

### SEASONAL Cleansing Time!

#### DO YOU FEEL SLUGGISH FROM CLEANSING?

Did you know that an ARTERIAL CLEANSE can be incorporated into most any detox protocol you are accustomed to doing?

Purifying the blood while on a detox protocol (of your choice) is recommended!

#### Two ways to incorporate Strauss Heartdrops into your routine

- If you are in need of a full ARTERIAL DETOX then by all means, do the Strauss Heartdrops suggested protocol for minimum of 3 months and continue for 1 full year.

Once assessed and advised by your Health Care Practitioner, continue with your usual detox regime. OR, you may...

- Begin your Seasonal Detox with Strauss Heartdrops, alongside your usual Detox Protocol (ex. liver, kidney, or bowel cleanse). Let's say you do a seasonal detox program, beginning with liver. You may incorporate Strauss Heartdrops to help clean up the blood from the toxin release and support a gentle arterial cleansing of plaques and cholesterols, easing the load on the body.

#### Foods that will assist your Detox Protocol include;

1. Artichokes-add to salads for supporting the liver
2. Beets-a wonderful blood builder
3. Dark leafy greens-great blood purifier to aid in ridding of toxins
4. Fresh herbs such as parsley and mint-high antioxidant properties
5. Fresh berries-also great antioxidants to fight the free radical release during cleansing the organs
6. Lemons-drink freshly squeezed lemon water first thing in the morning to reset to alkalinity=more energy

#### Did you know?

Rest and Repair - take the time to fully rest, so the body has the energy to heal during cleansing, is very important. Go to bed earlier than normal and get 9 hours sleep per night while on a cleanse, if possible. "Meditate before you medicate"-yoga, breathing practice and meditation also helps the body to get into rest and repair mode. Devote 10 mins to your breath each and every day. Then 10 minutes becomes more because it feels so good! Continue with this as a lifelong practice for overall wellbeing.

I find some people have great success when incorporating a gentle blood purifying supplement, such as Strauss Heartdrops, while on another organ cleanse, both in spring and fall.

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