Yoga Nidra Meditation CD:
Extreme Relaxation of Conscious Deep Sleep

This CD on "Yogic Sleep" is one of the deepest of all Meditations. It is extremely beneficial for releasing stress, calming a noisy mind, promoting health and healing, improving sleep, and touching the joy of subtler inner experiences.

This is one of the most popular Meditation CDs in the world today.

ISBN 0972471901
Available at Amazon.com, and other online or retail stores; or go to YogaNidraCD.com

Quality—it's what you deserve!
For years we've maintained quality service to our valued customers in Sonoma valley. Located in the breathtaking Wine Country, our family owned business offers the best shopping experience in the area.

• Fresh and Organic Produce • Quality Meats
• Extensive Wine selection • Gourmet Cheeses
• Wide selection of supplements & bodycare
• Best olive oil section in the county!

Two Great Stores to Serve You!
Sonoma Market
520 West Napa St. • Sonoma, CA
(707) 996-3411

Glen Ellen Village Market
13751 Arnold Dr. • Glen Ellen, CA
(707) 996-6728

the Colon Cleansing Kit* ($89.50) is an 8 day program guaranteed to remove old intestinal debris

"I thought the Colon Cleansing Kit would be good for me but I didn't expect that much old waste removal... boy, was I mistaken"

On October 27th 2004 we received this letter from one of approximately tens-of-thousands of people who ordered our Colon Cleansing Kit in 2004. He writes:

"Dear Blessed Herbs, this was an email I sent to my family and friends after my amazing experience. Since then, six of them have done your cleanse. This is what I wrote...

Friends, about a month ago, brother Jon sent me a link to BlessedHerbs.com. I had always been interested in cleansing but had never actually participated in a program. After spending time on their website, I ordered the kit. I just finished the program and wanted to share my experience with you.

It is estimated that the average person carries 5-10 pounds of intestinal buildup in their intestines and colon. It is a hard coating of putrefaction that releases toxins into the bloodstream and prevents us from effectively absorbing vitamins and minerals into our system.

As a fifteen year vegetarian and life-long non-smoker, non-drinker...I thought the Colon Cleansing Kit would be good for me, but I didn't expect that much old waste removal. Boy, was I mistaken.

First of all, I followed the program to the letter. It is eight days...the first three are a "pre-cleanse" getting you ready for a five-day liquid-only herbal fast.

There are two herbal elements to the cleanse. The first is Digestive Stimulator capsules that help you get the bowels moving. The second is Toxic Absorber powder. It includes psyllium husk (an intestinal broom...not unlike Metamucil™ but totally herbal), bentonite clay (absorbs forty times its weight in toxins and pulls the buildup from the walls of the intestinal tract), apple pectin and ginger root (anti-bloating and adds flavor to the drink).

During the five-day fast, you take the Toxic Absorber with organic apple juice five times a day, three hours apart. Before bedtime you take the Digestive Stimulator. In addition you drink 6-8 glasses of pure (distilled water) a day. You can also drink additional apple juice and vegetable broth during the day if desired. I never felt hungry during the five days.

The program suggests that you start seeing old waste on the second day of the fast. That is exactly what happened to me. It was absolutely amazing to see what was being removed.

I played tennis on days 3, 4 and 5 and it was the best I had played in years. My energy and overall sense of well-being is quite extraordinary. Thanks, Jon, for sending me the link."

To order the Colon Cleansing Kit ($89.50) Call: 800.489.4372
Web: www.BlessedHerbs.com
Orders placed within two months of this ad get 10% off with this promotional code: 3856
Copyright of Share Guide is the property of Share Guide and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.