

# Get a Fresh Start This Fall with a Gentle Cleanse



The change in seasons often inspires us to make a new start. What better way to start fresh than to do a cleanse? Some people are turned off by the idea of cleansing because it seems too extreme or harsh on the body. Plus, no one is a fan of spending hours chained to the bathroom. But it doesn't have to be that way. There's a gentle way to detoxify your system in one week.

Let's be clear what a cleanse is. The point of a cleanse is not to lose weight, although it may happen as part of the process. The object of a cleanse is to take a break from foods, beverages, and environmental toxins that tax your system. After all, your digestive health is closely connected to your overall health, so a periodic reset is an excellent way to keep your body in tip-top shape.

Our bodies—specifically our liver, kidneys, lungs, intestines, and lymphatic system—generally do a fantastic job of removing wastes and toxins. Sometimes our bodies do need support, though. Whether this is due to aging, poor diet, increased occupational exposure to toxins, or chronic health issues, sometimes we need a little help. A wide variety of environmental pollutants accumulate in our tissue over time: everything from phthalates in plastics to flame retardant chemicals to

pesticides and heavy metals. In many cases, each chemical has an “acceptable daily intake,” but there is currently no system to account for total load—or “cocktail effect” —of multiple substances and their potential toxic synergy.

## **Flor-Essence® is a gentle, whole-body cleanse.**

The eight herbs in Flor-Essence have diuretic, bitter, antioxidant, and antimicrobial effects to help tune-up and support your various detoxification organs and systems.\* Taken daily, it supports your liver, kidneys, and lymphatic system in their jobs of neutralizing and removing accumulated wastes and toxins.\*

Rethink your approach to cleansing by taking Flor-Essence® daily. Incorporating gentle exercise will get your lymphatic system and circulatory system flowing. Re-examine and re-tool your diet and nutrition toward nutrient-dense whole foods, give yourself plenty of time for sleep and relaxation, and replenish fluids and electrolytes.

## **Doing a cleanse is a perfect time to re-examine other areas of your life that impact your health.**

Diet, exercise, sleep, your living space, screen time, and even your habits and thought patterns. A cleanse can be a great jump-start or inspiration for positive change in these other areas that may have become a little too routine or even stagnant.