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Simple & Easy Detoxification

Why Detox?

Consider this...

- According to the US Environmental Protection Agency, more than 4 billion pounds of chemicals were released into the ground in 2000, threatening our natural ground water sources.
- Over 260 million pounds of chemicals were discharged into surface waters (I.e., lakes, rivers, and oceans).
- Nearly 2 billion pounds of air emissions were pumped into the atmosphere.
- Several thousand food additives are intentionally added to our food supply, and thousands more slip into our food supply unintentionally during harvesting, processing, or packaging. In fact, the average American consumes about 124 pounds of food additives a year!
- Over 400 pesticides and herbicides are currently licensed for use on food crops, and every year over 2.5 billion pounds are dumped on crop lands, forests, lawns, and fields.

Some Common Ways Our Exposure to Toxins are Increased

- Eating a diet high in processed foods and fat
- Drinking tap water
- Excessive consumption of caffeinated beverages
- Excessive alcohol consumption
- Tobacco use
- Recreational drug use
- Chronic use of medication(s)
- Lack of strenuous exercise
- Liver dysfunction
- Kidney problems
- Intestinal dysfunction
- Occupational exposure
- Using pesticides, herbicides, pain, and other toxic substances without adequate protective gear
- Living or working near areas of high vehicle traffic or industrial plants

Extensive research shows that it is not a question of if we are carrying a burden of these toxins; but rather, how much and to what extent they affect our health. Common symptoms of toxin buildup (toxicity) include headaches, muscular aches and pains, and fatigue. However, there is much more to consider:

- Immunological toxicity may be a factor in the development of asthma, allergies skin disorders, chronic infections, and cancer.
- Neurological toxicity affects cognition, mood, and overall mental functioning.
- Endocrine toxicity affects reproductions, menstruation, libido, metabolic rate, stress tolerance, glucose regulation, and more

Rid Yourself from Toxins and Feel Great in Two Easy Steps...

1. Reduce your intake of and exposure to toxins!
Some ways to accomplish this include: washing fruits and vegetables before consuming them; eating organic foods, particularly meats; drinking a lot of purified water; avoiding alcohol, tobacco, and drugs; using prescription and over-the-counter medications only when absolutely necessary; exercising regularly; limiting your exposure to pesticides and herbicides; using protective equipment when working with toxic substances; and using air purifiers.
2. Support your body's detoxification capacity!
Your body is able to rid itself of harmful toxins through a process called detoxification. Unfortunately, this process is compromised in many individuals due to the great numbers of toxins their bodies must get rid of, as well as a lack of nutrients needed to fuel the entire detoxification process. Consuming a low-allergy source of nourishment along with nutritional factors known to enhance the body's detoxification capacity can have a powerful effect on your body's ability to cleanse itself.

How Your Body Gets Rid of Toxins: The Detoxification Process

Detoxification is a process by which your body transforms into harmless molecules that can be eliminated. This process takes place primarily in the liver and to a lesser degree in other tissues.

Phase 1: Certain enzymes change toxins into intermediate compounds.

Phase 2: Other enzymes convert intermediate compounds into harmless molecules that are eliminated by the body.

We Can Help... We Offer Advanced Detoxification Support

Modern science has taught us that the detoxification process is heavily nutrient-dependent. Phase 1 and phase 2 enzymes are the engines that drive the detoxification process and they are fueled by vitamins, minerals, and other key food components.

Therefore, **adequate nutrition is essential for effective detoxification!**

We can provide you with an advanced detoxification program to help your body rid itself of dangerous toxins. Our program provides simple, yet effective, dietary guidelines in combination with a complete and nutritionally balanced beverage. This beverage contains a blend of the essential food components and nutrients that support balanced Phase 1 and Phase 2 activities.

Why choose our program?

- It is scientifically designed.
- It supports BOTH Phase 1 and Phase 2 activities.
- It is clinically tested.
- It has a proven track record with.
- It is backed by published research that shows it helps relieve symptoms and conditions associated with toxicity.