

Is this program for you?

- Not functioning at your full potential?
- Feeling stressed, tired or finding it difficult to concentrate?
- Eating poorly or lacking the energy to exercise?

If you have answered yes to one or more of these questions, you need to consider the **Whole Life Vitality – Detox for Health** program. Improve your energy levels and feel the enormous benefits of good health!



Do you remember the last time you felt vital and full of energy?

Cleansing your body of toxins and helping your organs of elimination to function properly will bring increased energy, vitality and improved overall health. Following the detoxification plan and recommended supplements will help you look and feel great.

Speak to your health care professional today about **Whole Life Vitality – Detox for Health!**

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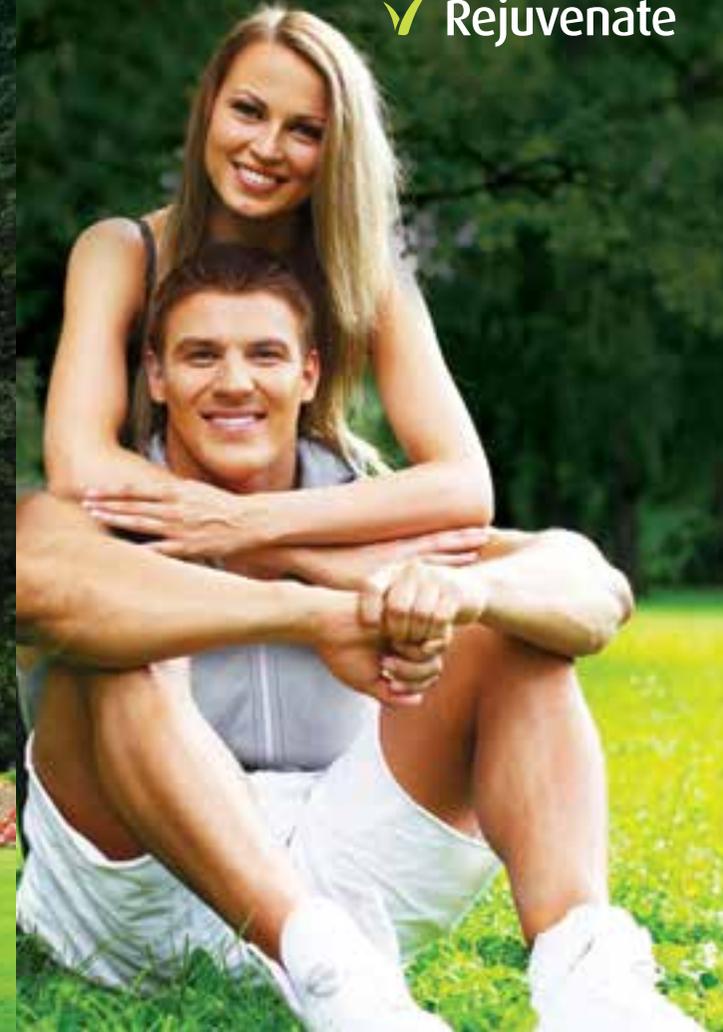
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 **Whole life
Vitality**
Detox for Health

- ✓ Cleanse
- ✓ Revitalise
- ✓ Rejuvenate



Whole Life Vitality – Detox for Health

is an effective, easy to follow detoxification plan. It will enable you to cleanse your body of toxic build up, improve energy levels and your overall health. You will be amazed at how easy it is!

What is the Detox for Health program?

Designed by health experts and leading naturopaths, the *Detox for Health* program will assist you to detox safely and improve your general health. You will learn how to reduce your toxicity levels through diet, gentle exercise and other simple techniques. On completion you will look and feel great.

Whole Life Vitality – Detox for Health is not just a detox diet but a complete program that will enhance your vitality and well-being. Detoxing now may help avoid health issues in the future.

What can I eat and drink on the Detox for Health program?

You are able to choose from a selection of fresh organic foods and your choices are varied for each week of the detoxification plan. One great benefit is you can still enjoy healthy snacks between meals if you desire.



Is the Detox for Health program too complex?

The program is *easy to follow*:

- It is a short-term program, only 3 weeks, making it easy to commit to
- No fasting is required
- Your health care professional will explain the program in detail and you will receive a comprehensive manual to take home. The information kit includes meal plans which cater for today's busy lifestyles, and a variety of recipes that are easy to prepare and taste great
- Nutritious snacks are allowed between meals
- You will be supported and monitored by your well trained health care professional which makes *Detox for Health* a safe program to undertake

Will I experience side-effects?

Some people do experience minor side-effects from detoxification such as headaches and nausea. These symptoms will usually pass in just a few days and *Detox for Health* provides advice on how to minimise these side-effects. Your qualified health care professional will ensure you are monitored appropriately and will provide support throughout the program.

Remember – the benefits gained from detoxification far outweigh any short-term side-effects.



Do I have to take any supplements?

There are a number of supplements that are important to take whilst you are on the detox program. These supplements help to:

- Support liver detoxification and aid fat metabolism
- Improve digestion, tone the liver and assist the clearance of toxins from the body
- Strengthen, maintain and restore a healthy balance of intestinal flora
- Support and strengthen the body's own antioxidant systems

Once you have finished the *Detox for Health* program and are feeling revitalised, the need for these supplements will gradually reduce and your practitioner will make changes as appropriate.

How often do I need to see my health care professional?

It is important that you see your practitioner weekly during the time you are detoxing, to ensure you are detoxing safely. These regular appointments will help to keep you on track and alert your health care professional to any changes that need to be made. The frequency of these appointments will change over time and your health care professional will be able to advise what is best for you as an individual.