

# Detox-Kit®

Stimulates the body's natural process of elimination to cleanse itself of toxins.



## Detoxification – Why?

Over the last 20 years, the number of people suffering from chronic diseases has increased considerably. Proper functioning of the body can be **hindered by toxins** which originate from a variety of sources:

- **Physical:** weather, irradiation/light, noise, electro-magnetic fields, etc.
- **Chemical:** pollution, compounds in our everyday life such as cleaning and body care products, insecticides, medical drugs, etc.
- **Biological:** bacteria, fungi, viruses, food, allergens, molecules produced by our own body, etc.
- **Psychological:** stress overload, psychosomatic diseases, etc.

The body's excretion pathways may be able to counteract these negative influences for a time, but become overwhelmed by long-term exposure. When not properly eliminated, toxins **build-up and negatively affect the body's metabolism** in a variety of ways such as weakening the immune system, nervous system, hormonal system, vital organs, cellular respiration, antioxidant system and mucosal surfaces. Many diseases are directly related to the body's incapacity to rid itself of toxins.

## Detoxification – How?

- Limitation of further intake of toxic substances.
- Establishing a healthier lifestyle:
  - Eat nutritious foods and a balanced diet
  - Consume sufficient amounts of water (2-3 liters per day)
  - Exercise
  - Learn to better manage stress
  - Get sufficient amounts of sleep
  - Etc.
- Re-activation of the body's own detoxification systems (lymphatic, gastrointestinal, hepatic, renal and biliary) with the Heel Detox-Kit®.

## Detoxification – Now!

The Heel **Detox-Kit®** combines three homeopathic remedies for a comprehensive effect:

- **Lyphosot®** (30 ml oral drops)  
Activates the lymphatic system in order to detoxify the connective tissues and the mesenchyme.
- **Nux vomica-Homaccord®** (30 ml oral drops)  
Stimulates the gastrointestinal excretion pathway as well as the liver.
- **Berberis-Homaccord®** (30 ml oral drops)  
Activates the kidneys and the gallbladder.

<b>Indications</b>	Poor general health Chronic disorders Exposure to pollutants
<b>Length of treatment</b>	Complete one Detox-Kit, pause for 1 week and then complete a second kit. The detoxification program lasts approximately 6 weeks.
<b>Administration</b>	Add 30 drops of each preparation to a bottle of water (1.5 liters), shake lightly and drink during the course of the day.

# Detox-Kit®

## FAQs

### How long will it take to detoxify?

A gentle and thorough detoxification takes about 6 weeks to be achieved. This is the time necessary to allow the body to regulate itself and expulse toxins that have accumulated. It is commonly recommended to go through the detoxification process twice a year. In chronic disorders, a health care professional may adapt the recommendation and detoxification may be prolonged.

### Can I take other medications while using the Detox-Kit®?

Yes. There are no known drug interactions. However, Lyphosot includes an iodine-containing ingredient. The advice of a health care professional is thus recommended in cases of thyroid disorders, as some individuals may be more sensitive to iodine than others. As well, note that this detoxification program is not appropriate for recovering alcoholics due to the alcohol base of the formulas.

### What physical signs of detoxification can I expect to see?

While individual responses will vary according to each person's health status, toxic overload and sensitivity, the Detox-Kit® offers a safe, effective support to the excretory organs, with a reduced risk of undesirable dramatic physical reactions. Common symptoms of detoxification include: increased frequency of urination, change in bowel activity, bloating and flatulence, mild skin symptoms, fatigue, lightheadedness, headaches, etc. These symptoms are usually an indication that toxins are in the process of being eliminated. However, should the symptoms become too extreme, reduce the dosage and gradually work up to a full dosage over a period of a few days or even weeks. It is important to discuss these symptoms with your therapist as he/she may provide you with further recommendations.

Recurring symptoms may appear as part of the detoxification process. For example, if you have experienced pain or inflammation at some time in the past, detoxification may trigger this response again temporarily. Such a vital response indicates that the detoxification process is well underway and each of these symptoms, in turn, needs to be treated individually, rather than suppressed.

### Do I need to be on a special diet while on the Detox-Kit®?

No. Although your health care practitioner may provide you with general dietary guidelines while you are on a detoxification program, there is no special diet necessary in order to obtain effective results with the Detox-Kit®.



# Detox-Kit®

## Detox-Kit®:

- Gentle
- Well tolerated
- Easy to use

Heel Canada Inc.  
Montreal, Quebec,  
1-888-879-4335 • www.heel.ca

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## Detoxification



### Safe and effective to:

- Help eliminate toxins
- Stimulate cleansing processes
- Support the organs of excretion

-Heel