

# Why Daily Detox ?

You will learn why this product is critical for your overall health TODAY!

Please read this article by the product formulator on the importance of detoxification and why Daily Detox.

## Why Daily Detox?

**The Problem...** Constant exposure to chemicals and environmental toxins will lead to disease! Over the years we believed that once or twice a year was sufficient to go on a detoxification program. That is no longer true. Today we are being bombarded by so many chemicals and toxins that it has become necessary for a daily on going detoxification program to maintain ultimate health.

## The food we eat...

The FDA warns that there are well over 50 known toxic substances and poisons in our groceries and that doesn't even count fast foods.

## The air we breathe...

EPA studies show that the average American home has 70 TIMES more pollution inside than the outside air. The toxic fumes just from household cleaners alone can cause cancer. The air we breathe today has the highest concentration of pollution and chemical emissions in the history of mankind. A short list of toxins in the air your breathing right now includes: Carbon Monoxide, Lead, Ozone, Hydrocarbons, Nitrogen Dioxide, Sulfur Oxides, Insecticides, Herbicides, and Pesticides.

## The water we drink...

Every day in America over **3 billion gallons** of untreated sewage industrial waste and toxic runoff water are discharged into our lakes, rivers, and streams. Our waterways contain highly toxic industrial waste that are carcinogenic, mutagenic, and disease causing.

## The American Red Cross

In 2005, the American Red Cross took fetal cord blood samples in newborns and found a shocking 287 chemicals in the samples. These toxins included: dioxins, phthalates, pesticides, teflon byproducts, and flame retardants, just to name a few.

A study published in the **Journal of Neurotoxicology** took samples of the first bowel movements of 426 infants; the findings were shocking! 84% contained Mercury; 27% Lead; and 27% had DDT, a pesticide that was banned over 25 years ago. These toxins are clogging your liver, damaging every cell in your body, stopping your body from eliminating unwanted belly fat, creating severe inflammation, and are aging your body at an accelerated rate.

**The Solution...** This unique formula is designed to assist the body in eliminating unwanted toxins, purify your blood, and cleanse your lymphatics. Resulting in More Energy, Faster Weight Loss, Vibrant Healthy Skin, and many Anti-Aging Benefits.

## Daily Detox Formula...

**Pau D Arco-** A Powerful Anti-Fungal, Anti-Bacterial, and Anti-Viral herb from South America

**Potential benefits may include-** Blood purification and lymphatic cleansing, giving you a fortified immune system. Your immune system is the first line of defense against all disease.

**Red Clover-** A wonderful detergent and cleansing tonic. It is considered a depurative that purifies the blood by promoting the body's eliminative functions.

**Potential benefits may include-** Encouraging the production of bile, the herb helps to purify the liver, thus cleansing toxins from the bloodstream. The increased bile also stimulates the production of digestive fluids that speed up digestion and the elimination of morbid matter from the stomach and intestines.

**Oregon Grape Root-** Oregon grape root contains the alkaloid, berberine, known to have anti-inflammatory and anti-bacterial properties.

**Potential benefits may include-** Protects against bacteria, viruses, fungi, protozoans, worms, and chlamydia.

**Burdock Root-** Burdock enhances the performance of many of our organs including: Kidneys, Gallbladder, Liver, Colon, etc.; which purify the body by eliminating toxins and waste.

**Potential benefits may include-** Traditionally, burdock has been used as a remedy for measles, arthritis, tonsillitis, viruses like colds, throat pain, and as a diuretic. Today burdock is used in oncology to treat many other serious health conditions.

**Yellow Dock Root-** Widely regarded as a powerful astringent, detoxifier, and purifier.

**Potential benefits may include-** Enhances bile production to break down fatty food. Provides iron and promotes its absorption for optimal blood health. Supports bladder, kidney, and liver function while reducing bowel inflammation and irritation.

**Dandelion Root-** Today, many herbal doctors use dandelion to purify the liver and gallbladder of toxins. Dandelion has large amounts of numerous vitamins, including A, C, D, and B-complexes, as well as minerals like iron, magnesium, zinc, potassium, manganese, copper, choline, calcium, boron, and silicon.

**Potential benefits may include-** Dandelion can improve general health, and is beneficial to the kidneys, pancreas, spleen, stomach, and other organs. Dandelion is also recommended for the treatment of tinnitus, tonsillitis, osteoporosis, abscesses, anemia, boils, mammary tumors, cirrhosis, water retention, hepatitis, jaundice, rheumatism, and warts.

**Garlic-** The bulbs yield an essential oil containing, allyl propyl disulphide, diallyl disulphide, and two other sulphur compounds. The garlic bulbs have stimulant, anticholesterol, anti-bacterial, aphrodisiac, analgesic, anthelmintic, diuretic, emmenagogue, and anti-fungal properties.

**Potential benefits may include-** Reduction in hypertension, lower cholesterol, earache relief, normalizes insulin, reduced pain, and inflammation in arthritis. Strengthens immune system, eczema relief and good for digestion.

**Habanero Pepper-** The habanero peppers are one of the more intensely spicy species of chili peppers of the capsicum genus.

**Potential benefits may include-** Triggers endorphins, improves digestion, lower s triglycerides, improves circulation, improves fat oxidation, decreases congestion, lowers cholesterol levels,

reduces high blood pressure, prevents blood clots and heart disease, and may protect against some kinds of cancer.

**These dietary recommendations work synergistically with Daily Detox.**

**Best Foods... To Complement Daily Detox.**

**Vegetables-**

Avocados, Asparagus, Broccoli, Beets, Brussel Sprouts, Bell Peppers, Cabbage, Cauliflower, Collard Greens, Kale, Kim Chi, Green Beans, Garlic, Horseradish, Onions, Spinach, Tomatoes

*[Organic whenever possible]*

**Fruits-**

Apples, Pineapples, Blueberries, Raspberries, Tart Cherries *[Organic whenever possible]*

**Oils-**

Extra Virgin Olive Oil, Avocado Oil, Coconut Oil *[Cold pressed only]*

**Fish-**

Bass, Cod, Mackerel, Halibut, Salmon, Sardines  
*[Wild caught... Avoid all farm raised]*

**Nuts & Seeds-**

Almonds, Hazelnuts, Walnuts, Chia Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Pumpkin Seeds, Hemp Seeds

*[Only Raw Organic... Roasted Nuts and Seeds are Carcinogenic (Cancer Causing)]*

**Grains-**

Avoid All Grains except Wild Rice  
*[Organic whenever possible]*

**Spices-**

Basil, Chili Peppers, Cilantro, Ginger, Parsley, Oregano, Rosemary, Thyme, Turmeric *[Organic whenever possible]*

**Teas-**

White Tea, Green Tea, Peppermint Tea, Pu-erh Tea  
*[Organic whenever possible]*

**10 Super Foods for Detoxification**

Green Veggies, Lemons, Beets, Apples, Garlic, Sea Vegetables, Broccoli Sprouts, Green Tea, Artichokes, and Cilantro. *[Raw and Organic]*

## **Foods to Avoid to Enhance your Daily Detox**

### **The “3 Ps”–Processed, Packaged, or Prepared foods-**

Fast food is at the top of the list of inflammatory foods because of harmful oils, refined sugars, artificial sweeteners, and food additives.

### **Hydrogenated and trans fats-**

Margarine, shortening, lard, or products made with them. That includes baked goods like cookies, pies, and buns. There are healthier alternatives to these baked goods but most grocery stores and bakeries are using these harmful ingredients.

### **Meat and Poultry-**

I’m not suggesting that you have to go vegan or vegetarian, although a plant-based diet tends to be much lower in inflammatory substances. Meat, poultry and farmed raised fish tend to cause inflammation.

### **Fried Foods-**

French fries, Onion rings, potato chips, nachos, hamburgers, etc.

### **Refined White Sugar-**

This includes soft drinks and sweetened juices. Newer research is showing that sugar is one of the most addictive substances you can use. It’s also highly inflammatory.

### **Artificial Sweeteners-**

High Fructose Corn Syrup, Nutrasweet, Splenda, Saccharin, Aspartame, AminoSweet, etc. Research links these toxic substances to many serious health conditions.

### **Iodized Salt-**

Harmful on its own but sodium is naturally found alongside other valuable minerals like potassium, calcium, and magnesium. Choose unrefined salt which naturally contains many different minerals, not just sodium.

### **Food Additives-**

Flavor enhancers, stabilizers, preservatives, etc. A few of the main culprits include sulfites, benzoates, and colors named FD&C #”X.” Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients.

### **Dairy Products-**

Yogurt, ice cream, cottage cheese, butter, cheese, etc.). The reasons dairy products are inflammatory is because today’s dairy products are packed with hormones, antibiotics, and other harmful ingredients so avoid them as much as possible.

## **Basic Protocol**

2 mL AM [Morning] and 2 mL PM [Evening]

Please check with your healthcare professional for the appropriate dosage for your condition.

These ingredients have a history of proven results... Experience Natures Power!

Remember... Constant exposure to chemicals and environmental toxins **WILL** lead to disease!

**Daily Detox...** Your Non-Toxic solution to a Toxic World!

**Note: It is important that you understand that all toxins deposit in your fat tissues not lean muscle mass. Therefore, by removing toxic waste from your body you are creating a fat burning environment and in turn your reducing your body fat, losing weight and inches.**