

## **Polluted Planet Earth:**

We live in a world absorbed in toxins and pollution.

The 21st Century brings with it stress, environmental pollution, unhealthy diets and fast food. The need to stay healthy and maintain a cleansed body is necessary for the best quality of life. Illnesses like cancer, heart disease, arthritis and other lifestyle diseases are becoming more frequent.

Toxins, as discussed, come in many forms, Toxins interrupt the function of cells in many ways. They...

- Disrupt nerve transmission
- Erode and damage tissue
- Cause inflammation
- Strain the heart
- Burden the liver
- Poison the blood
- Keep cells from duplicating naturally, leading to cancer

Some health practitioners relate toxins to specific diseases such as:

- Chronic fatigue syndrome
- Multiple chemical sensitivity
- Fibromyalgia (muscle and joint pain)
- Cancers
- Heart Diseases
- Parkinsonís disease
- Gallstone
- Hepatitis

Are You Healthy?

When Do You Need Internal Cleansing?

- Poor digestion(constipation, bloating, gas, weight gain)
- Poor sleep / poor skin
- Poor concentration / poor memory
- Fatigue, depression
- Headaches
- Body odor, and bad breath
- Lowered immunity (frequent colds)

**Toxins exist in four parts, cells, intestines, skin and the liver.**

## **What's ATP?**

Almost all living things produce ATP in their cell's organelles known as mitochondria. It stands for adenosine triphosphate and it is the major 'currency' of energy in the body. It temporarily "stores" energy in its phosphodiester bonds (the bonds between the phosphate groups of the ATP molecule). When the third phosphate bond is created, it immediately is broken and energy is released that can fuel the metabolic chemical reactions required by living organisms, which otherwise would be inefficient.

It may be helpful to think of ATP as a battery that gets charged, and as soon as it is charged, it sets off a spark of energy that can be used to do work in the body.

ATP powers most of the energy-consuming activities of cells, such as:

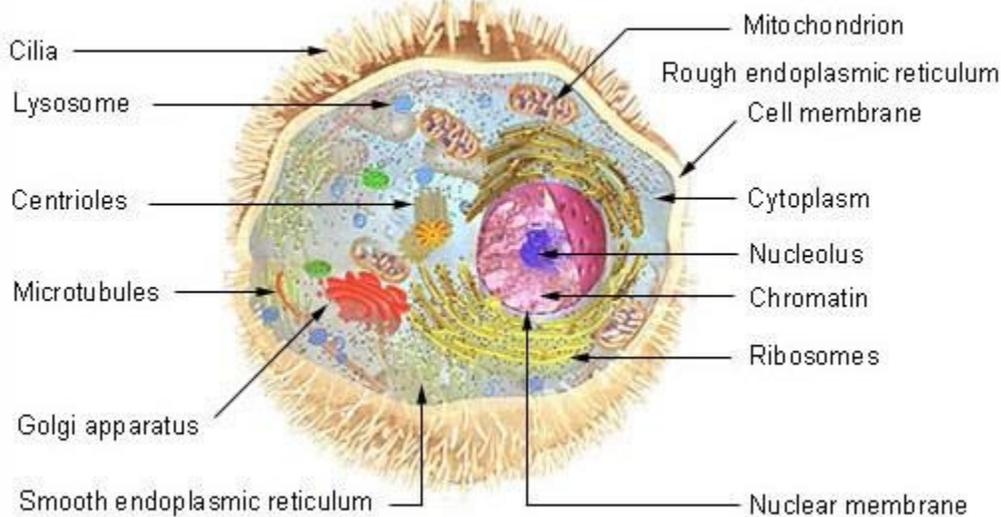
- Most anabolic reactions: e.g., synthesis of nucleoside triphosphates for assembly into protein
- Synthesis of polysaccharides
- Synthesis of fats
- Active transport of molecules and ions
- Nerve impulses
- Muscle contraction
- Bioluminescence

In mammals, ATP also functions outside of the cells. Its release:

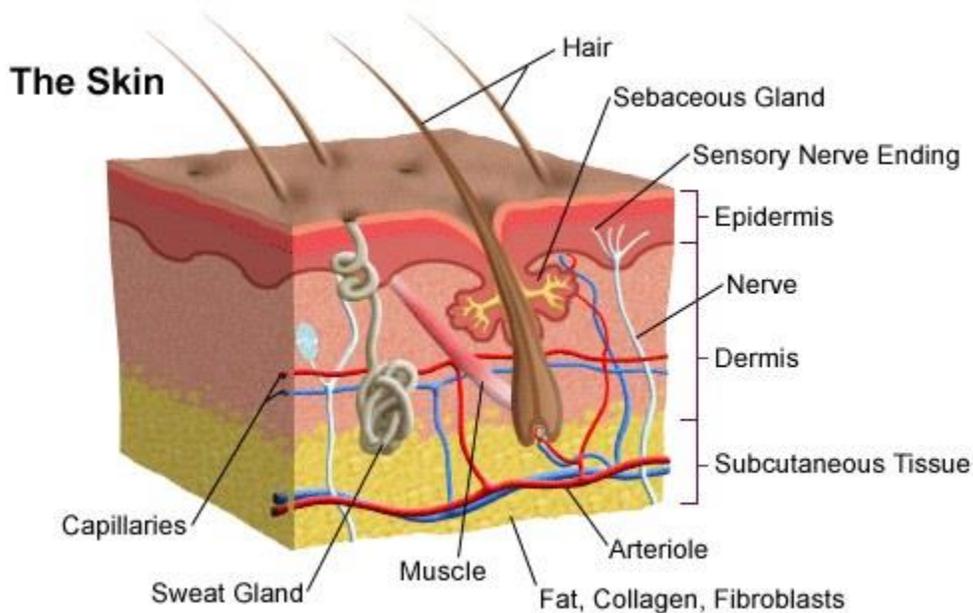
- From damaged cells can elicit pain
- From the carotid body signals a shortage of oxygen in the blood
- From taste receptor cells triggers action potentials in the sensory nerves leading back to the brain from the stretched wall of the urinary bladder signals when the bladder needs emptying

## Cells

### Cell Structure

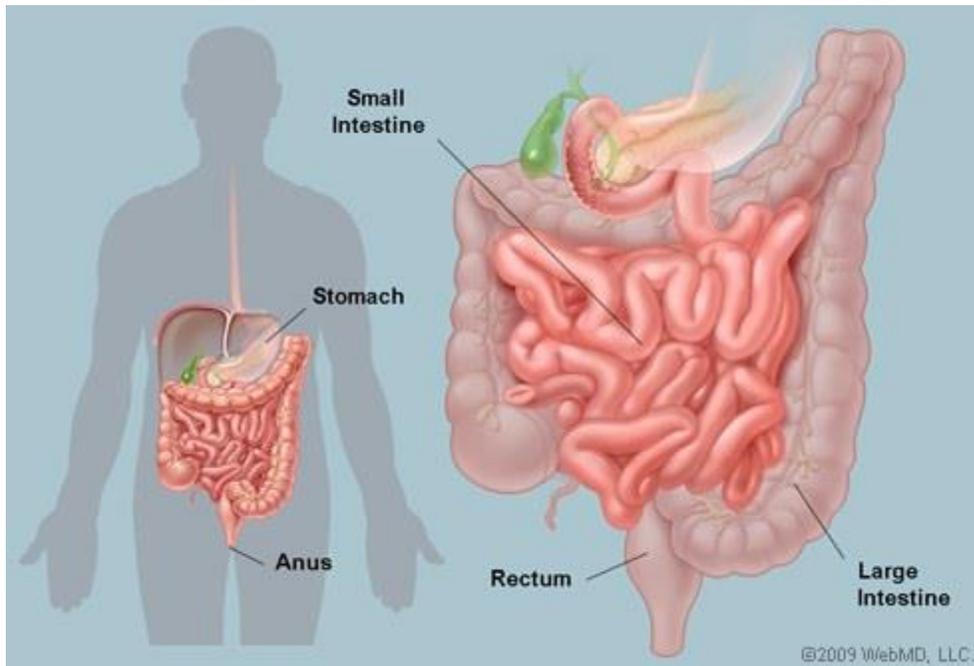


There are three ways toxins affect cell processes. Membrane damaging toxins such as the *Clostridium perfringens* toxins produce destructive holes in the cell membrane. Membrane acting toxins such as *E. coli* attach themselves to the surface receptor of the cell membranes and disrupt signaling between cells. Intracellular acting toxins, a third category of toxins, enter the cell either by forcing entry themselves or being injected into the cell by the bacteria. Toxins that force entry (diphtheria, cholera, tetanus, botulinum, anthrax) bind to the cell, penetrate the membrane, and target specific functions in the cell. Toxins injected by bacteria such as plague and salmonella toxins may disrupt many cellular functions at once. To rid toxins within cells we suggest using the E-Power to enhance ATP and expel excess waste.



The skin is the largest organ of your body. The skin absorbs toxins and chemicals into the blood stream which in turn, will be distributed through out your body system. Many people assume that your skin is watertight and therefore is a protective cover, well it certainly is a protective cover, but it is unable to keep out chemicals either toxic, or non - toxic. That is why there are such medicinal patches like Hormone Replacement Therapy, or Nicotine patches to help you stop smoking, the chemicals are absorbed slowly through the skin. The Total Detox Spa is optimal for ridding toxins from the skin. Use the facial mask with E-Power to accelerate the toxin elimination process.

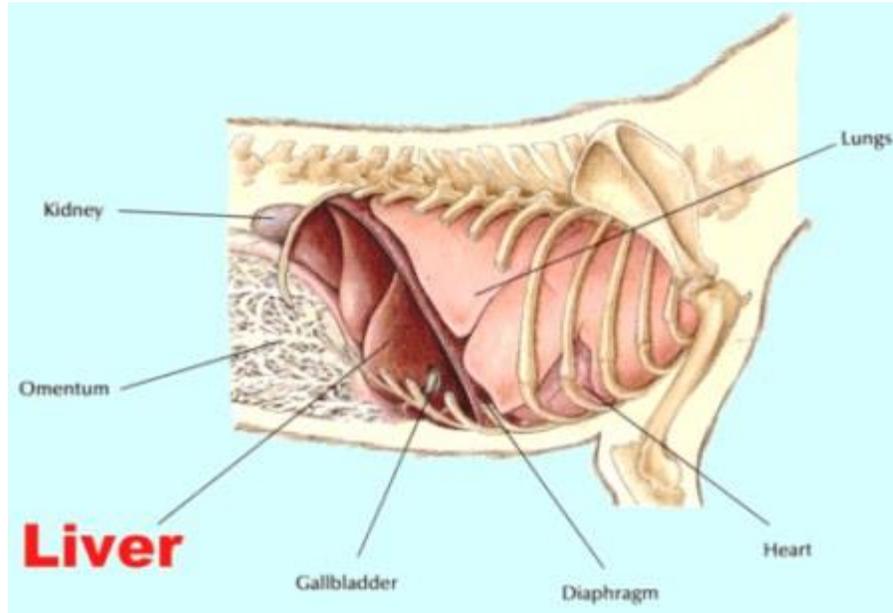
## Intestines



There are two main reasons contributing to the formation of toxins in the intestines. Toxin formation in the intestines could be due to the consumption of excessive amounts of food. Many times we eat more than we require, and the intestines are able to digest only the required amounts of food within a specific timeframe. The food that is left over goes on to become spoiled and results in the formation of toxins. This is one of the most commonly seen reasons for toxin formation in the intestines. Another reason for the formation of toxins in the intestines could be an inappropriate diet.

Once the toxins are formed, they in turn become fermented and cause a rise in the number of bacteria in the intestines. Presence of excessive amounts of bacteria in the intestine can lead to intestinal disorders. The best way to avoid formation of toxins in the intestines is to be on a diet that ensures there is no toxin formation. Such a diet would normally include food products that are vegetarian. Aside from diet, we suggest taking ½ bottle of Total Health formula and consuming it while using the Chi Machine and Palm Massager to rid toxins from the intestines.

## Liver



The liver plays a central role in transforming and clearing chemicals and is susceptible to the toxicity from these agents. Certain medicinal agents, when taken in overdoses and sometimes even when introduced within therapeutic ranges, may injure the organ. Other chemical agents, such as those used in laboratories and industries, natural chemicals and herbal remedies can also induce hepatotoxicity. Chemicals that cause liver injury are called hepatotoxins. More than 900 drugs have been implicated in causing liver injury and it is the most common reason for a drug to be withdrawn from the market. Chemicals often cause subclinical injury to liver which manifests only as abnormal liver enzyme tests. Drug induced liver injury is responsible for 5% of all hospital admissions and 50% of all acute liver failures. We suggest consuming Total Health Formula and using it with the Chi Machine and HotHouse to assist in liver detoxification.

## Slow down Aging

The signs of intrinsic aging are:

- fine wrinkles
- thin and transparent skin
- loss of underlying fat, leading to hollowed cheeks and eye sockets as well as noticeable loss of firmness on the hands and neck
- bones shrink away from the skin due to bone loss, which causes sagging skin
- dry skin that may itch
- inability to sweat sufficiently to cool the skin
- hair loss
- unwanted hair
- nail plate thins, the half moons disappear, and ridges develops

The causes of extrinsic aging are:

1. The sun
  - freckles, age spots

- spider veins on the face, rough and leathery skin, fine wrinkles that disappear when stretched
  - loose skin
  - a blotchy complexion
  - actinic keratoses
  - skin cancer
  - photoaging - sun exposure, tanning
2. Facial expressions
  3. Gravity – causes
    - tip of the nose to droop
    - the ears to elongate
    - the eyelids to fall
    - jowls to form
    -

the lower lip to disappear while the lower lip becomes more pronounced

4. Sleeping positions – sleep lines, these wrinkles eventually become etched on the surface of the face
5. Smoking – causes biochemical changes in the body

## **Skin Rejuvenation**

1. combating the signs of aging using the latest innovative, non-invasive treatments that give you visibly younger, healthy, radiant skin
2. there are treatment options available, from a wide range of surgical and non-surgical methods. Treatment is usually performed in a dermatologist office or any medical doctor who has training and experience in skin treatment. However, all medical procedures have associated risks. In general, the more invasive the procedure, the greater the associated risk.
3. Facial rejuvenation procedures fall into the following key categories:
  1. topical products
  2. fillers
  3. Botulinum rejuvenation
  4. dermabrasion and microdermabrasion

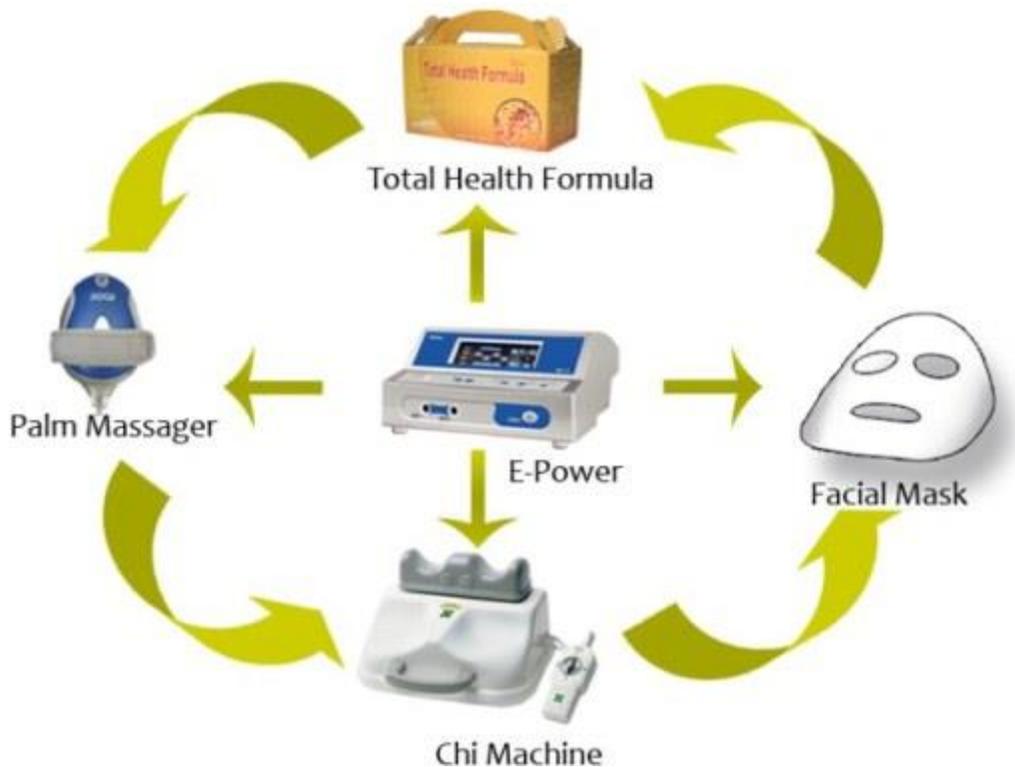
HTE's BEST OPTION

RECOMMENDED PROTOCOL FOR BEST RESULTS:

1. Clean the face with a facial cleanser, do not use soap on the face
2. Exfoliate the skin (mild exfoliates, day before, laser skin resurfacing, after 4 weeks, chemical peels, after 2 weeks)
3. Massage the face using the indicator pen or massage the face with your fingertips in an upward motion
4. Drink water

**Try the Total Detox Spa today!**

**Total Detox is Your Solution!**



**"OPEN UP FIRST, THEN SUPPLY INTO"**  
Total Detoxification Spa

**E-Power, Chi Machine, Total Health Formula, Facial Mask, Palm Massager**

We live in a world absorbed with pollution. The 21st Century brings with it stress, environmental toxins, unhealthy diets and fast food. Illnesses like cancer, heart disease, arthritis and other lifestyle diseases are becoming frequent. The vital need to stay healthy and maintain a cleansed body is necessary for the obtaining the best quality of life.

We need to focus on pure body detoxification. The opening up of blocked passage ways for ideal blood circulation is important for ultimate bodily cleansing. We start this treatment by coating the inside of the body with our enzyme packed Total Health Formula. Start this treatment in the morning and take ½ bottle of Total Health Formula. Delude with water or apple juice if preferred.

Next we use E-Power to open up blocked passage ways. The E-Power emphasizes toxin excretion and nutrient absorption. Strap on the e-power belt and apply facial mask to face. We recommend starting the e-power in low mode for about twenty to thirty minutes and working up to higher modes and durations with experience! Please Note that you should remove all metallic items and refrain from using any electrical devices while using this device.

Next, lie down and use the Chi Machine for fifteen minutes while using the Palm Massager on the stomach. The Chi Machine and the Palm Massager assist in further opening up of the body's blocked channels by the application of internal massage to the organs. Now that we have opened up passage ways and channels we will focus on supplying essential nutrients back into the body with Total Health Formula. Take the other half of the bottle of Total Health Formula with water or apple juice after completing the entire procedure. Repeat this cycle daily for about one week and there you have it!

In conclusion, we have used these devices to expand blood vessels, capillaries and arteries to assist in rapid toxin release and then supplied them with essential nutrients which are then rapidly absorbed into the bloodstream.

Achieve Total Detoxification  
with the Total Detox Spa by HTE!

This exclusive combination of products is what you need to rejuvenate your body giving it the cleansing kick it needs from the inside out!

## **TOTAL DETOX**

Introducing the Total Detox Spa! This unique approach to cleansing combines electric energy, motion energy, nutritional supplements and skin care products to release unwanted toxins from the body.

### **E-Power – Electric Energy**

E-Power utilizes what the science refers to as negative potential energy. This magnificent machine is specifically designed to balance the body's energy levels. When the body is in a state of balance, it thrives! **Error! Hyperlink reference not valid.**

### **Bianca Facial Mask – Skin Application**

The Facial Mask is a specially formulated formula of high quality ingredients that aim to silken and beautify your skin! Notice the difference overnight! **Error! Hyperlink reference not valid.**

Chi Machine – Motion Energy The Chi Machine combines the aerobic movements of swimming and running and naturally oxygenates the body effortlessly while lying in a relaxed position. **Error! Hyperlink reference not valid.**

### **Palm Massager – Full Body Massage**

The palm massager provides an invigorating massage capable of full body use. At over 3,000 pulses a minute, target any area of the body where you experience pain for instant relief! **Error! Hyperlink reference not valid.**

### **Total Health Formula – Nutritional Supplement**

Using Total Health Formula is simply a way to get your healthy dose of nutrients and enzymes you need from whole foods in one convenient form. Total Health Formula is made from the freshest, highest quality of 102 different kinds of fruits and vegetables. **Error! Hyperlink reference not valid.**

### **Detox. 7 day Treatment (Suggestion)**

Clean / Detoxify / Digest / Energize

1. In the morning: take 1/2 bottle of THF with water
2. Operate Total Detox procedures:
  - A. Use E-Power with Facial Mask
  - B. Use Chi machine with Palm Massage
3. Take another 1/2 bottle of THF with water after entire procedures
4. Repeat this cycle daily for a week.

*This exclusive combination of products is what you need to rejuvenate your body giving it the cleansing kick it needs from the inside out!*