

# CHRISTMAS IS OVER! NOW IT'S TIME TO PURIFY YOUR BODY

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Here are some **interesting facts** about Christmas:

- These days, in average, we participate **in more than 15 events**. In addition to the Christmas Eve and New Year's Eve dinners, the Christmas and New Year's meals, we also attend the Christmas Company Event, and several dinners with friends and colleagues.
- It is estimated that a single meal on these dates contributes between **2,000 and 2,500 kilocalories**, the equivalent of two normal days.
- More than 70% of the **population fatten an average of 4 kilos** these days.
- **Calories per food** are the following: soft nougat: 600 per 100 grams / polvorones: 500 per 100 grams / marzipan: 160 per unit / Roscón de Reyes: 600 per 100.

## **Purifying and detoxing effects of black garlic: action on toxins, metabolism and fats**

Throughout life, we inevitably accumulate waste and toxins in our body. In addition, we live exposed to innumerable artificial substances, in the air, water, food, etc. Other factors such as stress, little rest and / or nutritional deficiencies, contribute to the stagnation and obstruction of the organism. As a consequence, vitality decreases, and we expose ourselves to health risks. These effects are severely increased due to the already traditional excesses of Christmas days.

Therefore, in addition to providing the body with what it needs, it is essential to help eliminate what is left over.

Most of the problems that derive from these intakes are the manifestation of an organism, which tries to clean as quickly as possible the toxins that block its functioning. Many acute reactions demonstrate a depurative process: diarrhea, mucus, inflammation, joint pain, fever, cough, skin rash, irritation of mucous membranes, infections or frequent colds. Instead of suppressing the symptom, it is important to help the body eliminate the toxins that are either co-responsible for the origin, or are increasing due to this imbalance, as in all chronic disorders.



The bulb of garlic has been used throughout the millennia to purify and detoxify. Its nutrients (very rich in organic sulfur, minerals and antioxidant polyphenols) fight and strengthen the body against toxins. In addition, black garlic concentrates and stabilizes these nutrients, during their maturation process, from 2 to 20 times increasing their properties

#### Why are the effects of the Concentrated Liquid Extract of Black Garlic depurative?

- **Improves the metabolism of lipids, glucose and insulin**, affecting good energy and draining accumulated fat.
- Highlights its ability to **eliminate excess intestinal and respiratory mucus**, allowing a correct intestinal transit, essential to perform an excellent cleansing of the body or normalization of body weight.
- Concentrated Fluid Extract cleanses and **makes blood flow**, drains all tissues and strengthens the liver, the body's main filter.
- **Strengthens the immune system** and protects against chemical damage in tissues and cells.

- The Concentrated Liquid Extract of Black Garlic **promotes the deep removal of all types of obstruction**: liquids, fats, residues, heavy metals, free radicals, acidity and accumulated pathogens.
- **Rebalances the bacterial flora**, being a great pre-biotic.

There are many nutritional and depurative properties that make the Concentrated Liquid Extract of Black Garlic an unbeatable option to maintain health throughout the year.

Its complete action on health and especially its ability to eliminate toxins, will make you feel stronger, vital and healthy.



And do not forget our 6 key tips to keep enjoying your next events, but always in a healthy way.