

## The Danger of Toxins in our Bodies

Toxins accumulate in our bodies from a number of sources: chemical pesticides and fertilizers in the food we eat, the polluted air we breathe, and as a by-product of our body's metabolism, among others. The result of continued accumulation of toxin is poor health as manifested by weakness, pains and aches, diseases and sickness. Thus, it is very important that toxins are expelled regularly from our bodies for continued good health.

## An Innovative Way of Detoxification from Nature

**To-Plan®** are a revolutionary health products from Japan that aid in the elimination of bodily toxins using a patch made from tree extracts called wood vinegar or pyrroligenous acid.

After many years of study inspired by the longevity and resilience of forest trees, it was discovered by Japanese researchers that highly distilled wood vinegar has toxin-adsorbing properties. Further research and the addition of other natural ingredients produced **To-Plan®** Natural Toxin-Absorbing Pads.

Convenient and effective, **To-Plan®** are used by simply sticking it onto the sole of the feet before bedtime for 8 to 10 hours. Results are immediately seen and felt. The wood vinegar removes toxins through the sole of the feet and this phenomenon may be observed as the pads turn from a dry yellowish-white powder to a damp, brownish-gray gunk.

**To-Plan®** actually rid your body of toxins while you sleep!



See and feel To Plan work, even only after you first use!

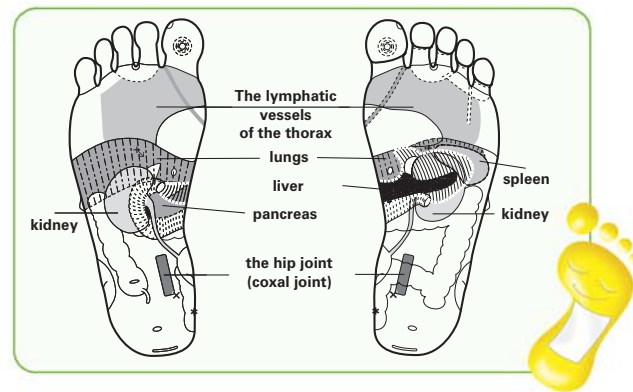
## Benefit of using To-Plan

Unlike pharmaceutical medicines or mentholated plasters, **To-Plan®** do not merely mask out the ill effects of bodily toxins but work holistically and on the source by actually eliminating the toxins from your body. This results in many health benefits for the user including:

- a greatly improved blood circulation because of the elimination of toxins which impede blood flow
- easing of muscle and joint pains caused by toxin accumulation (i.e. gout, arthritis, rheumatism, etc.)
- a more relaxed and restful sleep
- an improved immune system
- increased mental alertness and clear-headedness
- elimination of fatigue and more vigor

## How It Works

Traditional Oriental medicine has long held the knowledge that distributed throughout the human body are acupuncture points called meridians. Meridians act as channels that link various parts and organs of the body. It is also established that the soles of the human feet have a large number of meridians. Proper stimulation of these points in the feet explains why one feels very relaxed and energetic after a good foot massage.

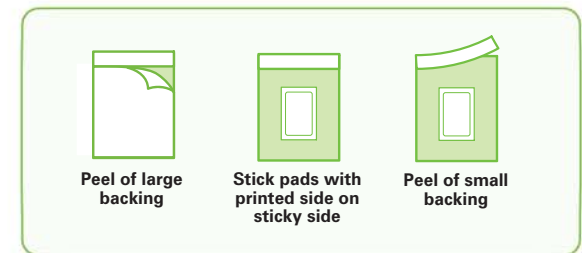


More than 60 acupuncture points or meridians are present in the human foot. **To-Plan** stimulates them with Far-Infrared and Negative Ions from the wood vinegar.

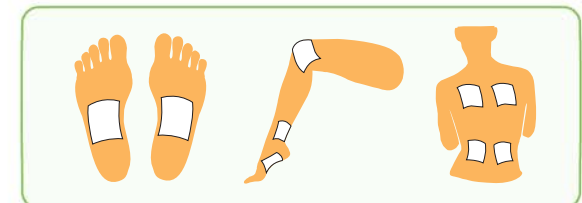
**To-Plan®** stimulates the meridians in the feet through the action of Far Infrared and Negative Ion emissions from the wood vinegar. However, unlike a massage, the accumulated bodily toxins are excreted through the pores of the skin and are absorbed by the pads.

## How to Use To-Plan

1. Clean the soles of feet and make sure that there are no open wounds, cuts, or bruises in the areas to be applied.
2. Peel of the large backing on the adhesive sheet.



3. Remove **To-Plan®** from the plastic bag and stick pad at the center of the adhesive sheet mating printed side of pad onto the sticky side of the adhesive.
4. Peel off the small backing on the adhesive sheet.
5. Stick prepared **To-Plan®** onto the sole of the foot. Socks may be worn to prevent the adhesive from peeling from movement while asleep.
6. Repeat the above steps with the other foot.
7. Let **To-Plan®** remain on both feet for 8-10 hours to ensure maximum absorption of toxins.
8. Remove **To-Plan®** and wash feet. A clear and sticky fluid will appear on your feet and the **To-Plan®** will turn brown to gray indicating extracted toxins from the body. The color should appear lighter with continued use as the toxins become less.
9. Typical usage frequency is to use **To-Plan®** for 4 to 5 nights consecutively every 3 or 4 weeks (one month).
10. **To-Plan®** may also be attached to ankles, knees, upper and lower back for a localized effect.
11. Not tested nor recommend for pregnant women and people with sensitivity to the active ingredients.



Stick **To-Plan** onto soles of feet for general detoxification. It may also be applied on the ankles, knees, upper and lower back for localized effect.

## Ingredients of To-Plan

To-Plan® are made from all natural ingredients without synthetic chemicals.

**Wood and Bamboo Vinegar** the main active ingredient of To-Plan®. It is made from sap extracted from certain trees which is then distilled under high temperatures to eliminate impurities and refine it. The multiple distillation process used on the best Quality of the vinegar extracts used in To-Plan®.

**Chitosan** is processed from natural of Chitin, a substance found in the shells of crustaceans like crabs, prawns etc. Chitosan is very well known for its fat absorption properties and is widely used in fat-control food supplements. Chitosan has unknown side effects.

**Loquat Leaf** is another sample of of Oriental Medicine. Loquat Leaf contains amygdalin, also known as the anticancer vitamin, B17 or laetrile. Beneficial to the vital energy of the lungs. It helps dissolves and expectorates phlegm and alleviates cough.

**Houttuynia Cordate** (Dokudami) is commonly used in Asia since ancient times to treat a wide variety of illnesses; earning the pungent-smelling plant the title of „King of Folk Medicines“. It is known for its sterilization properties and ability to treat infections.

**Vitamin C or Ascorbic Acid** best known to prevent scurvy. Recently, new research has shown that it is also important in the prevention of certain forms of cancer, heart diseases and some forms of allergic disorders

**Vegetable Fiber and Dextrin**



*Disclaimer:* Statements contained herein have not been evaluated by any Food and Drug Agency. Please consult your physician regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition.

Yuck! That was all I could say when I saw the damp, dark brown To-Plan® after using it overnight. I am sure that detoxification had taken place because I woke up feeling lighter and vigorous. That was the best sleep I have had in a long time! - *G. Gordon (USA)*

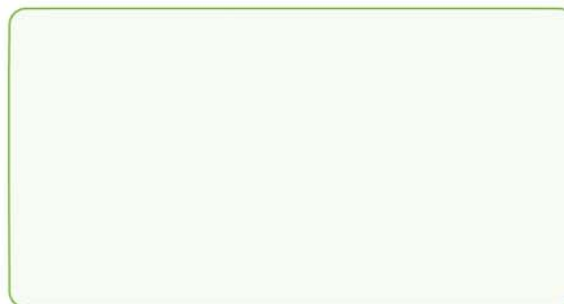
I am 66 years old and I always had pain on my knees that kept me awake at night. I used To-Plan® and was surprised when the pain was gone; letting me sleep peacefully every night and waking up feeling refreshed! - *J. Latios (Australia)*

To-Plan® work very well for my entire family; even my little 3-year old son uses it. Congratulations on coming up with a product that is of high quality, effective, safe and affordable. - *A. Muller (Germany)*

I am a diabetic and had developed some skin-colored bumps on my body, behind my knees and on my neck. After using To-Plan® for a few weeks, some of the bumps have disappeared entirely and the others are smaller. I expect they will disappear too as I continue to using them! - *D. Rutger (Philippines)*

I am now recommending To-Plan® as an effective wellness product to my patients after personally discovering the health benefits it brings to people. - *Dr.J.Konior, MD (USA)*

## Where to buy To-Plan®



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Remove toxin from your body while you sleep!

# To-Plan®

Natural Toxin Absorbing Pads

## 樹液シート



Naturally  
Detoxify Your Body  
for Good Health  
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Best-Selling Health Product in Japan!