



FLAXSEED DETOX CHALLENGE

BENEFITS:

- Improved Digestion
- Improves Bowel Movements & Constipation Issues
- Great for WASTE Loss...trimming down a big gut
- Weight Loss (if needed)*
- Excellent for Skin, Hair & Nails
- Helps Prevent and Improve Blood Sugar & Cancer
- Is a plant-based Omega 3 Essential Fatty Acid
- Crucial for the Heart
- Essential for the Brain, Memory, Focus
- Improves Depression, Mood & Mental Health Issues
- Excellent for Libido and Erectile/Performance

HOW TO DO THE CHALLENGE:

**If you want to lose 10 to 20 pounds in a month (mostly waste from the gut):*

- Mix 6-8* Tablespoons of Northern Edge Flaxseed in a 8 oz glass of water, or shake together in a mason jar with lid.
*(*The amount depends on body size. Someone over 200 lbs*

could try 8 tablespoons.) Another option: Use Concord grape juice instead of water. This juice helps prevent and improve cancer cells. However, if blood sugar/diabetes is an issue, either mix juice with half water, or use all water.

- Drink twice a day on an empty stomach, in morning and in afternoon. Good idea to follow this with another glass of water. Wait at least 30 minutes before eating a meal.
- Do this for 30 days, or as long as you want to continue to lose waste/weight. After that time, follow the maintenance dose below**.

***If you're NOT trying to lose weight, or are ready to switch to a maintenance level, reduce the amount of flaxseed to 2 to 4 Tablespoons a day. You may either add it to smoothies or just sprinkle it on your food throughout the day. It is especially a good idea to sprinkle on sweets to avoid spiking your blood sugar and to prevent blood sugar issues. Also, if you eat flaxseed straight, you must follow it with a glass of water.*

GENERAL TIPS:

- Do not drink with your meals. Wait an hour after a meal before you drink (or 15 minutes before meal).
- Avoid mixing proteins and starches in same meal.
- Clean up the diet!...avoid processed foods, eat more living foods. Try to eat 80% alkaline, only 20% acidic.
- Drink more water...half body weight in ounces.
- Know your blood type and use as a general guide.

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