



**Crystal Star™**  
whole herbs for the whole person™



# Lymph Detox Kit

## NUTRITION PLAN

### Congratulations!

You've decided to commit to a lymph gland 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 on this health adventure. A safe, gentle detox can keep your body functioning at peak levels.

You'll look better and feel better!

### The Lymph Detox Kit includes:

- **Liver Cleanse Flushing Tea™** (3-oz., a 3 week supply)
- **Anti-Bio™ Caps** (60 caps, a 10 day supply)
- **Systems Strength™ caps** (150 caps, a 25 day supply)
- **FREE nutrition plan**

### How to use the products in the Lymph Detox Kit:

**Liver Cleanse Flushing Tea™:** Boosts liver and lymphatic cleansing to help remove blood toxins that are related to fatigue, moodiness, poor immune response and weight gain. *Directions: Take 2 cups daily for 2 months, then take 2 cups daily once a week as needed.*

**Anti-Bio™ Caps:** First aid responder... now with anti-viral support. Works with your body's own "immune responders" for front-line defense against harmful bacteria. Natural herbal agents help cleanse the body of impurities while offering support against recurrent infection and attacks. *Directions: Adults: Take 2 caps, 3 times daily for 1 week, then 2 caps, twice daily for 1 week. Children 5 to 12 years: Take one half of the adult dosage. This formula may also be used externally as a poultice.*

**Systems Strength™ Caps:** By combining superfoods, sea vegetables and herbs, Systems Strength™ nourishes and supports all the systems of the body to promote superior health. Supplies a complete range of vitamins, minerals and amino acids, while providing bountiful nutrition without cholesterol and increased calories. *Directions: Take 2 caps, 3 times daily as needed.*

The suggested program for this Kit is approximately 3-7 days following the steps outlined on this information sheet. Use the nutrition plan and bodywork techniques to achieve the greatest benefits from this kit.

### Lymph Detox Nutrition Plan: Start with this 3 to 7 day diet plan.

Begin your lymph detox with a 3 day juice-liquid diet and follow with 1 to 4 days of a diet of 100% fresh foods.

Nutrient deficiency is a frequent cause of a sluggish lymph system. Immune-boosting vegetables for juicing: cabbage, kale, carrot, bell pepper, collards and garlic. Lymph-enhancing juice fruits: apple, pineapple, blueberry and grape. Be sure to read *The Importance of Water* on page 60 of your *Detoxification* book.

**On rising:** take a glass of lemon juice and water regularly in the morning for lymph revitalization. Now is a good time to take your **Anti-Bio™ caps** and **Systems Strength™ caps**.

**Breakfast:** have a fresh mixed vegetable lymph juice builder: handful parsley, 1 garlic clove, 5 carrots, and 3 celery stalks.

**Mid-morning:** have two cups of **Liver Cleanse Flushing Tea™** for liver and lymph cleansing, or a lymph tea blend of white sage, astragalus, echinacea root, Oregon grape root and dandelion root.

(continued)

[click here to order the Lymph Detox Kit now](#)

(continued)

*Lunch:* have a vitamin A/carotene/vitamin C rich drink: 3 broccoli flowerets, 5 carrots, 1 garlic clove, 2 celery stalks and ½ green pepper. Add 1-2 tsp. of a green superfood like chlorella and spirulina. Now is a good time to take your **Anti-Bio™ caps** and **Systems Strength™ caps**.

*Mid-afternoon:* a glass of apple or grape juice.

*Dinner:* Now is a good time to take your **Anti-Bio™ caps** and **Systems Strength™ caps**. Have a Potassium Essence Broth for mineral electrolytes. Or try a broth rich in zinc, vitamin A and C, potassium and magnesium electrolytes: In 2 ½ cups water, cook 1½ cups fresh veggies (carrots, broccoli, dark leafy greens, celery and parsley) and 1 tsp. miso. Strain and use broth. Hearty version: blend warm broth and vegetables. Add 4 tbsp. sunflower seeds.

*Before Bed:* have a glass of papaya juice.

### Pointers for best results from your lymph cleanse:

- Drink plenty of water... 8 glasses of bottled water each day of your cleanse. Add potassium-rich foods - sea greens, broccoli, bananas and seafood.
- Poor nutrition profoundly impairs the immune system. Avoid caffeine, sugar, dairy foods and alcoholic drinks for the duration of your cleanse. They contribute to lymphatic stagnation. They especially inhibit white blood cell activity.
- Spicy foods like natural salsas, cayenne pepper, horseradish and ginger boost a sluggish lymph system and cut mucous congestion.
- Adequate protein intake is critical to immune health and the ability to heal. The best sources for immune response are those with plenty of EFAs: salmon and fresh tuna, sea vegetables, green superfoods like spirulina and barley grass and sprouts.

### Bodywork Techniques:

#### Bodywork and relaxation techniques accelerate and round out your detox.

1. Exercise: exercise is critical to lymphatic flow. To stimulate lymph flow activate muscles with regular exercise and stretching. Start every exercise period with deep, diaphragmatic breathing. Mini-trampoline exercise clears clogged lymph nodes.
2. Massage therapy: elevate feet and legs for 5 minutes every day, massaging lymph node areas.
3. Lymph supporting therapies: acupuncture and acupressure have both been successful.
4. Essential oil support: to assist your lymph cleanse use geranium, juniper and black pepper. Use one or a combination of all three oils. Put a total of 15 drops essential oil in 1-oz of a carrier oil (such as jojoba) and rub on the skin.
5. Shower: Take an alternating hot and cold hydrotherapy treatment at the end of your daily shower to stimulate lymph circulation.
6. Eliminate aluminum: cookware, food additives, and alum-containing foods and deodorants.

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

To learn more about my whole herb detoxification kits, please visit my website, [www.healthyhealing.com](http://www.healthyhealing.com), or call 800-736-6015.

[click here to order the Lymph Detox Kit now](#)



**Crystal Star™**  
whole herbs for the whole person™



\* This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2008 Healthy Healing™ Enterprises LLC. All rights reserved. ™ denotes trademarks owned by Healthy Healing™ Enterprises LLC