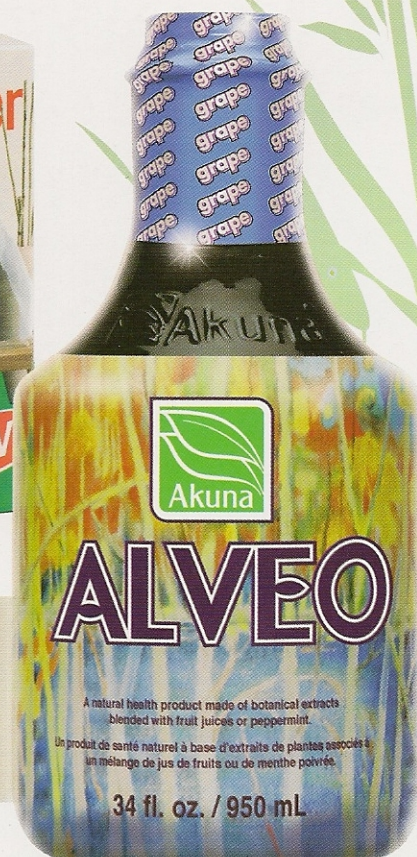


- Learn how to read the signs of toxicity in your body
- Learn about the 7 main perpetrators that cause our detoxification systems to overload
- Learn how to get your internal detoxification system from running on overdrive
- Learn how to get your body functioning properly



YOUR DETOX GUIDE

Dear Friend.

*Do you often feel under the weather, sluggish and mentally drained?
Your body may be overloaded with harmful toxins and you may not even know it!*

If you struggle with fatigue, muscle aches, joint pain, sinus problems, headaches, bloating, gas, brain fog, hard-to-lose weight, or just about any chronic condition, there may be something you can do about it—without the use of prescription drugs.

First, I will give you some bad news...

With all the toxins we're exposed to in our environment, it is NOT difficult for our systems to become overloaded and stop functioning the way they were meant to. Every day, our bodies face an uphill battle, restoring our systems to a healthy state. Imagine running your car 24 hours a day, 365 days a year for 40–60 years without a break or proper maintenance. What kind of shape do you think it may be in?

Here are some common factors, which may be affecting our bodies' natural balance:


- Nutrient-stripped foods
- Environmental pollutants
- Drugs (prescription and over-the-counter medicines)
- Toxic chemicals
- Pesticides
- Stress
- Negative thinking
- Hurtful relationships

Here is the good news...

Our bodies' natural detoxification systems are designed to support our optimal health by eliminating waste products and environmental toxins from our metabolism. When we were born, our bodies came equipped with a wonderfully designed and perfectly operating internal detoxification system. Our livers being the workhorses, transforming harmful toxins into relatively harmless compounds and eliminating them through bile and the digestive tract; our kidneys excreting harmful metabolic and environmental toxins; our skin sweating and shedding, eliminating chemicals and toxins and even our hair and nails eliminating toxins such as mercury and lead.

In order to help our bodies naturally return to a healthy, balanced state there are several actions we can take. In this DETOX GUIDE, I will discuss these options and show you how with the help of two excellent Akuna products, you can jumpstart your way to a healthier and happier you.

Dr. Jari Bertlik

 **Akuna**

It is very easy to become ill and overweight...

All it takes is to overload your internal detoxification system until it does not work properly anymore.

Like any other hardworking system, your internal detoxification system needs periodic rest and support to continue functioning optimally. Because of stress, poor food and a toxic environment, our systems face increasing pressure, making the need for such rest and support that much greater. Unfortunately, our modern lifestyles expose us to an increasingly complex (and deteriorating) environment, so that our detoxification systems must work overtime (without break) in order to process the toxins we encounter in everyday life.

Common symptoms of an overloaded detoxification system:

- Fatigue
- Muscle aches
- Joint pain
- Sinus congestion and post-nasal drip
- Headaches
- Bloating/flatulence
- Irritable bowel syndrome
- Foul-smelling stools
- Heartburn
- Sleep problems
- Brain fog
- Food cravings
- Fluid retention
- Excess weight
- Rashes
- Canker sores
- Dark circles under the eyes
- Bad breath or body odor
- Premenstrual syndrome

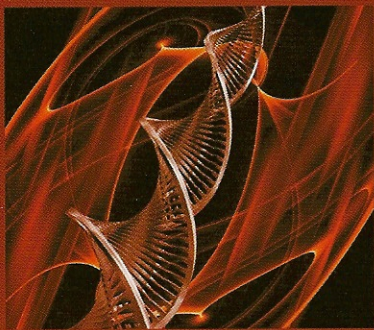
In addition, it has been shown that impaired detoxification from exposure to toxins can eventually lead to more serious conditions such as:

- Alzheimer's/dementia
- Arthritis
- Autoimmune diseases
- Cancer
- Chronic fatigue syndrome
- Fibromyalgia
- Food allergies
- Heart disease
- Parkinson's
- Menstrual problems

Did you know?

Every year the average American consumes:

- **100 pounds of sugar**
- **55 pounds of fats and oils**
- **300 cans of soda**
- **200 sticks of gum**
- **5 pounds of potato chips**
- **20 gallons of ice cream**
- **Dozens of doughnuts**



Cancer Causes: Environmental or Genetic?

The environment plays more of a role than genetics in such chronic illnesses as dementia, cancer, and heart disease. This point was driven home in an article by the New England Journal of Medicine (Volume 343:1494–1496) and was a shock to many people. The article addressed a study designed to separate environmental and genetic causes of cancer. The researchers studied 44,000 pairs of twins, looking for a connection between the environment and cancer or genes and cancer.

What did they find?

Less than 10% of cancers were related to genetics. Inherited genetic factors make a minor contribution to susceptibility to most types of cancer. As a medical doctor and doctor of naturopathy, my practice is focused on lifestyle, nutrition, and preventive medicine. After more than 20 years of treating thousands of patients who did not respond well to conventional therapies but underwent remarkable transformations on a detoxification program, I decided to develop a safe and gentle detoxification program that everyone could use in the comfort of their homes. My products of choice are of course from the Akuna line of products, which I value for their quality and efficacy.

So how did your body become impaired with toxins in the first place?

The 7 perpetrators

Many people, including the majority of those in the medical field, think of toxins as something made up by new age or fringe health care practitioners. Despite these opinions, there are medical, environmental, and scientific reasons to consider a detoxification program.

As stated earlier, our internal detoxification system is overloaded because we expose it to so many external sources that wear it out on a daily basis. Remember, even in the best of circumstances, your body spends enormous metabolic capital on detoxification. When we overspend this capital on toxic foods, chemicals, and even beliefs or bad relationships, we overwhelm our body's capacity for detoxification. The result can be fatigue, digestive difficulties, sinus congestion, bloating, muscle aches, headaches, menstrual disorders, and even such serious illnesses as heart disease, dementia, Parkinson's, and cancer.

So what kinds of toxins are you exposing yourself to? Consider the following...

1. Poor quality foods

Many of the foods we eat contain anti-nutrients (such as sugar, refined carbohydrates, trans or hydrogenated fats, alcohol, caffeine, and processed foods) that lead not only to obesity, but also impair our internal detoxification system.

Consider a greasy cheeseburger (with transfats), which interferes with the healthy functioning of our cells; or the sugars from a soda, which deplete us of the good nutrients needed for detoxification, including B vitamins and magnesium.

2. Too much medication

Prescription and also over-the-counter drugs can be a serious source of toxicity. For example, an article in the New York Times reported on a 1992–1995 Parkland Memorial Hospital (Dallas) study that found the overexposure of Tylenol or other medications containing its active ingredient, acetaminophen, were the leading cause of hospitalization for acute liver failure—especially if alcohol was in the system.

3. Overexposure to antibiotics

The Union of Concerned Scientists found that of the 24 million pounds of antibiotics used each year, only 2 million pounds are used to treat sick animals. Three million pounds are used to treat human infections. The rest (19 million pounds) are given to animals to prevent infection.

When we eat these animals we consume those antibiotics. This leads to serious consequences to our health, including life-threatening infections caused by bacteria that are resistant to those antibiotics.

4. Heavy metal poisoning

Perhaps the most ignored and prevalent toxins we face are heavy metals: mercury, lead, cadmium, arsenic, and antimony. Everyone knows these metals are dangerous in large amounts, but we now recognize that chronic low-level exposure can have serious adverse consequences.

In what ways are we exposed to heavy metals? Do you eat tuna, sea bass, or swordfish a few times a week? These may contain unacceptable levels of mercury. Do you have a mouthful of silver fillings that are decades old? Mercury is a huge problem and we are exposed to it in a number of ways, which we are not even aware of, such as through our water supply or from coal burning power plants, and industrial sources like cement plants and medical incinerators that float up in the atmosphere then come back to earth.

5. Dangerous chemicals and pesticides

Chemical toxins are prevalent in our environment (pesticides, herbicides, industrial chemicals, and even the household cleaning products we use in our homes). We breathe them and absorb them through our lungs and skin, drink them in our water supply, and consume them with our food.

6. Food allergens

Allergens can come from food, molds, dust, pollens, or chemicals. These can trigger inflammation in our bodies and overburden our already overloaded system. Recent studies have found that 30% of Americans have the gene that may make them allergic to gluten, a protein found in wheat; 1 in 100 people have serious reactions to the wheat protein.

7. Hidden infections

Hidden infections can be a source of toxicity. These toxins may come from bacteria, viruses, or yeast. Common locations include:

- digestive tract, where bacteria can cause ulcers
- small intestine, which can harbor parasites, yeast, and harmful bacteria
- sinuses, a location of chronic fungal infections
- and many other sites in our bodies where infections remain hidden

If you are like most people, you are probably exposed to all 7 perpetrators all the time and as a result may have an internal detoxification system that is simply worn out.



A simple natural solution for detoxifying your system

While the word "detoxification" may call to mind some extreme behavior, such as fasting or taking enemas, the simple approach I wish to discuss here does not require such drastic measures. You will find this process accessible, clear, and nourishing—a truly revitalizing experience for your mind and body.

Drink Alveo and Take a Plaster!

For optimal health, combine the use of both products as they are intended to complement and support each other. You will emerge with a renewed sense of vigor, vitality, energy, and a relief from many chronic minor health complaints.

ALVEO

- An excellent self-care product and ideal combination of herbs, concentrates, purified water, honey and maple syrup
- Supports and strengthens the digestive system and prevents inflammation of the gastrointestinal tract
- A preventative that is free of cholesterol, trans fats and steroids, and because it comes in liquid form it is easily and quickly absorbed
- Recommended use is 1 to 3 ounces (28-84ml) daily, preferably ½ hour before a meal



TAKE A PLASTER

- This cleansing process promotes overall natural body health and has a stimulating effect on healing processes
- Promotes natural elimination of toxins from the body
- Soothes pain and reduces swelling, relieves fatigue and improves the quality of sleep
- Apply to the soles of your feet every night at bedtime for 4 to 6 weeks in a row, repeat 3 to 4 times per year



What comes next?

After only a few weeks of using Alveo and "Take a Plaster" regularly and as suggested, the majority of my patients reported experiencing all or some of the following:

- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration
- mental focus and clarity
- Improved mood and increased equanimity
- Increased energy and sense of well-being
- Less congestion and fewer allergic symptoms
- Less fluid retention
- Less joint pain
- Increased sense of peace and relaxation

Additional ways to detox your body naturally:

1. Get your fluids moving

Enhance circulation of blood and lymphatic fluids throughout the body to refresh, oxygenate, and energize your cells.

2. Love your liver and sweat it out

Sauna and heat therapy (not recommended for people with heart disease) are ancient methods of internal cleansing that increase excretion of heavy metals (lead, mercury, cadmium).

3. Fix your gut

Prepare and repair your digestive system with healthful foods and supplements.

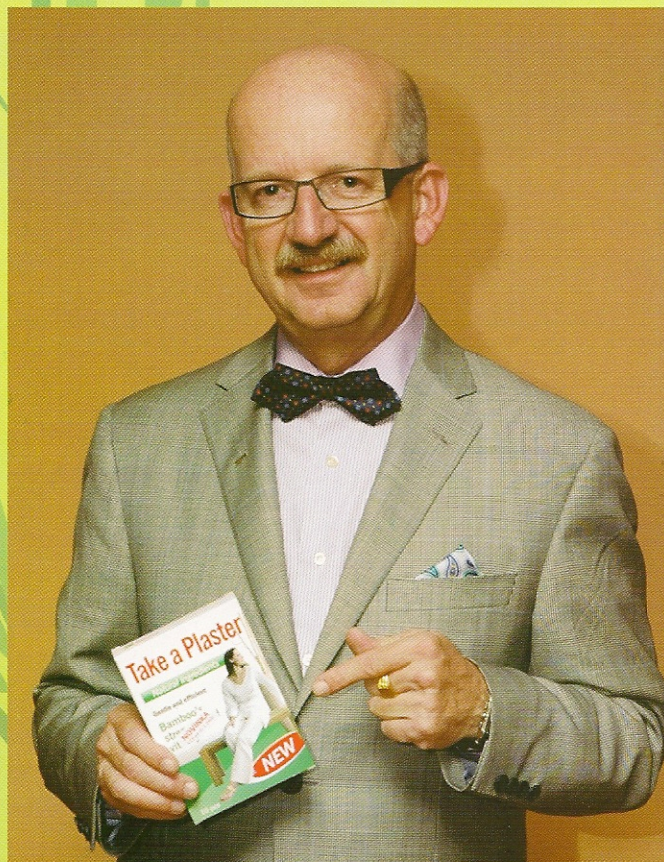
4. Detox your mind, heart, and spirit

Decreasing mental and emotional stress will provide profound benefits for your nervous system, sleep habits, and digestion. When your nervous system is balanced and you are rested, you will find you have much more energy for your everyday life.

RESTORE YOUR DETOXIFICATION SYSTEM AND GET YOUR HEALTH IN BALANCE!

Change your life without a lifelong commitment

If you struggle with any of the chronic issues addressed and you are frustrated because conventional medicine keeps failing you, then discover the benefits of cleaning out your system naturally and to give yourself a fresh start.



Dr. Jari Bertlik ND

Dr. Jari Bertlik is a licensed Doctor of Naturopathy. He devotes much of his time to research on cancer, pain and chronic problems, all of which dramatically impact our physical well-being. He is also an expert in the fields of biological medicine, homotoxicology, traditional Chinese medicine, and herbal medicine.

Dr. Bertlik is an internationally-recognized speaker in 14 countries across Europe and North America. His major area of expertise is the prevention of disease. He is the author of "Live Healthy...But How?" which has been translated into 4 languages. Currently, he practices Naturopathy in Toronto, ON.



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