

# Detoxify and Balance Your Body!



safely.

For hormone balancing consider the following:

For women Unda's #10 –these combinations help balance all of the glandular systems as well as the hormones in the body. It helps balance the pituitary (responsible for hormone regulation, growth and development, and metabolism to name a few), thyroid (responsible for our internal thermostat, calcium usage and protein production), pineal gland (responsible for serotonin production and sleep patterns), Adrenal glands (responsible for stress response/adaptability), Pancreas (responsible for digestion and sugar metabolism), ovary and uterus. These combinations are essential in balancing hormones such as serotonin, dopamine, progesterone, estrogen, and

testosterone.

For men Unda's #34- these combinations once again help balance all of the above mentioned glandular systems (with exception of the ovary and uterus) and in their place the



testicles are balanced along with all of the hormones such as serotonin, dopamine, progesterone, estrogen, and testosterone.

For Detoxification and Drainage:

For Liver Detoxification Unda's #1 and Unda#20- these combinations are responsible for cleansing and improving the functionality of the liver and

gallbladder. They can help with biliary spasms, toxin filtration, sluggish liver, liver cirrhosis and fatty liver.

For Kidney Detoxification Unda's #7- these combinations are used for cleansing and increasing the functionality of the kidneys and urination. They help with nephritis (nephron inflammation), renal congestion, kidney toxicity and kidney infections, bladder infections, incontinence and cystitis.

For Blood and Lymphatic Unda #233- these combinations are designed to help cleanse and detoxify the blood and the lymphatic system. For people who have edema, poor blood circulation or the lymphatic system is not properly draining, these products can help stimulate

proper blood flow and cleanse the lymphatic so that toxin build up and edema are avoided.

Vitamin C is also a fantastic detoxifier. Taking 6000mg of vitamin C a day, kick starts the bodies detoxification mechanism. It also helps with the absorption of other vitamins and minerals. In the morning taking 3000mg of vitamin C will also give a boost of energy.

These are only a few of examples of fantastic detoxification remedies that can detoxify on a cellular level. These products can be found at Paris Natural Foods and for more customary detoxification needs, please feel free to stop in and ask some of our friendly staff.

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SUDBURY HOMEOPATHIC CLINIC

[sudburyhomeopathicclinic.com](http://sudburyhomeopathicclinic.com)

Now is the time for total body detoxification and balancing. Are your hormones shifting, system bogged down by toxin build up, wanting to lose weight? We can help rebalance the system and eliminate those toxins causing sluggishness. Homeopathic Medicine is a very safe and effective method of doing so. They don't have any unwanted side effects and no counter indication with medications.

Trusted brands that carry homeopathic detoxification and hormone balancing compounds include Unda. These compounds can be used to help target the detoxification of certain organs and glands but can also be combined to target multiple areas

## Give Yourself a Boost with Ester C

Ester-C® is a unique, patented, non-acidic form of vitamin C that is gentle on the stomach. In clinical research, it has been proven to last up to 24 hours in the white blood cells providing around-the-clock immune support.

Ester-C® is the only form that contains active vitamin C metabolites for superior absorption and retention.



### Ester-C® Energy Boost

Daily, rehydrating vitamin drink mix enhanced with 1 000 mg of Ester-C® vitamin C and nourishing vitamins, minerals, and electrolytes. Convenient "to go" packets pour easily into any bottle or glass of water and mix into a naturally-sweetened, low-calorie vitamin drink that you can take to work, the gym or use at home. Available in delicious natural orange, lemon-lime or new wildberry flavour.



### Ester-C 600 & Ester-C 1000

The Ester-C® 600 capsules are enhanced with citrus bioflavonoids for superior absorption. High-potency tablets providing 1000 mg of Ester-C®, enhanced with quercetin, a citrus free, powerful antioxidant with anti-histamine properties, particularly beneficial during allergy season.



### Cold & Flu Rescue with Ester-C

Unique combination of four powerful, immune boosting ingredients: Ester-C® vitamin C, NAC, Andrographis and Echinacea formulated to be taken at the onset of cold and flu symptoms to stop them from developing and reduce the severity and duration of symptoms that do develop.



### Ester-C® with Beta Glucans

Leave the trail of tissues behind with SISU Ester-C® with Beta Glucans. Just one capsule daily of this unique formula offers the immune-boosting, 24-hour protection that only Ester-C® can provide, with the rapid immune response of Beta Glucans to destroy viruses faster.



### Ester-C 667

Ester-C is a patented form of vitamin C with advanced immune support that is gentle on the stomach. The Ester-C 667 capsules are enhanced with antioxidant boflavonoids from berry fruits and from citrus fruits for superior absorption.



### Ester-C Chewable 500 mg

Ester-C 500 mg Chewable provides 500 mg of highly absorbable Ester-C brand vitamin C for both adults and children. The high-potency chewable tablets are naturally sweetened and available in three natural flavours: citrus punch, orange and wildberry.



### Ester-C® Supreme

Ester-C® Supreme provides advanced immune support and is enhanced with bioflavonoids from berries recognized for their antioxidant properties, immune-boosting Larch arabinogalactan, and quercetin, another powerful antioxidant with anti-histamine properties, particularly beneficial during allergy season.

**PARIS NATURAL FOODS**

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Mon - Fri: 9:00 am - 9:00 pm  
Sat: 9:00 am - 6:00 pm  
Sun: 11:00 am - 6:00 pm