

# PARASITE CLEANSE GUMMIES

**Parasites can cause great damage to the human body, weakening the immune system and creating a dis-eased state . Although it is quite normal for parasites and bacteria to cycle through our bodies, its important to eliminate them on a regular basis.**



## 3 GUMMIES BEFORE BED

Take 3 gummies before bed on an empty stomach with 8 oz of water or prune juice.



## DRINK LOTS OF WATER

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing **tiredness, low energy, and headaches**. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.



# EAT HEALTHY FOOD

Eating healthy provides nutrients to your body, which creates the energy you use as fuel to help eliminate while detoxing. Clean eating promote proper brain function, cardiovascular health and increased energy.

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores your mind body, and spirit.

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