

Daily life may be making you

TOXIC!



URGENT!

A Fatty Liver May Lead To:

- Excessive Weight Gain
- Higher Risk of Disease
- Inability to Reduce Body Fat

Clean the liver stones from your body within 12 hours!!

SEE INSIDE FOR MORE DETAILS



OPTIMAL HEALTH SYSTEMS
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URGENT HEALTH REPORT

- TOXINS IN YOUR BODY CAN CAUSE**
- slow recovery from strenuous work or play
 - fatigue • premature aging
 - digestion problems or skin irritations

ARE YOU CAUSING DAMAGE TO YOUR LIVER WITH ANY OF THE FOLLOWING?

Over-the-counter pain medications • Prescription medications
Over-use of soda or alcohol • Regular intake of fried or fatty foods • Stress
If so your liver is probably not operating at its optimum!



Give us $\frac{1}{2}$ a day
and we will help you experience a

HOLISTIC CLEANSE PHENOMENA!

Imagine eliminating these liver stones and toxins from your body without pain or discomfort in just a few hours

GUARANTEED!

IN THIS ISSUE . . .

You will learn about the most effective holistic liver and kidney cleanse ever put together utilizing whole food nutrients.

Ancient Greek warriors did liver cleansing to stay healthy and fit. Today, doctors and health professionals are using the exact cleanse you will learn about in this report to eliminate toxic build up and attain optimal health. All with no pain and in only 1/2 a day!

If you suffer at all from ...

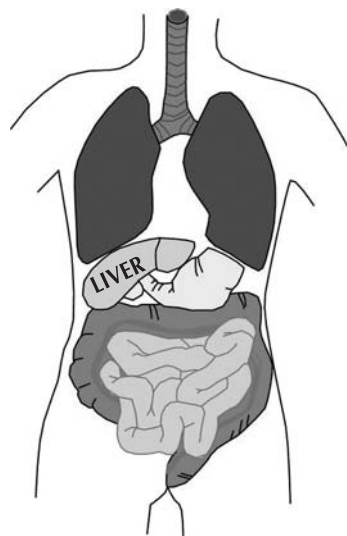
Acne, blotchy or itchy skin • Allergies or itchy eyes • Immune system issues • Short-term memory loss
 Aching joints • Halitosis (bad breath) • Bloating (excessive swelling) • Chemical sensitivities
 Chronic fatigue • Dark circles under the eyes • Morning tongue (coated) • Depression • Digestive problems
 Food allergies • Gallstones • Gout • Headaches • Liver Problems • High-blood pressure
 High cholesterol • Irritable bowels • Insomnia • Kidney stones • Moodiness
 Aching muscles • Degenerative diseases • PMS

There is a good chance your liver is trying to tell you something ... it is sick and toxic!

Many of the symptoms you feel that make life miserable are just warning signs from the liver. It is trying to tell you to do something before more serious problems come along that will really make life problematic.

In just 1/2 a day Optimal Health Systems will help you experience a holistic cleanse phenomena that will change your life "optimally".

You may experience improved energy, clearer skin, clearer vision, less joint pain, reduction in toxins, better memory, less bloating and even improved cholesterol and blood pressure levels just by giving us 1/2 a day of your time to clean out your liver and start living.



Your liver is a misunderstood and often forgotten organ in the body. This seldom thought of organ performs over 600 bodily functions that keep you healthy and vibrant or, if it is toxic, can make you sick and tired.

The liver is located in the center of the abdominal region just slightly off to the right.

Optimal Liver•Kidney Cleanse Q & A

Continued

out the day, but compliance is low because of the inconvenience. The Optimal Opti-Pak Supreme fixes this problem and does it with potent whole-food nutrients, which are delivered to the cellular level in convenient paks of multiple nutrients that are easy to grab on the go.

Why do I have to change my diet when I am done?

You need to change your diet so you can keep the toxins from building up in your system again. It is best if you can keep all of the toxicity out of the body to begin with. Take advantage of our FREE Nutrition 101 DVD to help you out.

What if I take medications?

If possible do not take any pharmaceuticals during your liver flush. If you are under a physician's care, consult with him or her prior to your cleanse. Make sure to follow your Doctor's instructions concerning your medications. Remember, when you are detoxifying your liver, you will not receive full benefit from any medication because they may be flushed out with the cleanse, reducing their effectiveness.

Should I refer friends and family to do the cleanse?

Definitely, if you are happy with the results, then why not tell everyone you know? It can only benefit them.

"I felt more energized than I had in a long time"

I had been on prescription strength pain killers for 6 months. So, I had been worried about what kind of damage these pills may have done to my liver. I decided to try the OHS 1/2 a day Liver•Kidney Cleanse. The following week, after completing the cleanse, I felt more energized than I had in a long time. During the cleanse there were definitely a lot of stones and my immediate reaction was, "I hope I got them all".

I will definitely be doing the Optimal Liver•Kidney Cleanse again, sooner rather than later.
 M. Farris, Arizona

Money Back Guarantee

If you do not eliminate multiple toxic stones from your body during our 1/2 day cleanse and feel more refreshed, we will credit back 100% of the purchase price to you.

ORDER FORM

QUANTITY	DESCRIPTION	AMOUNT
TOTAL		

CALL IN YOUR ORDER TO PAY BY CREDIT CARD, OR MAKE CHECKS & MONEY ORDERS PAYABLE TO:

All information is for educational purposes only. We do not intend to make any medical claims regarding the effectivity of this cleanse. We report what people experience and share them with you. These statements have not been evaluated by the FDA. Not intended to replace medical care, diagnose, treat, prevent, mitigate or cure disease. Do not attempt any herbal cleanse when pregnant or breast feeding. Consult with a licensed professional that understands herbs and cleansing before attempting any self-health complementary care programs.

Optimal Liver•Kidney Cleanse Q & A

Why should I do a Liver•Kidney Cleanse?

Because the liver performs over 600 functions and it becomes toxic due to stress, over-the-counter drugs like Tylenol®, pollutions, alcohol and processed foods. Once this happens the liver knows you will get extremely sick if it keeps dumping the toxins in your blood to get rid of them. So, it encapsulates the toxins as stones and stores them. After months and sometimes years of toxicity these stones build up and start causing a wide array of health problems. If you don't clean out the liver and make some lifestyle changes, you will probably be another statistic of a person who has to live with chronic pain or disease for the rest of your shortened life. OHS makes a convenient 1/2 day cleanse system to clean the liver and kidneys. It also provides the start to making healthier choices to keep your energy levels and health at an optimal level.

Will there be any pain when I pass the toxic stones?

NO. The only discomfort the high majority of users experience is having to go to the bathroom numerous times in the evening and morning. You should be able to get a normal night's sleep while on the cleanse.

May I perform normal work while being on the cleanse?

We would recommend that you not plan to be too far away from a rest room between 6-10 in the evening and 6-12 the next morning. Heavy lifting or strenuous physical work isn't recommended during these hours.

What can I expect to feel after the cleanse?

The range of experiences are dramatic. Some people feel like a totally new person with many aches and pains relieved or just plain refreshed. With a healthy liver and kidneys you can help improve digestion, reduce allergies, boost your immune system, and have increased energy levels. Others notice all of the stones that have detoxed from their body and realize the importance of improving their health and making life-style changes. Many of these people improve mentally and take a more pro-active approach to their own health.

Are the clumps of green stuff coming out of me actually liver stones? I have heard they are just soap balls?

The answer to this is simple to understand. The special herbs and nutrients in the Liver•Kidney Cleanse Kit combine with the olive oil to encompass the toxins and safely eliminate them in your bowel movements. Some of the toxins are already formed boluses (balls) and the oils and nutrients help push them out. These stones will be darker green in color. Other toxins are not formed completely and the Liver•Kidney Cleanse Kit works to bind them together and eliminate them in a safe cocoon or stone. These will be lighter green in color and will not be as hard. This is the way you can tell what toxins have been formed for a while, and were actually stones within the liver, and which ones were actually bound together by the cleanse itself. If you sent the stones off to a lab to be analyzed, you would be told that they are full of cholesterol, bile, liver enzymes and toxins from prescription drugs, poor diet and other harmful substances. You will see for yourself through how you feel

after the cleanse and by seeing the toxins that come out of your body how powerful and effective this cleanse is.

How often should I do the Optimal Liver•Kidney Cleanse?

Most people recommend you do the cleanse based on your abuse of the liver and whether or not you feel more stones could be in the liver. We recommend you perform between 1 and 4 cleanses the first time you do this cleanse. A cleanse should be done no more than once every 10 days. After the cleanse, if you choose to still take Tylenol®, alcohol or other things that stress the liver, it is wise to do a cleanse twice a year. If you try not to put any additional stress on your liver then we recommend doing the cleanse once a year to keep your body clean and functioning efficiently.

How important are the supplements during the cleanse?

Critical!! The Liver•Kidney formula, combined with the olive oil is what encourages the liver to dump all of the toxic stones. The Optimal Opti-Cleanse and Repair formula helps to get rid of existing build-up in the intestines and colon; so the toxic stones from the liver can be eliminated properly. The stabilized heat resistant probiotics re-fill the bowels with critical healthy flora which act as a second immune system and help with the assimilation of nutrients into the blood-stream. The packets of Vitamins, Minerals, Enzymes and Probiotics taken after the cleanse give the body back its proper balance of nutrients, so it can perform optimally. Many people have gone on cleanses like this one and only done the Epsom salts and oil. The problem is, there is an important balance of nutrients that control every function of your body. Cleanses clean out the system and there is a great chance you were either deficient of certain nutrients to begin with, or that you cleansed many out during the process. All of the supplements involved with this cleanse are scientifically designed to meet the body's needs to provide a safe and effective cleanse.

I have seen other cleanses like this one on the market, why shouldn't I just do one of those?

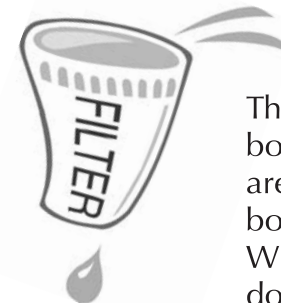
Other cleanses on the market do not have the recommended nutrients for during the cleanse or after it is complete. These are a vital step many over-look. **OPTIMAL HEALTH SYSTEMS** knows it is imperative to re-establish a healthy level of nutrients within the body after completing a cleanse. The acidity levels in the bowel are high for the hours after this cleanse and only heat stabilized probiotics will populate the bowels properly and normalize your system.

May I stay on the custom daily nutrient paks?

Absolutely! We recommend that you do. Research has proven even those with the healthiest lifestyles are still lacking in essential nutrients. In order to maintain a level of optimal health it is necessary to continue taking daily nutrients designed to not only keep your liver and kidneys clean, but to also supply you with all the essential nutrients to help you reach optimal health. Research shows most people want, and know they should, take nutrients through

Vital Daily Liver Functions

- Detoxifies all pollutants and irritants that are taken in externally or created internally.
- Filters harmful toxins and substances out of your blood every day.
- Is the storage place for numerous essential vitamins and minerals (including: vitamins A, D, and K).
- Helps maintain steady blood sugar levels.
- Creates imperative chemicals and hormones, over 13,000 of them!
- Directs over 50,000 enzymes to their proper function.



The liver and kidneys work together to filter toxins out of the body. These organs can only function optimally when they are kept clean and provided with certain nutrients. The body's filtration system can be compared to a water filter. When the filter is clogged with debris (toxins) it is unable to do the work of keeping fresh and clean water flowing through the filter. When the liver and kidneys are clogged with toxins, they can't work to protect the body from the constant onslaught of toxins.

When the liver and kidneys are not nutritionally supported and kept clean, the body begins to store toxins in the tissues-and any number of devastating symptoms can result. Toxins can produce fatigue, headaches, irritability, insomnia, depression, poor digestion, bad breath, allergies, skin problems, and over time, may even lead to chronic illnesses including cancer, arthritis, and Alzheimer's.



What can I do to cleanse my liver and kidneys naturally?

The Optimal 1/2 a day Liver•Kidney Cleanse system has been used by Holistic Doctors all around the nation. Many of the top professional strength coaches and athletes in the world have used the Liver•Kidney formula in this system to help cleanse and fortify their livers for maximum performance.

This cleanse is put together in a way that maximizes results in the shortest amount of time with no pain or discomfort, while eliminating the toxic stones from your body.

Do You Think a Tylenol® Here and There Isn't Bad For You?

A study in The Journal of the American Medical Association proves even basic use of Tylenol® damages your liver...

Tylenol's® active ingredient is called "acetaminophen". For years we have taught that this ingredient harms the liver extensively and may even cause death. Now even the medical establishment and peer reviewed journals agree that Tylenol's® active ingredient can cause harm. A study published in the July 5, 2006 issue of the *Journal of the American Medical Association* proves normal use of Tylenol® may also trigger liver failure! The clinical study showed that using the recommended dose of Tylenol® greatly increases liver enzymes in healthy adults. Increasing your liver enzymes is the first thing the liver does when it is damaged. Then all you have to do is continue to take more acetaminophen, or any other liver damaging substance like alcohol or excessive amounts of soda, and you will create some huge trouble. Many health professionals refer to the liver as a metabolic sponge, which means it has many metabolic functions within the body and it acts like a big filter. If you don't clean the filter once in a while, you are going to start clogging ducts and pathways, hindering your quality of life. The Optimal 1/2 a day Liver•Kidney Cleanse Kit is the most complete, simple and effective system available to clean your filter (liver) and allow a higher level of health to be attained quickly.

Do I need to do a liver and kidney cleanse?



Take this 21 question quiz to help determine if your liver is in need of a cleanse, or multiple cleanses.

1. Do you experience daily stress? Yes No
2. Do you regularly consume junk foods? Yes No
3. Do you annually get sick with colds or flu? Yes No
4. Do you drink caffeinated beverages (soda, coffee, etc.)? Yes No
5. Are you exposed to chemicals or other pollutants? Yes No
6. Do you consume one or more alcoholic beverages per week? Yes No
7. Do you have any digestive problems? (constipation, acid reflux, indigestion, etc.)? Yes No
8. Are you taking over-the-counter drugs like Tylenol®? Yes No
9. Have you ever had liver or kidney stones? Yes No
10. Are you on a diet that restricts carbs or fats? Yes No
11. Have you ever used prescription or illegal drugs? Yes No
12. Has your gall-bladder been removed? Yes No
13. Do you have insomnia or problems sleeping? Yes No
14. Do you drink less than the recommended 6-8 glasses of water a day? Yes No
15. Do you lack energy? Yes No
16. Do you experience unexplained pain in your lower back? Yes No
17. Do you have dry itchy skin, acne or other skin problems? Yes No
18. Do you suffer from allergies? Yes No
19. Are you overweight? Yes No
20. Do you have high blood pressure or cholesterol? Yes No
21. Do you have trouble reducing body fat? Yes No

If you answered "Yes" to 1 - 5 questions above, you may be headed toward toxic build-up in the liver and would want to perform 1 cleanse.

If you answered "Yes" to 6 or more questions above, you may be experiencing a "sluggish" liver and would want to perform 2-3 cleanses. (One every 10 days)

If you answered "Yes" to 12 or more questions above, you could have a toxic liver and would want to perform 3-4 cleanses. (One every 10 days)

Is the liver kidney cleanse concept new?

NO. But most cleanses on the market are not complete, and do not balance the body properly. Our research is based on the latest university studies, combined with ancient principles of nature's law, that show the importance of cleansing the liver and kidneys for OPTIMAL HEALTH!

The liver cleanse and other herbal cleanses have been used by traditional cultures for centuries, but a surgeon back in 40-90 A.D. was way ahead of his time. His name was Dioscorides. He was in charge of touring with the armies of Nero and keeping them fit for battle. The Greek armies were famous for their health and endurance levels (have you seen the movie "300"?).

Dioscorides wrote a book, which has been passed down for generations, known as the *Materia Medica*. There is even a fifth century reproduction still existing which talks about herbal liver cleansing. Dioscorides' knowledge of botany and herbal preparations was extensive and forms much of the basis of what we know today about herbal cleanses, such as the liver cleanse. You can even go to Vienna and look at the original of these writings.

The object of the herbal liver cleanse is to optimize the bodily functions and to assist the body in pursuing its natural propensity for maximum health. Please note that the liver cleanse does not in any way claim to cure any disease, or does it purport to be a method for removing gallstones. The purpose of the liver cleanse, simply stated, is to create a favorable condition and pH level for the liver so future problems will not develop.

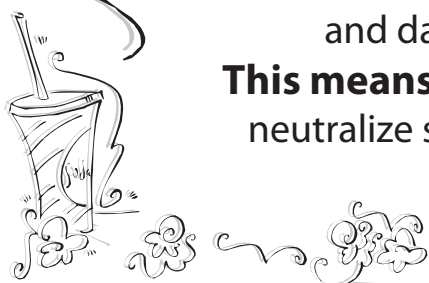
The liver cleanse, if properly used, is a valuable centuries-old aid. When put together with modern science and simplicity, it enables the body to perform its natural functions at an optimal level.

How many sodas have you had today?

Soda pop contains 10 teaspoons of sugar.

Plus, soda has a pH of 2.5—which is highly acidic and dangerous to your liver and overall health.

This means your kidneys have to kick into overdrive
neutralize sugars and acids before they cause you harm.



Check out all the nutrients included in the OHS Liver·Kidney Cleanse Kit!

Magnesium Sulfate - USP Certified

Whole Food Nutrients (No pesticides or chemicals)

Licorice Root	Psyllium	Oat Bran	Celery
Sweet Potato	Apple Pectin	Grapefruit Pectin	Chlorella
Milk Thistle Extract	Barberry	Dandelion	Jerusalem Artichoke
Ginger Root	Pine Nut	D-Licorice Root	Carrot
Green Pepper	Orange Alfalfa	Brewers Yeast	Acerola Cherry
Broccoli	Wild Yam	Rice Bran	Spinach
Wheat Germ	Grape Seed Extract	Grape Skin Extract	Cranberry
Garlic	Papaya	Soy Protein Isolate	Pine Bark
Metabromine	Green Tea Extract	Commiphoria Resin	Yerba Mate Leaf
Gingko Biloba Leaf	Choline	DMAE	Rhodiola Crenula Root
Lecithin	Black Strap Molasses	Borage Oil	Flaxseed Oil
DHA Oil	Iodine (kelp)		

Patented Stabilized Heat Resistant Probiotics

Lactobacillus Acidophilus (US patent #3,689,640)	Bifidobacterium Bifidum
Enterococcus Faecium	Lactobacillus Bulgaricus
Lactobacillus Plantarum (US patent #5,895,758)	Lactobacillus Salivarius
Streptococcus Thermophilus	Bifidobacterium Infantis
Bacillus Coagulans	

High Potency Active Plant Enzymes

Amylase	Protease I	Protease II	Peptidase	Lipase
Invertase	Cellulase	Lactase	Maltase	Hemiseb

Organic Amino Acid Chelated Minerals (US patent #4,830,716)

Magnesium	Calcium	Potassium
Phosphorous	Copper	Zinc
Manganese	Molybdenum	Boron Complex
Vanadium	Selenium	Chromium (US patent #5,292,729)

Amino Acids

Leucine	Isoleucine	Valine	Taurine	L. Tyrosine
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Additional

Acetyl L. Carnitine	Pyroglutamic Acid	Creatine	Stabilized Glutamine (US patent #5,888,553)
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Opti-Blend Delivery System – Proprietary enzyme mineral blend patented to increase absorption of nutrients at cellular level (US patent #4,599,152)



Ask about the NUTRITION 101 – THE ENERGY CYCLE DVD

We are constantly bombarded with new fad diets and quick fixes to improve our health. How can we separate the fact from the fiction and really improve our lives? Well, in this DVD, Optimal Health Systems helps us do just that. They walk us through the basics for proper nutrition and true energy by using real life examples and easy to apply principles. Meeting these simple life style changes will assure you can reach your goals and obtain true optimal health.

Steps to complete your cleanse . . . and some things to expect

You will start by eating a healthy lunch, then going about your normal day until 6 p.m. You will consume a mixture of Magnesium and nutrients at 6 p.m. and 8 p.m. You will then drink an oil and grapefruit juice mixture with the toxin releasing Liver•Kidney formula at 10 p.m. You will then sleep until 6 a.m. At 6 a.m. and 8 a.m. in the morning, take more of the Magnesium and nutrients. Between 6 a.m. and 10 a.m. you will experience the life improving detoxification process and your body will eliminate between 10 and 1,000 toxic stones safely and painlessly from your body. After the cleanse you will eat a healthy meal and start to add back essential flora and nutrients supporting your liver and body, so you can enjoy a life-time of optimal health.

You will experience frequent bowel movements during this fast acting flush. After each bowel movement, take a look at the debris that is floating on top of the water. These should be green bile stones from your liver and gallbladder. You will see the majority of the toxic stones in the morning time. Eventually, your bowels will be completely clear and you will expel only clear fluid.

The bile stones can range in size from a sand pebble to a golf ball. You may pass as many as 10 to 1,000 stones. With the removal of these stones, you are also removing dangerous toxins from your organs! Many people ask about the color of the stones. It is believed that the darker the stone, the longer the toxicity build up has been.



A FATTY LIVER CAN MAKE IT EASY TO GAIN WEIGHT AND HARDER TO LOSE IT . . .

How do you know if you have a fatty liver?

- You will probably be overweight, especially in the abdominal area
- You will find it very hard to lose weight
- You may have elevated cholesterol and triglyceride in your blood
- You may have type 2 diabetes
- You may be very tired
- You may have problems with your immune system

Consequences of a fatty liver

The healthy liver regulates fat metabolism and is the major fat burning organ in the body. Indeed the healthy liver not only burns fat, it can pump excessive fat out of your body through the bile into the gut. Thus, if your liver is healthy you will not have much difficulty in controlling your weight. Conversely, a liver that is fatty is doing the opposite of what it should be doing. A fatty liver is storing fat when it should be burning fat and removing excess fat from your body. Indeed a fatty liver becomes a warehouse for fat and if it is allowed to progress for many years, the liver may finally become just a “bag of fat” with dire consequences for your health and longevity.

How common is fatty liver?

If you are overweight and over 30 years old, there is close to a 50% chance your liver has more fat than it should. The extra fat blocks many of the important functions of the liver and increases your abdominal girth and scale weight.

The Medical Observer Journal of Australia in July 2004 published an article entitled “Non-alcoholic fatty liver disease is the new epidemic of liver disease facing the Western World”. Back in the 1980’s fatty liver was mainly seen in alcoholics; but rarely in children. Today, fatty liver is now recognized as **the most common cause of abnormal liver function tests** in the USA, UK and Australia.

Can you reverse a fatty liver?

Yes, you can by cleansing the liver consistently and improving your lifestyle eliminating the bombardment of liver toxic substances. Conventional or orthodox medicine has no specific therapy or drug treatment to reverse a fatty liver, in fact, many drugs such as cholesterol lowering drugs can exert toxic effects on the liver cells.

So what causes the liver to be stressed and toxic? How does that cause all these problems?

When your liver can’t make enough bile, it then quits dissolving and eliminating toxins. Your liver will take these toxic elements and encompass them in a ball or cocoon. It then stores them away in the liver, gallbladder, kidneys or any place it can. Some of the stones are stored in the gallbladder. You have probably heard of “gallstones” before. All of these stones can block important ducts in your body. Some of these ducts control bile flow for digestion or hormone secretion that control blood pressure and other vital bodily functions.

Your liver will also make these toxic stones when your body is over-loaded with stress and toxins. The liver and kidneys can’t cleanse fast enough. The liver knows you will get sick if it dumps these toxins into your system too fast, so it stores them for a time when there isn’t as much stress on the system. The problem is there usually is not a “good time” and they keep building up until they cause problems on their own.

What causes all these toxic problems?

Your liver is under continuous attack...**prescriptions, alcohol, environmental pollution, food additives, water chlorination, pesticides, and household chemicals** all lead to undue liver stress. In today’s society liver stress is unavoidable. A toxic liver can lead to numerous health ailments.

Here are some of today’s most common ailments that may be caused by a toxic liver!

- ✓ **High Blood Pressure:** The liver controls your electrolyte balance and when your electrolytes are out of whack, your blood pressure shoots up.
- ✓ **High Cholesterol:** When you eat fatty foods the liver is one of the main organs that helps break them down into usable fatty acids. If it is clogged or damaged, it will not be able to do its job emulsifying the fats, and your cholesterol rises quickly.
- ✓ **Blood Sugar Imbalance:** When your liver is sluggish, blood sugar levels are not steady because the liver has to release glucose, which is stored in the form of glycogen to regulate blood sugar. Then your over-worked liver has to synthesize additional glucose by gluconeogenesis. The bottom line is that your liver could be causing your blood sugar problems. Most people have blood sugar issues whether they have been diagnosed or not (up and down energy levels, fatigue, light headedness, etc.).
- ✓ **Muscle and Joint Pain:** The liver has to find places to store toxins. After it has created as many liver stones as possible and used its other storage sites, it will then dump toxins into the muscle and joint tissues causing a painful situation.
- ✓ **Gallbladder:** Cholesterol turns into rock form and is stored in the gallbladder when the liver isn’t functioning properly due to excess toxins.
- ✓ **PMS - Hot Flashes:** Toxic build-up can negatively affect your internal thermometer. If the liver is stressed, your body cannot effectively balance the hormones needed to maintain your core. The liver synthesizes the nutrients that create hormones.
- ✓ **Headaches:** When the liver is not filtering properly it will allow toxins into the brain that cause headaches.
- ✓ **Weight Gain:** A toxic or sluggish liver will slow down your metabolism making it so normal food intake can cause unwanted weight gain. Many people have reported it is much easier to get rid of body fat after doing a liver kidney cleanse.