



Crystal Star™
whole herbs for the whole person™

SINCE
1978
30 YEARS
OF HEALING
CRYSTAL STAR

Allergy & Congestion Detox Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to an Allergy/Congestion detox program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special kit to help. Good luck on this health adventure. A safe, gentle nutrition program can keep your body functioning at peak levels. You'll look better and feel better!

The Allergy/Congestion Detox Kit includes:

- Diets for Healthy Healing
- Anti-Hst™ caps (60 caps, a 1 month supply)
- D-Congest™ Spray (1 oz, a 3 week supply)
- Toxin Detox™ caps (60 caps, a 15 day supply)
- Free Nutrition Plan

How to use the products:

Anti-Hst™ caps: Fast acting... Natural antihistamines ease congestion. Relief begins in 10 minutes or less! Helps clear mucous. Reinforces your body's defenses against allergens. Directions: Take 1 to 2 caps daily as needed.

D-Congest™ Spray: Quick Cleanse. Loosens mucous build-up in the lungs... increases breathing capacity. Directions: Hold close to mouth and spray 3 times under the tongue twice daily as needed.

Toxin Detox™ caps: A formula to help rid toxic build-up caused by air, water and food pollutants. Helps neutralize the effects of toxic metal residues. Good to take if you have fillings in your teeth. Directions: Take 2 caps, twice daily for 2 months.

Is your body overloaded with mucous congestion?

Your body needs some mucous. We're taught that mucous is a bad thing because it obstructs our breathing during a sinus infection, asthma or a cold. But mucous is also a lubricant and an important body safeguard. Mucous gathers up irritants like dirt, pollen, smoke and pollutants we take in to protect mucous membranes in the respiratory system. Foods that putrefy quickly in your body like meat, eggs and dairy products are those most likely to produce excess mucous. These foods also slow down transit time through your gastrointestinal tract. Some of us carry around as much as 10 – 15 pounds of excess mucous!

Basic Mucous Elimination Diet for Seasonal Allergies: A 3 – 4 day nutrition plan

Diet changes and taking therapeutic herbs are the most beneficial and quickest means of controlling allergies. A short 3 or 4 day mucous elimination diet is a good way to start relieving allergies because it rids the body of excess mucous build-up, paving the way for nutritional changes to take effect.

The night before your mucous elimination diet...

Mash 4 garlic cloves and a large slice of onion in a bowl. Stir in 3 tbsp. honey. Cover, let macerate for 24 hours; remove garlic and onion and take only the honey/syrup infusion—1 tsp. 3x daily.

The next day...

On rising: take 2 squeezed lemons in water with 1 tbsp. maple syrup. **Now is a good time to take your Crystal Star D-Congest™ spray and Anti-HST™ caps.**

Breakfast: have a water-diluted grapefruit juice or pineapple juice as natural expectorants with 1 tbsp. green superfood, like barley grass, spirulina, or chlorella.

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Mid-morning: **have spring water with 3 sprays of Crystal Star D-Congest™ extract**, an expectorant to aid mucous release to help in oxygen uptake.

Lunch: have a vegetable juice like V-8, or make a Mucous Cleansing Tonic by juicing: 4 carrots, 2 celery stalks, 2-3 sprigs parsley, 1 radish and 1 garlic clove. **Now is a good time to take your Toxin Detox™ caps.**

Mid-afternoon: have a green veggie drink, or 1 tsp. of Chlorella granules in water.

Dinner: take a hot miso broth with 1 tbsp. nutritional yeast. **Now is a good time to take your Toxin Detox™ caps.** Add a small fresh salad the last night of the cleanse.

Before Bed: have apple or papaya/pineapple juice.

The day after your cleanse... Have toasted muesli or whole grain granola for breakfast, with a little yogurt or apple juice; a small fresh salad for lunch with lemon/oil dressing; a fresh fruit smoothie during the day; a baked potato drizzled with flax or olive oil and a light soup or salad for dinner.

Pointers for best results from your mucous cleanse:

- Herbal teas are a good choice. They act as premier broncho-dilators and anti-spasmodics to open congested airspaces and break up mucous. They soothe bronchial inflammation and coughs. They are expectorants to remove mucous from the lungs and throat.
- Drink 8 glasses of water each day of your cleanse to thin mucous and aid elimination.
- Eliminate junk foods, fried foods, pasteurized dairy foods, and refined foods; they are a breeding ground for continued congestion.
- Eat plenty of fresh enzyme-rich foods. They form little mucous and they are the easiest to digest.

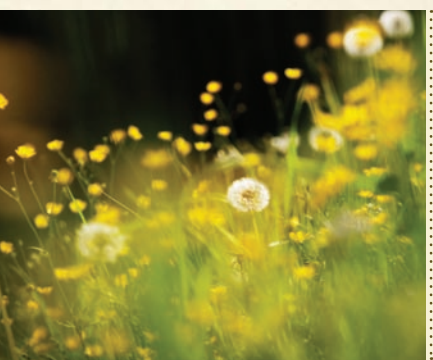
Bodywork techniques are pivotal to increase oxygen use in the lungs and tissues

- Release mucous fast: Take 1 tsp. fresh grated horseradish in a spoon with lemon juice. Hang over a sink to release great quantities of excess mucous fast.
- Aromatherapy: Herbal aromatherapy oils help clear mucous: Eucalyptus (inhale) - antiviral action works on respiratory tract to loosen mucous - in asthma, bronchitis and sinusitis. Tea tree oil (inhale) - antiviral, antibacterial decongestant. Oregano oil (inhale) - antiviral and antibacterial properties help fight infection.
- Exercise: Take a brisk walk each day of your cleanse, breathing deeply to help the lungs eliminate mucous.
- Massage therapy with percussion: a percussion massage loosens mucous. Most people have several congestion-releasing bowel movements and expectoration incidences within 24 hours after massage therapy.
- Compress: Apply wet ginger-cayenne compresses to the chest to increase circulation and loosen mucous.
- Bathe and Sauna: Take a hot sauna or a long warm bath with a rubdown to stimulate circulation and help loosen mucous congestion. Add to your bath 5 drops of eucalyptus, tea tree oil or oregano oil.
- Deep Breathing Exercise: Do this deep breathing exercise often during your cleanse to remove stress, compose your mind, improve your mood and increase your energy: Take a deep, full breath: engage the diaphragm so that the lungs are filled to capacity. Exhale it slowly... slowly. Take another deep, full breath. Release slowly. And again. Maintain a quiet rhythm, exhaling more slowly than you inhale.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb nutrition kits, please visit my website, healthyhealing.com, call 800-736-6015, or refer to your Diets for Healthy Healing book.

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