

Are You Collecting Deadly Toxins?*

Answer these 7 questions to see if you're at risk! Plus get 5 simple at-home solutions!



- 1) Are you sensitive to odors, exhaust, perfumes or other scents?
- 2) Do you have unexplained rashes that come and go?
- 3) Is your alcohol or prescription medicine tolerance very low?
- 4) Do you have trouble losing weight even though you've tried diets?
- 5) Do you have low energy or fatigue in spite of sleeping over 6 hours?
- 6) Is there any conventional (non-organic) meats or dairy products in your diet?
- 7) Do you drink, cook, bathe and shower in purified water?

If you answered 'YES' to 2 or more, then your chance of storing dangerous toxins in your tissue is extremely high. Consider the following self-help cleansing and purification options to clear toxins from the body cells:

- 1) Epsom salt baths. Use 2 cups per tub. Soak 15-20 minutes 1-3 times a week.
- 2) Eat only organic food. Studies show eating organic lowers cell toxic burden.
- 3) Sweat! Bikram yoga, intense exercise, and far-infrared saunas (best option).
- 4) Buy a water filter for bathing, showering, drinking, and cooking.
- 5) Do a 48-hour Veggie Juice Cleanse**

More detailed information can be found in the 'articles' section of our Learning Center. Be sure to check out '**Cleansing and Detoxification**', plus '**pH: Why You Need To Know**'**

*These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or condition.