



### Wholy Tea - Colon and Liver Cleanse

Would you like to have a clean liver, lungs and colon? Wholy Tea helps rid the body of spastic colon parasites, bacteria, and toxins from the entire digestive system. Wholy Tea may also be used as an element of a Weight Loss Program. With continued use of Wholy Tea, one may experience clearer, healthier, younger looking skin and increased energy levels.

The objective is to regulate your bowel movements to two or three each day in order to keep the waste flowing and not sitting in your digestive system, which may cause numerous health conditions. You may adjust the amount of tea you consume daily to suit your body's needs. You also need to drink 8 cups (64oz.) of clean water daily, which is recommended for everyone everyday, whether you have any of the above mentioned conditions or not! People are dying with conditions that can be eradicated simply by cleaning the colon. The American Medical Association journal stated there are over 15,000,000 IBS cases (which they say, they have no answer for.) Probably every North American has issues with the sewer system of our most important organ, the colon. Dr. Miller has been working on this product, perfecting it for consumption for over 20 years.



Did you know that over 5 pounds of your current weight could be undigested toxic fecal matter plaquing your colon?

It's time for a cleanse!



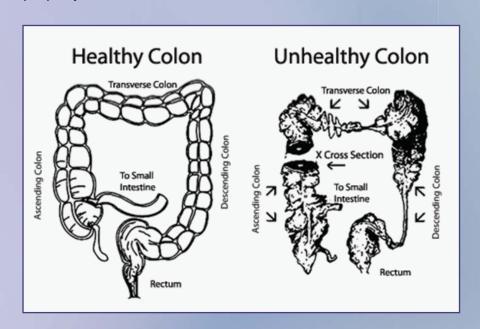




### **The Digestive Tract**

The colon is the end portion of the human digestive tract. It is about 5 feet long and 2 ½ inches in diameter. Its major functions are to eliminate waste and to conserve water. Waste, (accumulated garbage) impacted feces, dead cells, mucous, parasites, worms, flukes, etc. pose an eventual problem/problems to health. The material is very toxic, and one can experience part of the toxicity in the form of acid reflux. This is simply waste that needs to go out the other end, but it is prevented/blocked. These poisons enter and circulate in the blood stream, making us feel, ill, tired and weak. Secondly, when the colon is blocked, the body cannot properly use nutrients properly.

This huge problem is prevalent in all 'civilized' societies. Common signs include: headaches, backaches, constipation, fatigue, bad breath, body odor, irritability, confusion, skin problems, gas, bloating, diarrhea, sciatic pain, and many other problems which are simply parasites feeding on bacteria.



Remove the bacteria; you will remove the food chain. Colon toxicity is very common, but certainly not limited to the colon. The toxin is found in fat tissue, joints, arteries, muscles, liver, and all other organs. Wholy Tea effectively eliminates large quantities of toxic waste, affecting the condition of the entire body. While the lungs, skin, and kidneys also serve to eliminate toxins, if the health of the colon is optimum, the whole body can work together as the well-tuned, balanced work of art, the way it was supposed to be.

There is no other product that is as easy and pleasant to consume as Wholy Tea. It is absolutely essential that we take care of our colon or suffer the consequences. You take a shower, you brush your teeth, do you drink Wholy Tea? It is far more important to keep your colon and body clean than it is to brush your teeth and take a shower, but you do not forget to brush your teeth and take a shower do you? Then it is time to start cleaning your insides just like you clean your outsides.







## **The Digestive Tract Continued**

The human body is able to naturally expel unwanted material on its own, but due to industrialized living the body is exposed to chemicals and toxins that it is unable to flush. The body's inability to properly rid itself of these toxic elements causes an unhealthy build up within the digestive organs in its system.

One of the most renowned nutrition experts in the world, Dr. Bernard Jensen, D.C., Ph.D., author of many popular health books, states:

"In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating over 300,000 patients, it is the bowel that invariably has to be cared for first before any effective healing can take place."



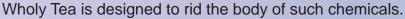
Wholy Tea is a unique blend of all natural ingredients used with great results for over 20 years.

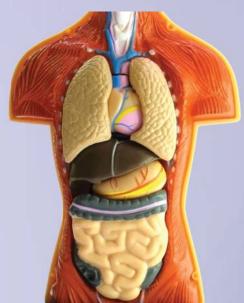




### **Benefits to the Liver and Kidneys**

The colon is susceptible to a continual build up of toxic material found in the foods that we eat. Many processed foods, such as pasteurized milk, processed flour and sugar, as well as foods packed with preservatives contain toxic elements that slowly build up in the intestine. This slow build up of toxins causes a hardened impacted film to form within the intestines decreasing the body's ability to absorb nutrients, lowers metabolism rates and causes unhealthy weight gain. When the body cannot absorb the positive elements of food properly energy levels are lowered and the risk of serious illness is dramatically increased. Wholy Tea targets the toxic build up in the intestine, breaking it up and flushing it from the colon. Once this detoxification process is started, and continued, you will have more energy, an increased feeling of over all wellness and a lower risk of potential illness.





The largest internal organ in your body, the liver, is responsible for neutralizing and removing harmful substances and toxins from the blood. Overloading the liver with harmful toxins can cause disastrous effects on your health. A sluggish liver can lead to serious fatigue, weight gain, water retention and cholesterol plaque build up. Wholy Tea will target the liver and can remove unwanted toxins and enable it to function properly. A healthy liver will increase energy, improve metabolism, and help you to burn excess fat.

Functions of the kidneys include the elimination of toxins, regulating blood pressure and helping with the urinary system. Kidney problems are becoming more common every year, mostly due to the consumption of overly processed foods. The kidneys filter our blood of toxins by producing urine. Just like the colon and liver, your kidney is vital to your every day health. If they do not function properly, your body becomes weak, leaving you vulnerable to disease. In order to maintain healthy kidneys, they should be flushed out on a regular basis. Wholy Tea is designed to rid the body of such chemicals.





### **Follow These Instructions Completely!**

Two tea bags will make 4 litres (1gallon). This will last one person one week.

- 1. Bring a gallon of water to a full rolling boil
- 2. Turn off the stove drop two tea bags in your pot of water
- 3. Cover, and let STEEP for at least four to eight hours. This brings the herbs to full potency.
- 4. Refrigerate ready to drink.
- 5. Drink two 8 oz. glasses per day, more, when your body wants it. LISTEN TO YOUR BODY. It will tell you when to make the Tea stronger! It tastes great!. You can mix Wholy Tea with any other juice or tea, if you like.
- 6. Important: After drinking the gallon of tea, save the tea bags, dry the tea herbs, and simply add to any food: soups, spaghetti, stews, salads, potatoes, etc.

## **Latest Wholy Tea Review**

I have had chronic digestion and constipation problems most of my life. Over the years I have tried so many products (both natural and pharmaceutical) as well as a number of therapies including colon hydrotherapy. Nothing has worked as well as Wholy Tea. It is gentle and consistently effective. Wholy Tea is a great product that I wouldn't do without.

Thank you.

Charlene XXXX
Winnipeg







### **Wholy Tea Ingredients**

Ingredients are a special blend of: Persimmon leaves, malva leaves, holy thistle, marshmallow leaves, blessed thistle, green tea and white tea. It is the special enzymes that allow the gentle cleansing of the whole body with continued use. All the enzymes that used to give us colon health have been destroyed by processed foods and pasteurization of Dairy products. Now we can enjoy perfect colon health. Wholy Tea is a total body cleanse for health and wellness. It's like cleaning a house, one room at a time. One overworked organ at a time.

#### **Persimmon Leaves**

Persimmon leaves are a good source of important dietary antioxidants, such as vitamin A & C and flavonoids. It has been widely used as a tea in oriental countries. In particular, several tannins and flavonoids isolated from persimmon leaf were recently found to have antihypertensive, anticarcinogenic and antimutagenic actions. It is highly possible, therefore, that persimmon leaves may be developed into potential sources of natural antioxidants and therapeutic drugs. Persimmon leaf is anti-allergic and anti-pruritic in composition; in other words, an allergy or itching preventive food. No need for antihistamines again. Furthermore, research has proven the therapeutic effect of persimmon leaf extract on those suffering from dermatitis. The preventive effect of persimmon leaf extract on the dermatitis was dose-dependent and a continuous intake of persimmon leaf extract significantly decreased its onset and development. There were no significant adverse reactions observed. As well, studies have shown that supplementation of persimmon leaf improves lipid profiles and suppresses body weight gain in animals that were fed high-fat diets. It is also used topically in some beauty products to help to clarify the skin and eliminate dull and dark areas.

#### Malva Leaves

The seed contains mucilage, polysaccharides and flavonoids. It is demulcent, (soothes and softens irritated tissues, especially the mucus membranes) diuretic, emollient, (softens the skin) galactogogue (increases milk flow in nursing mothers), and gentle stimulation of the bowels. The seeds are used in Tibetan medicine, where they are considered to have a sweet and astringent taste plus a healing potency. They are used in the treatment of renal disorders, the retention of fluids, frequent thirst and diarrhea. The weedy Malva Leaf has been used interchangeably for food, tea and medicine for thousands of years. The Aztec's used Malva Leaves for Bronchitis, Tonsillitis, Gastroenteritis, Pleuresia (Inflammation of the membrane that covers the lungs), Leucorrea or White Discharge, Inflammation of the Cervix, Inflamed Hemorrhoids, Colitis, Rectiti, Intestinal Infections, Cutaneous Diseases and to Soften Tumors and Abscess.





### **Ingredients Continued**

### **Holy Thistle**

Holy Thistle or Milk Thistle contains several phyto-nutrients with possible medical effects. Most current research focuses on one of them, silymarin, which may have specific protective effects on cells in the liver. In multiple human, animal, and laboratory studies, silymarin has shown differing degrees of effectiveness for protecting the liver from damage caused by alcohol, chemicals, drugs, diseases, and poisonous plants. It is used to treat both acute conditions (such as poisoning) and long-term diseases (such as hepatitis C). Silymarin and other chemicals in milk thistle are believed to protect liver cells in several different ways: Silymarin has antioxidant properties. Antioxidants are thought to prevent or lessen damage to body cells that is caused by a chemical process called oxidation. Anti-inflammatory effects of silymarin help keep liver cells from swelling in response to injury. Silymarin seems to encourage the liver to grow new cells, while discouraging the formation of inactive fibrous tissue. By changing the outside layer of liver cells, silymarin may also keep certain harmful chemicals from getting into liver cells. Milk (Holy) thistle may also cause the immune system to be more active. Silymarin and other chemicals from milk thistle have also been tested in laboratory studies involving various types of human cancer cells. In general, they seem to interrupt cancer cell division as well as shortening the time that cancer cells live. They may also stop or limit the formation of new blood vessels that supply tumors. Most research has centered on breast cancer and prostate cancer, but milk thistle is also being tested for treating other cancers such as leukemia. In some animal studies, certain types of breast cancer tumors actually increased in number and/or seriousness when milk thistle was given to female animals with existing breast tumors. However, the application of a second milk thistle chemical, silibinin, to the skin of laboratory animals has protected the animals against the development of skin cancer - either before or immediately after exposure to damaging radiation. Silibinin may even help to restore damaged skin somewhat by mending DNA that has been harmed by ultraviolet rays. In addition, some chemicals from milk thistle may increase the effectiveness of current anticancer drugs. Some of these

anticancer effects are being studied in early-phase human trials, but none is confirmed, yet. Milk thistle and chemicals derived from it are being studied for a number of additional possible effects. For example, in a study of humans, milk thistle produced modest reductions in cholesterol levels. Results of separate laboratory studies show that milk thistle may help to protect the heart muscle from damage caused by certain drugs.







### **Ingredients Continued**

#### **Blessed Thistle**

Blessed Thistle has fuzzy leaves and stems with yellow flowers. It is a "bitter" that aids digestion and works on a congested liver. It increases breast milk and is an emotional ally to uplift spirits. Blessed Thistle [Glandular] is so named because of the ancient belief that it possessed supernatural qualities. It grows up to two feet tall and is found in meadows and along roadsides. From May to June the plant bears pale yellow flowers. Among naturalhealth enthusiasts the plant is commonly used to support the female reproductive system. Blessed Thistle has been known to aid the body with the following ailments:anorexia, expectorant, antibiotic, Fever, antimicrobial, gallbladder Disease, appetite Stimulant, Inflammation, astringent, Jaundice, Bleeding, Liver Disease, Blood Purification, Memory Enhancer, Boils, Menstrual Cramps, Breast Milk Stimulant, Salivary Stimulant, Cancer, Skin Ulcers, contraception, Sweating Stimulant, Diarrhea and Wound Healing. Blessed Thistle is known to have anti-microbial effects in viral infections. Historically, Blessed Thistle has been recommended as a treatment for stomach upset, indigestion and gas. The use of Blessed Thistle has been recorded as far back as the early sixteenth century for treating smallpox, fever, anorexia, dyspepsia, indigestion, constipation and flatulence. It is also popularly regarded as a galactagogue, as mentioned above.

#### **Marshmallow Leaves**

Traditionally used to soothe and support the intestines. Herbs high in mucilage, such as Marshmallow, are often helpful for symptomatic relief of coughs and irritated throats. Mallow has expectorant and demulcent properties, which accounts for this herb's historical use as a remedy for the respiratory tract, particularly in cases of irritating coughs with bronchial congestion. Marshmallow root and - to a lesser extent - marshmallow leaf both contain significant percentages of mucilage, a natural gummy substance that does not dissolve in water. Like other mucilage-containing substances, marshmallow swells up and becomes slick when it is exposed to fluids. The resulting slippery material coats the linings of the mouth, throat, and stomach to relieve irritation and control coughing associated with respiratory or stomach conditions. For example, marshmallow has been used to treat sore throats and to alleviate heartburn. Marshmallow may also have mild anti-infective and immune-boosting properties. Topically, marshmallow is used to soothe and soften irritated skin. It also sooths irritation and inflammation caused by bronchitis, urinary tract infections, colitis and other problems. Marshmallow root is also used to ease constipation.





## **Weight Loss Tips**

- 1. Exercise! Get up and move around, take the dog for a walk, be active.
- 2. Drink Wholy Tea to detoxify and cleanse the toxic fecal matter plaqueing your colon.
- 3. Have a high protein smoothie for breakfast every day. Have you tried Bodyflex AM?
- 4. Have a large lunch with protein and complex carbs (vegetables)
- 5. Eat a smaller dinner again with protein and vegetables.
- 6. Do not eat before bed. Drink water if you get hungry.

