

**WORLD LEADER IN INTUITIVE NUTRITION DEVELOPMENT**

# **The SANKOM Intuitive Nutrition Swiss Detox Kit Balance**



## How the SANKOM Detoxification works:

The SANKOM Supplements are rich in prebiotic fibers (oligofructose and inulin) giving a natural detoxification effect.

**Cleansing:** Dietary fibers grow to ten times their original size when they absorb water in the gastrointestinal tract. This large mass of fiber cleans the intestinal walls as it passes through, removing toxins and undigested remnants of food and cleaning the digestive tract.

**Fermentation:** Dietary fibers prevent the delay of food in the intestines and accordingly prevent possible pathological fermentation.

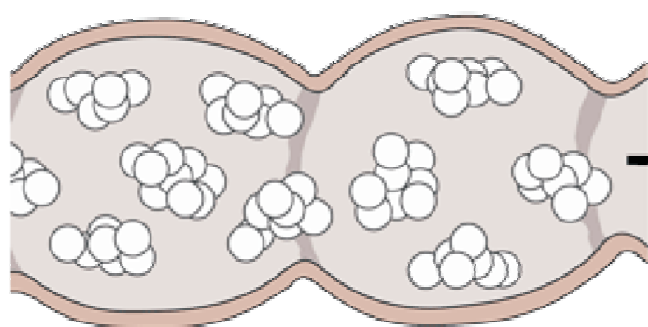
**Detoxification:** Dietary fibers play a major role in the passage of food and digested products through the large intestine and in their evacuation from the body. The faster the food and the digestive products leave the body, the less time the potentially dangerous substances have for their harmful influence.

**Normalize liver function:** Foods with a high fat content increase the quantity of gall acids in the large intestine. There, bacteria can transform the acids into toxic chemical substances that increase the risk of

development of cancer of the intestines. Dietary fibers absorb and deactivate the acids and bacteria found in the intestines, thus they normalize liver function.

**Allergens:** Due to their cleansing properties, dietary fibers help the body allergens that provoke allergic reactions.

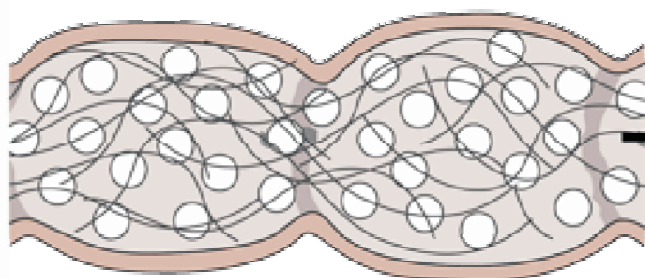
**In addition to detox fibers help prevent overeating.**



The lack of dietary fibers makes worse endocrinal function of the large intestine

Preconditions for overeating

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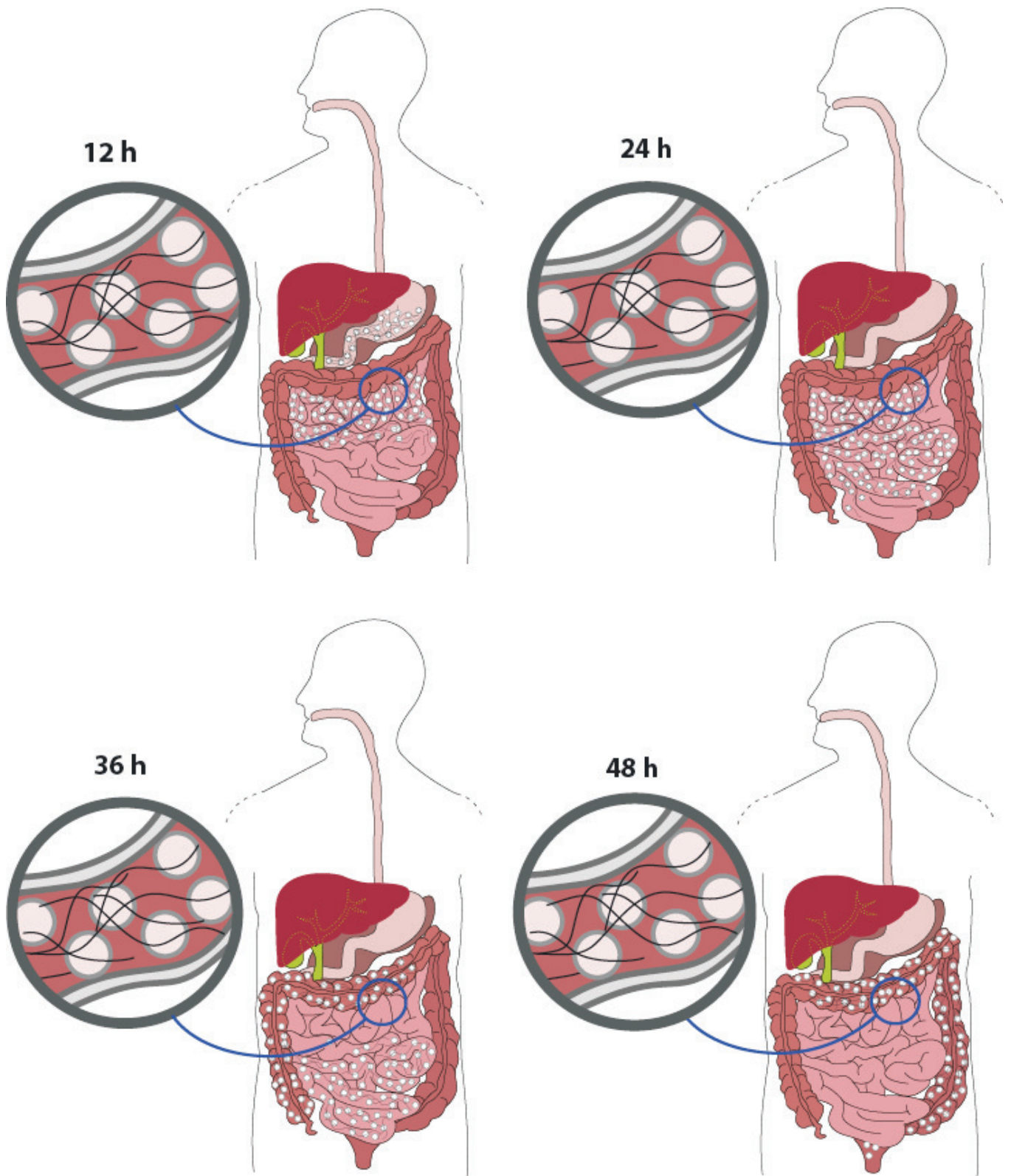
Dietary fibers improve endocrinal function of the large intestine

Prevention of overeating

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Sufficient quantity of dietary fibers in food improves endocrine function of the large intestine, intensifies the feeling of satiation, and prevents one from overeating and gaining excess weight.

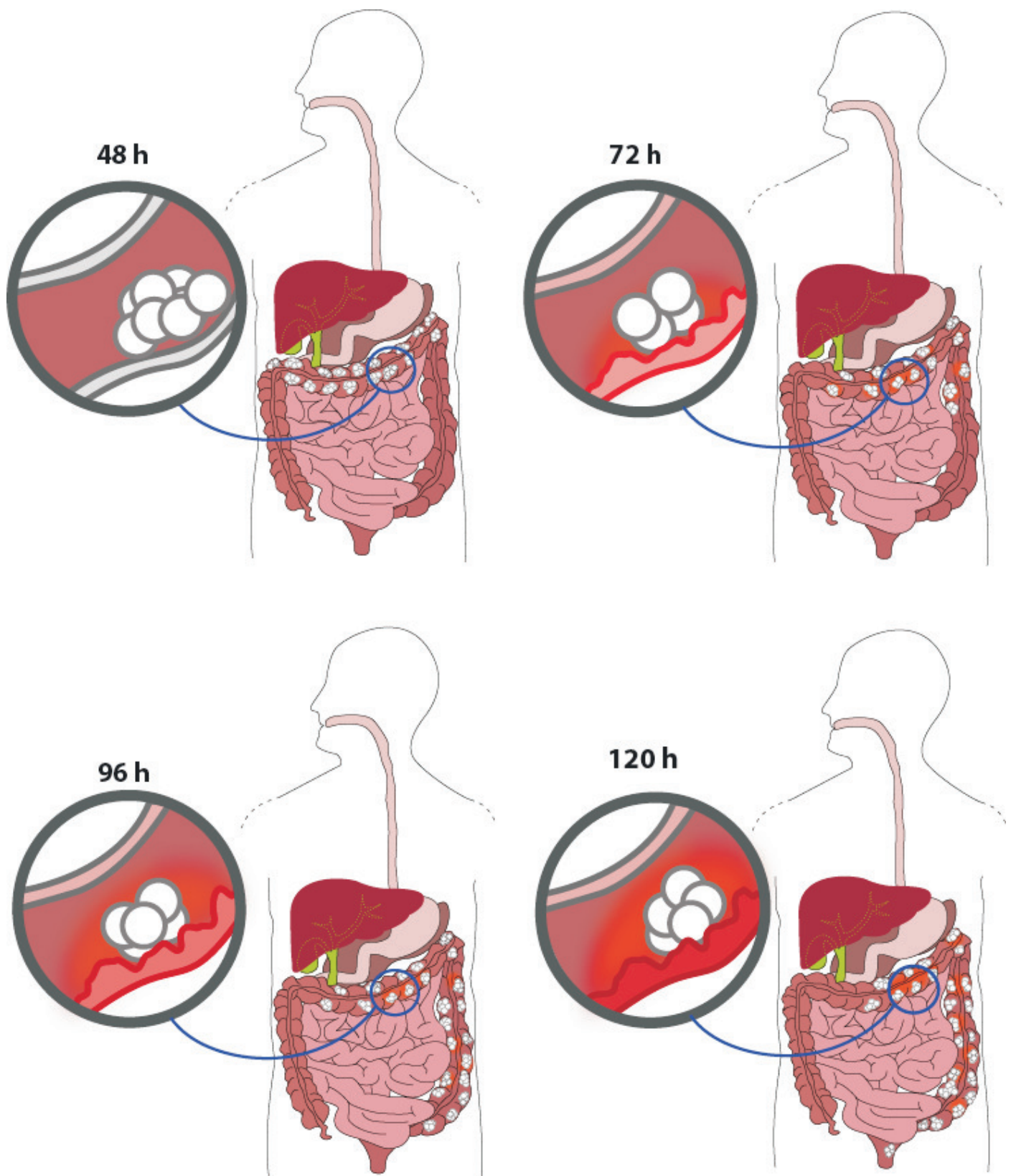
# Nutrition with Fibers



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Food rich in dietary fibers passes through the whole digestive tract in 24-48 hours, which does not enable the potentially dangerous digestive products to harm the sensitive internal membrane of the intestine.

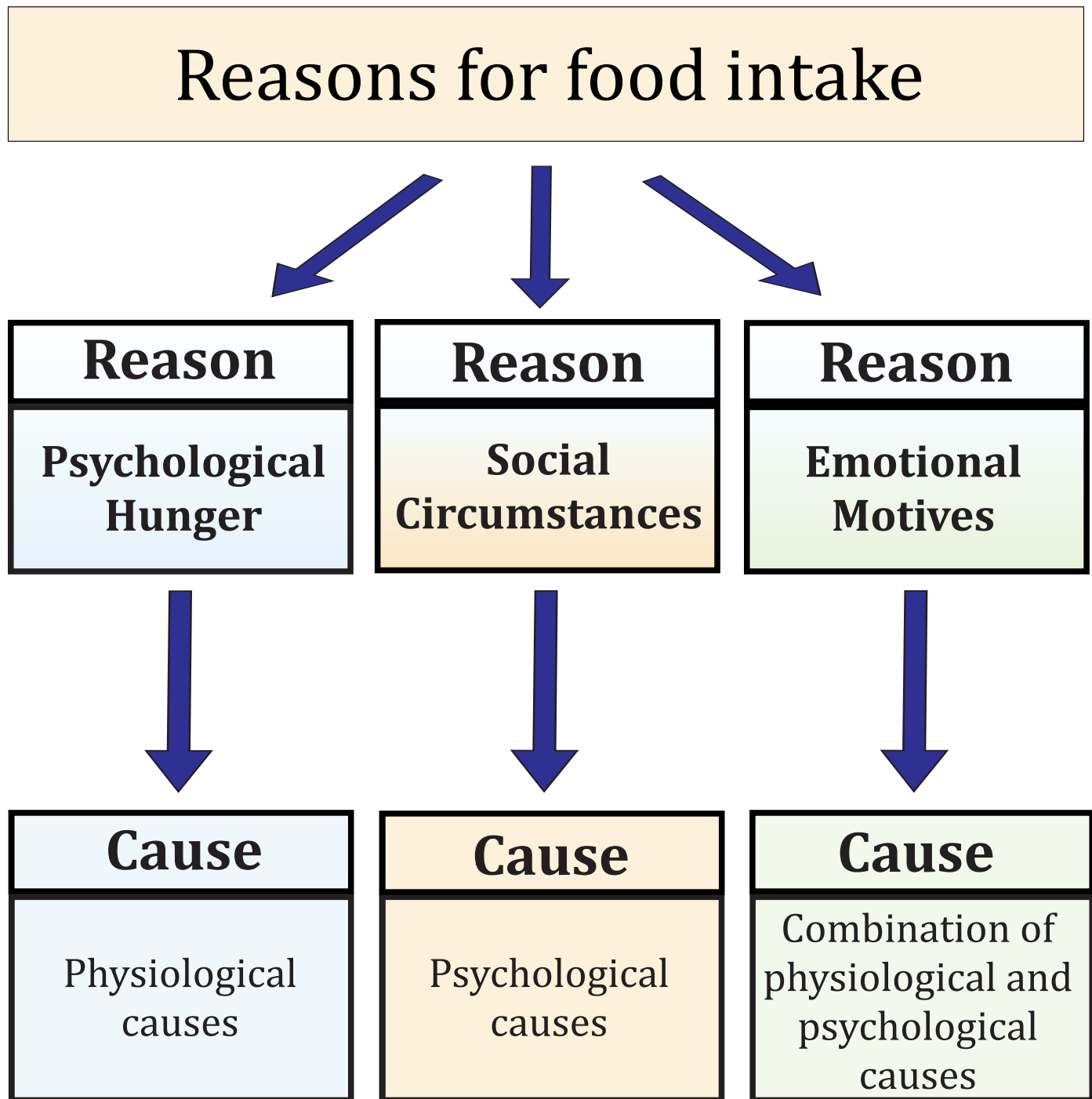
# Nutrition without Fibers



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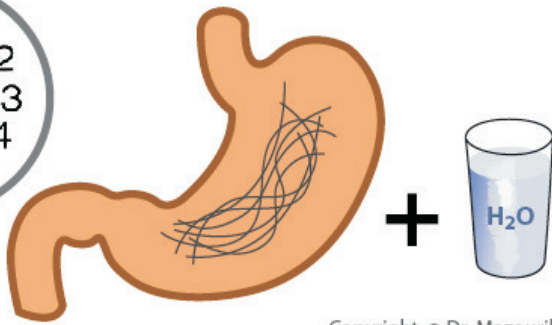
Food without dietary fibers stays in the digestive tract for 72-120 hours, which gives toxic substances a rather long time for destructive contact with the mucous membrane.

# Why are you eating excessively?



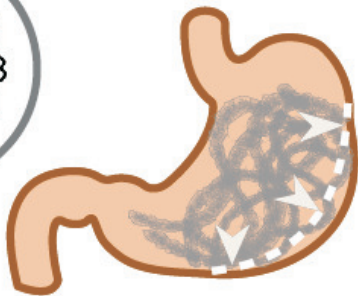
**Understanding the cause is the first step for achieving effective weight management.**

# How the SANKOM supplements work



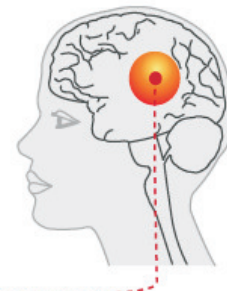
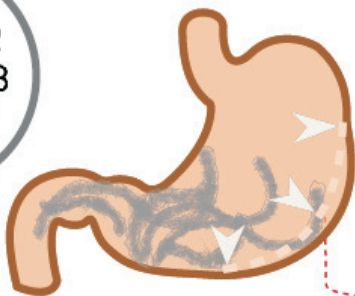
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**Stage 1:** Take a cube of SANKOM with a 250 ml glass of water approximately 30-45 minutes before a meal (also known as the first feeling of hunger).



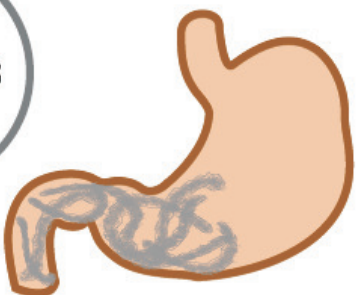
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**Stage 2:** The dietary fibers in the SANKOM chew will absorb the water, and increase in volume. The increased volume of the dietary fibers will press on the bariatric receptors of the stomach wall.



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**Stage 3:** The bariatric receptors will send a signal of satiation to the brain which will reduce food craving.

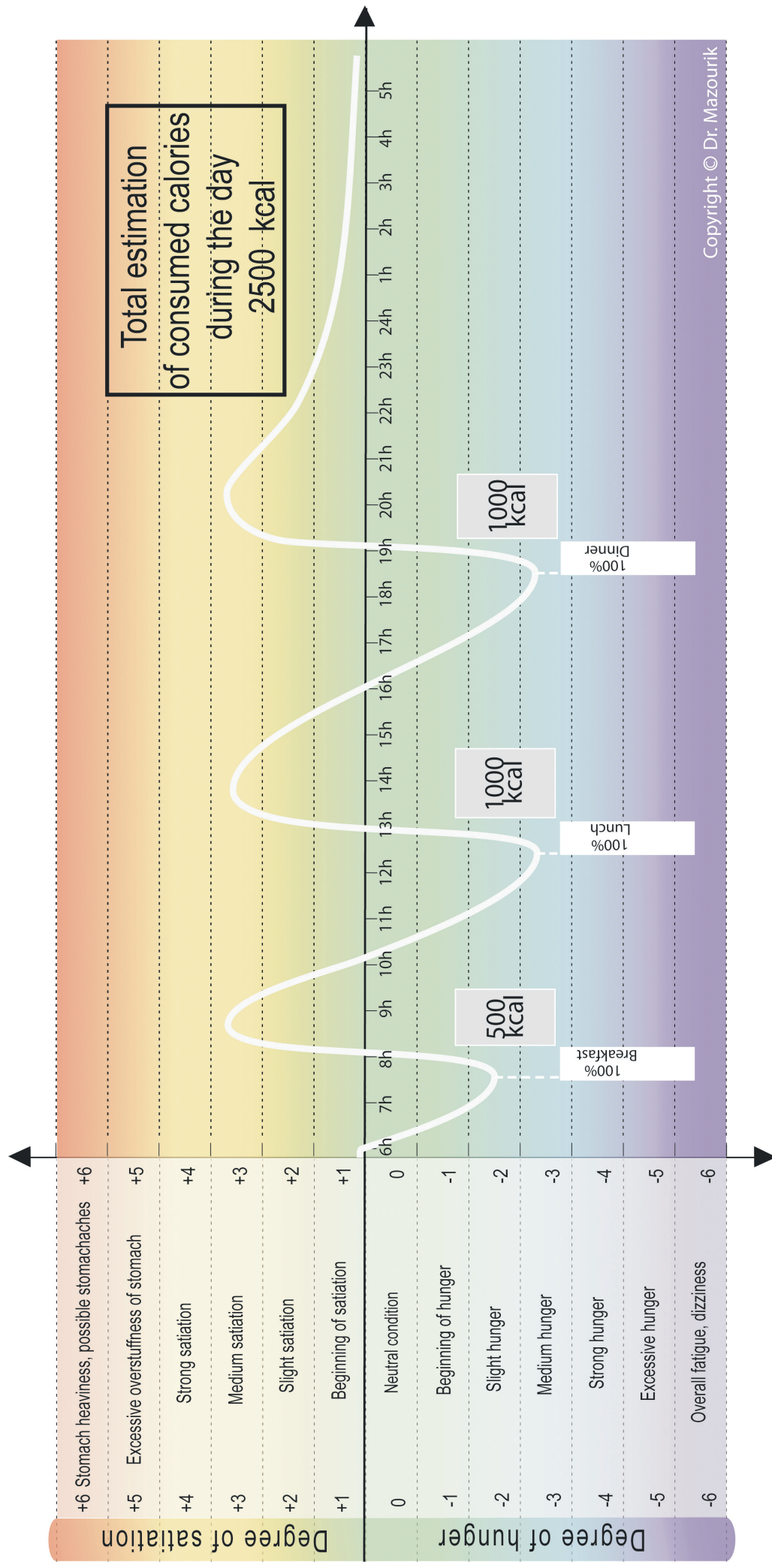


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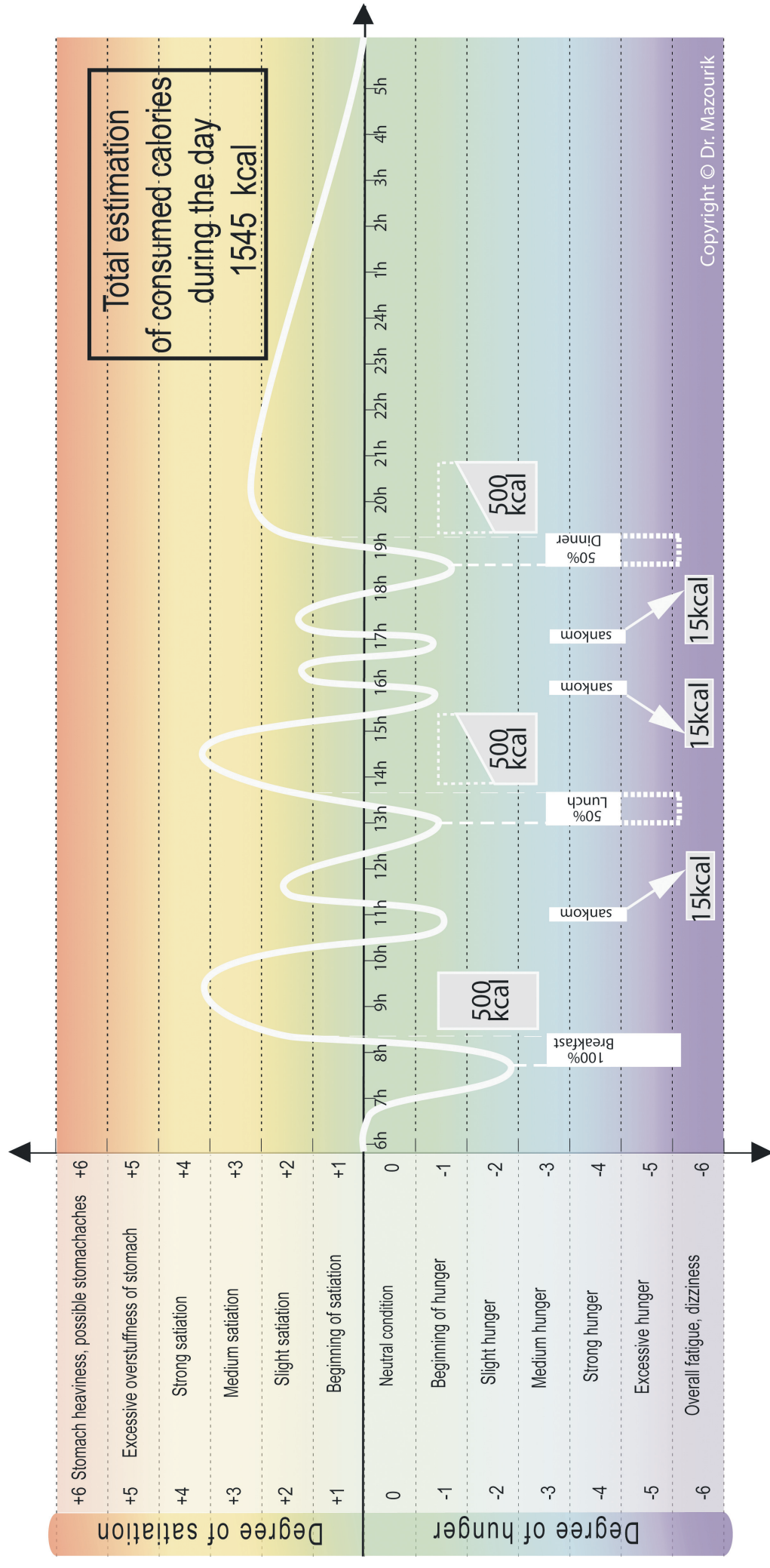
**Stage 4:** The dietary fibers leave the stomach in 1.5 - 2 hours without any side effects or harm to the body. A completely natural approach to manage your appetite.

# The satiagram below illustrates the feeling of hunger/satiety during the day of typical normal nutrition.

**How to read the satiagram:** The x-axis represent the hours during the day. The y-axis represent the degree of hunger/satiation. The curve represents your typical appetite curve during a day of regular nutrition.



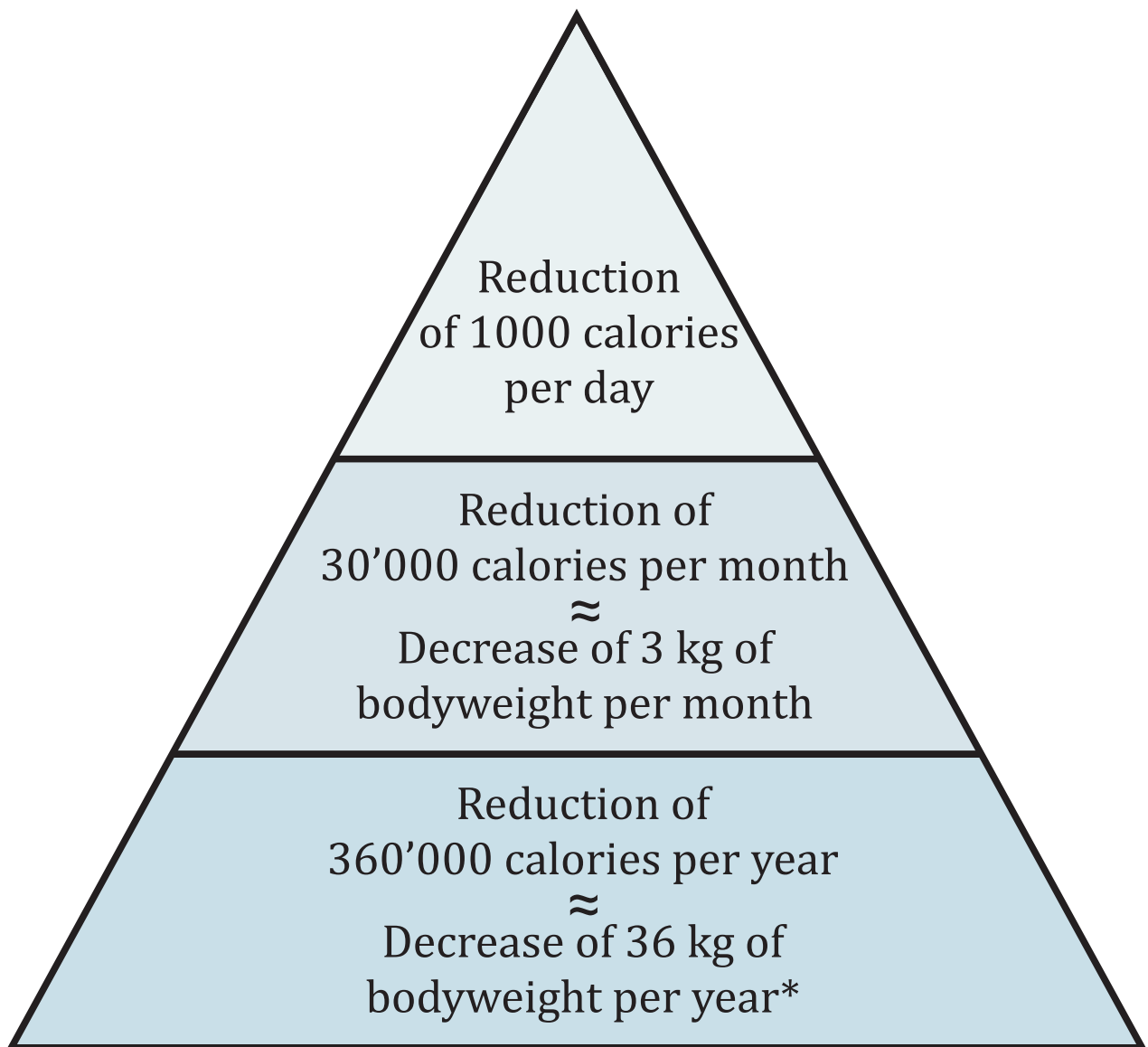
**Apply the Principles of Intuitive Nutrition and SANKOM® Supplements to reduce your hunger-carvings and avoid situations of strong hunger. By reducing strong hunger you will reduce the food and calorie intake.**



**Result: Consumption of almost 1000kcal less per day!**

**Reduce your calorie intake by almost  
1000kcal per day**  
with the help of the SANKOM Swiss Detox Kit.

<b>Total estimation of consumed calories with Usual Nutrition approach 2500 kcal</b>	<b>-</b>	<b>Total estimation of consumed calories with Intuitive Nutrition approach 1545 kcal</b>	<b>=</b>	<b>955Kcal</b>
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**IT IS ABSOLUTELY NATURAL!**

\* These calculations are based on the medical research statistics that 10'000 kcal is equivalent to 1kg of excess weight.





**The SANKOM Swiss Detox Kit is available  
in the following flavours**

**Vitamins A,C,E  
Strawberry**



**Vitamine C  
Cherry**



**Green Tea  
Grapefruit**



**For more details please visit [www.sankom.com](http://www.sankom.com)**