



MALE / FEMALE HEALTH ASSIST BLEND



These blends assist the body with the three major processes to bring back and maintain health:

1. **Cleansing:** We load ourselves with more toxic materials than the body can normally throw out. Health Assist enhances the body's excretion process by assisting the liver and lymph in this effort.
2. **Energy:** Our "normal" lifestyles create an energetic deficient. Health Assist helps us in creating hormonal balance and also rebuilding the body's energies within the reproductive system first, and then all our other systems.
3. **Immune:** The immune system becomes deficient when a toxic internal environment exists. Viruses, excessive bacteria, and fungus that live in this terrain wage a constant battle that depletes our internal resources. Health Assist helps the body in rebuilding its immune system.

Dosage: Shake well. 4 squeezes in juice or water, three times a day, six days a week.

The Health Assist Blend should be used as long as the body needs assistance in getting its health back.

Changing our Lifestyle with Herbal Assistance: "Taking Responsibility" Video

Only the body can heal the body to regain true health. To regain and maintain health, it is strongly advised that the lifestyles that created the loss of health are changed in combination with the wise use of herbal (medicinal) assistance.

The "Taking Responsibility" DVD, Video or CD contains valuable information on the following:

1. How we lose our health
2. How we get it back
3. The lifestyle that is required for regaining and maintain health
4. How to integrate herbs within this process.

This information is about natural law, which affects all life and is discussed in a very understandable way. The video is more than two hours long and can be purchased from your local health establishment or from Herbs of Light, your "Partner in Health" at (800) 313-3001 or www.herbsoflight.com.

Disclaimer: Statements made on this page have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.