

We're Toxic...It's Our Lifestyle and Environment

We become toxic simply because of our lifestyle. **You're surrounded by other toxins, some called xenobiotics which are foreign to the body and can cause harm if not broken down and removed. Examples include:**

- Antibiotics – petrochemicals – garden pesticides – herbicides – fertilizers
- Household cleaners – paint fumes – photocopiers - radiation
- Mold and fungal toxins – rain – animal dander
- Smoking or living/working around people that smoke (second-hand smoke) – Smog - Alcohol
- Phthalates (i.e. artificial perfumes in baby products, lotions, even cleaning supplies and detergents)
- Dioxins and polychlorinated biphenyls
- Asbestos – chloroform - chlorine
- Heavy metals such as arsenic, mercury, lead, aluminum and cadmium
- High sugar and high fat diets – fast food – caffeine – lack of fruits & vegetables
- Stress and negative emotions – lack of sleep

Over time, these impurities can build up and may weaken the body, leading to the signs listed above. Your Gastrointestinal Tract processes about 110 tons of food over a lifetime! An elephant weights about five tons... do the math. **The average American consumes:** 150 pounds of sugar; 45 bags of potato chips; 190 candy bars; 120 pastries, and 150 slices of pizza each year.

Do You Need to Detox?

Over time, toxins can build up and overwhelm the body, weakening the immune system and leading to an overload on your body.

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| 1. Do you drink more than 1 cup of coffee or pop? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Do you feel tired even after you slept the average 7-9 hours? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Do you have acne, or skin problems like rashes or eczema? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. Do you feel bloated after a meal, have poor digestion or constipated? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. Do you drink alcohol almost daily? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Do you smoke or are around smokers? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Do you live or work in the city? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. Do you rarely eat fresh fruits and veggies? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. Do you eat red meat more than 2 times a week? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. Do you eat fried food and junk foods? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. Do you crave candy/sweets or bread? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 12. Do you get allergies? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 13. Do you suffer from constant colds? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 14. Do you have mood swings? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 15. Do you have bad breath or a coated tongue? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 16. Do you experience frequent, unexplained headaches? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 17. Do you put weight on easy? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 18. Do you find it difficult to concentrate? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 19. Do you have signs of premature aging? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 20. Do your joints or muscles ache or feel stiff? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 21. Do you feel tired or fatigued most of the time, or have trouble sleeping? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 22. Do you drink 3 or more cups of coffee/caffeine to keep going during the day? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

If you answered **yes** to 5+ then it's time to consider detoxification. You'll continue to eat a healthy diet while you sip on your Detox supplement throughout the day. **Detoxification** supports the body's natural ability to cleanse and restore itself. Today it is a vital element of radiant health, beauty and overall sense of well-being.