911 on areas that are prone to break out all the time. It will keep it clear. If you do get a breakout, it will go away much faster. Rub in thoroughly morning and night.

Take the Mega Cleanse Internal Cleansing Complex, Total Digestion, Mega Nutritional System, and the Nu Born Skin Caps. These will nourish and heal the skin as well as all of your other organs. These super foods and nutrients clean out toxins that can show up on your skin in the form of blemishes.

Hormone imbalances are responsible for most acne. Be Consistent with this regime and you will have a clearer more radiant complexion guaranteed!!!

Older people who get occasional Cystic Acne

At the first sign of a cyst, rub the Acne 911 into it well 2 -3 times that first day. The second day rub it on well at least twice. Continue each day until it is gone. This will stop it from growing and it will be gone in 2 -3 days. You can apply any other treatments, makeup etc. over it.

www.bodydynamics.com

Deep Cleansing Facial Instructions

The first step to luminous, glowing skin is the removal of dead skin build up and plaque that is blocking your pores. Use the Skin Drink Deep Cleansing Masque once a week.

Wash your face and rinse with extremely warm water 10 to 20 times. If time allows, apply hot towels or use steam therapy. **This will soften hardened plaque/sebum that is blocking your pores.** This buildup causes large pores and prevents absorption of the skin renewing nutrients that are in the Skin Drink treatment and repair products! . Don't have time?

Dry your face. FACE LIFT MASQUE IS READY TO APPLY. Apply a thick layer over your entire face . Do not move your facial muscles and allow it to dry for-15-20 min. Rinse thoroughly, apply Serum, and or moisturizers for your skin type. **Note: If masque is cold, put it in the microwave for 8 seconds. This will make the application much smoother and easy to spread.**

(2) Microdermabrasion Skin Resurfacing Crystals can be used twice per week. Apply a nickel size amount to a clean wet face. Massage in to skin in a small circular motion without pressing down, for 10 to 20 seconds. (Immediately after your skin may be slightly red and itch as this is aggressive at removing dead skin cells, and is only temporary) Rinse thoroughly. Apply Skin Drink serums, and or moisturizer for your skin type.

For a less aggressive approach, mix dime size amount of micro with dime size amount of cleanser. Rub on face in circular motion for 10-20 seconds. This can be done daily if desired.

(3) Skin Drink Pro Enzyme peel can be used once per week. Apply to very clean, damp skin. . Leave on 5-10 minutes. Moisten fingers and massage gently, without pressing down in a circular motion for a few seconds. Rinse thoroughly. Apply Serum, and/ , or moisturizer for your skin type Great for sun damage, acne, and mature skin. This will increase collagen synthesis and thicken skin over time, providing a dewy, fresh look and feel.

(Daily) After cleansing, apply Mushroom Trilogy Brightening Serum over entire face and throat, including eye area; follow with Repair/ Complex/ Hydrating Nourisher or the Face Firmer, over entire face, and throat. Use the Eye Firmer around the entire eye area. (The Hy. Nourisher is designed for normal to dry skin, Renewal Complex for normal to oily skin, and the Face Firmer for normal to drier skin) you can mix any of them to create a cocktail of ingredients, or use them alone. Use the Stem Cell Age Reverse Sculpting Serum and or the Multi Active Repair as it absorbs into the deepest layers of skin increasing collagen synthesis and preparing it to receive the other treatments. Find what combination of products work best for you. *(Not to be used with the Extreme Regeneration Hydrating Night Complex)

AM: Wash with Renewal Cleanser followed by the Toner, Serum, Repair, Eye Firmer, Hydrating Nourisher, Complex and or Face Firmer and or Day Protection. Use Eye Firmer both day and night. It is an excellent primer for eye makeup. Normal to dry skin-apply Serum, Eye Firmer, Hydrating Nourisher or Face Firmer, Day Protection, and make-up as usual. (Oily skin--Acne 911 / and or Mushroom Trilogy on entire face, Day Protection. (Severe acne use Acne 911 alone. If you feel you need some hydration use the Serum, Renewal Complex or the Day Protection on all but the T-Zone.

PM: Wash with Renewal Cleanser and follow with Toner, Serum of choice Eye Firmer, Extreme Regeneration Night and or Hydrating Nourisher/Renewal Complex/ and or Face Firmer. Acne or very oily skin, apply Acne 911 only. If more moisture is needed, add the Mushroom Trilogy Serum/ and or Renewal Complex sparingly.

Your Body Gives You a Second Chance to Be Healthy..

It's Never Too Late to Start Over

That's exactly true when it comes to the human body. It doesn't matter how unhealthy your lifestyle has been... and it doesn't matter how much junk food you've eaten, how much alcohol or recreational drugs you've consumed... how much pollution you've been exposed to... or whatever you've done to compromise your health, youthfulness and vitality.

Your miraculous human body allows you to erase the health sins of your past... and you can start over with a clean slate.

Your body's amazing self-regenerating ability gives you a second chance to build a brand new, healthier body—if you're willing to give it the nutritious raw materials it needs to rebuild itself into the new and improved version of you.

"Your Body Tomorrow = What You Put in It Today"

If it's true that the body rebuilds itself, why are people still unhealthy, sick and deteriorating with age?"

The reason we continue to suffer from the same problems of aging... debilitating disease and sickness is because... many of us continue to recreate the same body by eating the same unhealthy diet of highly processed food void of cell building nutrients.

That's like tearing down a dilapidated house with a weak foundation—and rebuilding it with the same inferior building materials—that caused the weak foundation in the first place!

Rejuvenate... Revitalize... Regenerate... Renew... and Rebuild Your Body—and Dramatically Improve Your Health and Longevity with Body Dynamics Mega Cleanse Internal Cleansing formulas, Mega Nutritional Vitamins, Nu Born Skin , and Joint Renewal. Add these supplements to a raw plant based diet, drink 8 glasses of pure water per day, exercise, and in a very short time, you will see a healthy, vibrant body absolutely guaranteed!