



Benefits of Dropping 15 Pounds.

While you may choose to shed more than fifteen pounds, be secure in the knowledge that there are many health benefits of modest weight loss:

1. Increased energy.
2. Decrease in high blood pressure.
3. Blood sugar and insulin levels can drop within 3-5 days.
4. Free-floating fats (triglycerides) can drop.
5. C-Reactive protein, the marker for inflammation, can drop.
6. HDL (the healthy cholesterol) can rise.
7. Diabetes risk can drop by half.
8. Decreased sleep apnea.
9. Reduced symptoms of joint disease- easier to move.
10. Decreased risk of heart disease.
11. Decreased incidence of GERD and Acid Reflux.
12. Decreased risk of several cancers.
13. Decreased stress.
14. Increased self esteem.
15. Clothes fit better.

Nedra Sahr's Fresh Start Cleaning Program is backed by scientific principles, AND 15-years of field testing!

What Benefits Can I Expect from the Seven Day Program?

A BOOST IN ENERGY, usually by the third day!

BETTER FOCUS & CLARITY, usually by the third day!

IMPROVED digestion!

CRAVINGS REDUCED for sugar, caffeine, fats, and nicotine!

HEALTHIER immune system!

TRUE APPETITE appropriate for you!

An ongoing **CRAVING FOR VEGETABLES!**

Kick-starting **WEIGHT LOSS**, if desired!

General **HEALTH BUILDING** cleanse for everyone; ideal weight or overweight!

FOR COMPLETE DETAILS CONTACT:

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Nedra Sahr's

Fresh Start

Cleansing Program™



A Health-Building Cleansing Program ... for YOU!

Some call it a detox, some call it a cleanse, we call it “Fresh Start” — the proven way for you, AND your family to get healthy!

The Fresh Start Cleansing Program is a two phase system, beginning with a comprehensive 7-day cleanse, followed by a 4-week “restore and rebuild” your health program.

We start with a cleansing diet designed to:

Remove: those foods and lifestyle practices that have contributed to diminishing your body’s ability to function at its highest level.

Replace: nutrient poor foods with nutrient dense ones.

Restore: your sense of well-being.

Rebuild: Over time, and with the adoption of the principles of Fresh Start, we help you rebuild your body’s health.

It’s never too late for a Fresh Start!



You Are What You Eat...

“Our goal is to provide you with a selection of high quality nutrient-dense foods.”



What you eat does affect your health. Nutrients act as a team. A deficiency of even one will decrease the effectiveness of all the others.

Toxins in our environment can impose an undue external burden, while poor digestion, lack of exercise,

and negative thoughts and emotions can increase our internal toxic load. Our bodies do have the ability to detoxify when we take in essential nutrients from foods rich in vitamins, minerals, protein, carbohydrates and essential fatty acids along with pure water and oxygen.

Our bodies are exposed to a large number of unwanted chemicals every day. The majority are man-made substances that wind up in our food, air, and water, or are taken in the form of drugs. Toxins enter the body in the form of pesticide exposure from produce; preservatives, antibiotics, and estrogen in meat and animal products, prescription drugs, environmental toxins; and chemicals found in skin care and cleaning products.

All require detoxification if our bodies are to function optimally. Think of Fresh Start as a “toxin-puller” — the liver, kidneys, intestines, and skin act together to remove the toxins from fat cells and the liver.