



### Mobile View In Landscape

# Lithia 5-Day Detox ~ Loss Weight & Toxins

Let your Liver cleanse your body of Toxins! All you have to do is feed it an adequate supply of sulfate. Throughout history, mineral spring waters containing sulfate were used to detox the body and bring clarity to mind. The ancient Chinese, Romans and Egyptians believed mineral spring water detox brought improved health and well-being. Eastern philosophies view the body as a harmonious balance of functions and energies and Eastern medicine believes in keeping the liver at a high level of functionality. Drinking Lithia Spring at only 1 liter a day can feed your liver enough natural ionic sulfates, trace elements, and other micro-nutrients to rapidly detox your body. It's no secret that the Chinese to this very day drink mineral spring water that contains natural ionic sulfates and other minerals that help assist their body in the elimination of toxins. Now, modern western science confirms this ancient knowledge through the discovery of sulfation phase II liver detoxification process. Lithia Spring Water contains approximately 222 mg/L of ionic sulfate and by taking only 1-liter a day for 5-days you will see and feel the difference.



**Get Amazing Results!** Drink 16.9 Fl Ounces of Lithia Spring Water before breakfast then 16.9 Fl Ounces before dinner for a period of 5-days. Expect to experience the following 1. Decreased Appetite 2. Increased Energy 3. Enhanced Mood 3. Loss of body Fat 4. Improved Complexion, follow this very simple program and you can expect your liver to operate at a higher level of detoxification. 0 Carbohydrates - 0 Fructose Sugar - Not Expensive.

## Chronic Toxic Overload

How many times and how many years have you tried to lose weight, only to see the weight you lost is put right back on. The typical dieting regime is to lower caloric intake and burn calories by exercising, but it seems to keep the weight off temporarily. You may be asking yourself this question; How is it that everyone seems to be getting fatter including me? The answer to this question is complex, but it maybe possible that your body has been compromised by toxins and the lack of sulfates in your diet, thus restricting Phase II liver functions. It is also possible that **accumulated toxins in your body and lack of sulfate in your diet (Chronic Toxic Overload)** may be causing you to become obese and experience lack of energy and other problems. Since 1888 Lithia Spring Water has been used as a powerful but gentle safe way to detox and cleanse the body while losing weight.



## Lose Toxins and Lose Fat

The secret to shedding those pounds and keeping them off is to detoxify your body of toxins by elevating your liver's function. Sweating alone can't remove toxins. Your liver is the only organ in your body that can remove and cleanse your body of harmful toxins by a complex series of chemical reactions. The role of these various enzyme activities in the liver is to convert fat-soluble toxins into water-soluble substances that can be excreted in the urine or the bile depending on the particular characteristics of the end product. Many of the toxic chemicals that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water.



This makes them difficult for the body to excrete through sweat alone and must be excreted from the body by the liver. Fat-soluble chemicals have a high affinity for fat tissues and cell membranes, which are composed of fatty acids and proteins. In these fatty tissues (fat cells) of the body, toxins are accumulated and may be stored for years, being released during times of exercise, stress or fasting. There are many health professionals who believe the stored toxins in your body cause weight gain (hormone imbalances), diseases and other compromising health problems. **Phase II liver detoxification** is called the conjugation pathway, whereby the liver cells add another substance (Sulfur molecules from Sulfate) to a toxic chemical or drug, to render it less harmful. This makes the toxin water-soluble, so it can then be excreted from the body via watery fluids such as bile or urine. The animation below compares both an unhealthy liver lacking sulfates versus a healthy liver powered by Sulfates.



**"We are a people who are neither happy nor healthy because we have forgotten the healing powers of mother earth"**

Mourning Dove (Humanism) Native Indian Writer 1884-1936

