



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Road To Wellness

“Will a detox help protect you against flu bugs, viruses, or even COVID-19?”

Could a detox program reduce your risk of getting sick? Will a detox help protect you against flu bugs, viruses, or even COVID-19? One of the things we have learned about COVID-19 is that people that are already inflamed with compounding factors like obesity or blood sugar dysregulation are more prone to negative effects of the virus. Part of the reason is they are already inflamed, and as the body fights the virus, additional inflammation occurs. A cytokine storm can develop and overwhelm organ systems and bodily functions.

So, one of the ways to foster health is to promote an anti-inflammatory diet and nourish your body with the needed nutrients. Here's the key

principle: Clean the body... and feed the body.

We live in a sick nation. In fact, looking at the health of industrial nations worldwide, the U.S. spends FAR, FAR more money on health care, but has the lowest life expectancy, highest chronic disease burden, and highest rate of obesity. People live with compromised immune systems, and then wonder why prescription drugs or treatments aren't always able to bail them out. Sadly, many people die.

But after 40 years in the field of wellness, I've seen many unhealthy people get healthy. And surprisingly, SMALL changes DO make a difference. So where do you start? I understand most people don't want to

make long-term commitments. They want simple directions. Something that works, and they want to feel the results. That is the goal of the NutriClear Plus program.

Personally, I like to do a short detox program twice a year. Many people choose key times like January, "start off the New Year right" or a "get into your bathing suit" start time in April, or a "get back in shape after summer frolicking" during September or "get healthy before the next round of flu" in November. All of these are great motivations.

I've personally tried many detox programs, and the NutriClear Plus program is the best one. It gets results. It's a short commitment. and it's low cost. From a

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private clinical trial, both men and women who did the Nutri-Clear Plus 15-Day Cleanse had a 65% reduction in overall symptom burden and lost an average of 7 pounds. So, in other words, people with joint pain, digestive problems, fatigue, trouble sleeping, and many other health issues experienced significant improvements in only 15 days. And they also lost some weight.

But let me get serious with you for a minute. One of the benefits of this program is how effective it is in reducing inflammation. Reducing your body's inflammation during a time of pandemic is no gimmick. Inflammation can be systemic in the body, and inflammation is the catalyst for most health problems. Living with chronic inflammation and doing nothing about it is not wise. Some people try eating a little healthier or

getting more exercise, but what they really need is a tangible, easy to follow program that works.

I recommend the NutriClear Plus program for everyone, for couples or whole families. Organize a group of friends and do a detox together. Nutri-Clear Plus is affordable, and what everyone likes about this program is that you can eat REAL food, plus snacks. You've said to yourself many times, "I need to get healthier, or I need to start eating better ,or I feel old, I wish I felt better." One comment I hear continually about this program is "I feel the difference." Quite honestly, all the reviews are positive.

Contact the clinic on this page, get the info you need to get started. Your clinician can oversee your progress and answer your questions. Now is a great time. It's your time. You can do this.