

## A Revolutionary Cleansing



- ▶ Schedule your appointment for a FREE demo on the leg.

For a limited time, we are offering

Leg X'Tract            \$60.00  
*w/ionic footbath*

Full Body X'Tract    100.00  
*w/ionic footbath*

Take home accessories

Sole Kit                \$11.95  
Dry Skin Brush        6.25  
Hydrogen Peroxide   10.95  
Ce-lite Magic         43.50



  
**Herbs to your Success**  
~The Wellness Spapothecary~

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Nazareth, PA 18064  
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## Herbs To Your Success



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T Toxin

R Release

A Accelerated

C Cellular

T Transformation

**Give Your Body An Oil Change.**



## What To Expect

### Are you experiencing any of these symptoms?

Sluggish, headaches, migraines, memory loss, lack of energy, weight gain, inflammation, often ill. These are all signs of a sluggish lymphatic system. X'Tract is a toxin release and cleansing technique that targets lymphatic system. It helps to release toxins, emotional or physical traumas, and erases history from residual illness.

### What is the difference between X'Tract and massage?

A massage is manual manipulation of soft body tissues. Massage therapists relax muscles. X'Tract does not target muscles, connective tissues, tendons, or ligaments. The X'Tract Lymphatic Process helps to release toxins, emotional and physical traumas, and erase the history from residual illness.

**What is a toxin?** Four main types of toxins are addressed through a toxic release: heavy metals, chemical toxins, microbial compounds, and by-products from protein metabolism. Improperly digested toxic particles can clog the channels in your body. These channels include the intestines, lymphatic system, arteries and veins, capillaries, and genitourinary tract. Others are nonphysical channels through which your energy flows. Toxicity accumulates wherever there is a weakness in the body.

**What is detoxification?** A broad term that encompasses ways to cleanse the body's internal systems and organs. Advocates believe detoxification cleanses the body, clears the skin, enhances the senses, helps weight loss, improves fertility, improves flexibility, reduces blood fat levels, rejuvenates, and slows aging.

**What organs perform a detoxification function?** The skin, liver, intestines, and liver. Many methods of detoxing focus on strengthening or supporting the natural processes of these organs.

Skin(perspiration), liver (filter blood, secrete bile and enzymes), Intestine (mucosal detox, excrete feces), kidneys (excrete urine)

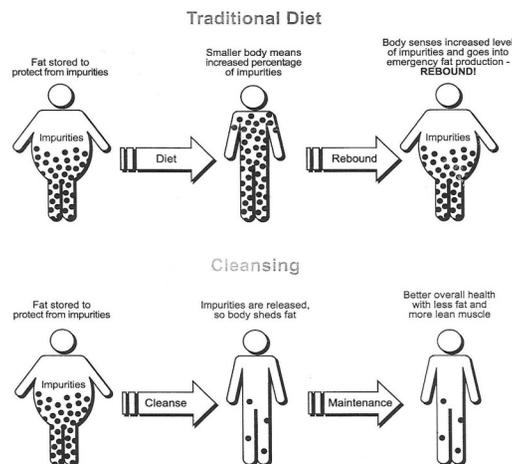
## Give Your Body an Oil Change

### What should I do before and after detoxing?

Consult a healthcare professional first if you have an acute or serious medical condition or are on prescription medications. Ask your facilitator for the file that describes contraindications to having this treatment, how to prepare for the X'Tract, the after care (including recipes), possible temporary reactions, and things you can do to support your body. After a body release toxins, there can be unpleasant temporary side effects like headaches or pleasant feelings like joy, lightness, inch loss. All this is your body's way of healing itself.

### How does detoxifying help me lose weight?

Certain toxins like chemical pesticides can build up in the body, particularly in fat cells. These toxins need to be cleansed out as part of a permanent dietary and exercise treatment program. (See diagram below)



## How To Dry Brush

The best brush to use is a natural bristle brush the size of your hand with a long handle. Brush gently at first until your skin is "seasoned"

Starting with soles of feet, brush vigorously making rotary motions. Brush in this order: first feet and legs, hands and arms, the back, abdomen, chest, and neck approximately 5 to 10 minutes.

Brushing loosens up copious amounts of dead layers of skin, so it is advisable to take a shower after your brushing. To build up your immune system we suggest a hot-cold shower. (Hot shower for 3 minutes, then all cold for 10 to 20 seconds. Repeat 3 times.)

It is estimated that one-third of all body impurities are excreted through the skin. If the skin becomes inactive and its pores choked with dead cells, uric acid and other impurities will remain in the body. The eliminative capacity of skin is demonstrated by the fact that more than a pound of waste products is discharged through the skin every day

