

Detoxification

The human body becomes toxic/polluted from both **internal** and **external** sources. The most common **external** pathways for toxicity are **inhalation** (smoking, air pollution, sick buildings), **ingestion** (chemicals in both food and water, drugs, dental amalgam fillings), **injections** (vaccinations, tattoos), **absorption** (anything that gets on your skin), and **irradiation** (medical x-rays, cell phones, microwaves...etc). The **internal** sources of toxicity are caused by **putrification** of undigested foods, **dehydration**, **processed foods**, and **toxic thoughts** and emotions. The internal toxicity can also be affected by external sources that have damaged the nervous, immune, and digestive systems.

There are 70,000 chemicals being used in commercial production in the USA. The EPA has classified 65,000 of them to be at least potentially, if not definitely hazardous to the human body. 3,000 chemicals are added to our food and over 700 are put in drinking water. Adding to this burden, other compounds get integrated into our food during processing! This is why you should avoid eating processed food and bottled water only when necessary; agents used in the machinery fall into the food and water (petroleum products) and they end up in your body. Is it any wonder that as a nation we are complaining about our health?

We are what we eat, drink, and breath, and also what we put in our skin and hair. For this reason the body often gets sick, but the body is also a master at healing itself. Internal cleansing and restoring health and balance is what detoxification is all about. Detoxing doesn't need to be extreme and should not be uncomfortable. Actually, while detoxing many people have felt a sense of calm and feel more connected to their body because they have more energy and feel more alert. During and after the cleanse it is important to make wise food and drink choices to continue on the path to better health by choosing organic whole foods whenever possible and to avoid dwelling on the negative.

This life is yours...create it!