

DIRECTIONS

1. Peel back middle protective paper of large adhesive pads (one for each foot)
2. Place one Detox Patch (with mesh side up) in the center of each adhesive pad.
3. Place middle of foot onto patch. Make sure patches are directly against foot or they will not be able to draw waste. (Place on heel the 2nd night, top of foot 3rd night, rotating the placement. See Reflexology chart inside to note areas of the body the potential waste material will concentrate on.)
4. Peel back end protective paper on adhesive pad and press against foot to keep patch in place. You may want to wear socks to ensure complete contact.
5. Wear for 8-10 hours while sleeping. If patches are dry the first morning, it may be because of lack of water or inability of the lymphatic system to drain properly. If this happens, it is recommended that you wear the patches during the day and drink plenty of water to enable the system to properly drain.

Do not use patches on broken skin or skin disorders. Patches can be attached on other parts of the body and acupuncture points where there are pains, health issues or swelling to help remove toxins from the area, but they should always be applied to the soles of the feet as well for maximum detoxification. There may not be as much moisture removed from other parts of the body.

INGREDIENTS

The patches contain 2% chitosan, 53% bamboo sap, 13% wood vinegar, 10% eucalyptus, 2% ionic (absorbable) tourmaline minerals that contain infrared rays which resonate with the same long wavelength of water in the body, sound and symbolic healing frequencies, 2% saururus chenensis which was the first plant to grow at the atomic bomb site in Hiroshima, 2% fermented adjusting starches, and 2% houttuynia cordata, a potent antibacterial agent. They also contain 2% Agaricus mushroom, containing ample amounts of glucagons, the major ingredient in cancer controlling substances, a plant that absorbs the carcinogenic substance and assists to release them to the outside of the body. The dried pasture sap in the patches has a strong sterilizing power, detoxification, and absorption qualities.

SHAMBALLA CENTRE

Sheri Allison Muntean

Phone: 360-293-0484

Cell: 360-420-5867

www.ShamballaCentre.com

The Detox Patch provided by:



SHAMBALLA CENTRE

For Healing and Personal Growth

This product is not intended to diagnose, treat, cure, or prevent any disease. Statements contained herein have not been evaluated by the Food and Drug Administration. As in all health situations qualified professionals, such as your doctor, should be consulted

Tel: 360-293-0484

The Detox Patch - Cleansing through the Lymphatic System

What do Detox Patches do?

The Patches help to draw out unnecessary waste matter in the body. Lymphatic Detox Patches help the body achieve its optimum state of wellness by supporting improved blood circulation, increased metabolism, activated red blood cells, and the absorption of expelled body fluids. Patches extract Toxins and Wastes from the body, energizing and relaxing muscles to alleviate minor pain in the body, improving sleeping quality to awaken refreshed, reducing swelling in the body, and upgrading and relieving the burden on the immune system.

Toxin Extraction

Adults have around 400 to 800 man-made chemicals lodged in their bodies. Normal, healthy body elimination processes do not remove them all. Foods, drinks, breathing, medications, stress, metabolism, disease, personal products applied to the skin, synthetics, home and workplace chemicals contribute to the body's toxic load which accumulates daily and builds up over the years. This can lead to degenerative disease. For effective natural immunity that has evolved over countless centuries, the body need to reach a balance between excretion of toxins and absorption of nutrients and water.



Toxins Accumulate in the Feet

There is an Asian expression that says aging comes from the foot. Eastern medical study for hundreds of years holds the view that toxins go downwards in the body during the day with gravity and pile up from the tips of the toes to the ankles, accumulating and causing many degenerative diseases. The feet, being extremities furthest from the heart, have the hardest job of pumping blood carrying toxins back up to the heart, kidneys, lungs and liver and out through the skin for natural excretion from the body. Accumulated fluids and toxins can cause painful swelling around the ankles with poor blood circulation. The feet are considered the second heart, or an abbreviated version of the body, with over 62 acupuncture points on the soles relating to major organs in the body. Generally, the top third of the foot relates to the top third of the body organs, the arch relates to the center of the body, and the heel to the lower

third of the body. When lying down, body fluids gather in the head and toes. Toxins that are heavier tend to sink to the feet due to gravity.

Using the Patches

There is an acupuncture point in the sole of the foot called the yong chwean which in Mandarin means "gushing water spring." Excess toxins and moisture from the body will be excreted into the patches at this acupuncture point. The all-natural ingredients in the patches are adhered like a big Band-Aid to the soles of the feet overnight, when the body detoxifies. Depending on the individual, the detox may be two or three days to two or three weeks, or longer in the case of more severe disease. The patches warm up to open the pores to draw and absorb the accumulated waste from osmotic pressure through the skin from the blood and lymph systems.

You assess the used patches yourself in the morning—they can be brown, wet and goeey. In the case of extreme toxicity such as people with cancer, they may be brown and soggy with considerable foul stench and pull out more moisture than the capacity of the patches to absorb. The darker the color, the more fluid toxins are excreted. White crystals can represent uric acid, green—copper, orange—asbestos. Progressively, the patches will become lighter and drier as they remove more toxins. It is recommended that the patches be used for a minimum of two weeks, nightly.