

Newsletter January 2012 No 1

Dear Customers

In this Issue: Health tips for Detoxification Detoxification

At the beginning of the year it is always good to detoxify your body. You will often have heard about it, but why should you do it? Well there is only one reason to feel better!!!

That usually means to feel lighter and have more energy. I detoxify myself twice a year once in January and once in July. I am going to discuss the 6 methods of detoxification that I use rating them by easy of use and benefits to your body.

1. Homeopathic detox

This is a very simple and gentle method of detoxification it uses 2 remedies taken alternately through out the day. Along with some simple dietary requirements.

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 8001 to buy Detox Kit.



Easy of use *** effectiveness *

2. Ozonated Water

In this method you drink 3 glasses of Ozonated water throughout the day (in between meals, i.e. mid morning mid afternoon mid evening) along with another 3 glasses of water (one after each meal).

To make the Ozonated water put your Airstone in to a very cold glass of water and run your Ozonator for 2 minutes and drink immediately. Try to do this on an empty stomach if possible.

Easy of use *** effectiveness **

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 5030 to buy Ozonator.



3. Liver Detox

Using Epsom salts to clean your bowel out followed by a drink made of pink grapefruit juice and olive oil. This is very good at purging the liver of all it's tiny micro bile stones, you can see this as green scum in the toilet. You would be wise to use some ornithine while doing this to avoid getting a headache.

Full instructions can be seen on this link:

<http://crawley-homeopath.co.uk/pdf/liverdetox.pdf>

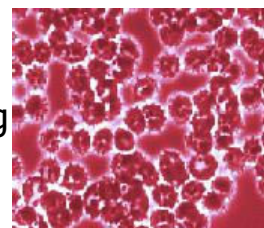
[Go to GoodVitality.com](http://GoodVitality.com) & search for code 2060 to buy L-Ornithine.

Easy of use * effectiveness ** (great for liver though ****)

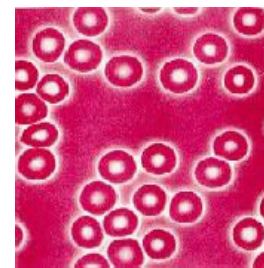


4. Becks Zapper and protocol

Originally the Becks Zapper was known as a blood purifier. If you looked at your blood with a dark field microscope at the beginning of Zapping you would see something like this:-



then after using the Becks protocol for 30 days your blood may look like this:-



Notice the blood cells look more hydrated and there is less debris in the blood.

This would require Zapping for an hour per day plus the use of Ozonated water.

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 5000 to buy Beck's Zapper.

Easy of use ** effectiveness ***

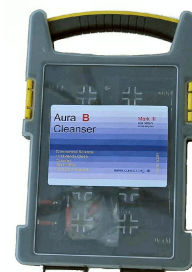
5. Aura Cleanser

This device has a very poor choice of name, I would prefer that it was called an intra-cellular detoxifier. Here you are in effect laying on a metal plate whose electric charge changes polarity every 15 minutes* (*depending on your timing chip). This may help to move molecules across cell membranes getting them out of your cells. In addition you take 5g of vitamin C spread throughout the day; this helps to mop up the free radicals liberated. You must also drink 1.5 litres of water during the day to help your kidneys cleanse blood. You also take 20 drops of Carduus marianus 4 times per day in between meals (you can put this in a little water) this stimulates your liver to help speed up the detoxification process.

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 5301 to buy Aura Cleanser (need Aura Cleanser Screen as well).

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 5321 to buy Aura Cleanser Screen.

[Go to GoodVitality.com](http://GoodVitality.com) & search for code 7003 to buy Carduus Marianus.



Easy of use ** effectiveness ***

6. Aura Cleanser plus Ozonated Water

Finally if you want to really push the boat out, use Ozonated water with the Aura Cleanser, instead of drinking ordinary water in method 5 above drink ozonated water.

Easy of use. ** effectiveness ****

Happy cleansing, now perhaps think of starting a diet, or as I would prefer a permanent change to your eating habits. More of that soon!!!

Video on Detoxification

See our video on Detoxification and buy related products go to:

<http://www.goodvitality.com/detoxification-64-c.asp>

