

Flush 24™

Flush 24™ contains several active **B.E.E.®** ingredients to help remove various kinds of toxins, pollutants and heavy metals from the body.

How Flush 24™ Works:

Flush 24™ works to cleanse and normalize the liver, gall bladder as well as the entire gastro-intestinal system. It also helps to remove both water and fat-soluble toxic matters from the body. The **B.E.E.®** naturally processed constituents in **Flush 24™** will help support the main organs of detoxification and help to increase bile production in the gallbladder and bile flow in the liver. The liver eliminates toxins from the body by making them soluble and secreting them from the body in the form of bile. By increasing bile flow and production, the liver is encouraged to dump even more toxins from the body.

Flush 24™ is highly recommended to people who:

- Consume alcohol
- Are exposed to environmental pollutants or cigarette smoke
- Have been taking medications or drugs for extended periods
- Are overweight
- Have a history of liver or gallbladder problems
- Suffer from environmental illness due to sluggish livers

Flush 24™ brings essential added strength to the often overlooked yet vital internal organ, the liver. When the liver is over-stressed all other organs start to dysfunction. It is constantly working to break down not only the environmental and external toxins that invade our body through breathing and eating, but also those produced during normal metabolic processes in the body called internal toxins. Many common symptoms such as headaches, mental confusion, muscle aches, fatigue, poor coordination, nerve problems, skin irritations and emotional imbalances can be the result of overexposure to toxins.

Flush 24™ improves liver function to benefit the entire body. It contains a synergistic blend of carefully selected ingredients to help support and rejuvenate the liver that are obtained through a proprietary extraction process. Optimum health and even beautiful skin depend greatly on the health and vitality of the liver. So, let us suggest that you could live longer by cleaning up your internal environment and giving your liver the nutritional support it deserves.

Flush 24™ will remove thousands of toxins, poisons, chemicals, and drug residues while regenerating and healing liver cells.

Applications

Flush 24™ has been successfully used to help detoxify the entire body as well as the body's main organs: liver, gallbladder, kidneys, the skin, the heart and arteries and the lungs.

Flush 24™ has been used to:

- help control body weight and help to prevent certain diseases, especially when someone has prolonged exposure to chemicals or hormones (such as oral contraceptives).
- clean plaque from blocked arteries.
- flush stones from the liver and gallbladder.
- remove heavy metals such as mercury, lead and aluminum from the body.
- improve symptoms of low energy, joint pain, headache, general body pain, premenstrual syndrome, unhealthy skin, anxiety and irritability, frequent colds, heartburn, constipation and gas.
- treat diseases such as autoimmune disorders, multiple chemical sensitivity, Fibromyalgia, chronic fatigue syndrome, digestive disorders, heart disease, arthritis, attention deficit disorder and many other chronic degenerative diseases.
- improve overall liver function.
- stimulate bile production and the breakdown of dietary fat.
- boost the effectiveness of weight management programs.
- increase energy and stamina.
- improve the body's ability to fight disease by facilitating immune function.

Papaya Fruit B.E.E.®: Different types of enzymes are present in papaya. Papain, a substance present in papaya is an excellent aid to digestion. It is an enzyme, which helps to digest the protein in food. The unripe fruit is a rich source of papain, which is vegetable pepsin and is capable of digesting protein in acid, alkaline or neutral medium. Papaya is very soothing to the stomach as well as the entire digestive tract. During the Flush program, the **B.E.E.®** extract from the Papaya Fruit will help with the transit of nutrients to the various parts of the body as well as assist with the expulsion of various toxins from the system.

Pumpkin Seed B.E.E.®: Pumpkin seeds are a "superfood". The seeds are rich in the amino acids alanin, glycine and glutamic acid and also contain high amounts of zinc, beneficial linolenic acid and Omega 3 essential fatty acids. They contain high quantities of protein, iron and phosphorous and even a tablespoon a day would be a good addition to any healthy diet, particularly for vegans and vegetarians. Pumpkin seeds are also low in carbohydrates. Pumpkin seeds, and the oil they contain, have long been used as folk medicine. Studies have shown that pumpkin seeds may reduce hormonal damage to prostate cells, thus possibly reducing the risk of developing prostate cancer. The seeds have been used to treat urinary tract infections. Pumpkins are a tasty source of vitamins and minerals, particularly beta-carotene, vitamin C and potassium. The Pumpkin Seed BioEnhanced extract used in **Flush 24™** will also help to build up and strengthen the entire immune system. Two studies have found that eating pumpkin

seeds as a snack can help prevent the most common type of kidney stone, called a calcium oxalate stone. Pumpkin (*Cucurbita pepo*) seeds appear to reduce levels of substances that promote stone formation in the urine and increase levels of substances that inhibit stone formation. Pumpkin seeds have also purported effects against tapeworms, parasites and other intestinal disorders. Given their safety, they are often recommended as an addition to other, more reliable therapies.

Lemon Fruit B.E.E.®: Lemons are the kings of citrus fruit. Because of their high source of bioflavonoids and Vitamin C, they are powerful in detoxifying the body. They are also an excellent diuretic. Bioflavonoids and Vitamin C are also needed during times of stress or detoxification (i.e. "The Flush"). Both Vitamin C and Bioflavonoids will concentrate in the adrenal glands, which produces hormones in response to all types of stress (physical, mental and emotional). The normally high levels of Vitamin C in the adrenal glands are depleted when stress hormones are made. The greater the stress, the greater the requirements for Vitamin C and certain Bioflavonoids. Lemons also have a tremendous ability to dissolve mucus and scour toxins from cellular tissue. The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons. Lemons also help to liquefy the bile.

Flax Seed B.E.E.®: Flax Seeds are a rich source of essential fatty acids. They contain alpha linolenic acid, omega 3 essential fatty acid and omega 6 essential fatty acid and Flax Seeds contain these 3 EFA's in just the right proportions. Flax Seeds are also a great source of lignans, vitamins and minerals. Their high content of alpha linolenic acids has made the ancient Flax Seed become our modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of Flax Seed as shown in many studies include lowering total cholesterol and LDL cholesterol levels. Other benefits show that Flax Seed may also help lower blood triglyceride and blood pressure. It may also keep platelets from becoming sticky therefore reducing the chance of a heart attack. Recent studies also showed positive benefits of Flax Seeds in IBD (Crohn's Disease and Colitis). Flax Seeds seem to be able to heal the inner lining of the inflamed intestines.

Apple Cider Vinegar Powder: raises the alkalinity of the extra cellular fluid that surrounds your cells. An alkaline, versus acidic, environment is believed to be one of the major deterrents to tissue damage, aging and the growth of disease organisms. When your body consists of a more neutral to alkaline environment, the body can then use its amazing ability to heal itself naturally. Apple Cider Vinegar is also an antibacterial and anti-fungal and gives the immune system a good boost. As a high potassium electrolyte balancer, it also remineralizes the body. Apple Cider Vinegar is proving most beneficial to people with arthritis because it breaks down calcium deposits in the joints while remineralizing the bones.

L-Arginine (from oats): The amino acids, L-Arginine, L-cysteine and L-glutamine are just some of the substances that support the GI system activity to provide a major route of toxin excretion via regular bowel movements. These amino acids help to eliminate the build-up of unhealthful microorganisms and internal toxins and provide a strong and

intact barrier to prevent the leaking of toxic materials from the intestines into the blood. Amino acids are also key factors in the body detoxification of endogenous and exogenous compounds. They also normalize the process of vasodilatation that can be converted into Nitric Oxide (NO). Nitric Oxide is intended to provide nutritional support for healthy heart and blood vessel function, including direct vasodilatation. L-Arginine also plays a vital role in ammonia detoxification.

Vitamin B6 (from Potatoes): Potatoes are rich in dietary fiber, vitamin C and vitamin B6. The two major forms of vitamin B₆ are pyridoxine and pyridoxamine. In the liver, they are converted to pyridoxal 5'-phosphate (PLP), which is a cofactor in many reactions of amino acid metabolism. PLP also is necessary for the enzymatic reaction governing the release of glucose from glycogen. Vitamin B6 is also needed for the metabolism of protein and for the health of red blood cells. It is further linked to cancer immunity and fights the formation of the toxic chemical homocysteine, which is detrimental to the heart muscle.

Vitamin B12 (from Dong Quai): Vitamin B12 can help detoxify environmental toxins or abnormal metabolic waste products, analogous to the known capacity of this vitamin to detoxify sulfites.

Folic Acid (from Spinach): is required for the phase one detoxification pathway in the liver and for cell repair and division. There is an increased need in alcohol excess. Some studies have shown that folic acid exerts an anti-cancer effect.

Vitamin E (from wheat germ): Wheat germ oil is very high in vitamin E and is often used as a source of vitamin E for internal use or for external application. The antioxidant properties of vitamin E make wheat germ oil more stable to oxidation or rancidity than many other oils. Vitamin E works to protect cells from pollutants including ozone, nitrogen dioxide, nitrites and metals such as lead, mercury, silver and cadmium. Vitamin E chelates heavy metals such as mercury. It is important in protecting cell membranes from oxidative destruction. It is the king of cardiovascular nutrients. It prevents the buildup of LDL cholesterol in the arterial wall. Vitamin E can decrease platelet adherence to damaged artery walls much like Vitamin C. While helping myocardium (heart muscle) use oxygen more efficiently vitamin E can even lift HDL (good) cholesterol levels. Protects against heart disease.

Biotin (from Mushrooms): Liver cells that lack biotin will be deprived of the energy they need to detoxify chemicals and drugs. Deficiency of this vitamin is not rare and can cause hair loss, dry flaky skin, rashes and fatigue. Those with a poor diet, alcoholism or long-term antibiotic use, are at risk of deficiency.

Carotene (from carrots): protects the body against skin, eye, liver and lung damage and has been shown to strongly inhibit the growth of human cancer cells.

MSM (Methylsulfonylmethane): MSM enables your cells and tissues to release toxins that have built up over the years. Sulfur is a vital part of our waste management system,

and if we do not have enough of it our bodies are not able to release some of the waste substances. MSM makes cell walls permeable, allowing water and nutrients to freely flow into cells and allowing wastes and toxins to properly flow out. MSM is a powerful detoxifier. In vitro and in vivo tests suggest that MSM also has ameliorating or curing activity against a variety of medically important parasitic, microbial, and fungal problems of the intestinal and urogenital tracts. MSM is active against Giardia lamblia (traveler's diarrhea), Trichomonas vaginalis, Nematodes, Enterobius and other intestinal worms, systemic infections by Histoplasma capsulation, Coccidioides Toxoplasm and other in vitro susceptible organisms. MSM may affect such infection by competing for binding or receptor sites at the mucous membrane surface presenting a blocking interface between host and parasite. MSM appears to augment immunological competence, which may also partly explain its effectiveness in treating parasitic infections.

Co Enzyme Q10 (from wheat germ): A vitamin-like substance that resembles Vitamin E, but which may be an even more powerful antioxidant. It plays a critical role in the effectiveness of the immune system and in the aging process. Testing has shown that CoQ10 reduces angina and improves cardiac function. It also improves circulation, lowers blood pressure and acts as a chelating agent.

Zinc (from chickpeas and pumpkin seeds): Zinc is important in normal growth and development, the maintenance of body tissues, sexual function, the immune system, and detoxification of chemicals and metabolic irritants. With regards to metabolism, zinc is part of alcohol dehydrogenase, which helps the liver detoxify alcohols, including ethanol, methanol, ethylene glycol and retinol (Vitamin A). Zinc is needed for lactate and malate dehydrogenase, both important in energy production. Zinc in carboxypeptidase (a digestive enzyme) helps in protein digestion.

Stevia: Stevia is an outstanding, sweet tasting herb that has remarkable health promoting qualities. The sweetness of Stevia is largely due to its complex stevioside molecule that is composed of glucose, sophorose and steviol. A second compound called rebaudioside, which is present in Stevia, also contributes to Stevia's sweetness. The sweetness of Stevia is much different than the sweetness of other natural sweeteners, sugar, or artificial sweeteners, but it is delicious. Stevia has many favorable and exciting health benefits and it is completely non-toxic. The herb is nutrient rich, containing substantial amounts of protein, calcium, and phosphorous, as well as sodium, magnesium, zinc, rutin, vitamin A, vitamin C, and over 100 phytonutrients.

SUGGESTED USE:

On the day of the flush, do not eat ANY food and TRY not to drink any liquids

throughout the entire day. If REALLY thirsty, some purified warm water can be

consumed in very small amounts. Again, it is BEST to not eat or drink any food

or liquids prior to beginning the flush.

Following the time schedule while doing the flush is very important, so try to drink the flush product at the specific times listed below.

Between 6pm-8pm: First drink one full pouch of Flush 24™ solution powder mixed in an 8-ounce glass of purified water.

EXACTLY two hours after having the first drink: Repeat by drinking another full pouch of Flush 24™ powder mixed in 8 ounces of purified water.

Within 30 minutes of having the second drink, go to bed. Try going to bed by 10:30pm in order to insure that the body gets proper rest.

Just before going to bed, a small amount of warm water should be consumed (6-8 ounces).

When going to bed, it is very important to lie on the back and try to remain still. Try to remain on the back and avoid tossing and turning throughout the night.

Next Day:

6am or 7am: Repeat the same step as above.

Exactly two hours after your first morning drink: Repeat the process one more time

Drink warm water for the rest of the day. At the end of the day, 4:00pm to 6:00pm, eat a very light dinner, no fried food, meat, bread, alcohol or sweets. Follow a vegetarian diet: only fruits, vegetables and whole grains. Also drink plenty of pure water. It is best to stay on this same diet for 72 hours. Try to eat smaller portions of food and keep the total daily caloric intake to about 50% of normal for the entire 72-hour period.

Some people may experience fatigue during the flush. These symptoms usually diminish after a few hours to a day. For this reason, many people take time off work to begin the flush or conduct the process over the course of a weekend.