

Drink Mix

On average, most people drink about two quarts of the Neera™ Natural drink per day, but amounts will vary. Many people make a large batch in the morning to last them all day.

Mixing Chart

Batch Amount	Syrup	Lemon Juice	Cayenne	Water
12 oz	2 Tbsp	2 Tbsp	to taste	10 oz
1 quart	2.5 oz	2.5 oz	to taste	27 oz
1 liter	80 ml	80 ml	to taste	840 ml
2 quarts	5 oz	5 oz	to taste	54 oz

For a change, drink peppermint tea and extra water.

Timetable

The best results of the Neera™ Natural Lemon Detox & Cleansing Lifestyle Plan are achieved in 5-15 days. Choose the program length that best suits you—5 days for a good cleanse, 10 for a deeper one and 15 for maximum results. Some typical things you may notice during the cleanse are:

Day 1: Good well-being, perhaps hunger and tiredness. Drink a lot of the Neera™ drink as you feel hungry.

Days 2-3: You may feel more cold. Toxins are being drawn out. Take a little extra rest, if needed. Hang in there; you are doing your body so much good!

Days 3-5: Feeling better! Physical cravings for solid food decrease dramatically for most people.

Days 6-10: Feeling great! Most people feel healthy and refreshed, energetic and clear-minded.

Weight Management – Neera™ Natural + Food

While the Neera™ Natural program is primarily a cleansing diet, it has also become popular as a safe weight loss program. We suggest starting with a 5-10 day Fasting Cleanse. This will detoxify your body, jump-start your weight loss, and change your perspective on food, helping you to make healthier choices.

After completing the fast, maintain a weight-loss plan by using the Neera™ drink as a substitute for one or two of your regular meals. This plan will reduce your caloric intake and provide you with the healthy vitamins and minerals your body needs.

Exercise and healthy food choices are also essential to any weight-loss diet and should be included in your plan.

Thank you for your order. We at S.J. Distributors want you to get the most out of your Neera™ Natural experience.

Please do not hesitate to call or email us with any questions or concerns. We will be very happy to assist you. We always welcome your emails telling us about your experience.

Contact Information

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Quick Reference Guide

- What Doctors are saying
- Benefits of the Neera™ Natural Lemon Detox & Cleansing Lifestyle Plan
- Why occasional fasting is beneficial
- Common cleansing symptoms and remedies
- Weight Management using Neera™ Natural Plus Food
- Drink Mix Recipe and Typical Time Table

What Doctors are Saying

I have used Neera™ Natural on hundreds of my patients with outstanding results. I find it an exceptional way to let the digestive tract relax, which makes all future treatments work more effectively. This is one program that does not disappoint.

Dr. Jeoff Drobot ND, Director of the Calgary Centre for Naturopathic Medicine

Neera Natural detox is an excellent way for athletes, weekend warriors, healthy people, sick people--in fact almost any adult-- to get a jump start on improving their health. The week-long cleanse will allow the body to rest the digestive system as the process of elimination of stored toxins is initiated. While weight loss is not the prime reason for the Neera Natural detox, it will happen as the body is capable of releasing water and fat that is no longer necessary to buffer the toxins.

--Dr. Dickson Thom, DDS, ND—Professor, National College of Naturopathic Medicine, Portland, OR; Medical Director American Center for Biological Medicine, Scottsdale, AZ

I have tested it myself and am now introducing it in my practice. I can vouch that it tastes good, is easy to sustain over 5-10 days, gives a rapid detox, and is suitable for a wide variety of patients.

Dr. Janine Leach, BSc PhD ND Do Hon MFPHM, Naturopath

One thing that really impresses me about the Neera™ Program is that energy levels remain high, so you can continue with normal leisure and work activities.

Mr. Ian Barret, BSc ND DO MRN MAO
Naturopath, Holistic Health Consultant

Benefits from Cleansing Toxins and from Occasional Fasting

The cells of your body naturally create toxic wastes as part of their normal function. Unfortunately, in our modern consumeristic society, much of the food we eat adds to the toxic load that needs to be processed and eliminated from our bodies. In addition, there are many added toxins from the environment around us.

The Neera™ Plan helps to eliminate these toxins by giving your body a break from the constant work of digestion. It also stimulates your body's natural cleansing process and flushes your system with fluids.

Studies at UC Berkeley, Louisiana State University and the National Institute of Aging have shown that periodic fasting gives the body a chance to heal itself, rejuvenate cells, slow the aging process, and fend off diseases like diabetes, heart disease, Alzheimer's and some types of cancer.

People who have completed the Neera™ Plan report a wide variety of benefits, including:

- Increased energy and vitality
- Better digestion
- Shinier hair and stronger nails
- Greater resistance to illness
- Reduced dependence on supplements and drugs
- Fortified will power
- Improved concentration and clarity of thought
- More balanced emotions

Common Cleanse Symptoms and Remedies

Headaches – Try not to use any chemical painkillers. Try rubbing a little lavender oil on your temples. If the headache is severe, use a homeopathic remedy.

Diarrhea – Do not mistake loose stools for diarrhea. If you do suffer from diarrhea, try to drink more water. If the condition lasts more than 36 hours, consult your practitioner.

Insomnia – Gently rub your body with circular motions. Soak in a warm bath with lavender oil. Relax with a drink of chamomile tea.

Nausea – Drink some ginger tea or juice of ginger.

Bad taste in the mouth – Rinse your mouth and brush your tongue regularly. Try a little herbal tea like peppermint or chamomile.

Feeling cold – This is quite normal when you detox. Wrap up well to keep warm. You can drink the Neera™ drink warm if you like, or have some herbal tea.

Film on tongue – As the first few days of the diet progress, a coating will usually appear on your tongue as toxins are released from the body. This is a sign that the cleanse is working. You can remove the coating by brushing your tongue with a toothbrush or scraping it with a spoon. The coating should disappear when you finish the plan.