



Digestive Detoxification Profile:

Do you:

- often feel tired and lack energy
- find it hard to concentrate or have fuzzy thinking
- frequently get a blocked nose or sinuses or post-nasal drip?
- seem to get more colds and flu than others?
- suffer from bad breath, body odor or a coated tongue?
- have sore muscles or joints or frequent backache?
- suffer from eczema, hayfever or other allergies?
- have frequent headaches?
- have constipation or diarrhoea?
- suffer from bloating, wind, indigestion or nausea?
- gain weight easily and tend to have food cravings?
- sensitive to chemical smells, perfumes, cigarette smoke

If you answered yes to 3 or more of the above questions you may benefit from a digestive detox program.