

The 3rd and 4th Angels Ministries
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Detox Diet for Weight Loss, Energy & More: How to Detox Your Body Safely Without Getting Hungry

Homeostasis: “the tendency toward a relatively stable equilibrium between interdependent elements.” Our amazing bodies were built to achieve this beautiful balance, yet we live in an environment replete with pollutants, pesticides, heavy metals, cancer-triggering chemicals and a host of other toxins that breed inside and outside our bodies, disrupting our natural harmony and impeding our systems from working at their full potential. This includes our detoxification system.

With a clean, raw, plant-based diet, you empower your body to harness its innate ability to detoxify itself, using its complex systems and mechanisms to remove waste, toxins, excess hormones and other unwanted substances that cause both short- and long-term health issues.

But... Do You Still Need to Detox If You're Eating Healthy?

Even with a consistently healthy diet, we are more and more beleaguered by an overwhelming amount of toxin sources that accumulate over time and slow down our natural detoxification systems, causing a congestion of toxins that get stored in our cells and tissues.

This is why the occasional detox is essential—with or without any known health issues. And, as described above, even if you're eating a raw, plant-based diet, there are scores of other toxins that attack your body, so you should cleanse your body even then.

Before you run for the hills, know this: **A full-body detox will make you feel lighter, more alive and brimming with energy. It will make you look better on the outside and feel fantastic on the inside.** Done correctly, a detox should NOT make you feel weak, irritated, hungry or foggy. We'll outline how to detox the "vibrant way" further down below.

Why You Should Detox Your Body Regularly

When our bodies are overburdened with toxins, our systems (metabolic, nervous, digestive, etc...) do not function optimally. Not only that, but toxins also cause disease, including cancer, heart disease and so many more illnesses.

Without an extra boost of support, our systems—especially our detoxification organs, such as the liver, intestines, kidneys and even our skin—are simply overwhelmed. They cannot perform their jobs as efficiently and, in worst cases, not at all.

By feeding your body with natural, potent ingredients that promote detoxification, you let your organs "rest" and quit working overtime; stimulate your liver so it can focus on getting rid of toxins; encourage toxin elimination through your small intestine, colon, kidneys and skin; and replenish your body with nutrients.

You will believe the results when you see and experience them. Some of the most common benefits include:

- Markedly improved digestion (1-3 bowel movements each day)
- Achieving a healthy weight
- Clearer, more glowing skin
- More energy & mental clarity
- Happier mood
- Better sleep
- Increased nutrient absorption
- Fewer illnesses and reactions

Signs You Need to Detox Today

Although a cleanse is in order whether you're healthy or facing a health issue, there are certain symptoms to pay attention to that signal a need for a detox sooner than later.

- Digestive issues (e.g. diarrhea and constipation)
- Bloating
- Nausea
- Fatigue and lethargy
- Unclear thinking
- Acne and other skin issues
- Pains and aches
- Sudden or ongoing allergies
- Headaches
- Inability to lose weight
- Cravings for sugar and carbs (they are addictive and inflammatory)

How to Detox: What You Need to Do

The **3rd and 4th Angels Ministries** Diet team has created the **Super Deluxe Detox Kit** to help you eradicate the toxins from your body that are keeping you from optimal health. With many other detox systems make you feel drained, enervated and unsatisfied, the **3rd and 4th Angels Ministries** Diet Super Deluxe Detox Kit—along with our recommended raw, plant-based diet—offers a completely healthy way to release energy, boost health and cleanse your body so it runs at maximum speed.

The **3rd and 4th Angels Ministries** Diet **Super Deluxe Full Body Detox Kit®** includes a 30-day supply of:

- 1 Fiber Cleanse Green Apple 8.5 oz.
- 1 BarleyMax® 4.0 oz. (Original or Berry)
- 2 Cilantro tinctures with Chlorella, 4.0oz
- 1 LVR 60 Vegetables Capsules

Evangelist Richard Gonzales

Fiber Cleanse

One danger of cleansing is that you stir up old deposits of toxins without getting them out of the body. **Fiber Cleanse assists with gentle, full-body detoxification by ensuring that elimination through the bowels occurs regularly.** This is critical in getting the toxins out of the body. Additionally, the herbs in Fiber Cleanse also have positive effects on the kidneys and liver, two other organs that play major roles in detoxification and elimination.

Cilantro

Many people struggle with candida yeast overgrowth. An underappreciated fact is that yeast may actually be protecting you from harmful heavy metals by binding them up so you don't get poisoned. The best approach to yeast overgrowth is to first address the heavy metals. A safe, do-it-yourself method to get rid of the heavy metals is to employ a natural, gentle, yet effective chelator. **Cilantro is effective throughout the body for mobilizing heavy metals and getting them to the kidneys for elimination. Chlorella is effective at binding heavy metals in the gut to prevent reabsorption.**

LVR

Long-term optimal health depends on a clean, fully functioning liver. Some of the symptoms of a sluggish liver include indigestion, constipation, intolerance of fatty foods, alcohol or coffee, weight gain or inability to lose weight on a restricted diet, headaches, acne or other skin conditions, food sensitivities or allergies and high cholesterol. **LVR is a comprehensive formula that contains silymarin, curcumin, artichoke extract, N-acetyl cysteine, alpha lipoic acid and luteolin to provide support for liver detoxification, cellular regeneration and bile flow to cleanse the liver.**

BarleyMax

You need cellular energy so you have extra energy for cleansing—beyond just maintenance energy for daily tasks. **BarleyMax is a raw, dark leafy green food that excels at providing your cells with that extra energy needed for cleansing.** The natural chlorophyll in BarleyMax also binds to toxins like polyaromatic hydrocarbons (PAHs) so they are not absorbed into the body.

Make the Most of Your Full-Body Detox: What Else You Should Do

During your cleanse, stick to the Hallelujah Diet regimen, drink raw vegetable juice and make sure to get plenty of rest, manage stress levels and exercise.

Stick to raw, plant-based foods following the 3rd and 4th Angels Diet

The **3rd and 4th Angels Ministries** is an integral part of The **3rd and 4th Angels Ministries Diet**® Super Deluxe Detox Kit. The **3rd and 4th Angels Ministries**® is designed to address nutritional deficiency and detoxify the body simultaneously, providing the most efficient and effective way to support the body's self-healing ability. To reap all the benefits of your Super Deluxe Detox Kit, we recommend the following:

- Eat an 85% raw / 15% cooked plant-based diet, emphasizing raw vegetables, salads, fresh fruits, nuts and seeds.
- Eliminate all animal fats.
- Minimize fats & sugars.
- Drink plenty of water. We recommend alkaline and/or distilled after three months to aid in detoxification.

Drink raw vegetable juice

Food digestion takes up a lot of energy. By drinking a lot of fresh vegetable juice while you cleanse, you will get the energy and nutrition you need without using up a lot of energy for digestion. That extra energy can then be devoted to the cleansing task at hand.

Sleep well, stress less and exercise

A lot of cleansing and restoration is performed while you sleep, so take time to get extra rest when you use the Super Deluxe Detox Kit. Make sure you also manage stress in a manner that works for you, whether it's singing or a daily walk in nature. Finally, make sure to exercise so you get your heart pumping and sweat out even more toxins.

In Summary

A detox does **not** equate to deprivation. It is simply a way to "deep clean" your body once in a while so you run at optimal speed at all times. Accompanied by a raw, plant-based diet and a healthy lifestyle, the **3rd and 4th Angels Ministries Diet** Deluxe Detox Kit will not only cleanse your body of toxins but restore it with the nutrients your body craves to give you vitality and, at the same time, fend off illness and disease.

Evangelist Richard Gonzales