

P. Jentschura®



Weight problems are
acid and toxin related...

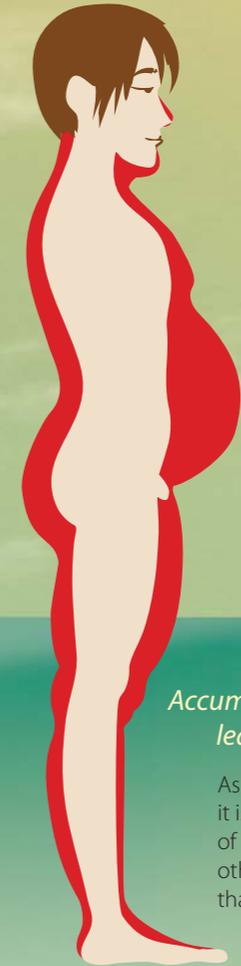
The answer is alkalinity!
Remove impurities!

P. Jentschura®



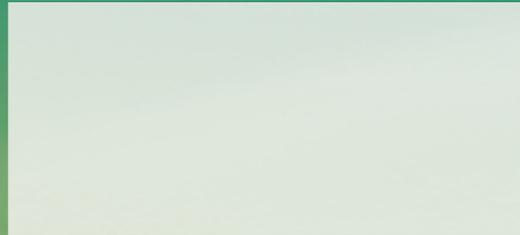
forever alkaline

The Triple Jump to Purification
by Dr. h. c. Peter Jentschura
cleanse – regenerate – eliminate



*Accumulation of impurities
leads to weight problems*

Aside from the storage of fat,
it is first the deposition
of neutralised acids and
other harmful substances
that cause weight problems.



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Purification – Removal of Superfluous Ballast for Keeping in Good Shape

The wish for health, vitality and beauty is at the top of most individual's wish list. In the same context, many dream about silky-soft and firm skin and a lean body. This dream can come true. Get rid of superfluous ballast at any time of the year. Feel vibrant and beautiful in your own skin. The magic word is purification!

Purification of the body means the dissolution and removal of impurities previously deposited in cells, tissues, joints, and organs. These so-called impurities, or neutral salts as the chemists call them, may be the cause of many malfunctions in our organism. For example, skin problems, rheumatism and gout as well as weight problems. According to Dr. h. c. Jentschura of Germany, his specially developed "Triple Jump to Purification" offers a great approach to weight loss, a lean and toned body as well as many more health benefits. All you need is just a little bit of know-how and the right tools.



The Triple Jump to Purification by Dr. h. c. Peter Jentschura

3 Easy Steps to Follow

- 1. Cleansing** – Dissolving impurity deposits by splitting them into their individual components using 7x7 AlkaHerb Tea
- 2. Regeneration** – Metabolizing and neutralizing for safe removal of newly released acids and toxins using WurzelKraft
 - Regeneration of cells, tissues, organs and their respective functions
- 3. Elimination** – Selective elimination of acids and toxic substances, particularly via the skin and the mucous membranes using AlkaBath in various alkaline applications

1. Cleansing

Successful cleansing starts with breaking apart impurities into their original components. The dissolving or breaking up process reactivates acids and other toxins that were originally deposited in the body.

For almost two decades now, 7x7 AlkaHerb Tea has proven to be a successful cleansing agent. As an ideal cell flusher and with its specific combination of 49 herbs, spices, roots and flowers, 7x7 AlkaHerb Tea contains all elements, which are involved in the process of impurity accumulation. The doctor based his recipe on the life-long research of a family of naturopaths from the 1920s in Germany. Due to its amazing formula 7x7 AlkaHerb Tea is able to dissolve all of the different types of impurities in the human body.

2. Regeneration of the Body's Functions and Neutralization of Reactivated Acids and Toxins

In the second step, newly released and reactivated acids and toxins are neutralized for safe removal from the body using alkaline-forming vital substances. WurzelKraft is a purely plant-based food powder made of 100 plants! These vital substances neutralize and alkalize; they also strengthen the elimination function of the kidneys and detoxification function of the liver.



Each plant contains specific vital substances. WurzelKraft provides all plant derived vital substances needed for optimal health, metabolism and all the body's important functions.

WurzelKraft also preserves and reconstructs our mineral stores (our body's chambers of life) such as skin, hair, nails, vessels, tissue, bones, cartilages and tendons.

3. Elimination of Acids and Other Harmful Substances

Finally, the superfluous "ballast" must be expelled from the body! Apart from our kidneys, intestines and lungs, the human body possesses another quite large and efficient elimination organ – the skin!

With alkaline body care we can specifically activate the elimination function of our skin. The underlying principle is simple, but ingenious. Hundreds of thousands of sweat and sebaceous glands expel acids and other harmful substances from the body. When submerged in a bath with the optimal pH value of 8.5, which is alkaline, we are able to drain huge amounts of acids and toxins via the skin.

The alkalinity of an alkaline bath, foot bath or of another alkaline application removes the acids and toxins already expelled from the skin. Thus our body can flush out more. The result of eliminating these harmful substances offers us substantial relief. The skin is also gently cleaned and its self-oiling function optimized.

3 Easy Steps to Follow

1. Start with 1 – 2 cups of 7x7 AlkaHerb Tea daily, gradually increase quantity to ½ or 1 litre.
Drink 1 – 1½ l of plain water daily.
2. Eat 5 – 7 teaspoons of WurzelKraft distributed throughout the day.
3. Practise intensive alkaline body care, including full baths and foot baths, alkaline stockings, wraps etc. as often as possible.

Recommended for further information:



Fasting in Harmony

Some people even go one step further by supporting their purification through a particularly intense relief of the body. For these people, the yearly fasting treatment is indispensable. The conscious limiting or removal of certain foods from the diet plays a particularly important role during fasting or cleansing. One may also limit negative thoughts and words, or at least become a more acute observer of their mental and verbal toxicity! These efforts can lead to a release of old bad habits, to a reflection on one self, and to a reflection of the essentials in life.

Heavy demands are placed on the body during the time of fasting, because of the purification process. In order to avoid a fasting crisis, acids and toxins must be neutralized and eliminated from the body as quickly as possible.

Whatever your personal treatment is, whether you are fasting, cleansing, regenerating, recovering strength or getting into shape, Dr. h. c. Peter Jentschura's "Triple Jump to Purification" will provide you with the necessary tools and the results you want!

Optimal health, vitality and beauty are now easily achievable!!!

