Author of Your Body Can Talk & Your AGING Body Can Talk

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What supplements will I use during purification?



SP Cleanse®

Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.* It also:

- Supports healthy kidney, liver and gallbladder function*
- Supports processes involved in healthy digestive function*
- Helps regulate pathways in the body's natural toxinelimination function*



SP Green Food®

Provides phytonutrients from organic whole foodbased sources including alfalfa, Brussels sprouts, and kale, is a simple way to supplement the diet.*

- Promotes healthy liver function*
- Supports overall cellular health*
- Our preclinical research shows compounds in kale and Brussels sprouts promote the liver's natural detoxification pathway.*