

WHAT ARE CLEANSING SYMPTOMS?

When detoxification and elimination functions are working properly, the person is NOT aware that cleansing is taking place. This occurs when the

- LIVER, KIDNEY AND BOWELS are strong and well-supported nutritionally.
- YOU'RE EXERCISING ADEQUATELY
- ENOUGH FLUID is being used to move toxic materials out quickly.

However, when these conditions are not met, CLEANSING SYMPTOMS may be experienced as the toxic substances are recycling back through the body toward elimination. The cleansing symptoms are only TEMPORARY IF YOU DON'T TRY TO STOP THESE RESPONSES TO REGENERATION.

TEMPORARY DISCOMFORTS:

<ul style="list-style-type: none">○ Slight nausea○ Constipation or diarrhea○ Sores, bad taste in mouth○ Muscle, joint aches○ Gas or bloating○ Light headed	<ul style="list-style-type: none">○ Headaches○ Skin breakouts & itching○ Muscle cramping○ Old or new aches & pains○ Fatigue○ Mucus/sinus discharge	<ul style="list-style-type: none">○ Frequent urination○ Excess perspiration/odor○ Depression, irritability○ Colds and fevers○ Energy rush
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SUGGESTIONS:

You can assist your body in moving the toxins out more quickly by:

- Increasing exercise
- Increasing fluid intake
- Varying dilution of the Calli and Fortune Delight – 1 bag each to 1 gallon or more for slower cleansing, increasing concentration slowly
- Increasing Quinary/Liqui-5 to strengthen all five systems (and organs)
- Adding Vitalite Bars to clean and restore healthy intestinal tract/bowel elimination
- Adding Fibertone to tone up the intestinal walls and peristalsis
- Adding VitaDophilus to restore the “good” bacterial balance in the intestinal tract for infections, irregularity, fungus/Candida imbalance. (Hint: 1 pkg every hour until normal elimination is resumed. Attacking fungus/ Candida build-up, 10 small packages per day for 10 days on empty stomach. Maintenance level one package upon rising and one at bedtime.)
- Phone your upline sponsor or Director for support. They are available to encourage you during your Regeneration process.

Note: For a quick demonstration to prove to yourself and others how effectively the Fortune Delight provides cleansing compared with water, try this:

1. Dissolve one 3g packet of Fortune Delight into a 2 cup pitcher of warm water.
2. Pour some vegetable oil on your hands, using the bowl to catch excess.
3. Show your oily hands to your guests.
4. Slowly pour the pitcher of Fortune Delight over one hand. Pour plain water over the other hand.
5. Dry your hands with a towel.
6. Show how quickly, easily, and thoroughly Fortune Delight cleaned the oil from your hands.
7. Think what this can do for you and the inside of your body!