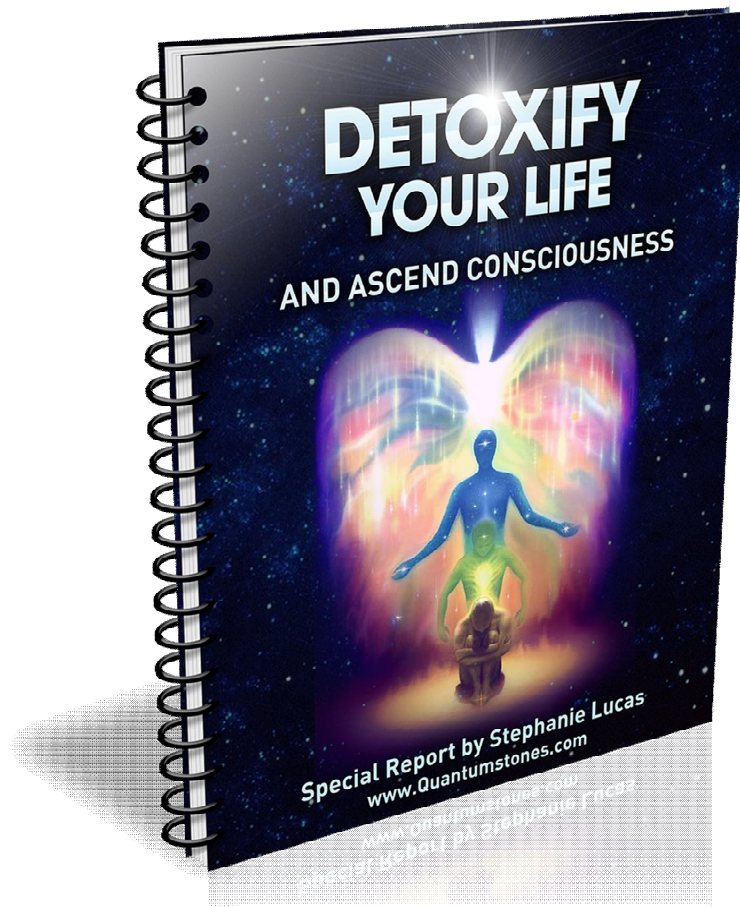


Detoxify Your Life and Ascend Consciousness (Special Report)

DETOXIFY YOUR LIFE AND ASCEND CONSCIOUSNESS

(Special Report \$24.95 Value)



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The need to detox your life is greater than ever in today's stressful chemical world.



Stressful to the mind, body, and spirit, toxins come in countless forms. Physical poisons from the air we breathe, the food we consume, pesticides, medications, and even metabolic processes like pregnancy can compromise the health of cells and organs – making us susceptible to illness, disease, and general malaise.

A toxic body tends to have a toxic mind as well. Much of that mental sluggishness or emotional ailing could be due to parasitic invaders that love working their way to the brain, but much of our emotional troubles we manifest ourselves. Distressing thoughts, behaviors, and beliefs cause stress and unhappiness that can in turn affect the way you care for your body and how well it's able to care for you in turn.

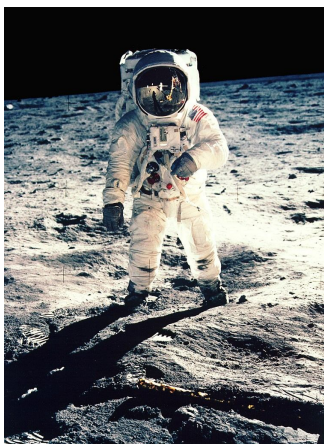
This double-edged sword indicates that as a holistic being, you must include body detox and emotional detox as a part of your everyday healthy lifestyle.

Rapid Detox and Mineralization in One Step

Natural remedies accelerate the body's healing process and help restore a healthy balance. In light of modern medical knowledge, who wouldn't be willing to eat a teaspoon of clay or a simple herb if they knew that it could help them heal and detox naturally, without the side effects that often accompany chemically created pharmaceuticals?

Calcium Montmorillonite clay has the power to gently detox the body every day while providing the system with more than 60 essential and trace vitamins and minerals including a generous dose of silica – a substance essential to life. While acting as a superior source of natural mineralization, TerraMin 2-in-1 Mega Minerals Supplement functions as an all natural internal organic cleansing clay.

Calcium Montmorillonite naturally possesses a negative charge, while common toxins caused by pollution, chemicals, and pesticides typically possess a positive charge. Once these chelated ionic minerals are consumed or applied as a poultice, these charges naturally attract to each other. Once the toxins are captured, they are expelled naturally while the minerals you need remain to heal and restore your body.



NASA and the FDA Recognize the Benefits of Ionic Minerals Through Testing

Historically, the practice of eating clay, or geophagy, isn't as unusual as one may think. The physician Galen recommended eating Armenian earth for Healing all kinds ailments, and even Mahatma Gandhi recommended the use of clay. Modern science now supports the detoxification benefits of healing clays.

For decades, the FDA has categorized calcium montmorillonite clay under the label "generally recognized as safe" and dozens of independent laboratory tests have been performed by notable universities and scientific experts. Even NASA ran an extensive series of tests exclusively on TerraMin calcium montmorillonite clay, and like the other testing authorities, they discovered the varied benefits of the substance's use. Used by astronauts before and after space travel to boost and restore bone density, this rich calcium source has proven its value.

The American Journal of Clinical Nutrition published an extensive article that concluded that clays can absorb and adsorb dietary toxins, bacterial toxins associated metabolic toxins, gastrointestinal disturbances, and hydrogen ions in acidosis. These conclusions were reached after extensive observations of both people and animals consuming toxic foods followed by consuming clay. The results – both the animals and humans had no reaction to the poisons if they ate the clay. Just one more testament to the powerful body detox this natural substance offers.

Extensive testing by these and other institutions has indicated that the all natural detoxification and mineralization properties of calcium montmorillonite clay are 100% biologically beneficial, potent, and effective for their intended purpose. Some additional health benefits that are attributed to the regular ingestion of healing clays like TerraMin include:

- Improved bone density
- Promotes weight loss
- Increases in muscle mass
- Parasite removal
- Poultice applications heal bruises, bites, and wounds and aid acne
- Acts as a catalyst and plays a primary role in metabolism and cell building
- Regulates the permeability of cell membranes
- Maintains H₂O balance/osmotic pressure between internal/external environments
- Influences the contractility of muscles
- Regulates the response of each nerve cell to stimuli

Holistic Tools for Making the Transformation into Total Health

A Dab of Clay for Daily Detox

Just a teaspoon of clay a day along with a healthy diet and positive attitude can indeed keep the doctor away, as your body heals itself. Health is an active and dynamic natural state of being, one in which the individual must actively participate. After removing the physical toxins that are bogging you down, the regeneration process can begin and your body will be recharged and ready to heal emotionally. ION-MIN's TerraMin clay can help unblock negative energies harbored towards the self and others and promote the connection with your physical self.



Emotional Detox for Mind Body Spirit Connection

Wondering if you need an emotional detox? If your overall thoughts and actions are not in line with living and enjoying a healthy, happy life, you probably need to eliminate some mental and emotional baggage. Emotional toxins build up throughout our lives as we make choices and react to things and literally get hooked into the stress cycle.

These things inevitably become ingrained in your mind, heart, and soul as a part of your reality, but as a co-creator of your own reality, you have the power to remove these negativities from your consciousness. Everything that happens in your body and in your life begins with some type of shift in your consciousness, which is your experience of Being and who you are.

Chakra Associations with the Physical Body

Your essence and chakras become blocked imbalanced when stressors and pre-determined damaging behaviors control your life, and physical symptoms often result. For example, Type A Behavior has been correlated with heart disease and an increased risk for heart attack. The Heart chakra is associated with the nerves of the cardiac plexus, the thymus gland, and both the circulatory and respiratory systems. Type A's personalities are known for living a high-stress lifestyle and focus more on achieving than feeling. Essentially, things may not flow so well in their heart chakra, resulting in increased risk for coronary disease. Every chakra is associated with nerves, glands, and bodily systems; hence, and an imbalance in one can result in physical illness.

This is just one example of how what you **decide** to feel can affect your body and overall physical and emotional health, too. When you choose to feel stress in your mind you are choosing to experience it in your entire being. Your body is simply a map of your consciousness that relates particular symptoms to particular stressors.

Mineralization and the Glandular System

As the energy centers of the body, each chakra is rooted in place and tells the story of what is going on in your life. Each chakra, just like the heart chakra, directly correlates with the endocrine glands and major nerve plexuses of the body. Glands secrete and regulate the flow of hormones directly into the bloodstream, which in turn affects emotional, physical, and spiritual health.

A body lacking adequate minerals and silica will inevitably suffer from chakra imbalances as these glands struggle to keep the body healthy and cannot support emotional wellness. Blockages or imbalances in the chakras can source a variety of physical problems related to the related bodily regions and glands they command and help regulate. Promoting the regulation of these glandular systems and every organ in the body is easy with a daily dose of clay, which contains many of the trace elements not found in common vitamin compounds or today's foods.



Sahashra Chakra: Believed to be the seat of the soul, the crown chakra is associated with a pea-sized organ called the pineal gland that releases melatonin and antioxidants that protect the body from free radicals. While it is becoming more widely believed that fluoridation can block the pineal gland, lack of the minerals boron and iodine are also attributable.

Agya Chakra: The third eye chakra is correlated with the pituitary gland. Known as the master gland, it regulates numerous bodily activities including producing hormones that stimulate the adrenal, thyroid, and reproductive glands. To clear and utilize the third eye chakra, one needs adequate and balanced amounts of magnesium, potassium, and Vitamin E.

Visudha Chakra: The throat chakra is related to the functions of the thyroid gland, making it responsible for metabolism and growth. However, the hypothalamus influences the production of hormone production in the pituitary gland that controls thyroid output indirectly, directly linking this chakras functioning to the Agya Chakra. Vitamin K and D plus trace minerals essential to this gland include iodine and selenium.

Anahata Chakra: The heart chakra is associated with the thymus gland, which helps the immune system adapt to certain threats. In addition to balanced protein and antioxidants, the thymus requires ample amounts of silica, Vitamins C, E, B6, zinc, and selenium.

Manipurana Chakra: Responsible for pancreatic function and the adrenal glands, this chakra moderates the production of hormones essential to preserve life and resist stress. The adrenal glands control the body's sodium / potassium balance vital to energy, and require ample Vitamin A, C, B complex, and chromium.

The Swadhisthana Chakra: Correlates to the gonad gland, which refers to both the two male testicles and the two female ovaries. When it's blocked, you may experience emotional and sexual problems and doubt your self-worth. Physical ailments include issues with puberty, hormonal imbalances, reproductive problems, kidney issues, and lower back pain. Minerals vital this gland include Vitamins C, D, E, K, B Complex as well as adequate magnesium, potassium, and zinc.

Muladhara Chakra: As the master of the prostate and fallopian tubes issues in the root chakra can result in problems within the reproductive systems in both sexes –the gonad glands in men and the fallopian tubes in women. Minerals vital to these systems vary by sex, but should include ample calcium, selenium, iron, zinc and Vitamins C, E, and B.



Stone Therapy and Meditation for Emotional Healing

Because stones and crystals are known harnessers of energy and vibration, we believe they are ideal for use during meditation to promote the second part of the journey – emotional healing and making the mind/body/spirit connection. One of the most innovative and powerful stone technologies we have encountered can be found at Quantum Stones, where you will find lovely lightstream infused pendants that are scientifically proven to raise your vibrations and help balance the chakras. Meditational periods further enhance the emotional and spiritual healing abilities of these healing pendants and gemstones.

Putting it All Together – The Mind Body Spirit Connection

Once we understand how the body carries out any messages and deepest wishes of the conscious Being within the body, we can comprehend that the process can certainly go in more than one direction. If our consciousness is manifesting and directing how we develop symptoms, it can also guide how we release those same symptoms. If our consciousness can make our body ill, then certainly our consciousness can make our body well – making the mind/body/spirit connection essential to overall health, personal growth, and higher vibrations.

In a healthy and harmonious state, each chakra remains open and adequately active, allowing them to ‘communicate’ with each other to help foster balanced health, happiness, and a state of peace. These various cleansing and healing techniques – from daily detox and proper mineralization to healing stones and meditation – offer an opportunity to help these elements of holistic health come into alignment.



Making the **Mind Body Spirit Connection** helps increase your self-confidence, improve personal growth, and finally get in touch with your inner well-being. You will slowly develop what is really a growing calm even in the face of life's endless challenges. Balance and peace will be achieved in your life. As a result you will feel more happy, grateful and joyous about life's endless possibilities.

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