



How to Detoxify in a _____ **Toxic World**

Unlock The Secrets To Amazing Health

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Contents

Prelude : How to Detoxify in a Toxic World	1
Chapter 1 : Toxic World, Toxic You	2
Chapter 2 : Hidden Toxins	10
Chapter 3 : The Dangers of Tap Water Toxicity	17
Chapter 4 : Kitchen Catastrophe	20
Chapter 5 : Who's Scared of the Dentist?	24
Chapter 6 : Toxic Top 10 Foods	27
Chapter 7 : Who's Ready to Detox?	33
Chapter 8 : Skin Detox at a Glance	38
Chapter 9 : Liver and Gallbladder Cleanse	45
Chapter 10 : Oral Detox	48
Chapter 11 : Digestive System Repair	52
Chapter 12 : New You	55



How to Detoxify in a Toxic World

Ever wonder why it's important to detoxify your body? Take any health magazine and you'll find at least one article on imgdetoxing. Everyone is praising the benefits of whole body cleansing, such as greater energy, weight loss, mental clarity, and increased lifespan. Unfortunately, internal detox is often overlooked or misunderstood by the general public. Most cleansing plans are based on diuretics, laxatives, fancy supplements, and miracle ingredients that lack scientific support.

You don't need these things to get rid of toxins. A clean diet based on whole, natural foods will do more for your body than any supplement or cleansing formula. Nature has been providing spices, herbs, and healing foods for over four billion years. Plants contain everything you need to stay healthy and disease-free. Many popular medicines are actually made with natural compounds. Spoiled sweet clover is the main ingredient in coumadin, a potent anticoagulant. Aspirin is made from the white willow tree. Opium poppy is used for producing morphine.

Switching to a healthy diet and avoiding the toxins in processed foods, water, and everyday products is the key to a longer life. Never before in human history have we been exposed to so many chemicals and toxins. These harmful compounds are lurking in your food, clothes, body lotions, soaps, and household items. Unless you live in a bubble, you're exposed to toxins every single day.

This handy guide will teach you about the benefits of full body detoxification. We're going to break down the most hidden toxic sources, discuss the side effects of toxic buildup, and recommend natural detox remedies. *How to Detoxify in a Toxic World* is not a quick detox plan or a "magic" diet, but a comprehensive guide based on solid research. We'll show you what it takes to cleanse your body naturally without the need of medications, colon cleansing formulas, or exotic foods. Once you know these things, you'll feel empowered and make better choices in your daily life.



Toxic World, Toxic You

Supporting the natural detoxification mechanisms in your body is one of the best ways to stay healthy. Your liver, kidneys, and lymphatic system play a key role in this process. In a perfect world, your body wouldn't need any extra help to get rid of toxins. It already has the "tools" needed to flush out chemicals and metabolic waste. Unfortunately, we live in a toxic world. From the air you breathe to the water you drink to what you put on your skin, toxins are everywhere. The body's natural detox mechanisms may not be able to handle this burden.

Body cleansing has nothing to do with the detox craze promoted by the media. Your diet and lifestyle habits have the biggest impact on your ability to eliminate toxins. Most cleansing plans push your body's detox pathways to the max, causing long term damage. Natural compounds found in everyday foods can improve your natural cleansing mechanisms and keep them functioning at peak performance. Lycopene, l-arginine, magnesium, resveratrol, vitamin C, and Omega-3s have been shown to enhance vascular cell function and reduce oxidative damage. Natural remedies support your body's natural detox mechanisms without overburdening your system.

The Hidden Dangers of Toxic Buildup

Detoxification is a crucial part of being alive. Believe it or not, toxic buildup can kill you. Over time, the chemicals in food, water, air, and personal homecare products accumulate in your system, leaving your body vulnerable to diseases. Some toxins cause hormonal imbalances, which in turn, triggers a series of reactions, such as weight gain, fatigue, irritability, depression, and bloating. Others weaken your immune system, affect cardiovascular function, and mess up digestion. Common symptoms of toxic buildup include:

- Unexplained weight gain
- Mental fog



- Difficulty concentrating
- Skin rashes
- Blemishes
- Poor digestion
- Chronic fatigue
- Joint aches and pains
- Headaches and migraines
- Recurring allergies
- Puffy eyes
- Premature aging
- Adrenal fatigue
- Poor immunity
- Gallbladder stones
- Bad breath
- Daytime sleepiness
- Constipation
- Frequent acne breakouts
- Muscle aches
- Sluggish metabolism
- Depression
- Mood swings
- Low libido
- Decreased energy
- Loss of motivation
- Dull skin
- Sleep disturbances
- Lack of vitality
- Metabolic syndrome
- Leaky gut
- Fertility problems
- Degenerative disorders
- Cellulite
- Fungal infections
- Candida
- Cravings for sugar or bread

People who have toxins in their system get sick easily. They feel tired for no obvious reason, have difficulty concentrating, and experience unexplained



symptoms. Toxin buildup affects your health on every level. Even though conventional medicine doesn't acknowledge toxicity as a source of disease, studies have shown this to be a contributing factor to chronic illnesses.

Modern diseases, such as breast cancer, metabolic syndrome, hypothyroidism, irritable bowel syndrome, and inflammatory bowel conditions, are often caused by everyday contaminants. According to the International Federation of Gynecology and Obstetrics, exposure to toxic environmental chemicals affects reproductive health. The Endocrine Society has linked toxin buildup to a higher risk of neurological disorders, ovarian cancer, uterine cancer, colorectal cancer, testicular cancer, and infertility. Health experts claim that toxic buildup is one of the biggest underlying causes of obesity and diabetes. People who have been exposed to toxins in fetal stages are more likely to develop these disorders into adulthood.

Every day, your body struggles to get rid of toxic culprits. These chemicals take various forms, such as cigarette smoke, GMOs, pesticides, and food additives. Stress, medications, and certain health conditions create free radicals in your system too. Because of the toxic load, your natural detox mechanisms may not work as well as nature intended. As a result, your body becomes flooded with toxins.

Think of your body as a drainage system. Imagine pouring bacon fat into your kitchen sink every day. The drainage pipes were designed to handle small food particles and water, but they can't remove the fat efficiently. Over time, they get clogged and lose their ability to filter waste. The same happens to your body when you're constantly exposed to toxins. These harmful compounds clog your natural detox mechanisms, affecting the way they work.

Is Detox Really Necessary?

Regular detoxification can help prevent these issues and improve your health. Natural cleansing solutions, such as juicing, fasting, and charcoal therapy, may boost your body's ability to handle toxic waste and fight free radicals. In just a few days, you'll feel more alive, have greater energy, and focus better on your tasks. Your digestion will significantly improve. By removing the sugar, trans fat, additives, and other chemicals from your



diet, you'll cleanse your body and enjoy better health. It's also an effective way to lose those stubborn pounds and rev up your metabolism.

The healing benefits of detoxing go far beyond greater energy and fat loss. This practice boosts your immune system, improves your complexion, and promotes healthy lifestyle changes. A cleansing plan can be your gateway to a more balanced, fulfilling life. It's also a great way to "reset" your taste buds and curb cravings for sugar and fats. This reduces your risk of obesity, insulin resistance, Type II diabetes, and binge eating.

Many common foods are packed with substances that cause addiction and trigger cravings. Have you noticed that eating sugar leaves you craving for more? Sugar is eight times more addictive than cocaine! Regular detoxification helps remove these substances from your body, which in turn reduces food cravings. At the same time, it improves your ability to absorb and break down nutrients from food, lowers your stress levels, and balances your mood. Other key benefits of detoxifying your body include:

- Younger looking skin
- Better sleep
- Improved mood
- Less frequent allergies
- Faster healing
- Improved liver function
- Optimal digestion
- Clearer thinking
- Reduced risk of chronic diseases
- Less bloating
- Stronger hair and nails
- Healthier teeth
- Increased vitality
- Faster metabolism
- Improved circulation

Detoxification benefits people of all ages. It's all about removing unhealthy substances from your body and replacing them with vital nutrients. For instance, conventional facial creams are loaded with synthetic compounds that most people can't even pronounce. Do you really think your skin needs



those chemicals to look young and healthy? Why not replace them with natural ingredients like coconut oil, argan oil, or turmeric? This way, your skin will get the nutrients needed to heal itself and repair the damage caused by free radicals, stress, poor sleep, and other factors. The chemicals in body lotions and creams are absorbed into your system, causing toxic buildup. Is it really worth the risk?

How to Detox Your Body?

There is more than one way to flush out toxins and cleanse your body. Some people choose to fast with water or fruit juices and green smoothies. Some eliminate gluten, dairy, trans fats, sugar, caffeine, and preservatives from their diet. Others switch to organic foods or veganism. Coffee enemas, colon hydrotherapy, and herbal supplements have been shown effective for detoxification. As a rule of thumb, avoid processed foods, alcohol, and sugar while on a detox plan. Consider fasting for one or more days to give your liver a break and “reset” your appetite. Adequate hydration is crucial to support the detox process, so drink plenty of water. Without fluids, your body can not eliminate toxins properly.

Ideally, limit meat and dairy while on a detox diet. Fruits and vegetables are more effective for cleansing your body due to their high levels of antioxidants and fiber. However, if you can't give up meat, stick to organic brands. Conventional meat, eggs, and dairy contain antibiotics and growth hormones that cause toxic build up.

Be aware that there's no need to do some crazy water fast or 30-day cleanse to detoxify your body. Simple lifestyle changes, such as taking clay baths, eating more fruits and vegetables, and ditching junk food, are far more effective for cleansing your system. Depending on your needs, consider trying yoga, meditation, acupuncture, infrared sauna, or tai chi. Juice cleanses are a good option too, as long as you don't overdo it. Fasting with juices and smoothies for a few days is fine, but it may cause nutrient deficiencies in the long term.

Remember that you don't have to starve yourself to detoxify. This will only increase your chances of binge eating. Steer clear of over-the-counter drugs and cleansing supplements that are supposed to “help your body”



get rid of toxins. As mentioned earlier, your body already has its own detox mechanisms, such as the lungs, kidneys, intestines, and liver, so feeding those organs with vital nutrients is more than enough to keep them healthy.

There is a detox program out there for everyone, whether you're 15 or 90 years old. Some cleansing methods are designed for people with health conditions like diabetes or liver disease. Others appeal to pregnant women. You will also find detox plans for pregnant women, teens, or seniors. Many detox programs focus on weight loss, or boast anti-aging properties. Take the time to research your options before choosing one. In the meantime, make smarter food choices and limit the products you put on your skin or use in your household. Seek natural alternatives to reduce your exposure to toxins.

As you see, detoxification isn't just a trend, but a necessity. This book will guide you through this process to make things easier. Once you make these changes, diseases will be a thing of the past! You'll not only lose weight, but also have stronger bones and joints, feel more energetic, and enjoy better sleep. Over time, your cellulite and stretch marks will begin to fade. Migraines, poor circulation, intense food cravings, and tiredness will be just a bad memory. Detoxification can also help prevent and treat common disorders, such as candida, hemorrhoids, constipation, bad breath, and cystitis.

After you detox, your new weight will remain constant and your wrinkles will become less visible. Your periods will become regular and less painful. You will wake up feeling clearheaded and make better decisions at home and at work. Your exercise sessions will be more intense and yield better results. In the long run, your risk of heart disease, cancer, arthritis, and high cholesterol will decrease. On top of that, you'll be emotionally balanced and feel motivated to achieve your goals!

Are There Any Side Effects?

Ditching the toxins from your diet will have a positive impact on your health and well-being. However, there are some side effects that you should be aware of. Some people experience nausea, vomiting, upset stomach, fatigue, and headaches in the first few days after starting a detox program. These symptoms are perfectly normal.



The toxins from food and everyday products build up in your organs and adipose tissue. Some are eliminated through urine and sweat, while others remain trapped in your system. When you clean up your diet, your body releases the stored toxins so that they can be flushed out. As the toxins make their way out of your system, they trigger a series of chemical reactions that are referred to as a “healing crisis.”

Most dieters experience bloating, general discomfort, flu-like symptoms, skin rashes, exhaustion, diarrhea, joint pain, coughing. Emotional issues, such as mild depression and anger, may arise as well. Other common symptoms include fatigue, disrupted sleep patterns, dull headaches, frequent urination, and cravings for unhealthy food. For example, eliminating caffeine and alcohol from your diet may create a situation of temporary withdrawal. This can worsen your cravings and cause irritability. However, these problems usually go away within three to five days.

If you experience any side effects that continue for more than a few days, consult your medical doctor. You may suffer from an underlying condition that requires additional treatment. Some disorders tend to flare up during a detox.

As the toxicity in your system decreases, you’ll feel more energetic and full of life. It’s hard to tell how your body will react to detoxification. The symptoms vary from one person to another. The more often you cleanse your body, the less discomfort you’ll experience. Massage, adequate rest, Epsom salt baths, dry skin brushing, and regular exercise can help relieve the symptoms of detoxification. Adding powdered bentonite clay to your bath may help too. You can also take activated charcoal and sip on lemon water or apple cider vinegar to speed up the cleansing process.

Drink as many fluids as you can to prevent dehydration and eliminate waste. Get at least eight hours of sleep per night so your body can recover and cleanse itself. Adequate rest can help reduce the fatigue, lethargy, and weaknesses that occur in the first stages of a detox.

If your diet was balanced before starting a detox, you might have no symptoms at all. The more toxins in your system, the more likely you are to experience side effects. This is actually a good thing – it means that your



body is getting rid of the chemicals and toxic waste that have accumulated over the years. Basically, it shows that your detox plan is working!

Now that you know the benefits of full body detoxification, it's time to give it a try. Regular cleansing can make you look and feel younger. It's the easiest, most effective way to protect your skin and cells from toxins. Detoxification can jump start your weight loss, enhance mental focus, and even boost your confidence. The key is to be consistent and make lasting changes. If you detox your body and then return to your old eating habits, your efforts will be in vain.

The same goes for the choices you make every day, from what shampoo you use to how you wash your clothes and towels. The chemicals in these products are just as harmful as the toxins in your food. This is exactly what we're going to discuss in the next chapter.



Hidden Toxins

Every day, we are exposed to toxins from food, water, cosmetics, and household products. Even the air you breathe is toxic. According to researchers, exposure to environmental carcinogens is one of the main causes of cancer. These factors contribute to about 80 percent of cancer cases and six percent of cancer deaths per year.

Life-Threatening Toxins Lurking in Your Home

Studies indicate that many environmental toxins, such as pesticides, industrial chemicals, BPAs, and pollution, increase cancer risks. This category also includes the chemicals in food packaging materials, furniture, and beauty products. Hundreds of toxins are capable of inducing cancer in humans. Yet, they can be found in millions of goods, from makeup kits and face creams to soft drinks and meat. Here are some common carcinogens that have been shown to cause leukemia and other deadly diseases:

- Arsenic
- Vinyl chloride
- Bisphenol A (BPA)
- Benzene
- Formaldehyde
- Dimethyl Hydrazine
- Dioxane
- Phenyl phenol
- Phthalates
- PCBs (Polychlorinated biphenyls)
- Cadmium
- Lead
- Fluoride
- Synthetic organic chemicals (SOCs)
- Pesticides
- BHA and BHT



- Coal tar dyes
- Dibutyl phthalate
- Parabens
- Petrolatum
- Siloxanes
- Sodium laureth sulfate
- Triclosan
- Perfluorooctanoic acid (PFOA)
- Oxybenzone
- Decabromodiphenyl Ether (DECA)
- Volatile organic compounds (VOCs)

More than 70,000 new chemicals have been developed since the 1950s. Only a small part of them have been tested for human toxicity. According to the Consumer Protection Agency (CPA), about 150 chemical compounds found in most households are linked to birth defects, allergies, mental diseases, and cancer. For instance, liquid dish soap is responsible for over 2.1 million accidental poisonings each year due to its high levels of ammonia and formaldehyde.

Over 884 chemicals found in personal care products are highly toxic. Another 146 have been shown to cause tumors. More than 778 chemicals trigger acute toxicity. Approximately 376 substances cause eye and skin irritations. These compounds may also increase the risk of biological mutations, reproductive issues, and even death. Seniors, toddlers, infants, and chronically ill people are the most vulnerable to these harmful toxins.

NTA, one of the most common ingredients in laundry detergent, is a recognized carcinogen. The pesticides found in conventionally raised meats and bug sprays have been shown to cause miscarriages, birth defects, nerve damage, and Parkinson's disease. Plastic bottles and food containers contain phthalates, which disrupt the endocrine system. Cosmetics, deodorants, paint, water, and air are loaded with volatile organic compounds (VOCs). These toxins have been shown to cause cancer, memory impairment, migraines, and eye irritation.

Drinking water and household cleaners are high in chlorine, which may trigger lung collapse, coughing, wheezing, difficulty breathing, sore throat,

and chest pain. Air, water, and food are essential to survival. Yet, they contain chloroform, a toxic compound that causes fatigue, reproductive disorders, birth defects, and cancer. More than 800 cities in the United States have water that exceeds the safety levels for lead, a dangerous heavy metal. Even at low amounts, lead may cause hypertension, delayed neurological development in children, stroke, kidney damage, and fetal damage.

Studies have found that one in eight of the 82,000 ingredients used in cosmetics and household products are industrial chemicals. These substances mess up your hormones, affect reproductive function, and promote tumor growth. About 80 percent of personal care products contain at least one of these toxic chemicals.

How Toxins Affect Our Health

Many of these chemicals are things that you can't see, feel, or smell. They're hidden in everyday products, making their way throughout your body. Even the medications you take for treating diseases contain harmful toxins. About 1,000 new chemicals are introduced each year. Exposure to a carcinogen won't necessarily cause cancer. It depends on how much you were exposed to, how often you were exposed, and what you were exposed to. However, the risk is still there.

A 17-year study conducted by the EPA indicates that women who work from home have a 54 percent higher risk of dying from cancer than those who work outside of the home. This is largely due to the toxins they are exposed to on a daily basis. For instance, air fresheners contain formaldehyde and microscopic particles that may induce severe adverse effects on the cardiovascular and respiratory systems. These substances have been linked to organ damage, altered hormone levels, and damage to the central nervous system.

Household cleaners are made with ammonia, which causes damage to the respiratory tract, skin, and eyes. Prolonged exposure may trigger the onset of pulmonary edema. Drain cleaners contain sodium hydroxide, a toxic compound that may cause blindness and severe skin irritation. Ammonium hydroxide and perchloroethylene, two of the most common ingredients in carpet cleaning products, are known carcinogens and may damage



your kidneys, liver, and nervous system. BHA and BHT, which are used in cosmetics, interfere with hormone function. Long term exposure has been shown to cause kidney, thyroid, and liver disorders while affecting blood coagulation. Recent studies suggest that BHT can mimic estrogen in the body and inhibit the release of male sex hormones, causing reproductive disorders.

Coal tar, a common ingredient in cosmetic products and hair dyes, is actually a mixture of petroleum-derived chemicals. Several studies conducted over the years have linked this compound to an increased risk of cancer, non-Hodgkin's lymphoma, and skin irritation. DEA-related ingredients, which are found in shampoos and facial cleansers, have been shown to cause precancerous changes in the thyroid, skin and liver.

According to the Environmental Working Group, women put an average of 168 chemicals on their bodies every day. Cosmetic products contain almost 13,000 chemicals, but less than 10 percent have been tested for safety. Neither the law nor FDA regulates these products. Every time you use shampoo, soap, nail polish, or lipstick, you're exposing yourself to dangerous chemicals, even if the products claim to be natural and safe. For example, nail polish contains DBP (dibutyl phthalate), a toxin that causes lifelong reproductive disorders and birth defects.

A study performed on 49 makeup products, including mascara, blush, powder, lipstick, and foundation, has found that 96 percent contained lead. About 90 percent were made with beryllium. Over 20 percent were high in arsenic, and another 51 percent contained cadmium. These chemicals are associated with fertility problems, early menopause, osteoporosis, heart disease, metabolic syndrome, and impaired ovarian function.

Be aware that "all natural" products can still contain toxins. Unless they are labeled "organic," they may have one or more dangerous chemicals. Your skin is the largest organ and absorbs everything you put on it. The chemicals in cosmetics and household products are just as harmful as those in processed food. The only way to avoid them is to make your own formulas or choose organic brands.



Are Your Air and Water Safe?

Food and personal care products are not the only sources of toxins. These harmful compounds can also be found in the air, water, and soil. It is estimated that up to 22 million people in the U.S. receive drinking water that contains toxic metals. Air pollution is a major concern as well, causing over six and a half million deaths per year globally. This factor is responsible for both acute and chronic disorders, such as lung cancer, respiratory infections, chronic obstructive pulmonary disease, heart disease, and stroke.

The air you breathe contain small traces of metals, dust, and organic chemicals that affect overall health. Once ingested, these particles build up in your system. Nitrogen dioxide, sulfur dioxide, carbon monoxide, and ground-level ozone are the worst offenders. Indoor air is up to 100 times higher in pollutants than outdoor air. This is a major problem, especially since most people spend about 90 percent of their time at home or in the office. Aerosol sprays, tobacco smoke, pesticides, and chemicals from household cleaners and vinyl flooring are among the most common air pollutants.

Indoor air pollution gets worse in the cold season when windows are shut tight. Research indicates that indoor air is high in acrolein, formaldehyde, and tiny particles that can become trapped in the lungs. Cigarette smoke alone is responsible for over 90 percent of lung cancer deaths. Even inhaling second hand smoke puts you at increased risk for stroke and heart attack. For this reason, it's recommended to quit smoking and avoid exposure to cigarette smoke. Refrain from smoking around children or pets. Secondhand smoke may cause coughing, wheezing, asthma, bronchitis, ear infections, and pulmonary disorders. Infants who are exposed to cigarette smoke have a higher risk of SIDS (sudden infant death syndrome).

According to EPA, the most common hazardous air pollutants include:

- Acetaldehyde
- Acrolein
- Acetamide
- Acrylic acid
- Asbestos
- Benzene



- Carbonyl sulfide
- Chlorine
- Chloroform
- Diazomethane
- Dibutyl phthalate
- Dimethyl carbamoyl chloride
- Ethyl benzene
- Ethylene glycol
- Formaldehyde
- Hydrochloric acid
- Isophorone
- Methyl bromide
- Methyl tert butyl ether
- Nitrobenzene
- Parathion
- p-Phenylenediamine
- Propylene oxide
- Styrene oxide
- Toxaphene
- Vinyl acetate
- Xylenes
- Arsenic compounds
- Cadmium compounds
- Mercury compounds
- Nickel compounds
- Cyanide compounds
- Fine mineral fibers
- Radionuclides

There are over 187 chemicals in the air. Many of them are released by paint fumes, cars, living microorganisms, mold, pet dander, and industrial buildings. Elderly, children, and people with a weak immune system are especially susceptible to airborne contaminants. Pesticide pollution from agriculture is a major concern as well.

The best way to reduce your exposure to these chemicals is to use an air purification system. Some houseplants can help remove indoor toxins and purify the air. These include aloe Vera, peace lily, ficus, gerbera daisy,



bamboo, English ivy, dwarf date palm, chrysanthemum, spider plant, and parlor palm. Use environmentally safe products for decorating or painting your home. Make your own non-toxic cleaning formulas with baking soda, vinegar, essential oils, and other natural ingredients.



The Dangers of Tap Water Toxicity

Every day, harmful chemicals are released into the water. More than 16 million Americans receive contaminated water, which puts them at risk for cancer, heart disease, and premature death. Tap water is loaded with chlorine, lead, arsenic, iron, mercury, hydrogen sulfite, volatile organic compounds, and PFAs (poly- and perfluoroalkyl). These toxins may trigger the onset of life-threatening diseases, such as kidney cancer and respiratory infections.

PFASs appear to cause the most harm. These compounds are typically used in non-stick pans, fire retardants, food wrappers, and waterproof clothing. A recent study conducted on more than 36,000 drinking water samples, detected high levels of PFASs. Most water filters designed for home use can not fully remove these chemicals. Scientists believe that the broad spread of PFASs is due to the extensive use of fire fighting sprays and foams by airport and military workers. These toxic compounds do not biodegrade, so they accumulate in the water and soil. Over 97 percent of human blood samples tested contained traces of PFASs.

These substances have been associated with a greater risk of cancer, suppressed immune function, hypercholesterolemia, and recurring infections. Research shows that PFASs may also reduce the effectiveness of vaccines in children. Their negative effects on the immune system appear to be lasting.

Tap water is also a source of chlorine, a substance that kills viruses and bacteria. Unfortunately, it also affects skin health and respiratory function. Drinking tap water or bathing in it may cause skin irritation, lung disease, allergies, and inflammation. Chlorine has been linked to pregnancy complications cellular damage, and respiratory problems. Swimming pools

are notorious for their high levels of chlorine and other toxic compounds. Exposure to these chemicals is one of the main causes of eye and skin irritation in athletes. Home cleaning products contain chlorine as well.

Another toxic compound in drinking water is fluoride. Decades ago, this substance was added to water as a way to prevent tooth decay. Modern research indicates that fluoride is actually an endocrine disruptor and neurotoxin. Over time, it can cause thyroid dysfunction, ADHD, fluorosis, and pineal gland disorders. This compound suppresses immune and thyroid function, damages tooth enamel, and weakens your bones. Fluoride has already been banned in most European countries because of its potential side effects.

Tap water also contains lead, a heavy metal that causes toxicity to every organ in your body. Lead plays a major role in the onset of brain damage, behavioral disorders, deafness, stunted growth, developmental issues, premature birth, prostate cancer, autism, and reproductive problems. Children are the most affected by lead toxicity. This heavy metal accumulates in your system, inducing oxidative stress. Lead exposure has been linked to intellectual impairment in kids, suppressed immune function, and high blood pressure.

Mercury, one of the main contaminants in tap water, may trigger nerve and brain damage, migraines, skin rashes, memory loss, behavioral problems, muscle atrophy, and even blindness. Just because it's a natural element, doesn't mean it's safe. This heavy metal enters the body through ingestion, inhalation, or skin absorption. It's also used in amalgam fillings, vaccines, and everyday products. Its side effects depend on the form and level of exposure. In severe cases, mercury may cause delirium, suicidal thoughts, hallucinations, psychosis, and death. This compound accumulates in your liver, kidneys, spleen, blood, brain, and adipose tissues.

One thing is for sure: tap water can kill you. Packed with arsenic, dioxins, perchlorate, and other toxins, it affects your health long term. Unsafe levels of chemicals have been found in the water supply of 33 states across the U.S. Many of these toxins cause hormone imbalances, liver damage, cognitive decline, and miscarriages. Some can be transmitted from mother to child during pregnancy. Babies and infants lack the ability to fight the



neurological and biological effects of toxic buildup. The chemicals in the water, air, and soil affect their central nervous system as well as their growth and development.

The best way to avoid contaminated water is to use filtered water. Be aware that bottled water isn't necessarily safer. Studies have found that about 25 percent of bottled water is just tap water. Additionally, plastic water bottles contain dangerous chemicals that disrupt the endocrine system, leading to obesity, infertility, diabetes, autism, Alzheimer's, and cancer. To prevent these problems, invest in a quality water filter. The most popular options include activated carbon filters, ceramic filters, ion exchange filters, ozone filters, and reverse osmosis filters.



Kitchen Catastrophe

The kitchen is supposed to be a place where people connect, enjoy good food, and relax after a long day. Unfortunately, it's also one of the primary sources of toxins in your home. The products you use for cooking, eating, and storing food contain harmful chemicals that put your health at risk. These substances mess with your cells, hormones, immune system, and brain function. Even though you cannot avoid toxins completely, there are ways to reduce your exposure and protect your family.

Toxic Things to Get Out of Your Kitchen

If you're reading this guide, chances are you do your best to live healthy. Unfortunately, stocking your pantry and kitchen with "clean" foods isn't enough for preventing disease. With over 84,000 chemicals approved in the U.S., it's no wonder our homes are packed with toxins. Aluminum, BPA, Teflon, melamine, plastics, dioxane, and perfluorinated chemicals (PFCs) pose major health risks.

The most popular types of cookware are packed with chemicals that may cause cancer. Detergents, dish soaps, and household cleaning products contain dangerous toxins. Food storage containers aren't safe either. Many household chemicals disrupt endocrine function. Even at low doses, they can interfere with your hormone levels and affect fertility, metabolism, appetite, and overall health.

A study conducted on the umbilical cord blood from 10 babies detected 287 chemicals from gasoline, flame retardants, food packaging, and pesticides. About 180 substances were known carcinogens, 208 caused birth defects, and 217 were toxic to the brain. The most abundant toxins found in the umbilical cord blood included mercury, polyaromatic hydrocarbons (PAHs), organochlorine pesticides (OCs), and polychlorinated biphenyls (PCBs). These harmful substances are lurking in your home, putting your family's health at risk.



Let's take a quick look at the most dangerous chemicals in the kitchen:

Plastic Containers

The plastic boxes where you store food contain BPA, a toxin that may cause neural tube defects, reproductive issues, developmental problems, and hyperactivity. Also known as Bisphenol-A, this estrogenic plastic by-product disrupts your body's hormones, leading to cancer, impaired immune function, obesity, and chronic diseases. It has been recently banned from baby products because of its hormone-disrupting properties.

More and more manufacturers are using BPA-free plastics. However, these materials aren't necessarily safer. Research indicates that BPA-free products may contain bisphenol-S (BPS), which has a similar chemical structure as Bisphenol-A. Additionally, it's more heat-stable and less biodegradable, which means it causes even more damage to your health. Once it's absorbed into your body, it accumulates there for long periods of time.

According to experts, approximately 95 percent of all plastic products boast estrogen-like properties. BPA and BPS are found in plastic bottles and storage containers, food cans, eyeglass lenses, dental devices, DVDs, and other common products. In a recent study, people who ate canned soup for five days straight had 120 percent higher levels of BPA in their urine than those who ate fresh soup. The best way to avoid this toxin is to choose stainless steel or glass over plastic, and steer clear of canned foods.

Non-Stick Pans

Non-stick pans are a staple in any household. These products promote healthy eating due to their ability to prepare food with little or no oil. However, they do have their drawbacks. Teflon, the material from which they are made, contains perfluorinated chemical (PFC). This substance produces toxic fumes at high temperatures.

Lab experiments have found that the toxic gases released at high heat can kill pet birds and cause flu-like symptoms in humans. Teflon can't stand the heat. The PFCs in this material have been shown to cause liver inflammation, thyroid dysfunction, high cholesterol, obesity, small birth weight in babies,



and a weakened immunity. Scientists believe that this compound is a “likely carcinogen” in humans.

The good news is that you can swap Teflon for cast iron or stainless steel cookware. These materials are free of toxins and last longer than Teflon. To stay safe, throw away scratched pans because they may cause small amounts of metals, such as chromium and nickel, to get into your food. A safe option is ceramic cookware.

Be aware that aluminum pans can pose a health threat as well. This metal leaches into food during cooking, putting you at an increased risk of Alzheimer’s and other cognitive disorders. About 80 percent of aluminum accumulates in brain cells, causing structural changes. It’s recommended to avoid storing or cooking food in aluminum cookware. Eventually, consider switching to anodized aluminum pots and pans.

Household Cleaners

According to the American Association of Poison Control Centers (AAPCC), household cleaners were responsible for over 200,000 calls of all toxic exposures in the year 2000. Surprisingly, these are among the most dangerous products in your home. Window cleaners, kitchen cleaners, floor cleaners, and other similar goods are packed with chemicals that may cause severe kidney and liver damage, burns to the eyes and skin, asthma symptoms, hormonal dysfunction, and even cancer.

Cleaning products contain 2-butoxyethanol, sodium hydroxide, methoxydiglycol (DEGME), ammonia, phthalates, triclosan, and carcinogens. These chemicals may harm unborn babies, affect fertility, and trigger respiratory disorders. Perchloroethylene, a common ingredient in household cleaners, damages the central nervous system and increases your risk of cancer. A 2010 study revealed that children born to women who held cleaning jobs during pregnancy had an increased risk of birth defects. Research also indicates that household cleaners may worsen asthma symptoms, irritate the airways, and promote cancer cell growth.

The same goes for air fresheners and detergents. All of these products are made with harmful chemicals, such as ethanalamines, benzalkonium

chloride, formaldehyde, triethanolamine, DMDM Hydantoin, and sulfuric acid. These toxic compounds not only affect your health, but also cause dishware to break down faster and leak chemicals into your food. The best thing you can do is to make your own cleaning products at home. Vinegar, lemon juice, rubbing alcohol, baking soda, and other natural ingredients are just as effective as traditional household cleaners, without the side effects.

For instance, you can clean a toilet by sprinkling baking soda into the bowl and then scrubbing with a brush. The bathtub and shower can be disinfected with rubbing alcohol. Vinegar diluted in water will make your shower curtains look like new. Mix water and baking soda to whiten porcelain surfaces. Apply lemon oil on hard water stains to clean metal surfaces. Use water and vinegar on glass surfaces to restore their shine.

Bleached Paper Products

Cleaning wipes, coffee filters, and parchment paper pose serious health risks. They may be useful and look pretty, but it's not worth the risk. Dioxin, a chemical bi-product found in these products, affects the immune, reproductive, and endocrine systems. According to the Environmental Protection Agency, this toxin is 300,000 times more carcinogenic than DDT, a pesticide that has been banned in the U.S.

Dioxins are known carcinogens and affect every system in your body. These chemicals are absorbed and stored in fat tissues, leading to a higher risk of heart disease, cancer, and diabetes. Chloracne, a skin condition caused by exposure to dioxin, causes acne-like symptoms. These toxins are also responsible for miscarriages, impaired immune function, infertility, and hormonal imbalances.

To limit your exposure to dioxin, use natural unbleached parchment paper. Choose brown coffee filters instead of white filters, avoid bleached white flour, and switch to reusable tea filters, washable kitchen towels, and unbleached versions of your favorite products.



Who's Scared of the Dentist?

Your home isn't the only source of toxins. If you have dentures or amalgam fillings, chances are you'll get sick sooner or later. The connection between dental toxins and cancer is well-documented. Statistics indicate that 97 percent of cancer victims have root canals. The toxic metals used in dental products have been shown to cause allergic reactions, organ failure, and brain damage.

In 2010, the FDA issued a warning concerning the use of mercury amalgam fillings in pregnant women and children under the age of six. In Sweden, these materials have been banned years ago. Even though some studies suggest that amalgam does not pose serious health risks apart from allergic reactions, the research is mixed. Additionally, no published data has proven that root canals are safe.

The Poison in Your Teeth

A century ago, Dr. Price discovered that root canaled teeth were responsible for a variety of chronic disorders affecting the heart and circulatory system. In 1993, Dr. Meinig published a book that verified his findings. Mercury is considered the most poisonous naturally occurring substance on Earth. Yet, it's widely used in dental materials.

According to researchers, mercury makes its way through the cell membrane and gets into the bloodstream, destroying every tissue. This heavy metal can travel from dental fillings into the lungs and accumulate in your system where it causes severe toxicity. There is no safe level of mercury exposure.

Amalgam fillings are among the most common sources of mercury. A study conducted on 100 patients by the U.S. Centers for Disease Control found that

those with more amalgam fillings had higher rates of chronic disorders, epilepsy, migraines, multiple sclerosis, and cancer.

Additionally, dental amalgam fillings contain traces of copper, tin, silver, and other metals that don't belong in the human body. These compounds may leach out of the denture base and get into the bloodstream. The same goes for dentures, which are packed with toxic and allergenic substances. The degree to which they leach depends on the methods and materials used. Currently, there are no quality control standards that dentists must adhere to. For instance, denture bases contain acrylic, which have been shown to be cytotoxic.

The materials used in dentures and amalgam fillings have been linked to chronic inflammation, cell death in the oral cavity, irritation, stomatitis, allergies, and several forms of cancer. Studies indicate that a large dental filling contains enough mercury to kill a child. These dental procedures may also cause a decrease in pain thresholds, chronic fatigue, headaches, and organ toxicity. Some patients may experience skin rashes, difficulty concentrating, depressed immunity, low energy, edema, and other symptoms that occur for no obvious reason.

An interesting aspect is that regulatory agencies require dentists to store zinc, silver, mercury, tin, copper, and other metals in a hazardous waste container. Yet, they allow the use of heavy metals on humans. About 80 percent of the mercury used in amalgam fillings accumulate in your body. This heavy metal is continuously released from dental fillings, so its effects are cumulative.

The Root Cause of Disease

More and more studies are showing that root canals are dangerous to human health. Despite being the only treatment option available to save a diseased tooth, it doesn't mean it's safe. According to health experts, root canals may contain toxic bacteria that increase the risk of diseases. These include *Gemella morbillorum*, *Porphyromas gingivalis*, *Candida albicans*, *Veillonella parvula*, *Escherichia coli*, and other microorganisms.

The bacteria in root canals put you at risk for heart disease, endovascular infections, dental infections, atherosclerosis, leaky gut syndrome, and neurological disorders. Some bacteria may even trigger neurological morbidity and meningitis. Other studies have shown that the lack of oxygen and nutrients causes ordinary, friendly oral bacteria to turn into strong, harmful anaerobes that release toxins into your oral cavity, and all throughout the body. Over time, they spread to the surrounding tissues and cause life-threatening diseases affecting the bones, heart, kidneys, and brain.

To prevent these issues, choose a holistic dentist and take better care of your teeth. Holistic dentistry, also known as biological dentistry, does not use heavy metals nor recommend root canals. Those who work in this field know that mercury is a toxin with potential side effects. They also use safer alternatives to fluoride, copper, formaldehyde, and other harmful compounds. Biological dentistry also focuses on prevention instead of just treating the symptoms. In case you need a root canal, change your mind and opt for a bridge, partial denture, or dental implant. These treatment options are much better for your health.



Toxic Top 10 Foods

Some foods should never cross your lips. They not only make you fat, but also poison your body and affect brain health. High fructose corn syrup, trans fats, table sugar, preservatives, artificial dyes, palm oil, and BHA are lurking in the foods you eat every day. These substances put you at risk for diabetes, cancer, heart disease, stroke, which lead to an early death.

Research indicates that more than 95 percent of all chronic diseases are caused by nutritional deficiencies, toxic food ingredients, and lack of exercise. About half of the foods on store shelves are heavily processed. They require little or no cooking, and taste amazing. Unfortunately, there is a dark side to this convenience. The chemicals that make food so delicious and easy to prepare are harmful to your health. Some can take years off your life, accelerate aging, and promote tumor growth. Others mess up your hormones, leading to obesity, thyroid disorders, and reproductive issues.

According to the Grocery Manufacturer's Association, over 80 percent of processed foods on the American market contain at least one toxic ingredient. Many of these foods have been banned in Canada and Europe. Yet, they are still available in the U.S. Ready-made apple pie, tuna salad, casseroles, frozen meals, boxed mac n' cheeses, and sweets are among the worst offenders. Not to mention potato chips, ice cream, and soda! Unless you cook your own meals using organic ingredients, you're at risk for degenerative diseases, cardiovascular problems, and cancer.

In theory, everything is toxic. Even water can cause death when consumed in large amounts. It all comes down to dosage. For instance, black cumin, which is among the healthiest foods on Earth, may be toxic in the amount of 25 grams or more. However, some foods and ingredients are toxic by nature, regardless of the dose. Their side effects are cumulative. You may not experience any problems right away, but one day, you might find yourself struggling with migraines, weight gain, joint pain, and allergies. If you're ready to change your eating habits, avoid these toxic foods at all costs:



Mac and Cheese

America's top comfort food is packed with coloring agents such as yellow 5 and yellow 6. These artificial dyes give mac and cheese its bright yellow color. The same substances are used to protect the shine of industrial floors and seal-coat products. Also known as tartrazine, they're made from coal tar and cause the most allergic reactions of all food dyes.

Studies have linked these coloring agents with a higher risk of asthma, hives, cancer, ADHD, fatigue, anxiety, headaches, and blurred vision. In the long run, they may cause chromosomal damage. These chemicals are also found in soda, sports drinks, ice cream, candies, and cake.

Palm Oil

Palm oil is added to packaged foods to extend their shelf life. This refined oil contains anti-nutrients that raise bad cholesterol levels, lower good cholesterol, and cause blood clots. The fats in palm oil have been shown to suppress satiety hormones, elevate insulin levels, and increase appetite.

Due to its high content of saturated fat, palm oil puts you at risk for heart disease and plaque buildup in your arteries. During the cooking process, it releases toxins that increase blood pressure. To prevent these problems, swap palm oil for coconut oil, organic butter, and other good fats.

Margarine

Despite being advertised as healthy, margarine is one of the most toxic foods out there. Rich in hydrogenated fats, it affects blood lipids, triggers heart disease, and decreases insulin response. Studies also indicate that margarine reduces the body's immune response by increasing proliferation of T cells and lowering efficiency of B cells.

Researchers have found that margarine negatively affects the quality of breast milk. It also contributes to stroke, heart attack, and atherosclerosis. In addition to trans fats, it contains emulsifiers and coloring agents that are harmful to your health. According to experts, margarine and other foods rich in hydrogenated fats increase the risk of death by as much as 34 percent.



Sports Drinks

Brominated vegetable oil, which is one of the main ingredients in sports drinks and soda, has been linked to schizophrenia, birth defects, organ failure, migraines, and loss of muscle coordination. This poisonous chemical is also found in flame retardants, so you can imagine how it impacts your health. When consumed in large amounts, it may cause nerve disorders, memory loss, reproductive and behavioral problems, and even kidney failure. Yet, this ingredient is used in over 10 percent of soft drinks.

Potato Chips

Chips are made from potatoes, but this doesn't make them healthy. Soaked in hydrogenated oil and packed with chemicals, these snacks affect your health on every level. According to research, potato chips boast the highest amount of acrylamide among all foods. Acrylamide is a toxin that forms in starchy foods during frying, baking, or roasting. It can also be found in cigarette smoke.

This chemical has been shown to increase the risk of cancer and neurological damage. Currently, there are no regulations on how much acrylamide can be used in foods. Potato chips also contain large amounts of sodium, which raises blood pressure and causes fluid retention. The trans fats in these snacks may lead to weight gain, cardiovascular disease, stroke, and high cholesterol. Loaded with simple carbs, potato chips contribute to the onset of diabetes and insulin resistance.

If you're craving salty snacks, seek healthier options. Air-popped popcorn, baked vegetable chips, and whole wheat pretzels are a safer choice. Be aware that fat free potato chips contain olestra, a cooking oil substitute that inhibits nutrient absorption.

Frozen Dinners

Packaged baked goods, frozen dinners, and ready-made meals are high in azodicarbonamide, a toxin that helps bleach flour quickly and increases food shelf life. This is the same chemical used for manufacturing shoe soles, exercise mats, and other rubber goods.



Studies have found that azodicarbonamide triggers respiratory problems, skin irritation, dermatitis, impaired immune function, and hormonal imbalances. It also causes free radical damage to DNA and affects the thyroid, spleen, uterus, ovaries, testes, and other hormone-regulating organs. This dangerous food additive has already been banned in Europe and Australia. The FDA claims that azodicarbonamide is safe in low doses, but research shows otherwise.

High Fructose Corn Syrup

If you care about your health, avoid any foods containing high fructose corn syrup. Considered one of the most toxic ingredients on earth, HFCS increases the risk of cancer, fatty liver disease, high cholesterol, diabetes, obesity, leaky gut syndrome, hypertension, and cardiovascular problems. This poisonous ingredient is made from genetically modified corn and used in baked goods, soda, commercial fruit juices, cereals, and processed foods. It comes under different names, such as glucose-fructose syrup, isoglucose, and glucose-fructose, so make sure you read food labels carefully.

The average American consumes over 50 grams of high fructose corn syrup daily without being aware of its side effects. This chemical accounts for more than 40 percent of artificial sweeteners added to foods and drinks in the U.S. Regular consumption may contribute to the onset of insulin resistance, obesity, pancreatic cancer, liver damage, and mercury poisoning. About half of all HFCS containing foods are high in mercury, which further increases their toxicity. Recent studies have found that people who consume HFCS regularly are at risk for metabolic syndrome and uncontrolled growth of the heart muscle.

Canned Food

Flavored yogurts, canned soup, and Chinese canned food are packed with Monosodium Glutamate (MSG). Even though this substance occurs naturally in the human body, it's dangerous in large amounts. In its natural state, it acts as an "excitatory" neurotransmitter. However, dietary glutamate causes excessive stimulation of nerve cells and may have addictive effects.



Some people are more sensitive to MSG than others, and can experience allergic reactions, increased hunger, metabolic disorders, weight gain, and high blood pressure. When consumed in large amounts, it may cause hives, upset stomach, migraines, and burning sensations in the head, mouth, and neck. Its effects are cumulative. Additionally, this neurotoxin triggers repetitive inflammatory responses in the brain, which increases the risk of nervous disorders and hormonal problems.

Some experts claim that these statements aren't necessarily true because most studies have been conducted on rats. According to the latest studies, humans are actually five times more sensitive to MSG than mice and 20 times more sensitive than primates. The human body has glutamate receptors on every organ. The best way to avoid this toxin is to choose fresh, locally grown ingredients and steer clear of canned foods.

Salad Dressings

The salad dips and dressings found in stores contain sodium benzoate, a preservative that may cause DNA damage. This substance is a known carcinogen derived from benzoic acid. It's added to foods, body lotions, creams, toothpaste, and cosmetics.

Research indicates that sodium benzoate accelerates aging, promotes cancer cell growth, and affects cell metabolism. At the same time, it kills healthy cells and puts you at risk for premature death, neurodegenerative diseases, and Parkinson's. When combined with vitamins C or E, it forms benzene, a toxin with carcinogenic effects. In the long run, it may lead to ADHD, high blood pressure, and asthma attacks.

Soy

Over 90 percent of soy crops are genetically modified. Thousands of studies indicate that GMOs (genetically modified organisms) are dangerous to our health. These chemicals are associated with a high risk of liver and kidney damage, organ failure, gastric lesions, tumors, premature death, and food allergies.



GMOs are found in about 70 percent of processed foods as well as in soy, corn, avocado, zucchini, papaya, and canola oil. Traces of genetically modified corn are present in the blood of pregnant women and their unborn babies. These substances harm the environment and trigger the onset of gluten allergies, tumors, cancer cell growth, birth defects, Alzheimer's, Parkinson's, and autism. Studies conducted on pigs have revealed that GMOs may even cause severe stomach inflammation and damage to the kidney, liver, and testes. To limit your exposure to GMOs, eat organic foods. Avoid any products on the Dirty Dozen list and choose local produce as often as you can.

These are just some of the foods containing toxins. Breakfast cereals, boxed pasta mixes, deli meats, sugary treats, fries, chewing gum, and artificial sweeteners belong on this list as well. What you eat and drink has a direct effect on your health. Make an informed decision and research your options when buying groceries. Just because a particular food is labeled "natural" or "healthy," doesn't mean it's safe. Food manufacturers do anything they can to lure you into buying their products, so don't fall into this trap.



Who's Ready to Detox?

Now that you know what the most common toxins are and where they're hiding, it's time to do something about it! Natural cleansing methods, such as oil pulling, juice fasting, coffee enemas, and massage therapy, can help detox your body and restore your health. Certain foods, such as kale, spinach, turmeric, and cilantro, have natural detoxifying effects, so include them in your diet. Go organic during your detox so your body can heal itself and get rid of waste.

Ideally, you should fast with water and/or fresh fruit and vegetable juices for a few days. This will speed up the detox process and give your liver a well-deserved break. On top of that, it's a great way to lose fat and "reset" your appetite. Fasting for a day or two will boost your energy and stamina, curb sugar cravings, and cleanse your body from the inside out. Additionally, your stomach will shrink, so you'll feel full with less food.

So, are you ready to detox?! We have made a list of cleansing methods that fit into any lifestyle:

Choose the Right Foods

The first step is to clean up your diet and load up on whole foods that help detoxify your body. Ideally, opt for low sugar fruits, leafy green vegetables, and herbs. High in water and fiber, they keep you hydrated while flushing out toxins from your system. Choose organic produce to avoid pesticides, herbicides, and other chemicals. Fill your shopping basket with:

- Artichokes
- Asparagus
- Beets



- Chia seeds
- Flax seeds
- Turmeric
- Spinach
- Kale
- Cabbage
- Broccoli
- Collard greens
- Lettuce
- Dandelions
- Garlic
- Ginger
- Cilantro
- Lemongrass
- Citrus fruits
- Seaweed
- Watercress
- Fennel
- Green tea
- White tea
- Cayenne
- Garlic

Steer clear of alcohol, caffeine, sugar, soft drinks, flour, grains, soy, and processed foods. Watch your portions and replace one or more meals with green smoothies. If you're an athlete or regular gym goer, sip on protein shakes between meals. This way, you'll fuel your muscles and prevent nutrient deficiencies during your detox.

Give up meat, dairy, fish, and eggs for at least three days. Animal foods are hard to digest and create stress on your stomach. Additionally, conventional meat and dairy products contain antibiotics and hormones that have no place in a detox program. Stick to organic fruits and vegetables for a few days. Small amounts of nuts and seeds are fine as long as you eat them raw.

Fasting

Fasting is one of the most popular and effective ways to detox your body.



Some people fast with water only. Others add fruit juices and green smoothies to the mix. In general, athletes sip on protein drinks and amino acid shakes during a fast to prevent muscle loss. You can also find fasting plans that allow the consumption of solid food in small amounts.

Studies show that fasting may reduce cholesterol levels and improve lipid metabolism. It's also a good way to balance your hormone levels, improve digestion, and even treat incurable diseases. Some experts claim that juice fasting can heal any disorder. To maximize its benefits, use natural detox aids, such as chlorella, spirulina, blue green algae, barley grass powder, and wheatgrass powder. These supplements can be found in any health store and support the detox process. If you choose to fast with water, don't do it for more than two or three days. Fasting one day a week is a simple, natural way to give your body a rest and speed up the elimination of toxins.

Dry Brushing

Your skin is the largest organ in your body. Every day, it absorbs the chemicals in creams, lotions, detergents, and other products that you come in contact with. It's also responsible for one fourth of your body's daily detoxification. The dry brush method helps remove dead skin cells and improves circulation, which helps in the detoxification process. All you need is a natural bristle brush.

This practice stimulates your lymphatic system, reduces cellulite, boosts digestion, and supports the elimination of metabolic waste. Most people who use dry brushing regularly claim that it leaves them energized and invigorated. The entire process takes less than 10 minutes, so you can do it anytime.

Oil Pulling

Detox your body, whiten your teeth, and ward off diseases with oil pulling! This natural cleansing method has been around for centuries. It's widely used in Ayurvedic medicine and can improve every aspect of your health. Basically, it involves swishing a tablespoon of oil around in your mouth for up to 20 minutes. Coconut, sesame, and olive oil work best.



This detox method literally sucks toxins out of your mouth and kills bacteria, leading to better overall health. In the long run, it boosts your immune system, reduces bad breath, prevents cavities, and lowers inflammation. It's also an excellent way to prevent tooth decay and strengthens your gums. Due to its antibacterial effects, oil pulling may help cure acne and protect from infections, flus, and the common cold. This practice can even help reduce the *Streptococcus mutans* count in the saliva and plaque.

Coffee Enemas

Coffee enemas are considered the ultimate detoxification aid. This therapy helps flush out toxins, heavy metals, bacteria, yeast, and fungi from your body, cleanses the liver and colon, and fights inflammation. When practiced regularly, it restores gut flora and lowers your risk of cancer. Coffee enemas have been around since the late 1800s. They were initially used to remove toxins and free radicals from the bloodstream, and treat accidental poisoning.

Theobromine, kahweol, theophylline, caffeine, and other antioxidants found in coffee reduce inflammation and support the detox process. Coffee enemas prevent constipation, improve blood flow, and promote cellular regeneration. They may also help relieve chronic fatigue, fibromyalgia, depression, and other health conditions. This therapy is safe as long as you don't overdo it. Too many coffee enemas may lead to electrolyte imbalances, dehydration, and cardiovascular problems.

Colon Hydrotherapy

Colon hydrotherapy is one of the most widely used detox methods. It supports waste elimination, boosts circulation, and keeps your digestive system running smoothly. This therapy works pretty much the same way as enemas, but it's more effective. Purging toxins from your colon improves digestion and immune function, cleanses the liver, and hydrates your body at a cellular level. It also makes it easier to switch from processed foods to a healthier diet, reducing toxic buildup.

Research indicates that colon hydrotherapy may relieve detox symptoms and boost energy levels. The only downside is its price. Since most people need several colon cleansing sessions, the cost adds up. When done right,



colon hydrotherapy helps remove parasites, toxins, mucoid plaque, heavy metals, and undigested protein from your GI tract. Considering its benefits, the price is well worth it.

There are many other natural detox methods available. It all comes down to your needs and preferences. You may also try hot and cold water therapy, cupping, detox massages, lymphatic massages, sauna, and acupuncture. Drink plenty of water during your detox to help your body excrete those unwanted toxins. You may feel tired the first few days, but your energy levels will skyrocket once you expel all that metabolic waste. Headaches, fatigue, nausea, and poor sleep may occur as well. These symptoms are normal and indicate that toxins are leaving your system

Get enough rest and take a few days off work if possible. Consider using a multivitamin to provide your body with the nutrients needed to function properly. Exercise makes you sweat and boosts digestion, so stick to your workouts during a detox.



Skin Detox at a Glance

Did you know that most skin disorders are caused by toxins and bacteria? Would you put petroleum or gasoline on your face? Yet, you're doing it every single day. Most chemicals in makeup and skin care products are derived from plastic, gasoline, and insect repellents. These toxic ingredients disrupt hormonal balance and increase your risk of cancer. Everything you put on your skin ends up in your bloodstream.

Cosmetics and Your Health

The average person uses about nine personal care products daily. About 25 percent of women apply 15 or more products on their face and bodies each day. Statistics indicate that 12.2 million Americans are exposed to carcinogens on a daily basis through the use of creams, lotions, toothpastes, soaps, and shampoos.

A study conducted by the U.S. Centers for Disease Control and Prevention found that even people who live in remote areas carry toxic buildups in their bloodstream, such as bensulfuron-methyl, parabens, perchlorate, surfactants, and heavy metals. The umbilical cord blood of newborns contains over 287 toxins, so we are exposed to chemicals even in utero.

Skin is your body's largest organ. Its role is to protect your muscles, bones, heart, lungs, and blood. The average adult carries about eight pounds of skin. This organ guards your body against toxins, sunlight, hot and cold temperatures, infections, and other external threats. It also produces substances that assist with vitamin D formation and fights pathogens. Other functions of the skin include lubrication and waterproofing, tactile sensation, shock absorption, and water preservation.



The chemicals found in the environment, cosmetics, and household formulas are absorbed into your skin. These products contain over 10,500 synthetic ingredients, some of which are known carcinogens or hormone disruptors. Once inside your body, they convert to formaldehyde and other harmful compounds. According to health experts, skin absorbs about 60 percent of the toxins you put on it within 26 seconds! Certain parts of the body, such as the scalp and forehead, absorb chemicals up to four times faster than the skin on your forearms.

Many toxins, such as those found in lipstick, can be easily ingested. The phthalates used in fragrances enter your system through inhalation. Even small amounts of chemicals may cause damage to your skin and body, especially when combined with other ingredients. This toxic combo puts you at risk for cancer, thyroid disorders, acne, and mental diseases. An interesting aspect is that the European Union has banned over 1,000 ingredients in personal care products, while the FDA has only banned 11 compounds. In the U.S., most cosmetics require no pre-market testing or clinical research.

Soap contains triclocarban and triclosan. Hand sanitizers are made with insect repellents, oxybenzone, and retinyl palmitate. Nail polish is high in Dibutyl phthalate (DBP), toluene, and formaldehyde. Cosmetics are not the only source of toxins that can penetrate your skin. Dermal exposure to chemicals affects approximately 13 million U.S. workers, causing skin disorders and cancers, allergic contact dermatitis, irritant contact dermatitis, and systemic toxicity. Those working in health care, cosmetology, food service, construction, printing, and painting are at high risk as well.

According to researchers, more than 82,000 ingredients found in makeup, hair, and skin care products are industrial chemicals. About 146 cause tumors, 884 are extremely toxic, and 376 trigger eye and skin irritations. These substances have shown to increase the risk of depression, ear infections, sleep disorders, fatigue, asthma, acne, skin rashes, biological mutations, and reproductive problems. Cosmetic manufacturers are free to use almost any raw material as an ingredient and sell the product without FDA approval.



How to Detox Your Skin Naturally

From sauna and dry brushing to homemade creams and lotions, there are lots of different ways to detox your skin. The first step is to ditch your go-to personal care products and seek healthier alternatives. Check the labels for harmful ingredients, such as retinyl acetate, boric acid, BHA, fragrance, formalin, powder sunscreen, and polyethylene. Loose powders, chemical hair straighteners, dark permanent hair dyes, and skin lighteners with hydroquinone are more likely to contain carcinogens.

Ideally, detox your skin and body at the same time. Here are some simple ways to give your skin a detoxifying beauty boost:

Eliminate Congesting Foods

What you eat influences skin health. Congesting foods, such as meat and dairy, are hard to digest and leave residues in the liver and GI tract. The same goes for chocolate, sugary treats, refined flour, gluten, hydrogenated fats, organ meats, and nut butters. They support the formation of mucus and cause excessive oil production in the skin, which leads to acne, spots, redness, and blemishes.

Make sure you also limit or avoid alcohol, nicotine, caffeine, and hot spices. These substances irritate the skin by increasing your body's core temperature. Eat the highest quality, freshest foods you can find, cut back on sugar, and drink green juices to get rid of toxins. Be aware that most citrus fruits as well as soy, corn, nuts, and wheat are difficult to digest and promote toxic buildup.

Eat Detox Foods

Certain foods aid in skin detox and even reverse aging. For example, dried seaweed helps your kidneys flush out excess fluid and balances electrolyte levels in the body. Purple cabbage is rich in vitamin C, which fights free radical damage and boosts collagen production. Compared to white cabbage, its vitamin C levels are six to eight times higher. Watercress increases nutrient and oxygen flow to your tissues, improves circulation, and brightens your complexion.



Other foods that support skin detox are beets, walnuts, sunflower seeds, sesame seeds, and dark leafy green vegetables. For best results, avoid meat, eggs, and dairy during your detox. In just a few days, your skin will look and feel healthier. If you keep eating clean, acne and blemishes will be just a bad memory.

Take Beauty-Boosting Supplements

Probiotics, zinc, magnesium, vitamin A, and omega-3s are among the most important nutrients for skin health. Vitamins A, B, and E play a key role in detox and cell growth. Biotin improves skin's appearance and strengthens your nails. Vitamins C and E help reduce wrinkles and photodamage, neutralizes oxidative stress, and boosts skin's elasticity. They also protect against DNA damage and prevent sunburns from exposure to UVB radiation.

Vitamin A helps minimize the appearance of wrinkles and fine lines, prevents acne breakouts, and relieves psoriasis symptoms. It also delays the aging process and gives your skin a youthful look. Niacin lowers inflammation and soothes dry, sensitive skin. Selenium reduces the risk of skin cancer and protects your cells from sun damage. Zinc deficiency has been linked to acne, so make sure you include this mineral in your diet. Consider taking probiotics to restore your gut flora and help your body flush out toxins. Other supplements that promote skin health and detox include fish oil, alpha-lipoic acid, hyaluronic acid, and vitamin D.

Use Clay

Applying clay on your skin is one of the best ways to eliminate toxins. This natural remedy has been used for centuries to boost skin health and cleanse the body. There are different types of clay available, and each has unique properties. Bentonite clay helps clear acne, draws toxins out of your skin, and reduces excess sebum. It also has antibacterial properties and kills antibiotic-resistant pathogens, such as *S. aureus* (MRSA) and *E.coli*. Many people use bentonite clay to heal dermatitis, psoriasis, eczema, and inflammation.

All you must do is add a quarter cup of clay to your bath and massage in, or mix clay and water to make a facial mask. Clay foot baths benefit your skin



too. Take a pot of water, add three tablespoons of clay, and soak your feet for about half an hour.

Due to its gentle action, white kaolin clay is ideal for sensitive skin. It exfoliates dead cells, boosts circulation, and brightens the skin. Rich in phytonutrients and minerals, it balances your skin's pH, reduces excess oil, and helps eliminate toxins. Apply it on the face and body, leave it for 30 minutes, and then rinse with warm water. This natural cure can also be used for cuts, bruises, muscle pain, insect bites, and poor circulation.

French green clay tightens the pores, absorbs excess oil, and invigorates your skin. Rhassoul clay removes impurities from the skin, which helps prevent clogged pores, blackheads, whiteheads, and bacterial infections. Fuller's earth clay is a good choice for those with oily skin. It not only pulls out toxins and dirt, but also reduces hyperpigmentation and increases blood flow. You can also apply clay directly onto pimples to speed up healing and reduce inflammation.

Take Vinegar Baths

Referred to as detox baths, vinegar baths can do wonders for your skin. They also help relieve eczema, acne, joint pain, and muscle spasms. To reap the benefits, add a cup of Epsom salt and one of apple cider vinegar to your bath water. This mixture will draw toxins out of your skin, heal candida, and eliminate excess uric acid from your body. Apple cider vinegar baths are beneficial for those with hyperhidrosis (excessive sweating), body odor problems, recurring skin infections, and inflammatory conditions. In the long run, they rebalance the skin's pH levels and help in treating yeast infections, athlete's foot, dandruff, and sunburn.

In addition to vinegar baths, you may try Epsom salt baths, baking soda baths, and sea salt baths. These are excellent detoxifiers and can improve your overall health. For instance, Epsom salt baths reduce fluid retention, ease muscle pain, and support cardiovascular health. Baking soda baths keep your digestive system running smoothly, prevent skin disorders, and soothe sore throats.



Give Bikram Yoga a Try

Most people practice bikram yoga for weight loss and detox. This form of exercise is great for your skin as well! Also known as hot yoga, it increases sweating and opens up your pores, which helps flush out toxins. Regular practice improves circulation, softens your skin, and slows aging. If you eat clean, your cellulite will begin to disappear!

Improve Your Detox with Sauna Therapy

Numerous studies have proven that detox benefits of sauna therapy are effective. Infrared saunas are particularly effective for healing your skin and preventing diseases. They work by increasing your body's core temperature, which results in a deep sweat at a cellular level. This improves immune function, helps pull out toxins, and reduces the symptoms of fibromyalgia, fatigue, colitis, attention deficit disorder, and acne.

Compared to the traditional sauna, infrared sauna therapy is gentler and more relaxing, leaving you refreshed. Just one session can burn over 600 calories while increasing your metabolic rate and cardiac output. Research also shows that infrared sauna improves heart function, prevents hypertension, relieves chronic pain, and lowers stress levels.

Include Dry Brushing in Your Routine

Another great way to detox your skin is dry brushing. According to health experts, dry brushing improves skin tone, reduces cellulite, and stimulates your lymphatic system, which helps remove toxins. By opening the pores, it allows your skin to breathe and absorb the nutrients from creams and serums.

This natural detox method increases circulation and makes it easier for your body to get rid of toxic waste. Due to its exfoliating properties, it removes dead skin cells and improves the way your skin looks. Most people who use dry brushing experience stress relief and greater energy. For optimal results, use a brush with natural bristles.



Make Your Own Body Wraps

Body wraps have long been used for their detoxifying and anti-aging benefits. Most spas and beauty centers offer this service. The problem is that you never know what chemicals they cover you in. On top of that, this treatment is expensive and requires weekly sessions. Why not make your own body wraps at home to save time and money?

Depending on the ingredients used, body wraps can moisturize your skin, draw out toxins, stimulate fat loss, and reduce fluid retention. In addition to the wrap mixture, you will need an old cotton sheet, a few towels, and cold water. Take a warm shower to open your pores, lie on a sheet, and apply the wrap mixture all over your skin. When you're done, take a cold shower. Do not use soap. Common ingredients in body wraps include coconut oil, bentonite clay, Epsom salts, oats, rice bran, argon oil, Eucalyptus oil, aloe Vera gel, sea salt, kelp powder, peppermint leaf, goats' milk, or apple cider vinegar.

Application time ranges from 20 to 60 minutes. As you see, skin detox isn't difficult or expensive. All you need is a balanced diet and a few natural ingredients that benefit your skin. Eat alkaline-forming foods, cut out the junk, massage your skin, and cleanse your body from the inside out for radiant healthy looking skin!



Liver and Gallbladder Cleanse

Ever wonder what causes a bad gallbladder? Or what's behind kidney stones? Believe it or not, toxins are often responsible for liver and gallbladder disease, gallstones, and digestive problems. Gallbladder surgery has actually become one of the most common surgical procedures performed worldwide. It is estimated that over 20 million Americans have gallstones.

What Are Gallstones?

Liver stones and gallstones are caused by a variety of different factors, such as obesity, hormone replacement therapy, slow transit time, constipation, and bad eating habits. Gallbladder disease is more common in seniors and overweight women over the age of 40. Rapid weight loss, pregnancy, low HDL (good) cholesterol levels, diabetes, birth control pills, and high triglycerides increase your risk of developing these gallstones.

The gallbladder aids in digestion by storing and releasing bile that helps break down fats in your small intestine. Bile consists of salts and other compounds. These substances can form crystals that grow into gallstones which vary in size. Some are very small, while others can reach up to the size of a golf ball! Gallstones may also contain cholesterol, which explains why high-fat diets increase the risk of gallbladder disease.

Symptoms vary from one person to the next. Most people experience a gallbladder attack after eating fatty meals, junk food, or when they're stressed out. A gallstone attack may cause indigestion, nausea, vomiting, headaches, and pain in the upper-right side of the abdomen. In severe cases, it may lead to jaundice.



Your Liver at a Glance

Along with the gallbladder, your liver is one of the most important organs in the body. It weighs about three pounds and has two lobes. This gland works with your gallbladder to digest, absorb, and break down food. The liver helps remove toxins from your system, metabolizes drugs, and filters the blood coming from the GI tract. It also produces bile and protein.

Liver stones, hepatitis, cirrhosis, hemochromatosis, liver failure, and liver cancer are the most common problems affecting this organ. When you have too much cholesterol in your body, liver stones may occur. Recent studies conducted at the University of Bonn in Germany indicate that certain genes can increase a person's risk of developing liver and gallstones.

Statistics show that over 900 prescription drugs may cause liver toxicity. Pharmaceutical drug reactions account for about 80 percent of all causes of injury to this organ. Harmful bacteria and parasites, such as trematodes (liver flukes), can affect liver function as well. Exposure to carbon tetrachloride, arsenic, aflatoxins, and other chemicals found in everyday products accumulate in your liver and can cause severe damage. When your liver doesn't function well, you may experience fatigue, migraines, depression, poor digestion, and nausea.

Heal Your Inner Ecosystem

Once clogged, your liver and gallbladder stop working properly. If left untreated, surgery may be required. The general discomfort caused by gallbladder disease can become unbearable. Most people with a bad gallbladder experience extreme bloating within 20 minutes of eating. Liver problems shouldn't be overlooked either. Since this is the body's main detoxification organ, it's essential to keep it healthy and functioning properly. Buildup of toxins in the bile ducts can affect both the liver and gallbladder.

The good news is that you can naturally cleanse these detox organs by using raw juices, eating more veggies, and taking digestive enzymes. Liver and gallbladder cleanse programs can help reduce toxic load and restore your health. Certain herbs, such as milk thistle, dandelion root, chicory, turmeric, and chanca piedra, boast strong detoxifying properties and support proper liver function.



A popular recipe for cleansing the liver and gallbladder comes from Dr. Hulda Clark. Before using it, clean up your diet and load up on alkaline-forming foods. Drink a glass of fresh apple juice daily for one week. The recipe calls for one large or two small pink grapefruits, half cup of olive oil, and four tablespoons of Epsom salts. Squeeze the fruit by hand, mix it with the remaining ingredients, add everything to a jar, and shake well. Drink the mixture before bedtime and first thing in the morning. Repeat every six to eight weeks. Some people have eliminated over 600 stones after one cleanse.

There are many other cleansing protocols available. Some require apple or lemon instead of grapefruit juice. Others encourage the use of enemas to accelerate detox. Apples contain malic acid, a natural compound that softens the gallstones and helps your body eliminate them. Liver and gallbladder flushes are generally safe. Unless you suffer from bile duct infections or acute pancreatitis, you can use these cleansing programs anytime.

To speed up the detox process, consume herbs and foods that help flush out toxins and break up gallbladder stones. These include elderberry, burdock root, hemp seeds, chia seeds, celandine, and organic yellow dock root. Yellow dock stimulates bile production and promotes liver detox. Peppermint helps break down fats and soothes your stomach. Turmeric fights carcinogens and regenerates liver cells. Dandelion root is a gentle diuretic and may prevent cirrhosis, fatty liver disease, and hormonal disorders. Celandine relieves gallbladder spasms and helps your liver get rid of toxins.

Make sure you drink lots of water before, during, and after the cleanse. Most herbs and foods recommended for liver detox are diuretics, so they may cause dehydration. Additionally, water facilitates the elimination of toxins and supports homeostasis in the body. Avoid taking any unnecessary medications or supplements during your detox. These products contain chemicals that put stress on your liver.



Oral Detox

As we have mentioned in the previous chapters, root canals and toxic bacteria in the mouth affect overall health. Bacterial levels on the teeth can easily reach trillions of microorganisms per milligram of dental plaque. This leads to oral infections, which in turn, trigger diseases such as diabetes and pneumonia. Bacteria buildup following tooth extraction was observed in 100 percent of patients. Many of these organisms enter the bloodstream, affecting the lungs, heart, and circulatory system.

According to health experts, all root canals are contaminated with anaerobic bacteria. Some pathogens can cause metastatic injury, inflammation, cardiovascular disease, thrombosis, myocardial infarction, atherosclerosis, and other life-threatening conditions. Studies also indicate that bacteria from root canals may worsen pre-existing diseases. Additionally, necrotic tissue surrounding root canal teeth can trigger further problems.

Root canals and bacteria are not the only source of toxins in your mouth. Amalgam fillings, silver fillings, cavitations, toothpaste, and oral hygiene products pose serious health risks as well. For instance, amalgam and silver fillings can affect immune function, tooth sensitivity, nerve inflammation, gallbladder problems, thyroid disease, asthma, high blood pressure, chronic pain, depression, skin disorders, migraines, cystitis, unexplained weight gain, and autoimmune diseases. Many people who had their root canals and amalgam fillings removed experienced a dramatic improvement in their symptoms.

Oral care products, such as toothpaste and mouth wash, can be toxic as well. They often contain fluoride, triclosan, tetrasodium pyrophosphate, aspartame, sodium lauryl sulfate, and artificial dyes that increase toxic load in your body. These chemicals can easily penetrate the tissues in your mouth and enter the lungs, liver, heart, and bloodstream. The best thing you can do is to use organic dental care products and embrace a holistic approach to oral health. Regular detoxification can make all the difference, so give it a try!



How to Detox Your Mouth

From oil pulling and tongue scraping to homemade oral care formulas, there are various ways to detox your mouth. These simple remedies can get rid of bad breath, kill harmful bacteria, and reduce toxic buildup. Controlling the toxic load and bacteria in your mouth is crucial for whole body health, not just for your teeth and gums. The microorganisms and heavy metals in the oral cavity can travel throughout the body, causing infections, heart disease, diabetes, and even cancer – all of which are preventable.

Here are some simple ways to detox your oral cavity and keep your teeth healthy:

Tongue Scraping

This traditional Ayurveda method involves scraping the bacteria and food particles off your tongue with a special device known as a tongue cleaner or tongue scraper. People have used this remedy since ancient times. According to the *Charaka Samhita*, tongue scraping takes out dirt coated on the tongue, resets your taste buds, and reduces bad breath. Its benefits are immediate.

Tongue scrapers and brushes are shaped in accordance with the anatomy of the tongue, and can be made of plastic or metal. It's recommended to use them first thing in the morning to prevent vomiting and gagging. This practice freshens your breath, cures halitosis, and destroys anaerobic bacteria in the mouth. According to science, about 85 percent of all cases of bad breath are caused by bacteria on the tongue. This natural cure also improves taste acuity, prevents dental carries and periodontal disease, and restores the tongue's natural pink color. Some experts say that it stimulates the internal organs and boosts digestive health.

Oil Pulling

If you have read the previous chapters, you should know the benefits of oil pulling. This century old practice involves swishing a tablespoon of oil in your mouth for 15–20 minutes. Coconut, olive, and sesame oils yield the best results. Oil pulling reduces the bacteria responsible for cavities and



tooth decay, whitens your teeth, cures halitosis (bad breath), and pulls out toxins and heavy metals from your mouth.

The benefits of oil pulling go beyond healthy teeth. This remedy also helps prevent inflammation, strengthens your gums, improves immune function, and lowers risk of heart disease. It all comes down to the type of oil used. To fully reap the benefits, practice oil pulling daily. Health experts claim that this is the best natural way to prevent tooth decay and cavities. Evidence shows that oil pulling works just as well as mouthwash for treating bad breath.

Make Your Own Toothpaste

Certain foods and ingredients support oral health and assist with detox. When used in the right combinations, they kill the bacteria in your mouth, remove stains from the teeth, and prevent infections. Harness the power of nature and make your own toothpaste using these everyday ingredients! The toothpaste available on store shelves is packed with Sodium Hydroxide, triclosan, fluoride, synthetic flavors, and artificial sweeteners. These compounds are harmful to the body as a whole, and can even kill the good bacteria in your system.

There are hundreds of toothpaste recipes to choose from. For instance, you can make your own detox toothpaste with coconut oil, baking soda, sea salt, and peppermint oil. Mix all ingredients and store up to six months. Or you can mix bentonite clay, coconut oil, clove essential oil, water, and trace mineral drops. Combine everything in a food processor and store in a glass jar. This recipe provides the minerals your teeth need to stay healthy and re-build enamel. Other toothpaste recipes call for sesame oil, calcium magnesium powder, spearmint essential oil, myrrh oil, or zeolite.

As you see, these formulas are free of artificial flavors, dehydrating salts, and glycerin, making them ideal for sensitive teeth and gums. Simply choose a basic recipe and customize it according to your needs. Replace coconut oil with olive oil, mix and match essential oils, or add diatomaceous earth for a stronger detox.



Try Tea Tree Oil Floss

Tea tree oil is one of the most powerful natural remedies for gum disease. Also known as *Melaleuca alternifolia*, it boasts antibacterial, antiseptic, and antioxidant properties. Centuries ago, it was used as a cure for insect bites, burns, wounds, and skin disorders. Today, it can be found in thousands of beauty products.

Experts recommend applying tea tree oil to the skin or taking it by mouth without swallowing. Unlike hydrogen peroxide and antibiotics, it has no side effects and doesn't harm your tissues. Moreover, it kills germs and bacteria upon contact. This natural cure can be used for flossing, oil pulling, and topical treatments. It's effective against antibiotic-resistant bacteria, clears mouth infections, and fights pathogens that cause plaque. Ideally, mix it with neem, horsetail, myrrh, or burdock root. These herbs have strong antibacterial properties and strengthen your gums. Tea tree oil has also been shown to relieve mouth sores, toothaches, plaque buildup, and bad breath.

In addition to the remedies listed above, consider using an ionic toothbrush. This handy device helps remove plaque by reversing the polarity of the tooth surface from negative to positive. Researchers have also found that it may stop gum bleeding and reduce hypersensitivity. Be sure to take probiotics to restore the good bacteria in your mouth, massage your gums with neem oil, and drink green tea to prevent periodontal disease and eliminate toxins.



Digestive System Repair

Toxins affect every system in your body, including your gut, heart, lungs, and brain function. Arsenic, mercury, barium, fluoride, and other chemicals cause damage to the GI tract, leading to changes in bowel habits, sluggish digestion, fatigue, and poor nutrient absorption. Things are even worse for those suffering from irritable bowel syndrome, Crohn's, or ulcerative colitis. Exposure to toxins can worsen their symptoms and trigger flare-ups. The combination of heavy metals, man-made chemicals, and pathogens found in water, food, and air disrupts your bodily functions.

More than 100 million people in the U.S, have digestive problems regularly. Chronic constipation affects over 63 million Americans. Another 2.2 million suffer from diverticular disease. In 2004, 20 million people were diagnosed with gallstones and 2.3 million with gastrointestinal infections. Irritable bowel syndrome, one of the most common digestive complaints, occurs in over 15.3 million Americans. These conditions are triggered by a variety of factors, including toxic build up.

Poor digestive health is often the culprit behind sick days. Millions of people miss work and important life events because of stomach pain, IBS flare-ups, or cramps. The GI tract can sense and react to the substances passing through it. Everything you eat and drink ends up in the stomach. Toxic buildup affects liver function, which in turn, puts stress on your digestive system and affects overall health. Nausea, diarrhea, vomiting, and allergic reactions are abrupt defensive responses to the toxins in food and water. This explains why you feel the urge to throw up after eating spoiled food.

The good news is that you can repair the damage caused to your GI tract and relieve discomfort. Regular detox isn't a cure-all, but can improve your quality of life. We have compiled a short list of natural detox methods that

benefit digestive health. Most remedies have already been covered in the previous chapters, so we'll only mention them briefly.

Salt Water Flush

One of the best ways to flush out toxins is drinking a mixture of sea salt, water, and lemon juice. This detox beverage cleanses the colon and stomach, promotes regularity, and boosts thyroid function. It's much safer than laxative teas, colon cleansing formulas, and diuretics.

A salt water flush detoxifies your colon by inducing a forced bowel movement. In general, this procedure is used as part of colon cleansing. Sea salt stimulates digestion and helps remove waste buildup in the GI tract. It also restores your hormone levels, draws out heavy metals, and balances your body's natural pH.

Detox Baths

Have you ever tried a detox bath? This ancient remedy lowers inflammation, flushes out toxins, and helps reduce excess fluids in the body. Depending on your needs, you can use essential oils, Epsom salts, green tea, honey, goats' milk, ginger, lemon, and other ingredients with healing effects. Spend at least 40 minutes in the water to reap its benefits.

Green tea detox baths reduce cholesterol, improve skin's appearance, and increase antioxidant levels in the bloodstream. Ginger detox baths fight bacterial infections and support healthy digestion. Bentonite clay baths promote whole body detox, while Epsom salt baths reduce water retention.

Coffee Enemas

Coffee enemas have been used for thousands of years to cure cancer, digestive ailments, autoimmune conditions, and depression. They not only remove toxins from your body, but also cleanse and heal the colon, improve liver health, and help eliminate parasites. Gerson therapy, which is widely used in cancer treatment, relies heavily on coffee enemas and juices.



Research indicates that caffeine and other substances found in coffee stimulate the production of glutathione S-transferase in your liver, which aids in detoxification. Coffee also contains powerful antioxidants that boost immunity, fight oxidative stress, and get rid of heavy metals. All you need is a basic enema kit that can be found in most health stores. Coffee enemas are a safer, gentler alternative to laxatives which helps your body flush out waste, pollutants, and chemicals.

Colon cleansing, herbal teas, dry skin brushing, green smoothies, juicing, and fasting can heal your digestive tract as well. The key is to detox your body regularly and make healthy food choices. Not even the best cleansing program can compensate for poor nutrition. Choose organic foods whenever possible, limit your exposure to environmental toxins, and fast once a month. By reducing your internal toxic burden, you'll enjoy a better quality of life and prevent chronic disorders. If you suffer from IBS or inflammatory bowel conditions, your symptoms will improve.



New You

Congrats for completing this challenge and making the first step to better health! After detoxing, most people feel better than they've ever felt before. They are full of energy, have younger-looking skin, and see things from a new perspective. Body detox can change the way you feel about food, boost your confidence, and help you shed those last stubborn pounds. If you're ready to reinvent yourself, start from the inside out!

What Happens Right After You Detox?

It's important to understand that detoxification takes time to work. Most dieters feel worse before feeling better. As your body gets rid of toxins, it enters a so-called healing crisis, also known as the *Herxheimer Reaction*. Basically, it experiences several symptoms that are similar to those caused by alcohol or drug withdrawal. The more toxic you are, the more severe the healing crisis.

As you already know, toxins accumulate in your body, especially in the fat tissue. When you're on a detox, these compounds leave your system through the skin, liver, lungs, kidneys, and GI tract. However, it takes days and even weeks to eliminate toxins completely. In the meantime, you may experience nausea, vomiting, digestive problems, headaches, poor coordination, low energy, and fever. These symptoms indicate that your detox plan is working. It's normal to experience these issues in the first two weeks.

The healing crisis may also be triggered by the endotoxins released by viruses, bacteria, Candida, and other pathogens in your body. Certain foods and spices used in detoxification kill these microorganisms, causing them to produce harmful compounds. As soon as these toxins leave your system, you'll start to feel better.

Symptoms vary from one individual to another, and can be mild or severe. In general, they go away within days. Most people experience nasal bleeding,



insomnia, hyperactivity, itchy skin, rashes, bloating, lethargy, and mood swings. For instance, dandruff and excessive sweating indicate poor liver function. Nasal bleeding may be a sign of anemia. Painful muscles and joints are caused by an acidic body. A well-planned detox diet can solve these problems and improve your health. Just remember that the healing crisis is a normal process. Be patient and continue the cleansing program.

The Long-Term Effects of Detoxification

Once the healing crisis ends, you'll begin to feel better. Your body will become more alkaline and your digestion will improve. A few weeks later, your skin will look amazing. Regular detox can take years off your face, leaving your skin looking young and smooth. If you keep eating healthy, your cravings for sugar and junk food will go away. On top of that, you'll need less food to feel full. The detox process "resets" your taste buds and appetite, while regulating satiety hormones.

The only way to keep your post-detox glow is to change your eating habits long term. If you start binging on fries and chocolate after detoxifying, your efforts will have been in vain. Breaking a cleanse correctly is just as important as the detox itself. Incorporate new foods into your diet gradually, watch your portions, and opt for organic produce whenever possible. Eat mindfully and enjoy every bite. Think about how great food tastes and take the time to savor its flavor. Remember that digestion begins in the mouth.

Regular detox can change your life. Stop searching for miracle cures and start cleansing your body today!

