

The Chris James 12 Day Detox™



Do you over eat and under-exercise?

Feeling Sluggish, bloated, overweight?

Immune system in need of a boost?

With our environment contaminated beyond precedence, our bodies can become quickly overburdened by modern lifestyles. The use of preservatives and additives in our food, chemically contaminated air and water, the toxicity we create in our bodies through incomplete digestion, and the use of medicinal drugs have all contributed to the increase of toxicity in our body and impacted on the quality of our lives.

The toxicity of the human body cannot be corrected by injections, western invasive surgery or any hastily contrived remedies – the one and only way to counteract self-toxification is by self-detoxification. Fortunately, a systematic detox can be done simply, quickly, and efficiently. Please Read on:

There are several Detox products currently in the marketplace today, promising various health benefits, from Weight Loss to Increased energy Levels. **The Chris James 12 Day Detox™** has been voted as the best Detox product on the market in the national Press and in various health pages, basically for doing what it says on the tin. It has been specifically designed for you to dovetail with your working life, so that you can immediately begin to feel its positive effects in your life, without having to disappear off to remote places spending thousands of dollars in the process!

What is **The Chris James 12 Day Detox?**

The Chris James 12 Day Detox™ is a simple and easy to follow 12 Day program that has been designed to dovetail easily with your working life. No detoxing experience is necessary, just an open mind! The program has been divided into four easy to follow phases:

Days 1-3 **Preparation phase**

Preparation is the key to a successful detox. Make sure that you have a juicer in your kitchen, and look at the options for buying the freshest fruit and vegetables - organic if available.

Days 4 – 6 **Pre-purification phase**

During pre-purification we start to streamline our diet, we can follow the guidelines in the brochure in order to condition our body for optimum cleansing for the power phase

Days 7 – 9 **Power Phase**

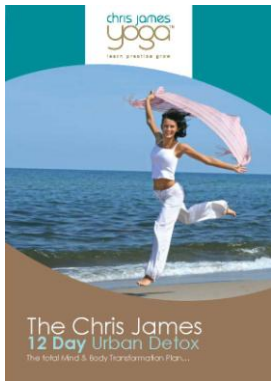
This is the time you really go for it and eliminate those toxins BIG TIME!! You will need to plan ahead for the Power phase, making sure that this stage of the Detox is undertaken in a period of relative calm ie, when you haven't got 10 back to back meetings! A weekend, or a quieter patch at work should be ideal. Clients usually do the Power phase from Friday through to Sunday or from Saturday through to Monday

Day 9 – 12 **Maintenance Phase**

By now you would have completed the Power phase, eliminating a vast amount of toxic waste and given your digestive system a full service. Your eyes will be clear and sparkling, your skin glowing, your mind refreshed, and your energy levels increased...feels amazing doesn't it!

What will I be provided with?

When you go to <http://www.chrisjamesyoga.com/products.htm> and order the detox through paypal or whichever method of payment is best for you, you will receive a Detox Pack in the post shortly afterwards. Your Detox Pack will include:



- A comprehensive booklet, written by Chris James which includes nutritional guidelines, some fantastic detox recipes for breakfast, lunch, dinner and snacks! So good in fact that you will never feel like you are detoxing! And All the help & advice you need during this detox.
- A unique combination of the highest grade supplements and cleansing agents, expertly sourced from around the world using Chris James invaluable knowledge of Yoga, detoxification, and ayurveda
- A user-friendly day-by-day plan with an easy to follow programme.

The Chris James 12 Day Detox™ Benefits

Before we hand you over to read about what past clients have experienced with our Detox, from our experience we believe that you will experience some of the following benefits:

Physical Benefits

- In just 12 Days the programme gives you an easy digestion with regular bowel movements - with a fully functional and healthy digestive system you can remain physically fit and mentally active for your entire life.
- The 12 Day programme will help you to lose a dress size and shed your spare tyre! Past clients have reported losing anything from 7 to 20 lbs during this detox.
- In just 12 Days the programme will give you sound sleep and you will feel refreshed on awakening.
- The 12 Day programme will make your skin clearer, people will comment on how great you look!
- The programme will help you to move cellulite and water retention

Health Benefits

- The programme strengthens the immune system and purifies the bodily tissues, making you less susceptible to colds and viruses.
- On a physical level, when the blood and tissues of the body have been purged of poisons, degeneration is arrested, **and the body's natural** healing mechanisms repair the damage and restore optimal health to the whole system.

Energetic Benefits

- The detoxification programme will help you to overcome lethargy - You will notice a 100% increase in your vitality, and you will experience a more youthful exuberance.
- Do you remember how you used to feel when you woke up when you were about 10, full of energy, clear headed, and ready to go? - This is the continuing effect of the 12 Day Detox.

Mental Benefits

- In just 12 Days the Detox programme will make you feel clear headed and relaxed.

- This programme will make you feel mentally sharper throughout the day, this means that you will not have to rely on caffeine to get you through the day.

Emotional Benefits

- Emotionally we are able to let go of a huge amount of baggage as we let go of its physical counterpart. As our energetic levels change and we encourage and attract greater positivity into our lives.

Transformational Benefits

- **The Chris James 12 Day Detox™** will be for many the most powerfully purifying endeavour of your life and a truly life changing experience. You will continue to benefit from the detox long after the maintenance phase.
- In just 12 days The detox will help to educate you about correct eating and drinking, and your whole attitude to food and what you put into your system.
- This detoxification programme will also greatly increase confidence and help you to make positive changes in your life, with all the knowledge and support that you need to move forward.

What past clients have said...

Chris' Detox Programme is quick and simple to follow and tailored for modern life. I could still work, look after my family and be with friends. I didn't need to disappear to a remote place! His recipes are easy and delicious, and I found it all relatively pain free! I feel clear, light, bouncy and healthy, Pascale Ascher

The 12 Day Chris James Urban Detox is ideal for those who over eat and under-exercise, feel sluggish, bloated, and overweight, and people who always seem to be 'catching' colds because their immune systems need boosting. Evening standard

Thrilled to bits!! Start today, and see the results. I lost 14lbs in 12 days. It's easy to follow, no excuses for anyone with a busy schedule you do have time to do this! You won't get bored or hungary. My fridge has never looked so healthy, I am sure my insides reflect this. I would recommend this to anyone. Kate Fleming

I was initially surprised at how much my system changed and improved over the detox period. From feeling generally lethargic and suffering from excess post Christmas, the detox left me feeling much more revitalised and energised. I found I was sleeping better, I was more awake and felt mentally sharper throughout the day and didn't have to rely on caffeine to get me through the late afternoons as I had in the past! It allowed me also to reassess my relationship with food and restructure my diet and approach to eating which I will continue to use long after the detox period has finished. The resulting effects of this were my skin was clearer, I had lost weight and encouragingly people commented on how well I looked. I'd highly recommend anyone who is looking to give their system a 'reboot' and revitalise themselves to give the detox a go and find out the benefits for themselves. Richard Roberts

"Lighter, nimbler, more flexible, better senses, in summary I feel 10 years younger!

I have lost a staggering 8lb, having been made to feel wonderful as a consequence. I feel so much better in myself, my clothes are looser and I just feel flatter and less bloated. I have to be honest and admit that a glass of wine is calling my name louder and louder - but I will resist, I can resist!

Vanessa Vallely

To purchase go to: <http://www.chrisjamesyoga.com/products.htm>