



Crystal Star™
whole herbs for the whole person™

SINCE
1978
30 YEARS
OF HEALING
CRYSTAL STAR

Fat/Cellulite Detox Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a whole herb Fat/Cellulite 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 Detox Kit to help. Each custom Detox Kit contains items that I recommend to specifically address your cleanse, along with my detailed Nutrition Plan. Keep the plan handy during your detox, because it has important information about how to get the best results from your program. If you're like most people, you will refer to it often.

Good luck with your program. A safe, gentle detox can keep your body functioning at peak levels.

You'll look better and feel better!

Fat/Cellulite Detox Kit includes:

- Green Tea Cleanser (3 oz, 3 week supply)
- Hot Seaweed Bath (2 oz., enough for two baths)
- Cellulite Release Capsules (60 caps, 10 day supply)
- FREE nutrition plan

Information about the Fat/Cellulite Detox Kit products and how to use them:

Green Tea Cleanser™: A cleansing, energizing tea that revitalizes and refreshes your body. Possesses a broad range of free radical-scavenging and anti-oxidant activity. Directions: Drink 1 to 2 cups daily.

Cellulite Release™ Caps: Potent herbal sources of anthocyanosides which help rebuild and strengthen connective tissue, while regenerating lost skin tone by eliminating excess waste. Provides vascular and liver support to help cleanse excess fats through efficient metabolic action. Directions: Take 2 caps before meals. Can be taken for 2 to 3 months at a time. Reduce saturated and total dietary fat for best results.

Hot Seaweed Bath™: Lose excess fat and cellulite while relaxing in an herbal bath. Directions: Take a seaweed bath once or twice a week for the best results. For maximum benefits, dry brush your skin before the bath.

Fat/Cellulite Nutrition Plan: Start with this 3 to 7 day diet plan.

Begin with the 3 day juice/liquid diet I've provided and follow with 1 to 4 days of fresh foods.

Note: extra water is critical to the success of this cleanse. Water naturally suppresses appetite and helps maintain a high metabolic rate. In fact, water is the most important catalyst for increased fat burning. It enhances the liver's main function of detoxification and metabolism, and allows it to process more fats. Don't be concerned about fluid retention; high water intake actually decreases bloating, because it flushes out sodium and toxins. Expert dieters drink 8 glasses of water a day.

On rising: take a glass of lemon juice and water with 1 tbsp. maple syrup in the morning. Now is a good time to take your **Cellulite Release™ capsules**.

Breakfast: have a Fat Melt Down Juice: juice 2 apples, 2 pears, 1 slice of fresh ginger to help reduce fat from places where it is stored in cellulite. The ginger stimulates better blood circulation.

Mid-morning: have fresh carrot or apple juice to restore normal pH. Add 1 tsp. green superfood like chlorella or spirulina into the juice.

Lunch: now is a good time to take your **Cellulite Release™ capsules**. Have a liquid Salad Special: juice 3 broccoli flowerets, 5 carrots or 2 tomatoes, 2 celery stalks, ½ red or green pepper.

Mid-afternoon: have a cup or two of **Crystal Star Green Tea Cleanser™**.

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[click here to order the Fat/Cellulite Detox Kit now](#)

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Dinner: now is a good time to take your **Cellulite Release™ capsules**. Have an electrolyte broth: In 3 cups water, cook 2 cups fresh mixed vegetables (carrots, broccoli, dark leafy greens, celery and parsley), and 2 tsp. miso. Add in 1 tbsp. chopped sea vegetables (any kind). Seaweeds add minerals and improve sluggish metabolism. Take your **Crystal Star Hot Seaweed Bath™** an hour or so before bedtime.

Before Bed: Have chamomile or peppermint tea with a dash of honey.

Pointers for best results from your fat/cellulite cleanse:

- Enzymes are a dieter's best friend! Enzyme-rich juices and foods help you lose to your ideal weight fast.
- Include a superfood drink once or twice a day for energy and nutrient content.
- Add fat burning sea vegetables to your diet every day.
- Boost your fiber intake. Fiber is another key to weight control, especially for men.
- Watch your fats like a hawk! Unhealthy fats make you gain weight... healthy fats assist weight loss.

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your detox.

1. Exercise: Take a brisk walk or do 15 minutes of aerobic exercise. One pound of fat represents 3500 calories. A 3-mile walk burns up 250 calories. In about 2 weeks, you will have lost one pound of real extra fat. That means 3 pounds a month or 30 pounds a year without changing your diet. With your cleanse and diet improvements the result is obviously even greater! Exercise promotes an "afterburn" effect, raising metabolic rates for up to 24 hours afterwards. Exercise before a meal raises blood sugar levels and decreases appetite, often for several hours after the exercise.

2. Dry brushing: Fatty wastes can get trapped beneath the skin's surface easily (especially in women) when the liver or lymphatic systems are sluggish. Use a natural bristle brush—brush vigorously in a rotary motion and massage every part of your body in this order: feet and legs, hands and arms, back and abdomen, chest and neck. Five to fifteen minutes is the average time. Then, take a bath or shower.

3. Take a **Crystal Star Hot Seaweed Bath™**.

- place seaweeds in a tub and run very hot water over them
- fill tub so you will be covered when you recline
- add aromatherapy oil if desired, to help hold in the heat and boost your detox program
- get into the bathtub when the temperature feels right to you
- gel from the seaweed will often begin to coat your skin
- rub your skin with the seaweed to enhance gel action, stimulate circulation and remove released wastes

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

My Fat/Cellulite Detox Kit is great way to start on the road to a healthier you. To learn more about my entire line of whole herb detoxification kits, please visit my website, www.healthyhealing.com, or call 800-736-6015.

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