
TRUE LIVING with Mary Ann Pack

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TIAO HE® CLEANSE (15-Day) by Nature's Sunshine Products Stock #3050-5



Contact your NSP Herb Specialist:

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As you can imagine our bodies can become very toxic from the foods we eat, our drinks consumed, the poor air quality in many areas, the household and commercial cleaning products we are exposed to, our water supply and much more. So, about twice a year we should perform a cleanse on our bodies to help keep every system running smoothly.

The Tiao He® Cleanse was the very first product I started with in 1993 that put me on a path of health and wellness! Being so ill with constant migraines and pumped so full of pharmaceuticals that didn't give lasting relief, I headed to a friend's health food store. I asked the owner to "fix me" and my journey to wellness began!

By the age of 34 my health was very poor. I had a tonsillectomy at 19, thyroid surgery at 22, fibroids in my breast removed, gall bladder dis-ease that ended in surgery with a 2-week hospital stay because of the severity, Graves dis-ease that ended with my thyroid being burned out by radioactive iodine and 2 miscarriages and 2 difficult pregnancies! I had all the aches and pains of old age, yet I was still young. I had created an environment of dis-ease in my body by my food choices and mental attitude.

The first thing I did was to begin taking the Tiao He® Cleanse and because I wanted to see faster results, I fasted for 4 days with liquids only. I was rewarded with no migraine for 6 days! After having migraines every 2-3 days for years, 6 days was a miracle. (Not everyone will be able for fast!)

By the time I completed the cleanse I began getting 2 weeks without a migraine! After my cleansing period I began other herbals that addressed female issues, sleeplessness, digestive disorders, Irritable Bowel Syndrome and mental focus.

Because the ingredients in the Tiao He® Cleanse are so powerful, I always suggest to all my clients to begin their wellness path with this cleansing system. It's THAT important! If my clients have extenuating health issues and are unable to take this cleanse, there are more gentle products that cleanse at a slower pace.

You may experience somewhat of a healing crisis as you detoxify your body. You may experience diarrhea, in which case, just take one packet at night and not the morning packet for a few days to get your body used to cleansing. If the diarrhea continues, discontinue use of the product. You may, also, experience some flu-like symptoms as toxins are being drawn from your body and large muscle groups. But, these symptoms should be mild. I continue to function at my daily pace whenever I use this cleanse, but each system is different—listen to your body--always!

Of course, pure water is imperative during any cleanse—and every day, for that matter! If you are considering purchasing a water purifier, please see the British Berkefeld® water purifiers on the "Wellness" page of my website at www.true-living.net. Click on the picture of my Berky! I've been using British Berkefeld water purification systems since 1999.

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What you eat during your cleanse is very important, too. Try your best to eat 80% of your food as raw fruits and vegetables and only 20% cooked foods. This will greatly enhance the effectiveness of the cleanse, because your digestive system is working hard to cleanse and it doesn't need the extra work of difficult digestion. The 80/20 rule is a good rule of thumb for your lifestyle changes, too!

There is controversy over whether you should take your multiple vitamins and minerals during a cleanse, but I would suggest if you are wanting to take your multi-v/m just take them during a meal and away from your cleanse supplement. My favorite multi-v/m is the Super Supplemental[®], also from NSP. I take the Super Trio[®] packets that include: Super Supplemental[®] (multi-v/m), Super Omega 3 EPA[®] (essential fatty acids) and Super ORAC[®] (powerful anti-oxidants). Convenient packets taken twice daily.

You will want to take your medications 2 hours before or after your cleanse product. You want to give your medicine time to release into your system before the cleansing begins. So be mindful of scheduling your supplements and medications.

Benefits:

- Supports the intestinal system.
- Supports intestinal regularity.
- May improve energy and well-being.

How It Works:

Tiao He Cleanse is a 15-day nutritional program designed to help the body achieve balance and harmony. It combines Chinese nutritional and Western herbal experience. The Tiao He Cleanse is designed to support the cleansing mechanisms of the body by targeting the intestinal, digestive and circulatory systems.

Ingredients:

Each packet contains 1 capsule each of Chinese Liver Balance TCM Concentrate[®], All Cell Detox[®], LBS II[®], Psyllium Hulls, Burdock Root and Black Walnut ATC Concentrate[®].

Recommended Use:

Take the contents of 1 packet 15 minutes before meals up to two times daily (for 15 days) with 8 oz. water, followed by another 8 oz. glass of water. This should produce two or three bowel movements daily. If stools become too loose, reduce the number of packets you use. Continue the program until you have used all 30 packets. Not recommended for children.

Please contact me if I may be of service to you as you make the necessary changes in your life for wellness! Call my answering service and leave a message if I'm unavailable: (903) 227-0273. My email is: maryann@true-living.net. I'm here to coach you into wellness!!

~~Mary Ann Pack, Jan2014

Disclaimer: This information is for educational purposes only and not intended to diagnose, treat or cure any illness or disease. Review all health care alterations with your primary care physician. This product contains cascara sagrada, buckthorn, turkey rhubarb and ginseng. See your health care provider prior to use if: pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness. May cause an allergic reaction in persons sensitive to inhaled or ingested psyllium.