

DETOXIFICATION PROGRAM

Signs of a Toxic Body

- Fatigue / lack of energy
- Overweight / underweight
- Digestive problems (gas, ulcers, heartburn, IBS)
- Irregularity (constipation / diarrhea)
- Cravings or addictions
- Headaches
- Mood swings, anxiety, depression, irritability
- Allergies, hayfever, asthma
- Low resistance to illness and infection
- Skin disorders
- Smoking

M'lis Program Highlights

- It is estimated that 95% of all degenerative disease begins in the colon. Detoxification is a way to lessen the symptoms of and prevent disease.
- All organs and systems of the body are cleansed and allowed to rejuvenate.
- The immune system is strengthened.
- Energy and mental clarity are increased.
- Dependencies on sugar, caffeine, alcohol, and nicotine are reduced.
- Bad eating habits are broken
- 3-8 lbs. of water and waste are lost
- The body's natural tract is restored
- Detoxification is the core of the M'lis line of products and the foundation of every Lifestyle Change Program that we offer.

Why Detoxify?

The only way that toxins are eliminated from the body is through the natural processes of detoxification, which occurs through the skin by perspiration, through the colon by evacuation, through the kidneys by urination, and through the lungs by respiration. When the body has accumulated more toxins than it can handle, the body in its amazing natural healing process attempts a healing response. It must force the toxins out or the body will disease and die.

Toxins are eliminated out of body openings (eyes, ears, nose, rectum, urinary tract and skin). When you have a common cold, you observe mucus, pus, and fluids coming out of every opening of the body. This fluid contains toxic poisons, bacteria, and dead or damaged cells and tissues. The removal of toxin is not an illness or a disease, it is a biological cleansing process done naturally by the body. If toxins are suppressed by the chemical stuffing of symptoms, the body begins to store them. The toxins go deep into the cells and tissues and begin to cause degenerative damage, leading to lethargy, sickness, and eventually to life threatening disease. A person finally passes the point where the body no longer has the ability to cleanse and heal itself. Cells begin to die in body organs, glands and systems. Detoxification helps to reverse this process by enabling the body to rid itself of these toxins and other trapped waste materials.

For a person in good basic health, detoxification on a regular basis will help prevent illness and degenerative disease. For those with health problems, detoxification will allow the body to heal, naturally and without continuing the cycle of chemical stuffing of symptoms.



The Detoxification Process

The M'lis program consists of a liquid diet, using of a mixture of fresh lemon juice, distilled water, and pure maple syrup. It is recommended that at least two quarts per day be consumed. These ingredients provide all the vitamins and minerals you'll need for the duration of the cleanse. For this reason, you will not be experiencing a fast, but a liquid food that will help to cleanse the systems of the body.

- Lemon juice is rich in water-soluble vitamins that the body cannot store.
- Pure maple syrup is a balanced form of natural sugar that will not cause insulin response. It is also rich in minerals that the body needs.
- Distilled water dilutes the toxins and helps to flush them from the body. Because distilled water does not contain minerals, it acts as a leech to pull impurities from the system.
- In addition to the juice mixture, you will be taking herbal formulations contained in a M'lis Detoxification Kit that help the cleansing process.
 - DETOX Body Purifier removes toxins and mucus from the major organs and helps to purify the blood stream and cleanse the lymphatic system.
 - CLEANSE Intestinal Cleanser is an herbal bowel tonic that cleans hard encrustation of old fecal matter. It also provides nutrients to help restore peristaltic action of colon and helps expel parasites and worms.
 - FIBER Wheat Bran & Psyllium restores dietary fiber to the system, cleans bowels and intestines without calories, and helps to lower the cholesterol level. Psyllium cleans debris from the system and will combat constipation
- The typical detoxification cleanse lasts three days. However, it is possible to detoxify up to ten days if that is the desire.

Items to buy

- A M'lis Detoxification Kit.
- About 21 fresh lemons. Fresh lemons are recommended, as they taste the best and are the best for you. If they are not available, use 3 to 5 boxes of Minute Maid 100% pure lemon juice, found in a black and yellow box in the frozen juice section of your grocery store.
- One pint of pure maple syrup, or two 8-ounce bottles. This is found in the pancake syrup or health food section at your local grocery store. Make sure the maple syrup is pure, without added sugar.
- Several gallons of distilled water. You will use approximately two gallons for the mixture and will be drinking plenty of additional throughout each of the three days. Do not use mineral or soft water.
- A 2 ½ quart pitcher or container to hold the juice mixture.

Wean off any abusive substances, and drink at least 64 ounces of water per day.

Instructions for a Detoxification Cleanse

Preparation

In order to prepare your body for M'lis Detoxification, eliminate meat from your regular diet, drink at least 2 quarts of distilled water, and begin taking M'lis SLENDER AID (2-3 capsules, ½ hour before each meal). Note: M'lis SLENDER AID is not a mandatory part of this program and is not included in the M'lis Detoxification Kit. However, it is a very useful tool in weight loss, if that is the desired outcome).

Begin taking M'lis Detoxification herbs along with sensible meals.

<u>Preparation Days</u>	<u>Morning</u>	<u>Evening</u>
CLEANSE	2	2
DETOX	2	2
Fiber	8	8



For the next three days, you will be eliminating all solid foods from your diet. Do not eat or drink anything other than the lemon juice mixture, distilled water, and your M'lis Detoxification herbs.

Mix the following recipe daily:

- 1 ½ cups of fresh squeezed lemon juice, or 1 to 1 ½ bottles of the Minute Maid pure frozen lemon juice.
- An average woman will generally need about 1/3 cup of maple syrup, and a man will need to start with ½ cup a day. Some people need more.
- Two quarts of distilled water.

You will be drinking this mixture and taking the M'lis capsules slowly throughout the day.

<u>Day 1</u>	<u>Morning</u>	<u>Evening</u>
CLEANSE	2	2
DETOX	2	2
Fiber	8	8

<u>Day 2</u>	<u>Morning</u>	<u>Evening</u>
CLEANSE	2	2
DETOX	3	3
Fiber	8	8

<u>Day 3</u>	<u>Morning</u>	<u>Evening</u>
CLEANSE	2	2
DETOX	4	4
Fiber	8	8

<u>Succeeding Days</u>	<u>Morning</u>	<u>Evening</u>
CLEANSE	2	2
DETOX	2	2
Fiber	8	8

In the days following a Detoxification, continue taking M'lis capsules until they are gone. During these days you will be re-introducing solid foods as outlined in your specific program.

FAQ

Can I detoxify for longer than 3 days?

Yes. People with more severe toxicity could benefit by cleansing for longer periods. However, it is more desirable to utilize the program regularly for 3-4 days each time.

Can I detoxify by just fasting with water?

Yes, but the M'lis Detoxification program is much better than water fasting. It aids in the rebuilding process and cleanses without weakening. Because many people are already deficient as well as toxic, the longer they go without food, the greater the deficiency.

Why is it important to use distilled water?

Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. Do not use bottled mineral water since it may contain concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

Can I use other juices?

Yes. Any unsweetened fruit juice may be substituted, if necessary, but it is not the most efficient method. Lemon juice contains important building aids and its astringent action makes it a superb cleansing agent. Fresh, ripe lemons are best of course, but frozen concentrate can be used if fresh are not available.

Will I be hungry during detoxification?

Because eating is a habit, you may have a desire to eat, but you should not feel hungry. If you do, simply drink the lemon juice mixture more often. Because this mixture is food in liquid form, it gets into the bloodstream quickly and allays hunger.

What if I feel like I must eat?

Most people find that detoxification can be difficult because eating has become a pastime in our society, and we have come to crave the taste of foods. The first time can be especially taxing. If you feel like you must eat, first increase the amount of maple syrup in your mixture. This will raise the blood sugar level, which increases energy. If that doesn't work, try a short nap and additional water. As a last resort, eat an apple or banana, and then try to continue on with the program as outlined. Call your M'lis educator for further suggestions.

Why is it important to use maple syrup?

First, maple syrup contains many minerals and vitamins. For this reason, it will provide the body with energy. Second, pure maple syrup is a balanced, natural sweetener and can be used without causing an insulin response. Because of this, hypoglycemics can use the program without fear of lowering or raising blood sugar levels.

Can I detoxify if I have hypoglycemia?

Yes. Detoxifying is especially beneficial to hypoglycemics. Be sure to use only pure maple syrup in the lemon juice mixture. Honey or other sweeteners will trigger an insulin response. M'lis SLENDER AID will also help to regulate blood sugar levels.

Won't the lemon juice mixture cause too much acid for my sensitive stomach?

No. Although lemon is an acid fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance.

How does detoxification affect cellulite?

Cellulite is waste materials trapped in connective tissues and fat cells, and is very resistant to ordinary dieting and exercise. While M'lis Detoxification will not remove cellulite, it does clean out the intestinal tract, thereby speeding up the elimination of wastes from the body.



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What if I have undesirable symptoms when detoxifying?

Many toxins can be pulled out of the body's tissues and put back into circulation in order to be eliminated. Some people may have feelings of illness or undesirable symptoms, and some may even experience the recurrence of ailments from years past during this process. This is called a healing crisis. It is a natural and positive event that means the program is working, and the body has begun the detoxification process. This is temporary. Drink plenty of the lemon juice mixture and water to dilute and continually flush the toxins. A warm Epsom salt bath or a nap may be helpful.

Will I have energy during the cleanse?

Yes, as toxins are expelled from the system, the energy levels rises. If you are not as energetic as you feel you should be, simply add a little more maple syrup to the lemon juice mixture. This will raise and maintain your blood sugar level.

Can anyone detoxify?

You should first consult your physician if you are presently under medical care, are on prescribed medication, are over 65 years old, or have any type of serious medical condition. Pregnant and nursing mothers should not detoxify.

Is detoxification safe?

Yes. This type of internal cleanse has been used safely for periods of up to two months over the last 20 years. However, M'lis recommends the cleanse for 3-10 days only.