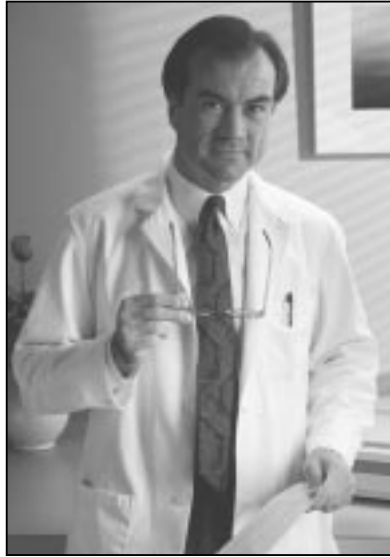


Ask Your Health Care Professional about
the Whole Body & Colon Program™

TODAY!



Note: This program is not designed to be a cure-all for any type of disease. It is not meant to take the place of your doctor. If you suffer from a bleeding bowel or any severe disturbance, it is important that you see your doctor. If you are under a doctor's care, it is important you discuss this program with him or her. This brochure is for informational purposes only. No claims are made or implied. Certain conditions contraindicate fasting and / or cleansing. These include diabetes, eating disorders, epilepsy, hypochondria, kidney disease, malnutrition, pregnancy, lactation, severe bronchial asthma, terminal illness, tuberculosis, ulcerative colitis. Long term fasts and cleansing should be done under professional supervision.



Pure Body Institute®

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Pure Body Institute®



What Do Many Researchers
and Health Care Professionals
Believe Is The *Best* Method
For Health Improvement?



Read this to find out!



Many researchers and health care professionals believe that invigorating the body's eliminative channels and expelling accumulated impurities is the **best** method for health improvement, resulting in an overall rejuvenation of our body's basic biological processes.

The result is a delightful feeling of refreshment.

In the past this was attempted through difficult fasting processes, severe diet restrictions, or other unpleasant methods.

Now... Finally, there's a better and easier way!



Introducing the... Whole Body & Colon Program™!



Recommended by Health Care Professionals Nationwide,
The **Whole Body & Colon Program™** is:

- ☼ Inexpensive
- ☼ Easy To Do
- ☼ Quick & Gentle
- ☼ All Natural
- ☼ Rated #1 by Natural Health Magazine
- ☼ Used successfully by Tens of Thousands
- ☼ Safe and Beneficial

"Of all the products tested, most impressive was the Pure Body Institute's Whole Body & Colon Program." **Natural Health**



Pure Body Institute®

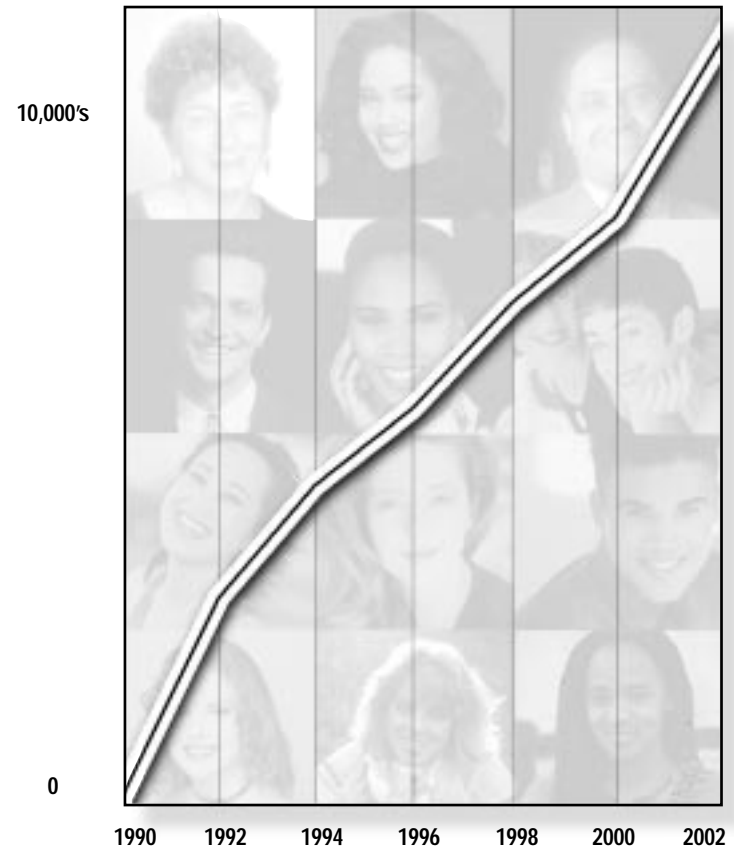
For centuries man has battled with the elements to survive. Now as we advance through the new Millennium, this takes on a new meaning. Regular elimination of impurities in today's modern world is needed now more than ever.



Our body's abilities to rapidly and completely eliminate impurities has never been more important.

Our Whole Body & Colon Program™, which was rated #1 in an independent, comparative analysis by **Natural Health**, is recommended by leading health practitioners, beauty experts and health spas nationwide, and has a long proven track record with tens of thousands of satisfied customers.

Satisfied Customers



The Whole Body & Colon Program™ was formulated to help support the natural structure and function of your body's *eliminative* channels. When your *eliminative* channels are healthy and functioning optimally, your body can more easily eliminate the impurities it is exposed to. With today's high tech modern lifestyle, your communications systems may have speeded up, but your body's *eliminative* systems may have slowed down. Done twice a year, the Whole Body & Colon Program™ will help eliminate accumulated impurities and keep you looking and feeling delightfully alive and refreshed.



How To Use the Whole Body & Colon Program™

1. Take the program twice a day, in the morning and in the evening, 1/2 hour before breakfast and 1/2 hour before dinner, with a big glass of pure water.
2. Increase the Colon Herbs *only* if bowels are moving less than twice a day.
3. Drink plenty of pure water or juice (at least 8, eight oz. glasses = 1/2 gallon or more per day), and do the Restoration Diet. Be patient. *Gradually* increase the amount of the Whole Body Fiber tablets to fit your personal needs.
4. Most people cleanse initially for 3 months. The average person will require three month supply of the Whole Body and Colon Program to complete the full cleanse.

Directions For Use & Suggestions For Using

Start with one Colon tablet and three Whole Body tablets twice a day (1/2 hour before breakfast and 1/2 hour before dinner). This begins the cleansing cycle. After three or four days, *if* you don't notice any cleansing reactions, *slowly* build up your Whole Body tablet intake to 4-7 tablets twice a day. *Gradually* increase the Colon tablets only if your bowels are moving less than twice a day. Simple! (A little experimentation may be required to find your personal balance). Depending on your sensitivity, you may go somewhat above or below the suggested ratios. *Go slowly* (increase one tablet at a time). Releasing too many impurities too soon can produce cleansing reactions. Rest one day a week from cleansing. Keep taking your vitamins.

Note: *If you are experiencing cleansing reactions, stay at your current dose or cut back for a few days. If you have questions contact our friendly consumer representatives at (800) 952 7873.*

Rave Reviews By Doctors!

"It was like a miracle for me, truly a Godsend." **C. Eskelin, Ph.D.**

"The Whole Body and Colon Program is an easy and inexpensive method to purify the body." **Doris Rapp, M.D.**

"I feel better than I've felt in 20 years... all in less than 2 weeks! I highly recommend it." **Dr. R. Ratner**



A Few Of Our Satisfied Customers:

"I have been doing the program both personally and in my practice with very satisfying results. I highly recommend the program as part of any cleansing practice."

Dr. Haas, Preventive Medical Center of Marin, California

"I have been fighting feeling blasé for years. No spunk, no pizzazz. Now I am flying high, waving in the wind."

BC, Washington, D.C

" People say that I look younger than I have in years."

BM, Skin Care Specialist, Boise, Idaho

"I find myself taking the stairs now and attacking my work with renewed vigor. I love this stuff."

BW, Arizona

The Herbs in the Whole Body & Colon Program:

Barberry
Black Cohosh Root
Buckthorn Bark
Bupleurum
Burdock Root
Capsicum
Cascara Sagrada
Chickweed Herb
Dandelion Root
Echinacea Root
Fennel
Fenugreek Seed
Gentian Root
Ginger Root
Golden Seal Root

Irish Moss
Licorice Root
Milk Thistle
Mullein Leaf
Oregon Grape Root
Peach Leaves
Peppermint Leaf
Prickly Ash Bark
Psyllium Husk
Rhubarb Root
Safflower Herb
Sarsaparilla Herb
Slippery Elm Bark
Yarrow Flower
Yellow Dock Root