

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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BODY BRITE

WHAT IT IS:

- Herbal support for total body health and detoxification

WHY YOU NEED IT:

- Great for patients looking detox all organs and tissues
- Important for patients feeling toxic and bloated
- Supports patients with toxin-related symptoms (Take quiz printed below)
- Can be used with any detox regimen to provide total body support

HOW IT HELPS:

Body Brite is a carefully formulated herbal remedy to assist all body organs and channels in detoxification. As such, this remedy forms the foundation of any detox program.

To detox successfully and uneventfully, you must be able to clear all of the toxins that you pull from the cellular "trash cans" that store the toxins in your body. Body Brite is an essential part of your core detox program because it helps each component of your detox pathways: skin, liver, kidney, lung, blood and lymph.

Body Brite should also be used as part of your daily detox and health supplement regimen. Cleaning your body everyday is important for optimal health, and the longer I am in practice, the more convinced of this I am.

Think of your body as you would your home. Would you want to live in a home that's cleaned only once a year? Once a quarter? Once a month? Or once a day?

And what's more important to your health: the cleanliness of your house or your body? So if you can't imagine living in a house that is not cleaned regularly, how do you think your body feels if it's not cleaned regularly? In a word: suboptimal.

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.
Always consult your doctor before taking any of these products.

First we thought: you are what you eat. Now we know: you are what you don't excrete. Body Brite can help you do a little (but much needed) daily "house cleaning" to help dump the toxins that make us weak and sick. You'll be glad you did.

ColoBrite is an effective colon cleansing herbal therapy that supports Body Brite. In order to maintain a healthy body, you should have a minimum of two bowel movements daily. Short of this and your body is retaining toxins that will eventually drag down your good health or keep you from being able to recover it.

Take this quiz to see if you are likely to benefit from using Body Brite and ColoBrite, an all-natural colon cleanser and support formula. Give yourself one point for every YES answer.

1. Have less than two to three bowel movements daily?
2. Are you more than 10 pounds overweight?
3. Are you tired and sluggish?
4. Do you have food allergies?
5. Do you crave breads or sugary sweets?
6. Do you rarely exercise?
7. Does your skin breakout?
8. Do you have bad breath?
9. Do you have to mask body odor with a scent?
10. Never done an inner body cleanse before?
11. Do you eat dairy products?
12. Do you need caffeine to get up?
13. Do you have abnormal lab testing that indicates toxicities/imbbalances?

Count your YES answers and score accordingly.

3+ Need Body Brite and ColoBrite cleanse

If answered YES to questions 1, 2 and 10, then need Body Brite and ColoBrite cleanse

Both Body Brite and ColoBrite are designed to be used for three consecutive months for optimal cleansing and detoxification support. At the end of this three-month period, you can continue one or both products if your body feels better when using these supplements regularly. When extending the use of these products beyond three months, take them daily for six days weekly and then take the seventh day off. After the first three months of use in any 12-month period, Body Brite should be used for three weeks out of the subsequent months, taking the last week of the month off. At any time after the first three months, ColoBrite can be used six days weekly to support normal bowel health, taking the seventh day off when possible.

During the first three months of use in any 12-month period of time, your goal is to take Body Brite and ColoBrite (when needed for constipation) at the highest possible dose that does not cause any side effects or detox reactions such as drowsiness, headache, fatigue, diarrhea, worsening skin rashes, etc. If you experience any of these "detox reaction" symptoms, then reduce the dose to the last effective amount that caused no side effects. Stay at this dose for one to two weeks before again trying to increase the dose.

Start with half of the recommended dose on the label and gradually increase (as tolerated) to the maximum dose by adding an additional tablet every three to four days.