Spring Cleaning
Recipe and Healthy Home Cleaning Tips

Spring cleaning is a holistic process; it includes what you eat and the environment you live in.

Here is a great spring cleaning recipe to get your patients off to a good start:

**Berrylicious Smoothie**  
*(Serves 2)*

**Ingredients**
- 2 rounded tablespoons Whey Pro Complete or SP Complete®
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen blueberries
- 1 tablespoon natural yogurt (optional)
- 1 cup water or almond milk
- ½ cup ice

**Preparation**
Blend all the ingredients. Drink and enjoy.

Healthy Home Hints to Reduce Exposure to Environmental Toxins

**Bathroom and Kitchen**
- Replace all cleaners with eco-friendly cleaning products.
- Check your faucets and pipes for any leaks, which could lead to mold.
- Store your food in glass. Avoid plastic containers.

**Laundry**
- Look for eco-friendly detergents with all natural and readily biodegradable ingredients.
- Use fabric softeners that do not contain chemicals.

**Living Room and Bedroom**
- Pay attention to indoor air quality. Ensure adequate ventilation, and open the windows from time to time.
- Opt for natural room scents like essential oils, soy or beeswax candles, or flowers.

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Spring is the ideal time for your patients to cleanse and revitalize. Giving the body a regular spring clean is important after the exesses of the winter season and has numerous health benefits. A well-balanced program will help support the natural processes of eliminating toxins, rebalance intestinal microflora and promote renewed vitality.

MediHerb and Standard Process offer a great range of products that help support natural elimination processes while promoting healthy and balanced intestinal flora.

Liver Cleansing Support and Protection

The liver functions like a waste-removal system by processing and detoxifying various substances we take in on a daily basis. A spring cleaning program may provide the liver with some extra support:

- **ChelaCo** MediHerb
  - Protects liver tissue by supporting normal cellular defenses
  - Supports the normal flushing of toxins from the tissues
  - Provides antioxidant activity
  - Supports the body’s natural defenses against environmental insult

- **Cruciferous Complete™** Standard Process
  - Supports cellular health
  - Supports healthy liver function
  - A source of vitamin K, which supports calcium absorption, healthy blood clotting, and liver function
  - Provides antioxidant activity
  - Standard Process research shows some compounds in kale and Brussels sprouts promote phase I and II detoxification processes in cell culture

Support your patients’ healthy spring clean with MediHerb and Standard Process products!

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

GI Flora Balance Program

Have you heard about the Standard Process/MediHerb GI Flora Balance Program? It’s the ideal way to start your patients on their spring clean. A unique program developed from Kerry Bone’s own clinical protocol, the GI Flora Balance Program encourages gut flora balance and supports gut health by:
- Cleansing the lower gastrointestinal tract
- Promoting healthy and balanced intestinal flora
- Supporting healthy digestion
- Promoting nutrient absorption

**GI Flora Balance Program Products**

- **Gut Flora Complex** MediHerb: provides improved support for intestinal flora balance while cleansing and promoting health in the lower gastrointestinal (GI) tract
- **Prebiotic Inulin** Standard Process: encourages a healthy intestinal environment to benefit probiotic intestinal flora
- **ProSynbiotic** Standard Process: contains a blend of probiotic strains and prebiotic fibers that support gut flora and overall intestinal health
- **Vitanox®** MediHerb: provides strong antioxidant activity

Complimentary GI Flora Balance Program guides (L2725) are available from Standard Process. Ask your Standard Process representative about this program today.