

# MARIA'S CLEANSE

## Natural remedies for an easier and smarter path to weight management

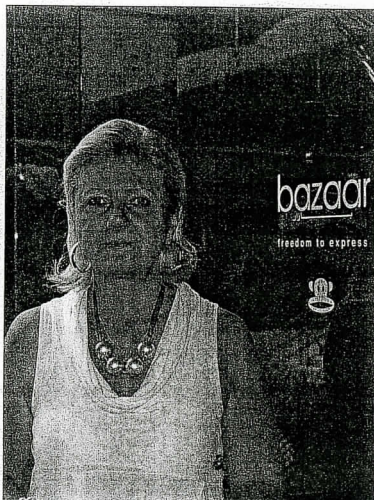
By bazaar Staff

Have you ever woken up feeling a little less than good, somewhat lousy actually, and still fatigued even though you got a full eight hours of sleep? Have you wondered why you just can't seem to muster up the endurance needed to finish a full workout either at the gym, or during any physical activity of your preference that you undertake? Headaches, stomach aches, sluggishness, and general lack of fitness can be debilitating to our daily lives, especially when we visit doctors who run blood tests and the results come back pretty much normal. There is an answer, and it isn't all just in your head. Our bodies are splendid creations capable of carrying us through our lives with just what we need, if only we learn how to treat them properly and give them what they need.

That is exactly the motto which Maria Gonet lives by, and she has dedicated her life to assisting those who suffer from symptoms which they can't find the cause or cure for. She also helps others who suffer from obesity, being overweight, and several illnesses such as blood pressure irregularities, elevated cholesterol, various infections of the viral and bacterial strands throughout their bodies, and even cancer. Her path is the natural one: the one that puts faith in the human body, and promotes listening to it, taking a preventative approach as opposed to shoving chemical remedies down our throats; instead, she suggests the addition of key minerals and natural products which detox our systems and allow better food digestibility.

With her Five Step Program, Maria targets toxicity and fungus growing in our bodies which we are usually totally oblivious too. The majority of human physiological ailments stem from the growth of harmful fungus growing in our systems as a result of improper eating habits, as well as environmental stressors very much associated with the fast-paced modern lifestyle many of us live, which often has us consuming chemical, artificial or processed substances that strip our bodies of the essential minerals and natural agents necessary for proper physical function. "There are so many diseases out there that seem to be increasing. We all panic, but the only protection we have is our immune system. The idea should be to strengthen our own immune system. If you detox and nourish your body on a daily basis, you will never get sick," says Maria. "My aim is to facilitate an easy transition from a junk lifestyle to nutritious eating," she says, and she has succeeded in doing just that for a large base of clientele who seem to swear by her methods.

"I used to feel bloated throughout the day, and



had tired and colorless skin, stomach aches, hair loss, fatigue, and a feeling of general weakness. I tried visiting doctors, but their recommendations didn't do much for me, and my symptoms remained. I visited Maria and tried her Five Step Program, and to date, it is the best thing I have done for my body," says Harriet Bushman, one of Maria's clients. Harriet's aim was to feel healthier and not necessarily to lose weight, but she did lose enough weight to feel fitter anyway, and also gained physical energy which she says has changed her life. "I have a glow now, and all my symptoms have disappeared. I feel fantastic all around," says Harriet. Another client of Maria's, Shurooq, suffered from obesity, high cholesterol, low blood pressure and muscle aches. After about four months of following Maria's advice, Shurooq lost about 20 kilos, brought down her cholesterol levels and no longer complains of pain in her body.

The Five Step Program is pretty straightforward: **1. Oxygen in liquid form:** add oxygen to your water to rectify the acidity of your body. Acidity contributes to fermentation of food, which helps create fungus in your body – fungus being the "enemy" which Maria's philosophy aims to defeat. **2. Silica:** it is one of the most important minerals in our body which helps transform food into energy, as well as helping the absorption of vitamins by our bodies. **3. Essential Fatty Acids:** these are the good and essential fats needed by the body which burn the bad fats we accumulate as a result of bad eating habits. Without



essential fatty acids, our body stores a lot of necessary vitamins into bad fat cells stored our body which eventually result in obesity. **4. Lemon:** flushes out the kidneys and provides nutrients to the body. It's an excellent detoxifier. **5. Natural unsweetened red grape juice:** the best form of natural glucose, needed for the proper function of the neuro-pathways in our brain.

Sounds simple enough doesn't it? Following the above will kill pathogens in our bodies, because our bodies will eventually turn into an alkaline environment which doesn't allow for the growth of fungus. Fungus is the building block for terminal diseases such as cancer, says Maria, who supports her findings with years of research as well as work written by other renowned doctors who have discussed the lethal nature of fungus growth in our bodies. "The aim is to create health. Once you do that, you start to lose weight naturally, and you can then even better control and sustain your weight without force. After finding the right balance of each one of the five steps customized for the need of each patient, I then guide them on what foods are best for their specific body, and how to combine and eat them. The best part is, all my clients even start to lose cravings, because cravings are essentially the body calling for bad things it has gotten used to which it doesn't need," says Maria.

Maria even has a colleague who provides other natural healing methods based from Canada, who offers clients that are interested with a service called vibrational medicine, which helps to detoxify bad energy and neutralize irregularities in an individual's life. Maria is a certified nutritionist with over 30 years of experience studying and working in the field of nutrition who founded the Five Step Program as a natural way to gain health and lose weight naturally. **For more information on this cutting edge and new age philosophy of health and wellbeing, which could change your life, contact Maria at mariagonet@hotmail.com; office phone: 2224 8777, ext. 5406.**