

# Renew Your Health PROGRAM

Regardless of where you fall on the health continuum, the **Renew Your Health** program can get you moving in the right direction. It is as easy as **1, 2, 3!**



## Step 1: CLEANSE YOUR BODY



**CleanseSMART** is the starting point! **CleanseSMART** is a 30 day program that cleanses the entire body by stimulating the seven channels of elimination; your liver, lungs, kidneys, lymphatic system, colon, blood, and skin.



*If you have a sensitive system or are nervous about cleansing, you can start with a gentler product called **First Cleanse** instead of **CleanseSMART**. It is a 15 day program that is strong enough to be effective, but designed for a sensitive system. If constipation is a problem for you, definitely choose **CleanseSMART**.*



When you cleanse, your body releases toxins. It is very important to make sure you have enough fibre to absorb those toxins and bring them to the colon for elimination. Take **FibreSMART** daily to ensure that you are effectively eliminating the toxins from your body while cleansing. **FibreSMART** is the perfect balance of soluble and insoluble fibre and the ideal cleansing companion.

## Step 2: RESET YOUR DIGESTION

Issues like gas, bloating, constipation and diarrhea are an indicator that something is out of balance in your digestive tract. Probiotics are live microorganisms that help restore balance and improve the overall health of the intestines, which in turn promotes a healthy immune system.



**Ultimate Flora Critical Care 50 Billion Probiotic** contains therapeutic doses of the probiotics you need to get your intestinal tract healthy and vibrant. It's also enteric coated to make sure that the probiotics survive the harsh stomach acid and get to the intestines. Just one a day will deliver results which is why it is Canada's top selling probiotic!

## Step 3: CHANGE YOUR OIL

Your body needs fat. The good type of fat that you get from fish oils called Essential Fatty Acids. These fats power our cells, our organs, and our brain. They are good for your heart, reduce inflammation, boost mood and aid cognitive performance. Renew Life makes different fish oil products to help deal with your specific health concerns. There is:



**Critical Omega** for brain function and the maintenance of cardiovascular and overall health.

**Super Critical Omega with 1000IU of Vitamin D** for cardiovascular issues such as high blood pressure and cholesterol. It is also ideal for mood support.

**Ultra EPA** for arthritis and inflammatory conditions such as IBS, autoimmune disorders and skin issues. It is also useful for lowering triglycerides.

Choose the Renew Life fish oil product that most suits you. One per day is often all that you need.



**Renew Life Canada**

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