

## 5 MAJOR SOURCES OF TOXINS

### 1. FOOD



### 2. WATER



### 3. ENVIRONMENT



### 4. BEAUTY AND PERSONAL CARE PRODUCTS



### 5. STRESS AND NEGATIVE THINKING



## Cleanse your Body by Detoxing

There are literally hundreds of cleanses for your body that are supposed to detox everything from your colon to your liver. Some of them are healthy and others are very dangerous. Detoxing, if done properly, can be very healthy for you.

We live in an ever-increasing toxic environment. This includes pesticides, herbicides, and industrial chemicals that enter our bodies through food, water, environment, and beauty & personal care products, not to mention the affects negative thinking and stress has on our body.

These toxins can become trapped in our body's organs and tissues, which over time can negatively affect health, reduce vitality and eventually contribute to the development of chronic disease.

The detox you choose should be easy to follow, effective and safe. It is also important to support the body's two-phase detoxification process so that toxins can safely and effectively be removed from the body.

## **So, what are some of the potential benefits of detoxing?**

- Increase energy and vitality
- Weight loss and reduction of body fat
- Healthier skin and softer hair
- More restful sleep, clearer thinking, and improved mood
- Establish healthy habits for improved long term health

## **What are the symptoms that may be relieved by cleansing your body?**

- Digestive problems
- Bad breath
- Fatigue
- Constipation
- Headaches
- Itchy skin
- Skin rashes
- Body odor
- Joint pain
- Weight loss resistance
- Poor concentration
- Irritability

**For more information and to set up a Detox Session, give us a call...**

