

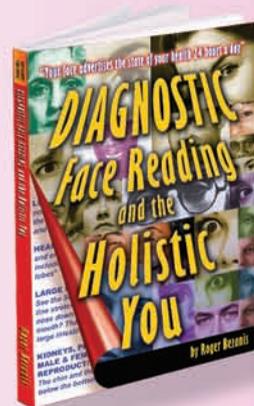
## Meet your digestive tract

### Your Digestive System Facts

- You have 20 feet of intestines.
- You have 5 feet of colon.
- You should not have gas.
- You should not have right elbow pain (a stomach trigger point).
- You should eliminate once per meal eaten.
- Digestive disturbance sets into motion a chain reaction that affects your whole system and therefore your life.
- You should never take antacids as they suppress and harm your digestion.



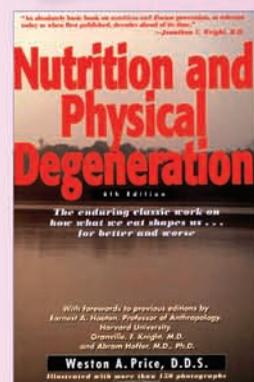
## Eating right & supplements are not enough! Education is the key to staying healthy!



### Diagnostic Face Reading and the Holistic You

*The secrets of your body fully uncovered and explained*

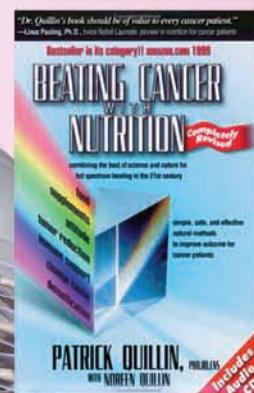
**By Roger Bezanis**



### Nutrition and Physical Degeneration

*This foundation study from the 1930's is even more relevant today*

**By Dr. Weston A. Price**



### Beating Cancer with Nutrition

*The ABC's of beating the monster known as CANCER*

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PRESENTS

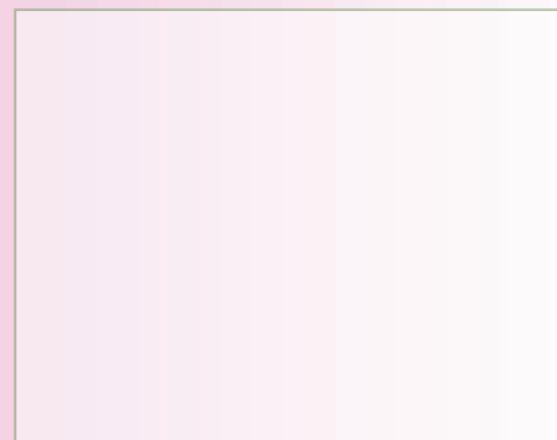
# INDIGEST FREE



**When what you ate  
bites back!**

**Seasonal Rescue™**

**DISTRIBUTED BY:**



# Digestive Distress the #1 American Complaint

Daily sales of over the counter (OTC) antacids is more than 25 million dollars a day. Why? Because they do not solve the problem! Therefore, what is the common denominator of following problems, indigestion, acid reflux, heartburn, gas, bloating, slow digestion, constipation and belching? Answer: Diet.

A life style that relies on fast food and other low quality foods, directly leads to digestive problems. Call it anything you like, but the source of these symptoms is NOT "Too much acid production," as TV tells you. It is the exact opposite. The actual problem is that acid production has turned off; (yes your stomach is NOT producing acid) making your stomach a compost heap.

When stomach acid turns off, the body signals you by making you feel acidy.

**The way to solve a digestive overload problem is simply to switch back ON your body digestion, and let your body heal itself. That is why Indigest Free is so effective.**

**It supports the body in resetting itself and therefore the body can run on its own.**



## How your digestion works



Digestion is the process whereby food is crushed (by chewing) and then mixed with fluids that make the foods nutrients more accessible to the body and then excreted from the body. **The steps are:**

**Steps 1-3 Eating:** The food you eat is mixed with saliva (in the mouth). starting the digestive process.

**Step 4 Swallowing:** Food now enters your stomach and is mixed with fluids including HCL (hydrochloric acid) and various enzymes.

**Step 5 Digestion 1:** The food is passed into the intestines where bile or bilirubin is added which helps breakdown fats etc. All of these juices or fluids are enabling the body to extract vital nutrients from your food later in your digestive tract.

**Question: What happens when you eat food devoid of nutrients?**

**Answer: The digestive process comes to a screeching halt as the body scrambles to figure out how to digest the junk you just gave it!**

**Step 6 Digestion 2:** Food is passed into your colon. Here the fluids, which are now rich in nutrients (or so we hope) are absorbed by the microvilli (small tubules lining the colon walls) of the colon.

**Step 7 Processing:** The absorbed fluids are passed up via the Portal Vein to your liver where they are further precessed and hopefully turned into fuel for the body.

**Steps 8-10 Excretion:** In the colon, the used food matter is excreted from the body.

## Who should use Indigest Free?

- 1) Fast food eaters.
- 2) Mexican food eaters.
- 3) Italian food eaters.
- 4) Indian food eaters.
- 5) Fried food eaters.
- 6) Bread eaters.
- 7) Desert lovers.
- 8) Anyone who craves sweets.
- 9) Those who are bloated.
- 10) Anyone with foul gas.
- 11) Anyone with heart burn.
- 12) Anyone who is constipated.
- 13) Anyone who uses antacids.
- 14) Anyone who drinks soda or coffee.
- 15) Anyone with candida yeast problems.
- 16) Anyone with intermittent or constant right elbow pain.

**If you answered yes to more two of these questions or yes to # 10-11-12-13 or 15 you need Indigest Free.**



### As a Preventative

*to prevent digestive disturbance*

2 tablets before and after breakfast, lunch and dinner or any snacks.

### For Mild Repair

*occasional digestive disturbance*

3 tablets upon rising (morning)  
2 tablets before and after all meals  
3 tablets at bedtime

### For Heavy Repair

*for continual digestive disturbance*

5 tablets upon rising (morning)  
5 tablets before all meals  
2 tablets after all meals  
5 tablets at bedtime

**Note:** More tablets can be taken as needed. Also Indigest Free™ does not interfere with digestion, it improves it. Can be used in combination with **Colon Booster** (another formula) to move even the most constipated individual.

**Severe Constipation:** 3 Colon Booster tablets with 5 Indigest Free tablets. Use as needed.

## Ingredients in Indigest Free™



**Thyme  
Rosemary  
Buckthorn Bark  
Oregano Leaf  
Caprylic Acid  
Bismuth Citrate  
FOS  
Tangerine Fiber  
Orange Fiber  
Fennel Seed  
Peppermint  
Spearmint  
Cayenne  
Cinnamon Bark**