

ZUMA

NUTRITION

Complete Liver Health Optimization Protocol

www.zumanutrition.com



ZUMA

NUTRITION

Complete Liver Health Optimization Protocol



Disclaimer:

The products mentioned in this guide should be used only as directed on the label. Do not use if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product.

TABLE OF CONTENTS

- **Potential Benefits of Cleansing**
- **How Long Should I Follow This Protocol?**
- **Quick Start Guide to Make the Most of Your Cleanse**
- **Liver Cleanse Herx Reactions & How to Avoid Them**

- What Is A Herx Reaction?
- What Causes A Herx Reaction
- How Can I Prevent A Herx Reaction?

- **Liver Health 101**

- What Is The Liver?
- The Liver Filters Everything We Ingest
- The Liver Stores Glycogen for Energy
- The Liver Produces Protein
- The Liver's Role in Digestion
- What Is The Liver's Role In Detoxification?
- Phase I Detoxification Pathway
- Phase II Detoxification Pathway
- Issues with Liver Health & Detoxification Pathways
- Fatty Liver Disease
- Cirrhosis
- Inability to Metabolize Fats

- **Regenerating the Liver**

- How Long Does It Take to Regenerate the Liver?

- **Supplements in our Liver Health Protocol**

- Liver Detox & Support Tonic
- Nano Zeolite Detox Liquid
- Multi-Strain Probiotic Complex

- **Recommendations for a Healthy Liver**

- Foods to Avoid
- Foods to Include
- Enzymes, Enzymes, Enzymes
- Hydration
- Limit Saturated Fat Intake
- Intermittent Fasting
- Improve Bile Flow With Bitters

- **Toxic Load 101**

- What Is Toxic Load?
- Issues With Having a High Toxic Load
- Recommendations for Limiting Toxins Coming Into the Body



Potential Benefits of Cleansing

This bundle provides the essential tools for cleansing toxins stored in the liver, binding to these toxins so they are effectively removed from the body, rebuilding liver health and function, and restoring overall digestive health. Remove toxins from your liver, regenerate damaged liver tissue, improve liver function, and restore digestive health with our complete liver health protocol.

- Improved Liver Health and Function
- Improved Digestion
- Better Absorption of Nutrients
- Increased Energy
- Mental Clarity
- Healthier Skin
- Disappearing Rashes or Skin Sores
- Reduced Cravings
- Enhanced Immunity
- More Stable Mood
- Improved Cardiovascular Health
- Fewer Headaches
- Minimized Bloating, Gas & Cramping
- More Optimal Overall Health

How Long Should I Follow This Protocol?

The products in this bundle are intended for long term daily use. The goal of this protocol is to improve the environment in the liver and to improve overall liver health. Everyone has a different level of liver toxicity and damage, and the time it takes to restore liver health will differ from person to person. **We recommend following this protocol to improve liver health, as well as to maintain liver health long-term.** Alternatively, one can follow this protocol for a minimum of 90 days to cleanse and restore the liver, but long-term use is highly encouraged to keep the liver functioning at its best.



Complete Liver Health Optimization Protocol

BUY NOW

Quick Start Guide to Make the Most of Your Cleanse

It is highly recommended to stick to our protocol to ensure the best results for cleansing and restoring the liver.

Restore the Liver

Liver Detox & Support Tonic

Take 1 to 2 servings of the Zuma Nutrition Liver Detox & Support Tonic in the morning on an empty stomach, diluted in 2-12 ounces of purified water or juice. One serving is the amount drawn into a glass dropper when the bulb is squeezed and released once. The glass dropper fills about $\frac{1}{2}$ way.



[LEARN MORE](#)

Remove Toxins

Zeolite Detox Liquid Tonic

Take 1 serving (1 Dropper) of the Zuma Nutrition Zeolite Detox Liquid Tonic in the morning on an empty stomach, diluted in 2-12 ounces of purified water or juice, at least 20 minutes after the Liver Detox & Support Tonic.



[LEARN MORE](#)

Liver Cleanse Detox Reactions & How to Avoid Them

When cleansing the liver, it is possible to experience uncomfortable symptoms like headaches, fatigue, brain fog, changes in bowel movements, skin irritations, etc. This is due to a reaction that the body may have to rapid detoxification, and is commonly referred to as a “detox reaction,” or “Herx reaction.”

This type of detoxification reaction is also sometimes referred to as a die-off reaction, as it commonly occurs when certain toxic organisms are killed during a cleanse, such as parasites, candida, or bad bacteria.

What Causes a Detox Reaction?

A detox reaction is the body’s natural response to the process of detoxification. It typically occurs when too many toxic substances are released into the body at once. While it may be uncomfortable, it is important to understand that a detox reaction is not a bad thing. In fact, it is a positive sign that your body is in fact detoxing.

Essentially, a detox reaction is your body signaling that it is overwhelmed by the amount of toxins in the body. A minor detox reaction is natural, and the body’s inflammatory response to this reaction will help it heal and resolve the issue in its own time.

How Can I Prevent a Detox Reaction?

One of the best ways to avoid a detox reaction is to use a binder that will bind to the toxins and eliminate them from the bloodstream. For this reason, we have included our Zeolite Nano Detox Liquid as an essential supplement in this protocol.

Zeolite is a natural volcanic mineral that possesses a negative charge which binds to positively charged particles. This includes most of the toxins that are harmful to our health, including:

- **Heavy metals**
- **Environmental toxins**
- **Radioactive materials**
- **Mold**
- **Microbial pathogens**





Zeolite does not get broken down or absorbed by the body. It simply passes through your bloodstream collecting positively charged toxic elements and is then excreted. This unique ability makes zeolite the most powerful detox agent in the world.

Zeolite also consists of an open, three-dimensional cage-like structure with a vast network of open channels. Once positively charged toxins travel through these channels, they become bound to the negatively charged cage-like structure. This makes zeolite act like an actual cage, trapping in toxins and helping them to be effectively removed from the body.

The particle size of zeolite determines its function. This means the smaller the particle size, the more effective it will be at removing toxins. Our **Nano Zeolite** formula uses a special chemical-free method that breaks down the particle size of zeolite to below 5 microns. Particles at this small size pass directly through cell membranes so they can immediately enter the bloodstream. So you can feel the difference.

Our extraction method also ensures that our **Nano Zeolite** formula is extremely pure with no added solvents or exposure to harsh chemicals.

When toxins are cleansed from your liver, our **Zeolite Nano Detox Liquid** binds to these toxins and helps to effectively remove them from the body. This will prevent the toxins from floating freely through your bloodstream reducing and or eliminating the detox reaction.

Additionally, you can avoid a detox reaction by:

- **Drinking plenty of purified water**
- **Getting 8 hours of sleep each night**
- **Taking regular baths with Epsom salt**
- **Getting regular massages**
- **Eating a well-balanced and nutritious diet**



Liver Health 101

The liver is one of the most important and underappreciated organs in the human body. Without a functioning liver, the body cannot survive. The liver is our largest internal organ, and it performs over 500 different tasks for the body. It is vital to the processes of digestion, detoxification, and immune health, and yet, it is also an organ that most people tend to know very little about.

What Is the Liver?

The liver is a cone-shaped, dark reddish-brown organ that sits mostly in the upper right portion of the abdomen, underneath the ribs and below the diaphragm. It is about the size of a football, and on average, weighs around 3 pounds. It holds up to 13 percent of a person's blood supply and plays an essential role in the digestive system. More impressive than the size of the liver, however, are the many incredible functions that the liver performs.

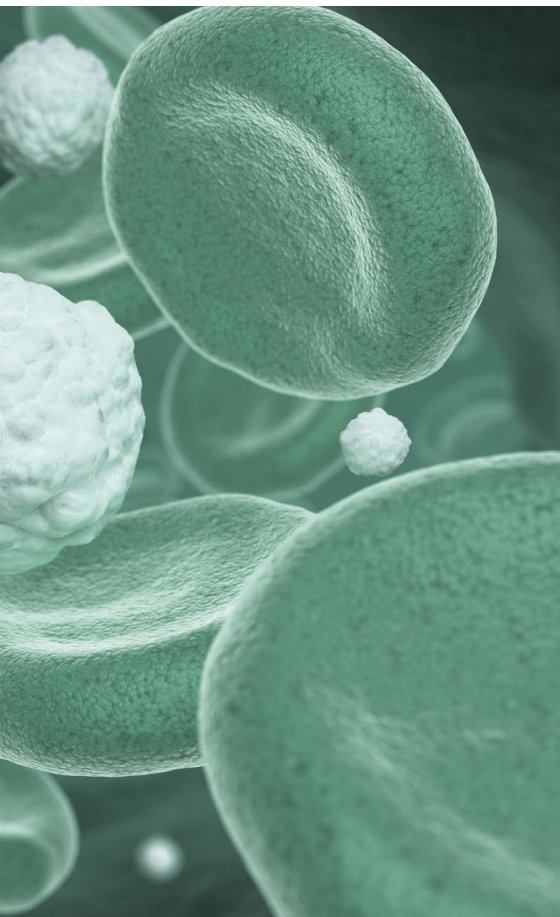


The Liver Filters Everything That We Ingest

Anything that is eaten or consumed, whether it's food, alcohol, medicine or toxins, gets filtered by the liver, which is called the 'First Pass,' into the body. After food is digested and absorbed in the small intestine, it then gets absorbed into the blood and goes directly to the liver.

Once in the liver, the liver does an incredible task of sorting out the substances consumed, distinguishing between important nutrients and harmful toxins. The liver is like the body's chemical factory. It takes the raw materials absorbed by the intestine and makes all the various chemicals that the body needs to function. The liver also detoxifies potentially harmful chemicals, breaking down and neutralizing many substances that can be toxic to the body.

The intelligence of the liver knows when to detoxify, when to usher the toxins out of the body through urine or stool, when to store the nutrients and when to release them back into the blood. It is truly an impressive feat.



The Liver Stores Glycogen for Energy

Another liver function is when it processes a meal, it removes sugar from the blood and stores it in the form of glycogen. When a person's blood sugar decreases, it converts that stored glycogen to glucose, adding the proper amount of instant energy into the bloodstream for the cells to use. Once the glycogen store is used, the liver will create glucose from other carbohydrates and a form of protein.

The Liver Produces Protein

The liver produces most of the proteins found in blood. Albumin is a major protein made by the liver that plays an important role in regulating blood volume and distribution of fluids in the body. The liver also produces ferritin (a protein used to store iron in the body) as well as proteins that bind to hormones, lipoproteins involved in cholesterol transport, and acute phase proteins involved in inflammation and infection.

The Liver's Role in Digestion

The process of converting food into nutrients is one of the body's most important tasks, and the liver plays a key role in this. When we eat food, it enters in through our mouth, is broken down by our teeth and by enzyme-rich saliva, then through into the esophagus once swallowed.

Once food travels through the esophagus into the stomach, it is further broken down by hydrochloric acid (HCL) and enzymes, as well as by contractions of the stomach muscles that churn the food. Then, the food exits the stomach and enters into the small intestine—and it is here where the liver begins its digestive role.

The small intestine consists of three parts. The first part, called the duodenum, connects to the stomach. The middle part is the jejunum. The third part, called the ileum, attaches to the colon. The liver secretes bile into the duodenum to help further break down digested food.

Bile, also called gall, is a greenish yellow secretion that contains bile acids along with fifty thousand different enzymes released by the pancreas that are critical for digestion and absorption of fats and fat-soluble vitamins in the small intestine. So, anytime you eat a food with fat in it, you can thank your liver for breaking it down and making it absorbable for the body.

What Is the Liver's Role in Detoxification?

Environmental toxins can be a huge threat to our health. Agricultural pesticides used to grow food, air pollution from industrial waste, toxic heavy metals in water or appliances, toxic chemicals in beauty, hygiene, and household cleaning products, and many other sources of toxins negatively impact our health on a daily basis. The liver is the key organ that processes these toxins and allows us to eliminate them from the body.

Inside the cells of the liver there are sophisticated mechanisms that have evolved over millions of years to break down toxic substances. Every drug, artificial chemical, pesticide and hormone, is broken down by enzyme pathways inside the liver cells. Toxic chemicals that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions & not in water, making them difficult for the body to excrete. In the fatty parts of the body, toxins may be stored for years, being released during times of exercise, stress or fasting.

The liver has a two-step process designed to convert fat-soluble chemicals into water soluble chemicals so that they may then be easily excreted from the body through watery fluids such as bile and urine. This process is usually referred to as phase I and phase II detoxification.

PHASE

1

Detoxification Pathway

Without going into too much detail about the process of phase 1, which consists of “oxidation reduction and hydrolysis,” the phase 1 pathway essentially converts a toxic chemical into a less harmful chemical. This is achieved by various chemical reactions, and during this process free radicals are produced which, if excessive, can damage the liver cells. Antioxidants reduce the damage caused by these free radicals, and if they are lacking from the diet, and toxin exposure is high, toxic chemicals become far more dangerous to one's health.

Excessive amounts of toxic chemicals such as pesticides can disrupt the enzyme system (known as the “P-450” system) responsible for converting toxic chemicals into less harmful chemicals by causing over activity, which results in high levels of damaging free radicals being produced. If these free radicals are not further broken down by the Phase II conjugation, they may cause damage to proteins, RNA, and DNA within the cell, which can be very dangerous.

Substances that may cause overactivity of the P- 450 enzymes

- **Caffeine**
- **Alcohol**
- **Dioxin**
- **Saturated fats**
- **Paint fumes**
- **Sulphonamides**
- **Exhaust fumes**
- **Barbiturates**

It is important to avoid these substances, especially in high amounts. Obviously, caffeine and saturated fats are far less toxic than paint fumes or organophosphorus pesticides, but in excess, they can still be quite toxic to the body.



Detoxification Pathway

This detoxification pathway is referred to as the conjugation pathway, whereby the liver cells add another substance (such as cysteine, glycine or a sulphur molecule) to a toxic chemical or drug, to render it less harmful. This makes the toxin or drug water-soluble, so it can then be excreted from the body through watery fluids such as bile or urine.

So, phase I either directly neutralizes a toxin or modifies the toxic chemical to form substances which are then neutralized by the phase II detoxification pathway. These two detoxification pathways of the liver are what allow our bodies to effectively neutralize and eliminate toxins.

The proper functioning of the liver's detoxification systems is essential for health and the prevention of disease. The more toxins that we are exposed to, the harder these pathways have to work, and when overworked or overactive, they can begin to function less efficiently, and as a result, our toxic load becomes much higher, and our risk for disease far greater

Issues with Liver Health & Detoxification Pathways

If liver health is impaired, it inhibits the liver's ability to detox efficiently, and consequently, our health suffers. Rather than being neutralized, the toxins accumulate in the body, and can lead to various health symptoms, including:

- **Disturbed sleep**
- **Itchy skin**
- **Muscle pain or cramps**
- **Extreme tiredness**
- **Headaches**
- **Irritability**
- **Depression**
- **Clammy hand**
- **Trouble breathing**
- **Nausea**
- **Digestive symptoms**
- **Fluid retention (edema), such as in your abdomen**
- **Difficulty tolerating exercise**
- **Jaundice (eyes and skin may look yellow; an extreme sign)**

Genetic factors can also play a role in your liver's ability to detox, as does your age. For example, babies have less capability to detox compared to older children, and older adults have less detoxification capacity than younger adults do. The ability to detox starts to decline after your mid-forties.

Chronic inflammation and infections can also stand in the way of detox, and may lead to lower levels of the liver enzymes needed to detoxify harmful compounds. Due to the above-mentioned reasons, it is important that we take good care of our liver and limit our exposure to toxins. Diet and lifestyle also play a huge role in liver health, as well as in how well we detox

Fatty Liver Disease

Fatty liver disease is a condition in which fat builds up in your liver. There are two main types:

- **Nonalcoholic fatty liver disease (NAFLD)**
- **Alcoholic fatty liver disease, also called alcoholic steatohepatitis**

NAFLD is a type of fatty liver disease that is not related to heavy alcohol use. There are two kinds:

- **Simple fatty liver, in which you have fat in your liver but little or no inflammation or liver cell damage. Simple fatty liver typically does not get bad enough to cause liver damage or complications.**
- **Nonalcoholic steatohepatitis (NASH), in which you have inflammation and liver cell damage, as well as fat in your liver. Inflammation and liver cell damage can cause fibrosis, or scarring, of the liver.**

Alcoholic fatty liver disease is due to heavy alcohol use. Your liver breaks down most of the alcohol you drink, so it can be removed from the body. However, the process of breaking it down can generate harmful substances. These substances can damage liver cells, promote inflammation, and weaken the body's natural defenses. The more alcohol that you drink, the more you damage your liver. Alcoholic fatty liver disease is the earliest stage of alcohol-related liver disease. The next stages are alcoholic hepatitis and cirrhosis.

Cirrhosis

Cirrhosis is scarring of the liver. Scar tissue forms because of injury or long-term disease. Scar tissue cannot do what healthy liver tissue does, such as make protein, help fight infections, clean the blood, help digest food and store energy, etc. Cirrhosis can lead to a number of complications and health issues throughout the body, such as:

- **Easy bruising or bleeding, or nosebleeds**
- **Swelling of the abdomen or legs**
- **Extra sensitivity to medicines**
- **High blood pressure in the vein entering the liver**
- **Enlarged veins called varices in the esophagus and stomach. Varices can bleed suddenly.**
- **Kidney failure**
- **Jaundice**
- **Severe itching**
- **Gallstones**

Inability to Metabolize Fats

When liver function is compromised it leads to a breakdown of the jobs that the liver is supposed to do (which is over 500!). One of the important jobs of the liver is the metabolization of fats. When the liver is overburdened with toxins it stops the metabolization of fats. Fat is then deposited in the arteries. Arteries then narrow and decrease blood flow to the heart, which could lead to serious illness.

Regenerating the Liver

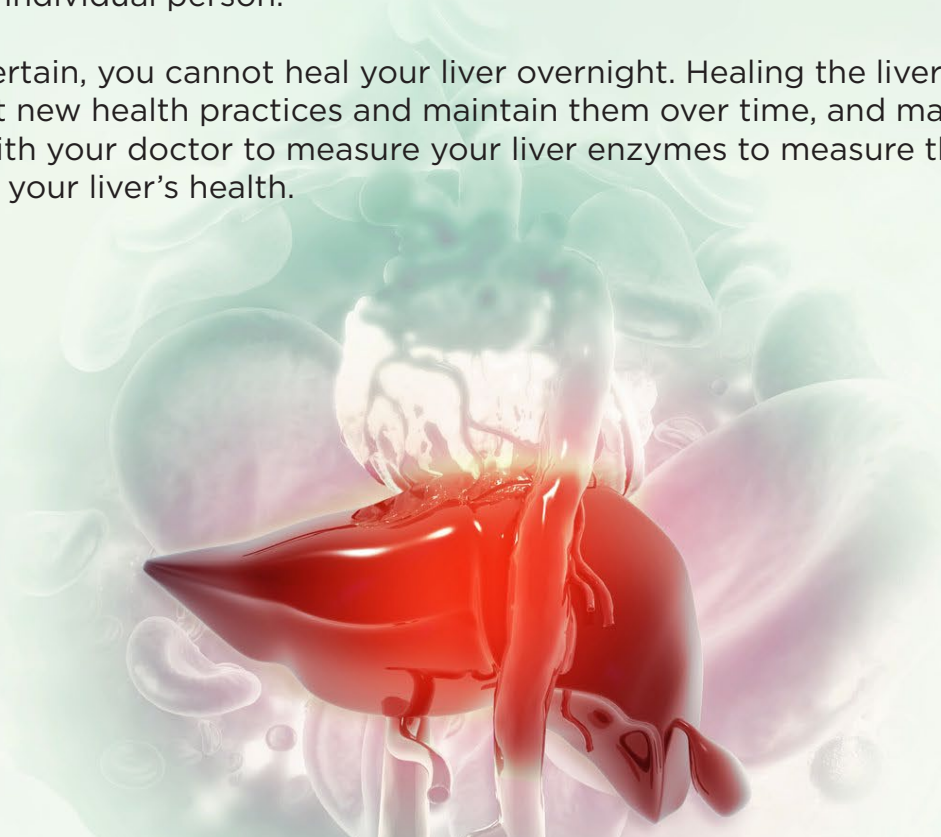
Thankfully, the liver can be regenerated. In fact, the liver is the only visceral organ that possesses the capacity to regenerate—another amazing feat of this fascinating organ. It is known that as little as 51% of the original liver mass can regenerate back to its full size.

How Long Does It Take to Regenerate the Liver?

When talking about the liver's ability to heal itself, most people are always in a rush to know how long it will take. This is an understandable question, but one that is difficult, if not impossible, to answer. Everyone's body is different, and the progression and type of liver disease, a person's age, weight, and overall health are all contributing factors when it comes to how long it takes the liver to repair itself from a liver disease.

The liver is actually constantly in a state of regeneration. The moment it stops processing alcohol and other toxins, it begins the process of healing itself. This process could take as few as four weeks or as long as several years—it really all depends on the health, diet and lifestyle of the individual person.

One thing is certain, you cannot heal your liver overnight. Healing the liver requires that you implement new health practices and maintain them over time, and may also require you to work with your doctor to measure your liver enzymes to measure the upward progression of your liver's health.



Supplements in Our Liver Health Protocol

Our Liver Health Protocol was designed to help you cleanse and regenerate your liver so you can restore it to optimal function. It is also designed to be followed long term to maintain the health of this important organ.

Our **Liver Detox & Support Tonic** is the primary supplement in this protocol, created to support and enhance liver health and function through the therapeutic dosage of key herbs including the following:



Olive Leaf

Known for a variety of health benefits including reducing the risk of heart disease, removing bad cholesterol, protecting the digestive tract, and neutralizing the toxic effects of alcohol.



Chamomile

Sesquiterpene lactone content helps the liver prime its detoxification pathways. Chamomile is also a nervine that helps to calm the nervous system.



Agrimony

Helps regulate liver and gallbladder function. It is classified as a bitter herb that helps stimulate the production of enzymes and stomach acid, helping to improve digestion and nutrient absorption from food. It has also been used to treat gallstones and cirrhosis (scarring) of the liver.



Red Rooibos

Studies on rooibos consumption have shown that it increases the levels of antioxidants in the liver and can help regulate liver enzymes.



Burdock Root

Studies show that burdock root helps to reverse liver damage caused by excessive alcohol consumption. Burdock is also well-known for its blood-purifying properties, which can support the liver in one of its primary roles of removing toxins from the blood.

Milk Thistle

Contains a high amount of silymarin, a compound with antioxidant, antiviral and anti-inflammatory properties known to improve liver health. Studies have shown that milk thistle helps protect the liver from toxins and improves liver function in people with liver diseases.



Pau d'arco

Pau d'arco lowers inflammation, kills liver fluke parasites, detoxes candida bacteria, promotes weight loss, and has strong anti-bacterial and antifungal properties.

Together, these herbs have a synergistic effect and function as a potent and effective liver detoxification formula. All of the herbs used in our formula are either biodynamic, organic, or wildcrafted, and are always sustainably sourced.

Zeolite Detox Liquid Tonic

Our **Zeolite Detox Liquid Tonic** selectively binds & removes toxins from the body safely & effectively. This natural volcanic mineral's negative charge binds to a wide range of toxins allowing it to attract and bind to positively charged particles. Which include most of the toxins that are harmful to our health including:



- **Heavy Metals**
- **Environmental Toxins**
- **Radioactive Materials**
- **Mold**
- **Microbial Pathogens**

Zeolite does not get broken down or absorbed by the body. It simply passes through your bloodstream collecting positively charged toxic elements and is then excreted. This formula is an important part of the protocol as it binds to the toxins that are cleansed from the liver and helps to ensure they are effectively removed from the body.

Additional Products and Tips to Consider For Liver Health Optimization

1. Multi-Strain Probiotic Complex

Our **Multi-Strain Probiotic Complex** helps you regain optimal balance in your gut microbiome. Our formula features 30 billion CFUs and eight unique strains that promote the right ratio of gut bacteria.

The liver is a part of the digestive system and the health of your liver is directly tied to the health of your gut. Probiotics support the liver by preventing bacteria from invading liver tissue, inhibiting bacteria from adhering to the liver's mucous membrane, and also by producing antimicrobial peptides that decrease inflammation and enhance immunity.

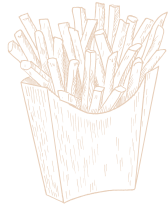
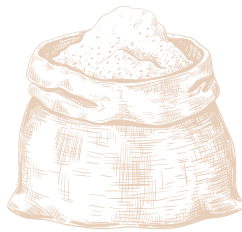


Gut health depends largely on the right balance of “good” and “bad” bacteria in the gut. The best balance of bacteria is 90% good and 10% bad bacteria, but most people are out of balance, and have the inverse ratio of 10% good bacteria and 90% bad bacteria. Our Zuma Nutrition Multi-Strain Probiotic is here to help you regain optimal balance in your gut microbiome. Our formula features 30 billion CFUs and eight unique strains that promote the right ratio of gut bacteria.

2. Recommendations for a Healthy Liver

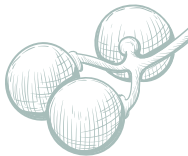
Foods to Avoid:

- Alcohol
- Refined grains
- Low quality meat (all types)
- Processed meats
- Artificial sugar
- Fast food
- Greasy foods
- Fried food
- Desserts and foods high in sugar
- Soda and carbonated beverages
- Foods high in saturated fats
- Foods high in salt (chips, biscuits, etc.)
- Processed cheese



Foods to Include:

- Apples
- Broccoli
- Leafy greens
- Asparagus
- Carrots
- Beets
- Berries (especially wild blueberries and cranberries)
- Lemons
- Oranges
- Grapefruit
- Grapes
- Olive oil
- Hemp oil
- Garlic
- Oatmeal
- Nuts

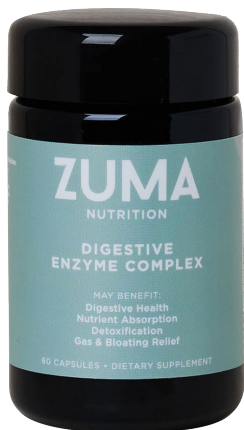


3. Enzymes, Enzymes, Enzymes

Get rid of the dead food, processed food etc.

Enzymes are proteins that help speed up chemical reactions in the body. Enzymes are essential for digestion, liver function and much more. The liver uses specialized enzymes to help it break down toxic substances and make them safer for the body to process. Poor liver health inhibits the production of these enzymes and prevents toxic substances from being broken down efficiently.

Enzymes are naturally found in many foods, particularly fruits and vegetables. However, enzymes become inactive when they are frozen or exposed to high temperatures. Therefore, it is recommended to eat plenty of fresh, raw/uncooked produce in order to get adequate enzymes from the diet. We also have a Digestive Enzyme Complex that can help to replenish enzyme deficiencies.





4. Hydration

Drink plenty of water each day (minimum ½ gallon). Water is the universal flushing agent, helping to remove toxins from your body. Every cell in the body also depends on water for functioning. Staying hydrated is incredibly important for healing your liver, and for overall health in general. Aim to drink the best quality water you can. Ideally natural spring water, or reverse osmosis filtered water. If using filtered water, it is recommended to add minerals back into the water. Avoid tap water and plastic bottled water.

5. Limit Saturated Fat Intake

Small amounts of fat are healthy for the liver, but too much fat, especially saturated fat can be taxing on the liver. The liver is responsible from the breakdown and metabolization of fats. When liver health is already impaired, high-fat intake will only stress the liver more. Aim to consume healthy unprocessed oils and fats in moderate amounts and avoid large amounts of saturated fats.



6. Intermittent Fasting

Fasting is an excellent way to get the liver to detoxify. When you have not consumed food for more than eight hours the liver automatically goes into detox mode. It is a great way to determine the level of detoxification. As the liver dumps waste through the bile duct into the stomach depending on the level of detox, you can experience what most people call a hunger pain to severe cramping and nausea. As the liver is allowed to detox, these symptoms lessen over time.

7. Improve Bile Flow with Bitters

Bile is a digestive fluid produced by the liver and stored in the gallbladder. Bile helps with digestion by breaking down fats into fatty acids, which can be taken into the body by the digestive tract. Many people who have been living on a poor diet have “sluggish bile flow.” Liver optimization involves improving this sluggish bile flow, and a key way to do this is to consume bitters. Bitter herbs help to stimulate the production of bile, which helps to improve digestion and the breakdown of fats. Aim to include bitter herbs and teas in your diet such as:

- Oregon Grape Root
- Dandelion Greens
- Leafy Greens
- Endive
- Horseradish
- Parsley
- Cilantro
- Mugwort
- Wormwood
- Chamomile
- Mint
- Centaury



Toxic Load 101

Detoxification, or detox, refers to the process of removing toxins from the body. Toxins may enter the body from a number of sources—including the food we eat, the water we drink, the air we breathe, the personal care products we use, the utensils we cook and eat with, and so on. When toxins accumulate in the body, it creates what is known as a toxic load.

What Is Toxic Load?

Toxic load refers to the accumulation of toxins and chemicals in our bodies that we ingest from a variety of sources. Each person has a different toxic load based on the amount of toxins accumulated in their body. The goal of detoxification is to eliminate toxins from the body and to reduce our toxic load, improving our health in the process.

Common Sources of Toxins

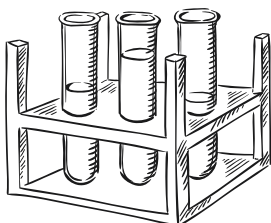
Toxins are everywhere. We are exposed to them constantly, and they are much more prevalent than one might think. Let's explore some of the major toxins that we are regularly exposed to:

- **Viruses**
- **Pathogenic bacteria such as Giardia and E.coli**
- **Parasites**
- **Candida**
- **Toxic heavy metals like:**
- **Pharmaceuticals and drugs like:**

Aluminum
Arsenic
Barium
Cadmium
Copper
Lead
Mercury
Nickel
Toxic calcium

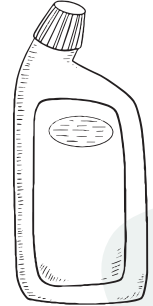
Alcohol
Antibiotics
Antidepressants
Anti-inflammatories
Biologics
Birth control medication
Blood pressure medications
Hormone medications
Opioids

Prescription amphetamines
Recreation drugs
Sleeping pills
Statins
Steroids
Thyroid medications



- Chemicals in domestic products like:

Aerosol can air fresheners
 Cologne and aftershave
 Conventional cleaning products
 Conventional hair dye
 Conventional laundry detergent, fabric softener and dryer sheets
 Conventional makeup
 Conventionally scented body lotions, creams, sprays, washes, deodorants, shampoos, conditioners, gels and other hair or body products
 Dry cleaning chemicals
 Hairspray
 Nail polishes and polish removers
 Perfume
 Plug-in air fresheners
 Scented candles
 Spray tan

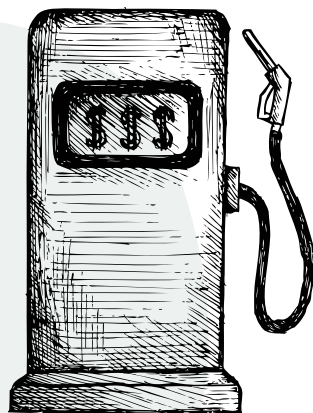


- Chemical Neuroantagonists like:

Chemical fertilizers
 Chlorine
 DDT
 Fluoride
 Fungicides
 Herbicides
 Insecticides
 Larvicides
 Other pesticides
 Smoke exposure of any kind

- Petrochemicals like:

Carpet chemicals
 Chemical solvents
 Diesel fuel
 Dioxins
 Engine oil and grease
 Exhaust fumes
 Gasoline
 Kerosene
 Lacquer
 Lighter fluid
 Paint
 Paint thinner



There are others, but hopefully this makes it clear just how many toxins we are exposed to. They are a part of so many products and materials in our society that they are near impossible to avoid. We can certainly focus on using more natural alternatives to many harmful products, but even still, we are exposed to many toxins on a daily basis.

It is important to be aware of this so we can know how to best protect ourselves. Aside from being diligent about the products we use and consume, we must also pay close attention to our food. Food can be the greatest source of healing, or the greatest source of disease, depending on what foods we consume.

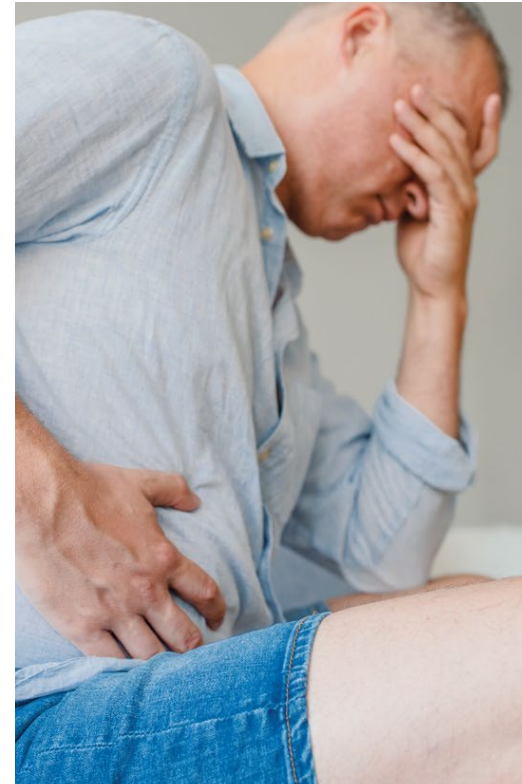
It is important to know what foods and supplements can help you detox and remove toxins, and to try to include more of these foods and supplements in your daily diet.

Issues with Having a High Toxic Load

A high toxic load means that the body has stored a large amount of toxins. These toxins can wreak havoc on your system, disrupting hormones, causing brain fog and fatigue, straining the immune system, leading to break outs in the skin, interfering with digestion and other important body processes, and damaging important organs like the liver.

The liver is the first pass for every toxin that enters the body. One of its primary jobs is to neutralize toxins so they can be eliminated from the body without causing us harm. Unfortunately, the liver may become overwhelmed if our toxic load is too high. This can lead to improper liver function, which can result in a number of negative health effects such as high blood pressure/high cholesterol, low energy, poor metabolism, and excess weight gain among other ailments.

One of the greatest ways to support the body's detoxification is to focus on detoxifying and restoring the health of the liver.



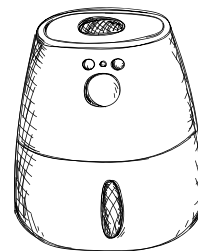
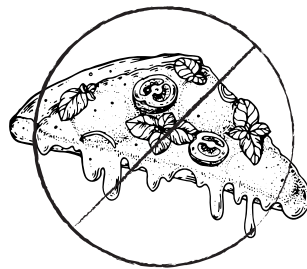
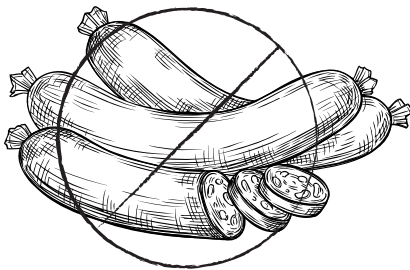
Most of us are in desperate need of detoxification. We have had toxins storing in our bodies, organs and tissues for years—even decades—and they have not only hindered the proper function of important body systems (especially liver, kidneys, adrenal glands, and gut), but they have also attracted a host of harmful organisms like parasites, Candida and pathogenic bacteria.

Through detoxification we can change our inner environment from one of toxicity to one of true health. Consider for a moment just how many toxins you have ingested over the years. If you are reading this, it is likely that you are becoming much more conscious of your health, but even so, you come into contact with toxins on a frequent basis.

We hope that when we consume a toxin our body will process it and we'll be fine. Thankfully this is often the case. However, the body does not process it all, especially if our detox organs have become compromised or overworked. This is why it is important to dedicate time and energy to specific detoxification cleanses that can help your body remove these toxins, and why supporting the health of the liver is essential to this process.

Recommendations for limiting toxins coming into body

1. Remove processed foods from the diet
2. Avoid foods grown with pesticides
3. Read the ingredients of what you consume and avoid products with harmful chemicals
4. Only purchase organic produce
5. Wash vegetables in filtered water or use an organic vegetable wash
6. Invest in a good water filter that removes chlorine, chloramines, and fluoride
7. Invest in a good shower filter that removes chlorine, chloramines, and fluoride
8. Invest in a good quality air filter
9. Reference above information on sources of toxins to know what foods and substances to avoid (pesticides, nitrates, etc.)
10. Cook with the correct types of pots (use glass cookware or cookware made of non-toxic metals)
11. Use natural beauty, hygiene, cleaning products
12. Aim to sweat daily to support detoxification



About Zuma Nutrition

Here at Zuma Nutrition, we pledge to offer the very best nutritional supplements our teams can provide. We leverage 40 years of research and decades of experience to ensure that our standards are of the highest order and that our products are equally as strict in their quality.

Our manufacturing teams consist of herbalists, physicians, biochemists, and nutritionists, who all promise to bring you the very best superfoods, nutrients, vitamins, minerals, and healing tools they can create.

With an unwavering focus on product efficacy, purity, potency and quality, along with a fervent commitment to positively impacting our planet, we at Zuma Nutrition are thrilled to offer our customers a powerful array of products and supplements.

Sourcing & Clean Biochemistry

All of our herbs and superfoods are organic, regenerative, and grown in biologically active soil. By focusing on the health of our soil, we keep the delicate communities of microorganisms alive, allowing for healthier and more nutrient-dense plants, while simultaneously helping to sequester carbon, taking it out of the atmosphere and storing it within the soil.

No synthetic pesticides or fertilizers are used in our agricultural process. We enhance the effectiveness of these plants by combining the knowledge of our team of herbalists with clean biochemistry techniques, including: nanotechnology, emulsified liposomal deliveries, freeze-dried extraction processes, water extraction, supercritical CO₂ extraction, and dual alcohol extractions.

We also practice sustainable wild harvesting methods in Utah, Idaho, the Pacific Northwest and Colorado. with rare ingredients in our formulas.

Vegan & Vegetarian Friendly

Our entire Zuma Nutrition line is 100% vegan and vegetarian-friendly, keeping in mind our ecological footprint and the impact that our business has on the earth.

Our head of product development and co-founder, Richard, is vegan and takes these products daily to optimize his own health and well-being. As a result, we have created a safe source for vegans to get all of their health and wellness needs without having to worry about what they are putting into their bodies.



ZUMA

NUTRITION

www.zumanutrition.com