

## Cleansing, Replenishing and Revitalizing with Sue Lebrun

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We all know that it's important to change the oil in our car regularly to keep the engine running smoothly, but how many of us clean the impurities and toxins out of that spectacular engine known as the human body?

“Everyone needs to cleanse if they are serious about disease prevention,” says Sue Lebrun, Isagenix consultant and owner/operator of Ace Your Life. Lebrun believes that due to over-farming, soil nutrients are depleting and the quality of our food is on a serious decline. The lack of nutritional value in our food, she says, leads to cravings for starchy, sugary foods that have very little nutritious value.

Meanwhile, the environmental pollutants and toxins build up in our bodies, causing headaches, sluggishness, fatigue, joint pains, and stubborn weight gain or insufficient weight gain.

This is where Isagenix comes in, as what Sue calls, “a cleansing, replenishing and revitalizing program.”

“People think of cleansing as a messy, horrible experience that you have to endure for a couple of days before you feel better,” Sue says. “Many doctors are now integrating the nutritional cleansing system by Isagenix into their practice because of the ease of use and benefits they experienced.”

Isagenix gently produces a total body cleansing by releasing built-up toxins from the organs so they can be properly flushed. During this process, people will sometimes experience headaches or fatigue. Sue says that these symptoms rarely last longer than a day or two and are “a sign that the body is releasing unwanted impurities and starting to heal.”

Sue's clients report benefits such as increased energy, clarity, better quality sleep, reduced need for prescription medications, and weight loss.

Isagenix supplements are loaded with organic, nutrient-rich vitamins and minerals, providing over 242 nutrients. Along with this program, Sue suggests, “Grow your own vegetables organically and avoid pesticides and chemicals on your gardens. The chemicals used on commercially grown produce and fruits kill off more than just insects.”

To get your body to perform to its best ability, Sue says a program like Isagenix, which cleanses, replenishes and revitalizes “just makes sense.”