**The Process of Detoxification and Elimination**

**The Body's 7 channels of elimination.**

Our bodies were designed with 7 channels of elimination (Lungs, Liver, Skin, Kidneys, Colon, Lymph, and Blood) to cleanse toxins out of our system. But in today's world, our bodies are challenged by an overload of toxins, and when we become overloaded, our bodies are forced to store those toxins, which creates a toxic burden. The chemicals that our bodies are so desperate to get rid of get stuck in us, causing trouble for the cells. Cells under stress do not work as well, and our bodies feel run down as a result. Providing solutions which support our cleansing channels just makes sense. Our detoxing therapies are designed to assist your body to detoxify. Each step in the program is designed to provide additional support. Thousands of years mankind has used cleansing and detoxification to maintain health. Today, more than ever, we are exposed to a vast number of toxins in our homes, workplaces, air, food and water.

**Toxins enter through**

- Lungs
- Skin
- Gut/Small Intestine

**Toxins exit from**

- Lungs
- Skin
- Kidneys
- Colon

**Signs and Symptoms of Toxicity**

There are a host of classic and common signs and symptoms of toxicity including but not limited to headaches, joint pain, fatigue, allergies, environmental sensitivity, mucous buildup, fever, constipation, indigestion, anxiety, depression, mood swings, nervousness, sleepiness, insomnia, sinus congestion, runny nose, coughing, wheezing, sore throat, poor circulation, cognitive deficits, immune weakness and being prone to disease and sickness, among various other signs and symptoms (see Haas, 1992).

**Health Issues Related to Toxicity**

According to Hass (1992), among the health issues stemming directly from or contributed to chronic toxicity are obesity, arthritis, gout, allergies, asthma, acne, abscesses, boils, eczema, constipation, hemorrhoids, diverticulitis, atherosclerosis, heart disease, hypertension, stroke, cirrhosis, kidney disease, kidney stones, gall stones, infections caused by bacteria, viruses, fungi parasites and worms, colds, bronchitis, pneumonia, sinusitis, emphysema, vaginitis, pancreatitis, gastritis, cataracts and even cancer, among others.

**Cleanse and Live Vibrantly**

It is possible to live with severe Toxic Body Burden and still not “feel” toxic. This is the equivalent to driving down the freeway at 75 mph with bald tires. Everything seems fine until one of the tires blows. Countless victims of cancer and other life threatening diseases felt fine the day they were diagnosed. This is why toxins and pathogens are called silent killers.

Cleansing your body now is crucial to maintaining and restoring health. The healing powers of nature enhanced with 21st century technology provide the most effective, safe and affordable solution for the two of greatest threats to optimal health today—chemical toxicity and chronic inflammation. Check our Special offers on Detoxing packages.