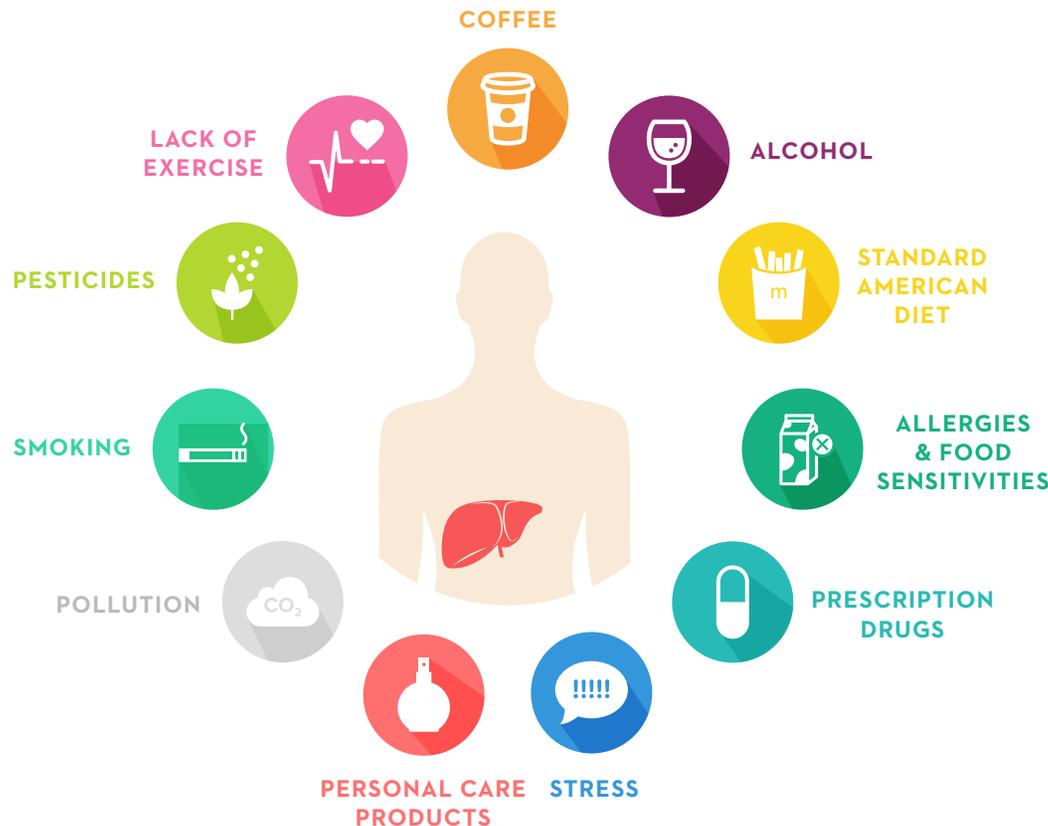


# WHY DETOX?

Your liver is your main detoxification organ



**COFFEE:** Your liver – your main detoxification organ – draws on several different nutrients to get caffeine out of your system. Giving your body a break from this addictive substance gives your liver a break, and your body a chance to replenish important nutrient stores.

**ALCOHOL:** Alcohol is a toxin and one of the worst substances you can subject your liver to long-term. That's why hangovers feel so awful, your body's working overtime to get things back to normal after you've had a poisonous substance in your system.

**STANDARD AMERICAN DIET:** Trans fats, chemical additives and artificial flavours. The Standard American Diet is full of things your body may not even be able to recognize as food, and also doesn't have nearly enough fibre to help your digestive system get those toxins out quickly.

**ALLERGIES AND FOOD SENSITIVITIES:** Eating a food you are allergic or sensitive to tricks your body's immune system into attacking your own cells and tissues. So even if it's a nutritious food for others, if you've got a sensitivity to it, steer clear!

**PRESCRIPTION DRUGS:** There are going to be times when you might need a prescription medication, but many of these drugs stay in your system, potentially causing undesirable side effects, long after the problem they were meant to solve is cleared up. Additionally, antibiotics can wipe out the good gut bacteria that's so important for digestive and immune systems.

**STRESS:** Even low-level chronic stress can keep your body in flight-or-flight mode, meaning it never gets to enter the rest-and-digest phases long enough to allow your body to properly conduct important healing and repair processes.

**PERSONAL CARE PRODUCTS:** So many conventional personal care products are full of potential allergens and hormone-disrupting chemicals that taking a break and going natural can really help lessen your toxic load.

**POLLUTION:** From off-gassing from paint, to new furniture, to perfume, pollution inside the home is an average 2-5 times higher than outside, and in some homes up to a 100 times!

**SMOKING:** You just need to look at the graphic warnings on cigarette packs to know how toxic smoking is, and second-hand smoke can be just as dangerous.

**PESTICIDES:** These chemicals are specifically designed to kill things! Even the most careful washing will still leave traces of pesticide residue on conventional produce.

**LACK OF EXERCISE:** Regular exercise is essential for getting your blood and lymph circulating, which is an important part of the detoxification process



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