

Introduction to the Sonne's 7 Day Cleansing Program

Colon Cleansing

Whole Body & Cell Rejuvenation!

Toxemia (systemic poisoning) is the most pervasive condition that plagues our modern civilization. Never before in the history of mankind have our bodies been exposed to such a vast array of toxic substances from our food supply, the air we breathe, the water we drink and use to bathe, and electromagnetic pollution.

The effects these poisons have on the body can be observed in the rampant and growing number of degenerative and autoimmune diseases. The incidence of cancer (especially colo-rectal, breast, and prostate) and the number of individuals suffering from allergies has reached an all-time high.*

We at Sonne's Organic Foods, Inc., have observed this dramatic decline in health over the last 50 years. We firmly believe - and experience has demonstrated - that vibrant health can be regained through fasting, colon cleansing, and monitoring of the diet.*

The Sonne's 7 Day Cleansing Program is designed to aid the body's natural healing abilities by providing the immune system with what it needs: 1) proper nutrition is provided by our whole food supplements: #10 GreenLife®, #3 Wheat Germ Oil, and #17 Natural Source Vitamin C, and 2) proper elimination is provided by our #7 Detoxificant, #9 Intestinal Cleanser, #9A Herbal Supplement and colon irrigation.

The Sonne's Cleansing Program can be used on a daily "maintenance" basis. Or, for a more thorough cleansing, best results can be achieved when following our 7 Day Cleansing Program. This program integrates Nature's requirements for healing: a clean and properly nourished bloodstream.

We know you will experience tremendous results on this program. It will assist in achieving a thorough cleansing of the bloodstream, which is imperative if true, vibrant health is to be achieved.*



Sonne's
Organic Foods, Inc.
Since 1946

The Original and Still The Best!

A Pioneer in Quality Nutritional Supplements
and Detoxification Products



Available at fine health food stores.

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Controlled fasting allows the body to focus its energy on cleansing and healing rather than digestion. So for 7 days you eat no regular or solid food. This may sound severe, but you will be consuming cleansing foods and whole food concentrates that help detoxify and nourish the body.* By design, our products provide frequent and regular metabolic support and should be used on a Daily Maintenance as well as on the 7 Day Cleansing Program. This program is distinguished from herb-based cleansing programs, which, if used regularly, often become irritating and over-stimulating to the bowel and can cause dependency and chronic dehydration.

Sonne's products are of the highest quality. Great care has been taken to preserve the live enzymes in GreenLife®, Wheat Germ Oil capsules and Whole Beet Plant Juice tablets. These are not "high-potency" supplements, because *Nature* does not produce single nutrients in "high-potency." Rather, *Nature* produces balanced nutrients combined with the essential synergists.

There are NO binders or fillers contained in these natural supplements. Only natural sweeteners such as Blackstrap molasses and honey are used in our Natural Source Vitamin C.

You can be assured of supplementing with some of the best products *Nature* has to offer and we are confident you will be amazed at the results of this program.

Note: Certain persons, including so-called "experts," may disagree with one or more of the foregoing statements. In any event, the views and opinions expressed have been developed over a period of many decades. This information is being supplied for education purposes only and is no way intended to replace medical advice. If you have a chronic disease or extreme ill-health, you should consult with your practitioner. These conditions must have guidance and assistance during any fasting or cleansing program. All cases are not alike in their response to detoxification. Results may vary considerably according to individual constitutions. Substitutions with other products are discouraged as they may vary the results of this program.

The products for the Sonne's Cleansing Program are: (Also available as a kit, #20, excluding #18 Whole Beet Plant Juice Tablets.)

Detoxificant #7 - A purified colloidal Bentonite (natural clay suspended in water). The Detoxificant is very useful in adsorbing toxins, poisons, and bacteria. It is negatively charged, which allows it to attract positively charged toxic substances in the alimentary canal. In fact, it can adsorb 40 times its own weight, removing this detrimental material from the body. It acts like a sponge, mopping up undesirable debris. The clay is also very soothing to an irritated bowel.*

Intestinal Cleanser #9 - A fine powder of a special grade of psyllium which contains both the seed and husk. This material holds moisture well and gently scrubs at the mucous lining, making it soft and loose so it will move away from the bowel wall.* Fiber is a very important ingredient to the success of the Cleanse and in maintaining overall good bowel health. This product does not contain laxatives or herbal preparations. This natural fiber action works in conjunction with our own peristaltic movement, so it can be used on a daily basis. (In contrast, herbal preparations can weaken the peristaltic muscles and should be used sparingly.)

GreenLife® #10 - A very potent biogenic plant substance (organically grown cereal grasses - barley, oats, rye and wheat) which provides rich sources of known and unknown vitamins, minerals, and enzymes. These naturally balanced nutrients are quickly assimilated and help in the cleaning process by nutritionally building the blood.* The grasses are known to sustain life, promote health, and facilitate the healing process. This is the finest supplement of its kind. We challenge you to compare it and find an equal! Our special dehydration process allows us to vacuum dry the juice near body temperature without the use of carriers such as maltodextrin (sugar) or corn starch. Persons with wheat allergies should not have any problem with this product since it is harvested during the grass state, not the grain state which contains the gluten.

Wheat Germ Oil #3 - These capsules contain 73% Wheat Germ Oil (natural vitamin E source) and 27% Flaxseed Oil (unsaturated fatty acids - linoleic and linolenic (Omega-6 and Omega-3)). Vitamin E functions as an antioxidant which stabilizes cell membranes and protects cells and tissues important for muscles, eyes, liver, skin, and nerves. It also protects red blood cells from oxidative damage. Flaxseed Oil improves health by providing our bodies with adequate amounts of valuable Omega-3 fatty acids.* Flaxseed is one of the richest food sources for the medium chain Omega-3 fatty acids.

Natural Source Vitamin C #17 - The natural sources of vitamin C are from the dehydrated juice of the Acerola Berry (cherry) and Wild Spanish Orange (two natural, rich sources of vitamin C) which also supply their natural synergistic factors. Vitamin C is a water-soluble vitamin that is easily absorbed, nutritionally supports the body as an antioxidant, and prevents other antioxidant vitamins such as vitamins A and E from becoming oxidized in the body.*

Whole Beet Plant Juice Tablets #18 (Optional - but recommended.) - This is an organically grown, concentrated, whole beet juice product in tablet form. Beets are nutritionally potent. They contain iron as well as potassium, magnesium, phosphorus, calcium, sulfur and iodine, in addition to many vitamins and other trace minerals. This product is nutritionally very supportive during the 7 Day Cleansing Program and the Daily Maintenance Program.

This program has been available for over 50 years. During that time we have been contacted by thousands of people who have told us that our program is the best thing they have done for themselves and their health. Start with our Daily Maintenance or 7 Day Cleansing Program today. **Your health and your family's health is too important!**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.