



New Year's Resolutions:

1. _____
2. _____
3. _____

New Year Body Spring Cleansing

First of all, I would like to wish K-LINK members a Happy New Year 2017. Many people make New Year's resolutions such as become fitter, richer, happier and so on. No matter what your New Year's resolutions are, they can only be achieved if you have a healthy body to work with. So why not coming out with ways to help your body do its own spring cleansing in this New Year?

Body spring cleansing is especially crucial for those who are having the symptoms of excess toxins in the body such as prone to flu and cough, allergies, fatigue, sleeplessness, headaches, dizziness, sore throat, skin breakouts and many more. Hence, I would like to recommend a total cleansing approach which focuses on cleansing of the colon, blood and liver.

First, prepare the following products for the benefits of total cleansing:



Detox Foot Patches

Kinotakara is the latest natural wellness breakthrough from Japan. As a natural toxin absorbent, it helps prevent and alleviate diseases for a healthier lifestyle.



Immune Booster

K-Siberian Chaga; Chaga is a fungus that grows on birch trees in Siberia, Northern parts of Europe, China, Japan and other cold, harsh regions. Since as early as in the 16th century, people in Russia and Eastern Europe have already been using chaga to maintain their wellbeing. Among all varieties of mushrooms, Siberian Chaga is believed to be one of the best as it contains richer antioxidants.



Blood Purifier

Riddance is formulated from natural herbs and is a detoxification product. It cleanses and detoxifies our entire body. **Riddance** plays the role of a filter to the body and also cleanses toxins.

(K.K.L.I.U 0355/2015)



Colon Cleanser

K-Ayurveda AyuLax is a herbal combination that acts to flush the bowel, relieving the symptom of constipation. It flushes and cleanses the unwanted elements as well.

(K.K.L.I.U 0355/2015)

Next, follow the basic guideline as instructed to get your detoxification started. Every morning, prepare a bottle of 1.5 liter water which mixed with 20-25 drops of K-Siberian Chaga for your consumption throughout the day. For the first 10 days, take 1 sachet of Riddance with warm water before sleep and paste the Kinotakara on your feet. Tear the patches off the next morning. After 10 days, you may continue the colon cleansing by taking 2 capsules of K-Ayurveda AyuLax before sleep. Do not forget to maximize the detoxification results by following up with proper healthy diet and lifestyle.

These total cleansing steps are able to prevent the buildup of toxins in the body, purify the organs and thus granting you more energy, better health and vitality. Eventually, it helps you to achieve your goals in year 2017.



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