

**1** Have you ever wondered why there is so much chronic disease? Most people today have or will have a disease diagnosis sooner or later. In 2013, 2,000,000 children were on antidepressants. 70% of Americans take at least one prescription drug. Why is this and even more important, is there anything we can do about it?



# DETOXIFICATION

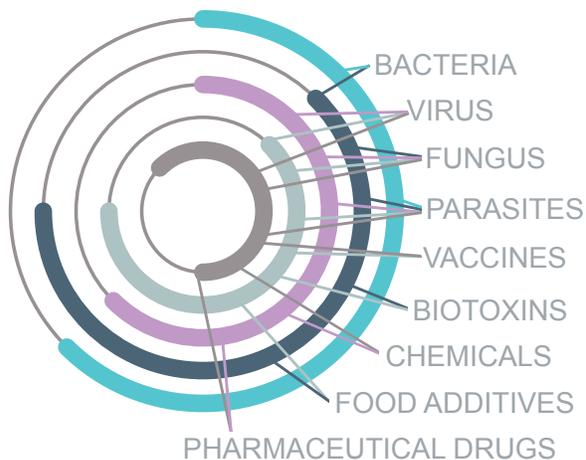
*for a Healthier You*

**2** Many studies confirm we are exposed to more toxins in one day than our grandparents were exposed to in their entire lifetime. Every organ, gland, muscle, ligament, tendon, etc. receive an overabundance of toxins daily. It is this toxic overload that causes the gradual experiencing of occasional symptoms, an ache or pain, extra fatigue or stress, heart palpitations, etc. A teenager kicks a soccer ball and tears his ACL. Why? That ligament was getting weaker and weaker as it filled up with toxins. As toxins continue to increase, symptoms continue to worsen until we get the dreaded diagnosis of some chronic disease. This is happening more and more. It used to happen only rarely. Why? All body parts are getting weaker and weaker. . .



**3** Due to the overload of toxins in society today, we are all on a train traveling toward degenerative disease. The good news is, we can slow, stop, and even reverse this train by working with the God-given self-healing design of our bodies. This takes place by pulling out the toxins and adding the nutrients our bodies need to help it heal. This process is called cellular detoxification.

**4** Cellular detoxification is like peeling an onion layer by layer. Each layer consists of a different set of toxins:



**5** The removal of each layer of toxins requires different tools. Think of a person who builds a house. He needs a trowel, concrete, 2x4's and nails for the basement. For the first floor, he no longer needs the concrete and the trowel but still needs the hammer, the nails and the 2x4's. In the same way, the tools (supplements) needed to peel the layers of toxins need to be evaluated monthly to see what are still needed and which will be changed.

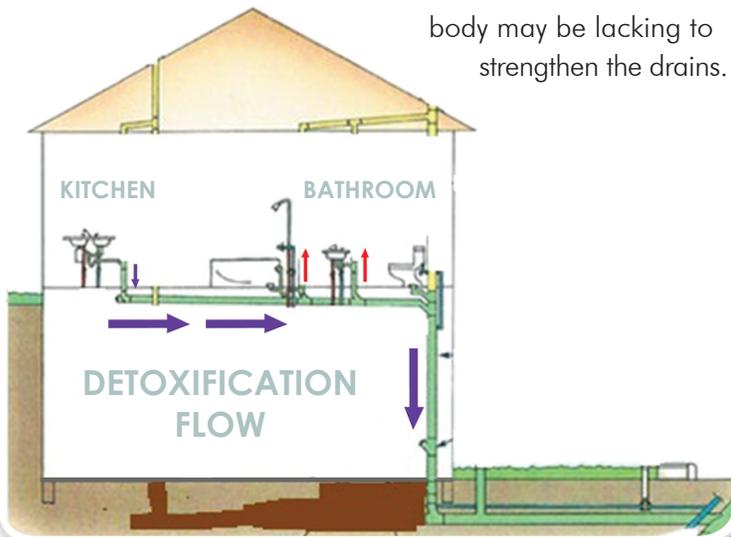


# DETOXIFICATION

*for a Healthier You*

**6** When detoxing, toxins are removed from the cells one layer at a time. As each layer of toxins is removed, toxins are carried away by the lymphatic and circulatory systems, filtered by the liver and come out of the large intestine, kidneys, and/or lungs. All of the body's organs and systems need to be strong enough to move the toxins out. If they had been strong enough in the first place the toxins would have never begun to accumulate. Detoxification and adding lacking nutrients creates this flow system so that toxins are able to be removed from your body.

**7** This detoxification flow is similar to the water flowing down your kitchen sink drain. You can rinse a dish and a little grease will flow out of your pipes without clogging your drain; however, if you pour a cup of grease in the drain, it will cause it to clog and the water will back up into your sink. This flow can be slowed little by little when hair builds up in your shower drain causing your water to flow slowly down the drain. As we remove the toxins, they flow out of the body in a similar way that water flows out of the sink or tub. When detox symptoms (herxheimers) happen, the toxins are flowing out of the body slowly like the shower with hair in the drain. The solution to helping the body maintain a good, consistent flow of removing toxins is to reduce the amount of toxins the body releases and to add the nutrients the body may be lacking to strengthen the drains.



**8** It is important to remember that detoxification and receiving the right nutrients does not mean you won't get sick. Our modern society and lifestyle choices expose us to innumerable toxins that can weaken our system. For example, my husband called from work to tell me he was coming home to be screened because he just ate a sandwich from a convenience store which attacked his body from head to toe. Because we caught it before it had time to settle in his body, we were able to add the necessary supplements to remove and drain the overload of toxins. He was back to normal within a couple of hours.

**9** During the detoxification process, you may experience a recurrence of old symptoms. This can happen for three reasons:

- 1) Reason discussed in Box #7.
- 2) Exposure to new toxins (i.e. virus, bacteria, mold or more than usual exposure to toxins such as chemicals).
- 3) After a layer of toxins is removed, it is necessary to be scanned to determine the tools needed for the new layer of toxins as in example in Box #5.



As you journey through **cellular detoxification & cleansing** you will notice that you feel better and better each month as toxins are removed and **your health moves forward!**