



HEALTH & HEALING

Is *body cleansing* right for you?

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Lately, I've been asked quite a bit about cleansing. This once taboo topic is now one of the most common issues we discuss. So where do you start? How do you know if you need to cleanse, when,



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how or why? I suppose a somewhat technical answer is that cleansing is used to assist your body in eliminating toxins, and in that area we need all the help we can get! In today's modern world the average person is exposed on a daily basis to an increasing variety of toxins—from the air we breathe, the foods we eat and even what we put on our skin.

While the body does an incredible job of eliminating toxins, many experts are now recommending seasonal cleansing to help prevent illness and simply feel better.

So that's the technical answer, but what about the practical answer? Many people decide to cleanse when they feel they have one or more of the following symptoms: a lack of energy, difficulty losing weight,

headaches, digestive complaints, skin problems, constipation or recurrent yeast infections. Here's a great example: I had a customer tell me that she had tried everything she could to lose weight. After doing a little research she decided to try cleansing. After 30 days she had lost nearly fifteen pounds, was eliminating more regularly, and had more energy than she'd had in a long time.

A good first time cleanse is Total Body Rapid Cleanse from ReNew Life. Total Body Rapid Cleanse is a "7-day, total body cleansing and metabolic jumpstart program." For deeper cleansing, ReNew Life offers a variety of excellent cleansing products that we would be happy to discuss. For more information on choosing the right cleanse (or any other natural health need) please call me at Vital Choice Health Store at 440-885-9505.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



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