



# THE herb centre

CLINIC · DISPENSARY · CAFÉ

## CLEANSE, REST AND GET MOVING

Exposure to toxins such as heavy metals, pesticides, chemicals, food additives and pollutants present in air, water and food, as well as toxins generated by microbes (e.g. yeasts, bacteria, parasites) are unavoidable in today's modern lives. According to the WHO the production & use of chemicals continues to grow worldwide and it is likely to result in a greater negative effect on health. However we can minimise exposure where possible and support our own detoxification processes to avoid a build up of chemicals that can leave you feeling generally unwell.

Cleansing your insides can be simple, safe and effective if done correctly and can improve energy levels, digestion, skin & immune health as well as general wellbeing.

A cleansing program usually incorporates herbs and nutrients to help remove & release toxins through the different elimination channels. Dietary and lifestyle adjustments are also a vital part in this process. To get the best results consult your qualified & professional practitioner/consultant.

## NATURAL TREATMENTS

### Skin Brushing

With a natural brush or loofah scrub to exfoliate and remove dead skin cells as well as stimulate the circulation.

### Clay Treatment

Clays can be used orally and/or used directly on the skin to help cleanse impurities and toxin build up.

## Key Herbs and Nutrients

**Liver** - Dandelion root, Milk Thistle, Globe Artichoke

**Kidneys** – Nettle, Dandelion leaf, Goldenrod

**Bowel** – Psyllium, Probiotics, Flax seeds

**Sleep** – Chamomile, Lime flowers, Lavender, Valerian, Hops

**Energy** – Ginseng, Magnesium, B Complex



### *Do you find yourself...*

- Struggling to think clearly
- Feeling tired, sluggish and unmotivated
- Experiencing an upset digestion & bad breath

### *Would you like to...*

- Improve your digestion & skin health
- Feel revitalised and energised
- Lose weight and think more clearly



## What you can do....

### **Book in a health check with your Naturopath:**

- get a tailored Detox Health Program

### **Detox your environment:**

- Avoid toxic emotions and stress
- Sleep & rest well
- Exercise regularly
- Eliminate/minimise non natural cleaning & beauty products
- Drink plenty of pure water
- Avoid recreational drugs
- Eat spray free or organic foods

## Café talk



### Carrot & Beetroot Salad

“RAW VEGAN”

- 2-3 large grated carrots
  - 1 peeled & grated beetroot
  - ¼ cup white wine vinegar
  - 2tbsp rice bran oil
  - Salt, pepper & chopped parsley
- Mix together and serve

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Beetroot contains antioxidant nutrients and supports liver detoxification.

Add Artichokes to help stimulate

liver and gallbladder function and improve digestion.

### Globe Artichoke/Dandelion



### Try our DANDECHINO

Made from organic roasted & ground Dandelion root.

A healthy caffeine free alternative

to coffee, with a rich flavour. Dandelion root stimulates & supports cleansing of the liver.



## OPENING HOURS

**Clinic/Dispensary**  
 Mon-Fri 9.00am – 5.30pm  
 Saturday 10.00am – 4.00pm

**Cafe**  
 Mon-Fri 8.00am – 5.30pm  
 Saturday 10.00am – 4.00pm

**Visit Us**  
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 www.theherbcentre.co.nz