

## Spring Cleaning For Your Body

By Dr. Garry F. Gordon, MD, DO, MD(H)

Every year about this time, as the signs of springtime renewal become more evident, people get motivated to “spring clean” their outer living spaces. We gather up old, unused clothing and household items for donation... de-clutter cabinets, closets and counter spaces... dust, vacuum, and shampoo draperies, furniture, rugs and carpets... and throw open the windows and doors welcoming in the fresh air and sunshine from outside. Many people are also implementing an internal “spring cleaning”, or detox program, for inner renewal.

### Detoxification Must Be Daily

Preventing illness and feeling our absolute best is predominantly done through living a healthy responsible lifestyle. But to achieve lasting wellness in today’s toxic world, detoxification must be a daily, life-long pursuit. The levels of heavy metals and other toxins we absorb on a daily basis are directly correlated to the body burden of infection and inflammation that we carry within us. We need to care for the whole body, with equal focus on our physical, mental and spiritual spaces. This means eating a healthy organic diet, supplementing the body with essential vitamins, minerals, enzymes, and probiotics, reducing stress through positive mental focus, and incorporating some form of moderate daily exercise.

### Ultimate Cleansing with ZeoGold, H-Minus and BioEnR-Gy C

ZeoGold is the premier product to have in your detox arsenal. ZeoGold is a Micronized Hydro-colloid (MHZ) form of volcanic mineral called zeolite (clinoptilolite), and research has shown that Zeolite has an ideal structure for mopping up and removing toxins such as aluminium, arsenic, cadmium, lead, mercury and tin, but does not remove beneficial minerals such as zinc and potassium, which can be the case with other detox treatments. What makes ZeoGold even more powerful is that it includes Longevity Plus’ exceptional Vitamin C product, Bio EnR-Gy C containing proprietary blends of GMS-Ribose and Glutathoine Lipoate with Humic Acid, all of which support cellular detoxification.

H-Minus Hydrogen, a supplement providing negative hydrogen ions, is thought to be the most powerful antioxidant available today. Pollution, and the natural aging process, produce damaging free-radicals. Free radical accumulation of over time contributes to premature aging and degenerative diseases like Alzheimer’s disease and Parkinson’s disease, and also symptoms associated with heart disease, atrial fibrillation, chronic fatigue, fibromyalgia, depression, thyroid and hormone imbalances, Type 2 diabetes and more. But by simply replenishing our hydrogen stores, we can increase cellular energy and detoxification, relieving and even reversing many of these conditions.

Bio-EnR-Gy C is an enhanced form of Ribose Nucleotide Activated (RNA) vitamin C, utilizing a special patented delivery system containing Riboperine Metabolites that

safely allows patients to take daily high doses without stomach upset, cramping or diarrhea. Bio-EnR-Gy C also contains Methylated glycine and methylsulfonylmethane or MSM. Methylated glycine is a methyl donor that supports healthy homocysteine metabolism, optimal liver function and is important for cellular replication, and detoxification reactions. MSM provides sulfur, which is a vital building block of joints, cartilage, skin, hair and nails, and methyl groups that support a myriad of fundamental and vital biochemical processes in the body, including energy production.

ZeoGold, H-Minus and Bio-EnR-Gy C blended together with quality, pure water or organic fruit juice is what I call my deluxe “detox drink”. These powerful supplements provide all the necessary ingredients for detoxification and free radical protection, resulting in increased energy levels, stamina and strong immune function so important in the battle against all of the viral and environmental stressors we face daily. My detox drink is a safe, affordable, easy and highly effective way to get the lead and toxins out.

#### PEMF – Pulsed Electro-Magnetic Frequency as Cellular Exercise

PEMF therapy is a form of Magnetically Induced Cellular Exercise that produces the same effects and benefits as physical exercise, but without the stress and strain upon your muscles and bone. By restoring the body’s natural electro-magnetic energy, cell metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased. Ultimately the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger, and vital organs such as the liver, kidneys and colon are able to rid themselves of impurities thus detoxifying the body.

Detoxification and restoration are key elements of my FIGHT For Your Health Program, along with the finest supplements and protocols designed to cleanse and heal our bodies every day, all year long, for life. What we do to provide ourselves with the optimal environment of necessary nutrients for energy production, repair and function, elimination of toxins and wastes, and proper positive mental outlook, is absolutely crucial to our health, happiness and longevity.

For more information on my FIGHT For Your Health Program and personalized health consultations, go to Gordon Research Institute web site at [www.gordonresearch.com](http://www.gordonresearch.com)

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