

Did you know that 80% of your immune system is in your intestinal tract? If this is running well, you will be well. If it's not you won't. A cleansing program that addresses the detoxification of the digestive tract, the liver, the gall bladder and the kidneys, as well as ridding the body of parasites and heavy metals will keep you on track for a long and healthy life. It does take time. It doesn't happen overnight. The state of your gut didn't happen overnight so you will need to be patient. If you are suffering from bloating, gas, skin breakouts, auto immune issues, diabetes, joint pain or any other health issue it is important to cleanse and rid your body of all toxins before beginning your new regime. Adding a healthier diet on top of an already toxic gut will not do the trick. When you paint your house don't you scrape off the old flaking paint, prep, and then apply the new? Or when you change the oil in your car, empty out the old before adding in the new? Well, your body is no different. You want the environment of your gut to be as "clean" as possible, free of toxins and "bad bacteria" before giving it clean, chemical free foods so the nutrients can be absorbed and you can reap the benefits.

The good news is you can change this and I can show you how. My A New Year A New You Detox and Cleanse begins February 15th. Registration closes February 7^h. If you are experiencing any of the symptoms I mentioned above I encourage you to join us on the detox. If you are hesitant for any reason, email me and get your questions answered, barb@yourhealthytruth.com If you are in and ready to go you can register for the cleanse on [here](#).

**You don't have to live your life in pain with limitations.
You can do this and I will help you.**