

Nutrition & Detoxing Script

Imagine yourself in the middle of a huge open field... See yourself surrounded by an array of unhealthy foods... Foods that you know are full of sugars, additives, preservatives, toxins, and things that are not good for you.

You are totally surrounded but know you can get free from these foods... You need a solution, knowing it will come... Happily the solution is at hand... You see off in the distance an army of healthy foods... This army is charging towards you and you know it can rescue you... You can see the fruits, nuts, vegetables, and grains rushing towards you to rescue you. And with them, they're bringing huge containers of pure, clean, delicious spring water.

This army is strong and powerful and is advancing in a proud array of color... This healthy army immediately surrounds the unhealthy foods and overcomes them in a swift and sure battle... The bad foods lose and must retreat immediately because they are sluggish and toxic.

You are now gloriously free as you march off with the healthy army totally victorious knowing the unhealthy toxic foods never dare to return... You feel so free, fresh, and healthy now that your body is clean and free of the unhealthy foods... Now look inside your body now and see the clear, fresh, clean blood flowing through your veins... See you mind fresh and clear... Functioning at optimum performance, happy, strong, and powerful... See the clean, pure blood flowing into your kidneys, keeping them clean and happily functioning, totally cleansed of any toxins...

Look now at your liver... Notice its rich healthy color... Notice how it happily cleanses your blood... See your blood flowing through it coming out the other side clean and pure... Become aware of how healthy your liver feels and how well it discards any unwanted materials into your waste system simply flushing them away... See your heart happily pumping all the clean pure blood throughout your entire system... Your blood is happy because you have taken such wonderful care to purify your body with healthy foods... This happy blood courses throughout your veins and brings purity, love, and happiness to each and every organ in your body...

Toxins have left your body to escape as fast as they can... The powerful effects of drinking abundant amounts of pure refreshing water and nutritious juices are obvious as they force the toxins out of your body...

Some toxins are in such a hurry they're rising to the surface of your skin to be washed or brushed away... They are so few that they cannot any longer have any effect on your body... They just want to sneak away and escape with as little notice as possible... You gladly accommodate them by letting them escape through bowel movements and urination and then flush them away forever... Your new lifetime commitment to healthy eating assures that they'll never, ever, have a chance to return... Absolutely free at last.

And now that you are so strong with pure healthy blood flowing through your entire body... You focus your attention on your immune system... Tell your immune system that you love it... Tell your immune system that you didn't know it needed your help and attention... Now you know what it needs and now it has all your help and support... Now your immune system is totally free to do its work... Now your immune system has all the pure good food it needs... All the pure blood it needs... And all the love it needs from you... It is now totally free to do its work... Now your immune system is happy... Each time you eat a meal you can feel the pure nutrition entering your stomach and being distributed throughout your body... You feel so good... So healthy... So pure... Your immune system and your entire nervous system is working in perfect harmony... Peaceful, serene, happy, and functioning perfectly... Functioning powerfully... Protecting you totally, completely, and faithfully.