

Are You Toxic? Six Factors Destroying Your Health

Over 80,000 chemicals are being used daily in the US. Scientists studying the human body burden uncovered an average of 171 pollutants/toxins and 56 carcinogens invading our bodies. Some of the factors in a toxic body and choices we make are:

1. The overuse of antibiotics. You say that you're not currently taking antibiotics...did you know there are antibiotics in the meat, dairy and water you consume, just to name a few.
2. Microorganisms: parasites, yeast, Candida, it kills friendly bacteria, studies show 1/3 of the American public have parasites.
3. Long term use of acid suppressing medications can cause over growth of bad bacteria, we need acid to balance our bodies' PH and to break down food.
4. Food: undigested food causes inflammation and a host of other problems.
5. Environmental Toxins: air, water, food, cleaning products, plastics we are drinking out of and eating out of and microwaving our foods in these toxic plastics. Use glass and BPA free products.
6. Aging: you can nip, tuck, cover the gray, dress it up and use lotions and potions to smooth it out but you can't stop aging. You will age quicker if your body is filled with bad bacteria, parasites and toxins. You will age healthier if you take action.



Toxins in our body weaken our immune system and damage the nervous system which is leading to illness, chronic disease and premature aging and oxidative stress to the body. Toxins are stored in our liver, body fat, lymphatic system, joints, muscles, gut, brain and other parts of the body. You must take control and release the body burden.

How To Detoxify: There are many ways to detoxify some are more effective than others but there is a new gentle non invasive whole body approach that uses a cold laser that is programmed with frequencies that are used on the lymph organs while the feet or hands are in an ionic foot bath for 30-40 minutes. You should feel comfortable and relaxed as you are releasing toxins and putting balance back to your cleansing organs. You should also learn about proper nutrition, Pro-biotics, drink healthy water, find a good plant enzyme and use relaxation techniques that work for you. It could also be beneficial to have a full body Thermography Scan so that you may see where problem areas are and to monitor treatment progress over time.