

Spring Is Here!

According to the Chinese, spring is the time to cleanse and nourish the liver!

Should you cleanse your liver?

In traditional Chinese five element theory, the liver and gallbladder are ruled by the wood element. The liver is seen as regulating the flow of chi (vital life force) and blood throughout the body, regulating normal digestion, and creating harmony of the emotions.

Emotions of anger and frustration are often seen as "hot" or "stagnant" liver imbalances.



History of the Liver Cleanse

There are few time-honored traditions in existence today as important as the spring liver cleanse. The liver cleanse has been seen as a vital part of health by almost every culture for over a 1,000 years. People often wonder why cultures ranging from China to Egypt to South America valued the liver cleanse.

The answer is clear - it is the foundation of a healthy body and mind! Traditionally, liver cleanses were most often used to help purge the body of excess toxins and alleviate digestive problems from the heavy meals eaten during the winter months. Then many started to use olive oil and lemon juice followed up by epsom salts to cleanse gall stones and bile. Some old time cleanses may be too strong or even detrimental according to modern research.

However, it is easy to understand the importance of the liver in cleansing, because it serves as a filter for everything circulating in the blood. It has to break down hormones (testosterone, estrogen, etc.), detoxifies water and fat based soluble chemicals (including drugs, medications, pesticides, etc.), and neutralizes toxins. The liver even stores necessary vitamins and minerals. Unfortunately, it also stores most toxins the body cannot breakdown.

Signs of liver imbalances that may indicate the need for cleansing:

- PMS
- Poor Digestion (Especially Fats)
- Frustration & Anger
- Chronic Stress
- Chronic Allergies
- Weakened Immunity
- Hormonal Imbalance
- Poor Eyesight
- Fatigue, Lowered Energy
- Skin Problems (Rashes, Eczema, Acne)
- Elevated Liver Enzymes
- Constipation
- Leaky Gut Syndrome
- Toxins in the Environment
- Frequent Alcohol Consumption
- Headaches & Migraines
- Pains In the Upper Back & Neck



Table Foods for the Cleanse!

Eating the following whole foods diet while cleansing is very important:

- Organic fruit and vegetable juices
- Beets, carrots, artichokes, chicory root
- All cruciferous vegetables (cauliflower, cabbage, brussel sprouts, broccoli, etc.)
- Bitter greens (collard, kale, mustard greens, dandelion greens)
- Wild greens (nettles, watercress, purslane, lamb's quarters, amaranth)
- Lemons, bitter melon, fresh parsley

Cleanse & Nourish

with Sunrider Calli, Dandelion & Slim Caps!



I personally like simple, safe, food grade herbals to help cleanse the liver. Dandelion Root, Calli and slim Caps are my favorite!

Dandelion: What is it good for?

Dandelion is one of the best blood builders and gentle purifiers available. It contains nutritive cell salts for building healthy blood. Dandelion restores and balances the blood. Historically, it has been used to help low blood pressure.

Dandelion is good for the female organs, and has been used to open the urinary passages and nourish the kidneys. Dandelion is high in vitamins and minerals, especially calcium. It helps build energy and endurance.

[More info on Dandelion Root](#)

Vitalite® Slim Caps™



Formulated with owner expertise and based on the Philosophy of Regeneration™, Vitalite® Slim Caps™ supplements are designed to work synergistically with the body's own natural cleansing systems.*

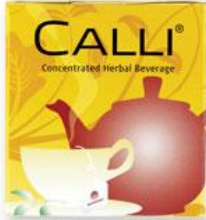
Vitalite® Slim Caps™ are designed to give you a jump start on a healthy lifestyle that will help promote longevity and happiness.

Unlike many other weight-management products on the market today, Vitalite® Slim Caps™ are all natural, made without chemical and synthetic additives.

Because Vitalite® Slim Caps™ are designed as part of a sustainable weight-management program, we also recommend daily exercise in combination with a sensible diet, including high-fiber, low-fat foods such as vegetables, fruit, lean white meats or fish.

Drink Calli Daily!

I love drinking Calli everyday! Calli not only helps cleanse gently but I love the way Calli cleanses the cobwebs from my mind!



Remember, before doing any cleansing always check with your health care provider for guidance and advice.

Calli® Regular, Mint & Cinnamon

Recently, many other beverage manufacturers have "discovered" the various health advantages of drinking green tea. Sunrider has used it in Calli® for 20 years. However, Calli® is much more than just green tea. It's an exclusive formula created using owner expertise with proven effectiveness.

Catechins are naturally occurring polyphenol chemicals found in *Camellia sinensis*, the primary ingredient in Calli® (and Fortune Delight®). These antioxidants have been shown to be effective in absorbing damaging free radicals.

While many of the undesirable elements we take into our body are quickly eliminated, others are not. Combined with a healthy meal and exercise program, the unique herbal extracts in Calli® assist in the body's natural cleansing processes.

Calli®

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.