



Patient Guide

BODY DETOX & ENVIRONMENTAL DETOX PROGRAM



Body Detox is a natural detoxification supplement that combats the ongoing environmental assaults from toxic metals, chemicals, and pesticides in the body. It locks onto toxins in your body, which are embedded in your blood, your cell membranes, and even those affecting the delicate inner cell structures, and pulls these toxins safely out through your bowels.

Body Detox also rejuvenates your intestinal tract, where these flushed toxins exit, and protects you from the damaging effects of toxin-generated free radicals.

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Before beginning detoxification, be sure to maintain regular bowel movements and have good hydration — this allows the flushed toxins to exit.

Eat a healthy diet. This is very important as it helps reduce the number of heavy metals and toxins going into the body! This diet over the long run has proven to help people detoxify the most and improve overall health:

- One should eat a Paleo type diet. The best foods are organic meat, fish, eggs, fruits, vegetables, nuts and seeds. Avoid packaged foods and processed meats which contain toxic additives
- Avoid grains as much as possible including all gluten products.
- Avoid dairy except for organic butter.
- Pure water (1/2 ounce for each pound of body weight).
- Try to eat foods in their natural state.
- Avoid sugar, milk chocolate, refined carbohydrates, artificial sweeteners, trans-fats, and “fast food”.

Suggested Use: Body Detox is best taken at bedtime on an empty stomach. Begin with 1 spray under the tongue and hold it for 30 seconds. Then drink 6-8 ounces (about a cup) of purified water. Gradually work up to 8 sprays if there are no side effects.

If problems such as headaches, flu symptoms, constipation, undue fatigue, or mental confusion occur, you are detoxifying too fast. Discontinue use until your symptoms regress (and your toxins exit). Usually side effects only occur if you increase the dose too quickly. After the symptoms regress, begin with a smaller dose. If problems persist, see your health care provider.

Start your dose with 1 spray and gradually increase from there.

Age Spray Limit

1 - 3 years 2 sprays

4 - 6 years 4 sprays

7 - 10 years 6 sprays

10 years and up 8 sprays

Just as you take a daily vitamin to ensure proper nutrition for your body, you should continue on Body Detox in the same way, giving a nightly spray to flush out all the chemicals, metals, and other toxins taken in on a daily basis. In short, because toxins enter our bodies on a regular basis, we also need to get them out regularly too.

BodyHealth Complete Multi + Daily Liver Support: 2 tablets twice daily with meals. To safely and successfully detoxify heavy metals, individuals must have a daily source of vitamins, minerals, antioxidants, sources of sulfur, green foods, liver protectors and liver detox promoters. The product makes detoxification quite simple by incorporating these necessary ingredients into 2 tablets twice daily.

PerfectAmino: 5-10 tablets (or 1-2 scoops if using powdered version) twice daily. PerfectAmino, an amino acid supplement that is the richest source of protein compared to any food or supplement and needs no digestion. This greatly enhances and speeds up the detoxification process. It should be added as soon as possible at a minimum of 5 grams (5 tablets) twice per day.

Since adding PerfectAmino to the detoxification protocol, the speed and ease of the process has improved greatly. Most chronically ill patients become anabolic quite quickly and overall function vastly improves. This leads to a faster and smoother detoxification.

HOW TO MAINTAIN AFTER THE CLEANSE

Or, how to continue to improve your health and deal with the toxins you come in contact with on a daily basis so as to prevent another toxic load buildup.

You've just taken the first steps of detoxification and cleansing to achieve optimum health. It's unfortunate

that in today's world there is no getting away from environmental toxins and pollutants.

This maintenance system is designed to help you in the following ways: (a) keep the gains you've achieved, (b) help the body eliminate the toxins it comes into contact with on a daily basis, (c) continue to detoxify toxins that may still be stored in the body, (d) cleanse and (e) heal.

1. Diet: Continue to eat organic for all produce and meats as much as possible. This keeps one from getting the chemical, pesticide and hormone load back. While we suggest that one avoid dairy products and grains, whole grains can be added back if one desires to. We suggest you continue to avoid white sugar, processed grains and caffeine.
2. Body Detox™. Work up to 8 sprays at bedtime.
3. PerfectAmino 5-10 tablets (or 1-2 scoops if using powdered version) twice daily.
4. BodyHealth Complete Multi + Daily Liver Support™, 2 tablets twice daily.
5. Continue to do some form of daily exercise 3-5 days a week – the more days the better. This can be walking, bicycling, Stairmaster, elliptical trainer, swimming, so that the body can sweat, breathe enough to work the lungs, and keep the lymph activated. Forty minutes is the target.
6. Maintain exercise at 40 minutes per day. Strength training twice a week and aerobic 4 days a week. One day off!
7. **Infrared Sauna:** 3x week is suggested to remove the accumulated toxic load.

TOXIC OVERLOAD

Hundreds of industrial chemicals have been dumped into our rivers, freely incinerated, amassed in landfills, sprayed on food, incorporated into everyday household items, and used in so much abundance that many of them can be found in the blood or fatty tissues of nearly every American.

In fact, a leading environmental organization, Environmental Working Group, found an average of 91 separate industrial toxins inside each of the bodies of nine normal U.S. individuals [1].

From organochlorines to PCBs, fluoropolymers, heavy metals, flame retardants, and dioxins, an alarming number of toxic chemicals are inside all of us, affecting the way our body functions

EFFECTS OF TOXINS

When toxins overwhelm our natural elimination systems, cells and tissue become inflamed, bacteria and waste increase, the kidney and liver are strained, fewer nutrients are absorbed, and our health declines.

Short-term health effects can include fatigue, occasional sleeplessness, constipation, lowered immunity, and more. But short-term effects may be just the tip of the iceberg [2]. Often they are outward signs your body sends to tell you something more, maybe much more, is going on internally.

AN EXAMPLE

Dioxins are one of the most potent chemicals known to man. Sadly, the EPA estimates that the average American, without any direct exposure to dioxins, already has 13 nanograms of dioxins per kilogram of body weight — just from consuming a normal diet!

This level, the EPA says, is “uncomfortably close to levels that can cause subtle adverse noncancer effects in animals and humans.” Dioxins pose a serious health hazard because they are “persistent and bioaccumulative,” meaning they don't break down, and they build-up continually in the body over a lifetime.

SYMPTOMS OF TOXINS IN THE BODY

- Do you become tired frequently?
- Are you sleeping poorly?
- Are you not able to remember things well?

- Are you constipated, or have dry, hard feces?
- Do patches of your body feel colder than others?
- Do you have circulatory problems?
- Do you get headaches or mind cloudiness?
- Do you have poor self-esteem, sadness, social withdrawal, apathy, or lack of desire?
- Do you experience mood swings?
- Do you feel occasional pain in some parts of your body?

HOW BODY DETOX WORKS

1. Removes Toxins || 2. Cleanses the Bowels || 3. Neutralizes Free Radicals

Body Detox's formula cleanses your body by performing three main functions:

- Locking on to toxic heavy metals, pesticides, and chemicals and removing them from your body.
- Cleaning up and rejuvenating your colon and intestinal tract to allow these flushed toxins to exit.
- Strengthening your cells and boosting immunity to counter the free radical damage that toxins create.

1. REMOVES TOXINS — METALS, PESTICIDES, CHEMICALS

The Toxin Problem

Ever heard the phrase “mad as a hatter”? It refers to seventeenth century French hat makers who soaked their animal hides in a mercury compound to soften the skins. In the process, they took this mercury into their bodies and become “mad.”

Today heavy metals are in our amalgam dental fillings, in fish, old paint, pipes, cigarette smoke, and in the soil, water, and air. Other chemicals and pesticides are also in great abundance, and can be found in lawns, store-bought fruit, new furniture, and even computers. One way or another, these toxins find their way into the body.

In your body, there are about 50,000 different enzymes, responsible for many different functions — energy, detoxification, hormones, immune system, and so on. An enzyme speeds biochemical processes by bringing together the right molecules to build or create what the body needs. Each enzyme has specific sulfuric attachments that attract, like a magnet, the right molecules to create the compounds the body needs.

However, when heavy metals and other toxins enter your body, they lock onto the enzymes' sulfuric attachments and block out other molecules from correctly attaching. In short, once the heavy metal locks onto the enzyme, it suffocates the enzyme, making it useless.

The result? When toxins enter your body, some physiological process in your body gets weakened. The symptoms can range from brain fog to constipation to joint stiffness and much more, depending on the enzymes attacked.

The Body Detox Solution

Body Detox relies on special peptides, created in a microfermentation process, to remove toxins.

Beginning with a mixture of amino acids and other organic compounds, soil and marine bacteria from a special culture media are added in a way that induces chemical reactions to actually split apart the mixed organic compounds, forming simple, micro-substances called “peptides.” The process that creates these special peptides is called “microfermentation.”

These peptides are small, nanometer-sized particles that can easily cross in and out of your body's cells. The peptides have multiple binding sites that lock onto metals, pesticides, chemicals, and completely encase them via ionic, covalent, and hydrogen bonds.

The encasing bonds these peptides create around toxins — tight enveloping bonds, like “triple bear hugs” — hold the toxins tighter than the toxins hold the enzymes. They lock onto the metals tighter than the metals lock onto the enzymes. With these tight bonds, the peptides pull the metals, pesticides, and chemicals away from

your enzymes.

The peptides allow your enzymes to finally breathe and function again!

Bonded by peptides, the toxins are now recognized by the liver as toxins and filtered from your body. (When toxins are still attached to enzymes, the liver doesn't recognize them as toxins.) Filtered by the liver, the toxins are packaged into bile and sent to the bowels for excretion.

2. CLEANSSES THE BOWELS

The Bowel Problem

As the liver filters out toxins, it places them into bile and sends this toxic bile to the bowels for removal from the body via excrement. But if your bowels, particularly your colon, are not functioning properly, these toxins can be reabsorbed right back into your body, stressing your elimination organs all over again.

The colon thus plays an immensely important role in the detoxification process. Some even say, "All health begins in the gut." Seventy percent of our immune system is in the lining of the intestines. This is why a major component of Body Detox's formula helps cleanse and rejuvenate your intestines.

Toxins situated in your intestines damage the intestinal lining. They actually create gaps in intestinal walls that allow food and other nutrients to slip through as large, unabsorbed particles. (This condition is called "leaky gut syndrome.") Strangely, the body interprets these large food particles as toxins and launches an attack.

Additionally, gaps in the intestinal lining allow toxins and harmful bacteria also to slip through this lining and be reabsorbed into the body. The end result? Without proper-functioning intestinal membranes, many toxins will not be eliminated, even when recognized and filtered by the liver.

Instead, unless the bowels are cleansed and properly functioning, toxins will recirculate.

The Body Detox Solution

Microactivated enzymes in Body Detox help rebuild your gastro-intestinal tract by first cleansing the intestinal surface of harmful bacteria and then nourishing the intestine's inner lining cells.

Over 100 types of natural flora then repopulate the intestinal area with beneficial bacteria, leading to better nutrient absorption and digestion.

Body Detox contains other proteins and minerals to help cleanse and rejuvenate your bowels so that the flushed toxins will eliminate faster:

Phospholipids heal damaged cell membranes in your intestines, strengthening these membranes

against toxin invasions and improving the absorption of nutrients. Oligopolysaccharides protect your intestine's mucous membranes and help repel toxin attachment or infiltration. Glycoproteins (combinations of proteins and sugars) increase your intestinal cell's communication to help orient cells within the membranes.

3. NEUTRALIZES FREE RADICAL

The Free Radical Problem

You've seen apples turn brown in air, and rust form on metal. In your body, instead of turning brown or forming rust, when oxygen reacts with compounds during the energy-making process, "free radicals" are produced.

While these free radicals are produced naturally, other free radicals can enter your body from toxins and other pollutants. UV radiation, radon, pesticides, metals, food additives, and other environmental pollutants all contribute free radicals to your body.

These free radicals are unbalanced molecules that steal electrons from your healthy cells, destabilizing them and causing a chain reaction of damage. The widespread damaging effects of these free radicals is referred to as "oxidative stress."

"Antioxidants" neutralize free radicals by donating a spare electron without destabilizing their structure in the process. By stabilizing free radicals, antioxidants prevent further destruction to your healthy cells.

Free radicals launch about 10,000 attacks per day on the DNA in your body's cells. While much of the damage they cause is repaired by special DNA enzymes, some strands of broken DNA remain. Over time, this broken DNA builds up, and these cells no longer function [5].

The Body Detox Solution

Body Detox contains an arsenal of antioxidants to fight free radicals. Different enzymes, amino acids, and other ingredients all perform multiple antioxidant functions — stabilizing cells, repairing DNA, moving toxins to your liver, contributing essential vitamins, healing tissues, and more. Some have specialized tasks, while others work in combination with others. Together they exert a powerful force against the toxins in your body.

At a glance, these antioxidants in Body Detox include:

• Lipoic Acid • Chlorella • Glutathione • N-Acetyl Cysteine • Vitamin C • Ferulic Acid • Fulvic Acid • Protease Inhibitors • Hyaluronic Acid

BODY BURDEN

Phtalalates | Pesticides | Fluoropolymers | PCBs | Flame Retardants | Metals | Dioxins

The encumbering storehouse of toxic chemicals, pesticides, and metals we carry inside our bodies is referred to by scientists as our “body burden.” Commonly, the toxins burdening our body include organochlorines, polychlorinated biphenyls, dioxins, fluoropolymers, mercury, lead, phthalates, DDT, DEHP, PBDE, PCB, POPs, PFOA, PBTs — the list goes on and on.

Just how many toxins do we have? Dozens of laboratory studies published by different organizations, groups, and journals have described the increasing quantities of contaminants and toxins in our bodies. Their findings: No matter how clean a life we have lived, we are all walking toxin museums.

Mt. Sinai School of Medicine

Studies conducted by the Mt. Sinai School of Medicine in New York, in conjunction with Environmental Working Group and Commonweal, surveyed the chemical body burden of nine average U.S. individuals who neither worked with chemicals nor lived near industrial plants. The researchers found 167 different industrial pollutants in the group overall, with an average 91 chemicals per individual.

Biolab

London-based Biolab, a medical laboratory analyzing toxins in blood and fatty tissue, found that “a fat sample from an adult living today contains up to 500 different chemicals, but one taken from an Egyptian mummy has virtually none. The reason is simple — most of them are man-made and have been released into the environment in the past 60 years” [6]

CDC

In a recent study by the Centers for Disease Control and Prevention, 2,500 volunteers were tested for 116 different pollutants. One of these volunteers included public journalist Bill Moyers. He had 84 different toxins in his body, including lead, mercury, PCBs, dioxins, DDT, and dozens more.

Other volunteers had — in their toxin storehouse — uranium, used in nuclear bombs, and cotinine, a nicotine derivative from smoke [7, 8].

National Research Council

The National Research Council of the U.S. National Academies released a press release several years ago that stunned the nation, announcing that “approximately half of all pregnancies in the United States result in prenatal or postnatal death or an otherwise less than healthy baby.”

The National Research Council found that major deformities, such as heart and neural tube defects, occur in 120,000 of the 4 million children born each year, with approximately 3 percent of these deformities attributable to toxins, and 25 percent attributable to a “combination of genetic and environmental factors” [9].

Chemical Body Burden

"Coming Clean," an environmental organization analyzing the effects of toxins in the body, says that of approximately 80,000 chemicals currently in commerce, only 15,000 have been tested for safety. Of these tested, none is tested for the way it reacts in combination with other chemicals.

The way chemicals react with one another can be more significant than how they behave alone. This is because "no one is ever exposed to a single chemical, but to a chemical soup, the ingredients of which may interact to cause unpredictable health effects" [10].

What To Do

Coming to grips with the fact that our body contains not just one or two but around 80 or 90 unwanted industrial chemicals takes some of the pride out of modern development. Body Detox can assist your body by specifically targeting and removing many of these body-compromising toxins, helping increase both your energy and health.

Phthalates

Phthalates are plastic softeners, used in many common plastics, including childhood toys, vinyl floors, shower curtains, shoes, cling wraps, pipes, cosmetics, garden hoses, crib bumpers, rain coats, and other soft, pliable plastics. Phthalates can be inhaled in indoor air or leached from food wrappings into fatty/dairy foods. Landfill disposal and incineration release phthalates into air for further contamination. Phthalates may adversely affect male reproductive organs, among other effects. Infants/toddlers are at higher risk.

"In a recent study of 289 adults, scientists at the U.S. Centers for Disease Control and Prevention found a metabolite of DBP [phthalate, a plasticizer] in the urine of every person tested, with the highest levels in women of child-bearing age." (Children's Health Environmental Coalition)[11]

"Approximately 95% of di(2-ethylhexyl) [DEHP] phthalate is used as a plasticizer in polyvinyl chloride (PVC) resins for fabricating flexible vinyl products, including toys, dolls, vinyl upholstery, tablecloths, shower curtains, raincoats, garden hoses, swimming pool liners, shoes, floor tiles, polymeric coatings, components of paper and paperboard, defoaming agents, surface lubricants, disposable medical examination and surgical gloves, medical tubing, blood storage bags . . . and other products." (Environmental Health Perspectives) [12]

Pesticides

There are two main types of pesticides: organophosphates and organochlorines.

Organophosphate pesticides include insecticides used on fruits and vegetables, which leave residues in food. Apples, peaches, pears, and grapes have the highest organophosphate risk. Commercial baby food also contains organophosphates. This chemical is related to nerve gas used in WWII.

Organochlorine pesticides include DDT, chlordane, and other insecticides used to kill mosquitoes, protect crops, and safeguard foods from insects. Organochlorines disrupt your hormone system, resulting in headaches, respiratory problems, nausea, and tremors. Chlordane was used from 1948 to 1988; DDT was used from 1940s to 1960s. Since these substances don't degrade easily, organochlorines are found in the body tissue of most individuals. If your house was sprayed for termites in 1980s, organochlorines can still be in the house's air.

"Every day, 1 million American children age 5 and under consume unsafe levels of a class of pesticides . . ." (Environmental Working Group) [13]

"A comprehensive survey of more than 1,300 Americans has found traces of weed- and bug-killers in the bodies of everyone tested, leading environmentalists in both Canada and the United States to call for far tighter controls on pesticides. The survey, conducted by the U.S. Centers for Disease Control and Prevention, found that the body of the average American contained 13 of these chemicals. A surprising finding was that 99 per cent of Americans, including virtually all children born in recent years, had DDT residues. The use of the insecticide has been subject to controls and outright bans since the late 1960s, and its presence indicates how persistent it is in the general environment." (The Globe and Mail) [14]

"In a recent analysis of organochlorine residues in the U.S. food supply, Pesticide Action Network found that even those chemicals that have been banned for decades are showing up consistently in food samples tested by the

U.S. Food and Drug Administration.” (Coming Clean) [15]

“The US Department of Agriculture found pesticides in over 70 per cent of juice samples they analyzed in 1996, including 98 per cent of apple juice and 96 per cent of peach juice. Pesticide residues are reduced in the processing of juice although some juice may also contain pesticides which are left on peel.” (Global Change) [16]

“Young children and pregnant women who drink milk from California cows may be exposed to unsafe levels of a toxic chemical used in rocket fuel. Perchlorate has been found in drinking water in more than 20 states, including California, which has extensive ties to the military, defense industry and the space program. The chemical has been detected in the Colorado River, the major source of drinking water and irrigation in Southern California and Arizona. The EWG tests, conducted by researchers at Texas Tech University, found the chemical in 31 of 32 samples from milk purchased at grocery stores in Los Angeles and Orange counties. The average level of the chemical was 1.3 parts per billion.” (MSNBC News) [17]

“A typical holiday dinner menu of 11 food items can deliver thirty-eight ‘hits’ of exposure to POPs [Persistent Organic Pollutants], where a ‘hit’ is one persistent toxic chemical on one food item.” The report’s estimated holiday dinner includes turkey with stuffing and gravy, winter squash, green beans, boiled potatoes with butter, dill pickles, and pumpkin pie. (Pesticide Action Network, North America) [18]

“Dairy products are the main dietary source of organochlorine residues. In 1988 in the UK organochlorine residues were found in 44 per cent of 120 samples of milk. Cattle may be exposed to pesticides in grass and other fodder crops treated deliberately with herbicides or through the chemicals drifting in the air.” (Global Change) [19]

Fluoropolymers

Perfluorooctanoate acid (C-8 or PFOA) is a fluoropolymer used in many Teflon products, ranging from non-stick cookware to Gore-Tex clothing to Stainmaster carpet treatments, surgical tubing, orthopedic socks, and more. Previously fluoropolymers were also used in Scotchgard, but 3M withdrew it in 2000.

One common danger lies in overheating non-stick Teflon pans, causing fumes to rise off that produce flu-like symptoms in humans and which actually kill birds. Pregnant workers at Teflon’s Virginia plant (who had high levels of PFOA in their blood) have raised serious complaints and law suits for the effects experienced with Teflon.

Under current study by Environmental Protection Agency, PFOA is found in the blood of almost every American.

“Scientists reported finding PFOA in the blood of 96 percent of 598 children tested in 23 states and the District of Columbia. Once introduced, PFOA circulates in the body for years. If new exposures to PFOA could somehow be stopped, the body would require an estimated 4.4 years to excrete half the mass of PFOA accumulated in organs and tissues.” (Environmental Working Group) [20]

“There is widespread contamination of human tissues with trace amounts of organic fluorocompounds derived from commercial products [such as] water and oil repellents in the treatment of fabrics and leather [and] the production of waxed paper and the formulation of floor waxes. The prevalence of organic fluorine in human plasma is probably quite high since 104 of the 106 plasma samples tested here and all 35 in an earlier study had measurable quantities.” (Dr. Taves in American Chemical Society) [21]

“Even if PFOA were banned today, the global mass of PFOA would continue to rise, and concentrations of PFOA in human blood could continue to build. Long after PFOA is banned, other

PFC chemicals from 50 years of consumer products will continue to break down into their terminal PFOA end product, in the environment and in the human body. Unlike other persistent organic pollutants, all of which have some capacity to breakdown in the environment, PFOA will persist indefinitely even if banned, and will continually redistribute throughout the environment, the food chain, and the human population. PCBs and DDT have declined in total global mass in the decades following their respective bans in many countries, but the same will not be true for PFOA” (Environmental Working Group). [22]

PCBs

From 1900 to 1976, manufacturers used PCBs (“polychlorinated biphenyls”) for lubricants, adhesives, carbonless reproducing paper, and more. Dumped into rivers years ago, PCBs still move up the food chain. Researchers

estimate that it will take seven generations for PCBs to disappear from the body. Though no longer allowed for industrial use, PCBs cycle between the soil, water, and air. They are also passed on through breast milk.

“Tests exist to measure levels of PCBs in your blood, body fat, and breast milk, but these are not routinely conducted. Most people normally have low levels of PCBs in their body because nearly everyone has been environmentally exposed to PCBs.” (Agency for Toxic Substances and Disease Registry) [23]

“Even though PCBs are no longer commercially produced in the United States, high levels of the chemicals remain in various parts of the country, in poultry, and in fish. All people in industrial countries have some PCBs in their bodies. There is no predictive test to indicate if an individual will experience harmful health effects from exposure.” (Ohio State University) [24]

“[The] national United States average of [of PCBs in the blood is] 0.9-1.5 ppb for people with no unusual PCB exposures. Although production of PCBs was banned in the United States in 1977, PCB products are still in use in this country and elsewhere. Because of their persistence in the environment, they have been transported around the globe via wind and air currents. PCBs contaminate the bodies of every animal and human being on earth.” (Coming Clean) [25]

Flame Retardants (PBDEs)

Polybrominated diphenyl ether (PBDEs) are flame retardants used in a wide variety of household items, including electronics, mattresses, furniture, plastics, as well as automobiles. These retardants belong to a larger class of toxins known as “Persistent Bioaccumulative Toxins.” Due to common use, PBDEs are doubling at fast rates in society and enter our bodies through the food chain. Mothers especially pass on PBDEs to their infants through breast milk.

“The bodies of Puget Sound residents are contaminated by high levels of toxic flame retardant compounds that are known to cause behavioral aberrations, learning deficits, and other health effects in laboratory animals. An analysis of breast milk samples by nine Puget Sound mothers revealed high levels of the flame retardants in every sample tested. Concentrations of the chemicals were 20 to 40 times the levels found in Europe and Japan. These flame retardants, known as PBDE’s (polybrominated diphenyl ethers) are commonly added to consumer and household products such as furniture foams, textiles, and electronics.” (Northwest Environment Watch) [27]

“Household products ranging from kids’ pajamas to computers release these brominated flame retardants [PBDEs, polybrominated diphenyl ether]. The chemicals have been turning up in house and yard dust, as well as in specimens collected from sewage sludge, streams, and even people’s bodies. For 3 decades, manufacturers have been putting these chemicals into a wide variety of products to reduce the risk that these goods will catch fire. In the July Environmental Health Perspectives, the Indiana scientists report that although the average was around 40 parts per billion (ppb) of PBDEs in blood, some moms and babies showed concentrations up to 450 ppb.” (Science News) [28]

“A new study says chemical flame retardants are harming the brain development of children throughout Europe. Of particular concern is the retardant known as deca, used in many plastics in computers and televisions. A recent EWG investigation included the first tests for deca in the household dust of 10 American families, and found levels of the toxic chemical well above those that are causing concern in Europe.” (Environmental Working Group) [29]

“Studies in wildlife have shown that PBDE levels are rising at alarming rates, doubling every one to five years. In the Columbia River system, levels of PBDEs in fish doubled in a mere 1.6 years (Washington Toxics Coalition) [30]

Heavy Metals: Mercury, Lead, Cadmium, Arsenic

Mercury

Mercury is used in computers, vaccines, medications, thermometers, and dental amalgams. Coal-fired power plants release mercury into the environment, and it accumulates particularly in fish and other seafood. Most fish consumption advisories are due to high mercury levels in fish.

“The average amalgam filling has more than ½ gram of mercury, and has been documented to continuously leak mercury into the body of those with amalgam fillings due to the low mercury vapor pressure and galvanic current induced by mixed metals in the mouth. Because of the extreme toxicity of mercury, only ½ gram is

required to contaminate the ecosystem and fish of a 10-acre lake to the extent that a health warning would be issued by the government to not eat the fish.” (Dental Amalgam Mercury Syndrome) [31]

“In fully 10 percent of American women, roughly 7 million women, mercury levels were above the [safe] dose. Women who eat a lot of fish during pregnancy, or even as little as a single serving of a highly contaminated fish, can expose their developing child to excessive levels of mercury. (Ken Cook, President of Environmental Working Group) [32]

“Until recently, a form of mercury called thimerosal was used as a preservative in many of the vaccines given to infants and young children, including vaccines for hepatitis B, influenza, diphtheria, tetanus, pertussis, and Haemophilus influenza type b (Hib). (“Mercury Amalgam Fillings,” Shirley’s Wellness Café) [33]

Cadmium

Cadmium is a metal used in batteries, electronics, metal plating/coating, and baking enamels (including some bakeware). Cadmium contaminates the soil and can leach into groundwater.

“Tobacco smoking is the most important single source of cadmium exposure in the general population. It has been estimated that about 10% of the cadmium content of a cigarette is inhaled through smoking. The absorption of cadmium from the lungs is much more effective than that from the gut, and as much as 50% of the cadmium inhaled via cigarette smoke may be absorbed. / On average, smokers have 4-5 times higher blood cadmium concentrations and 2-3 times higher kidney cadmium concentrations than non-smokers.” (“Heavy Metal Toxicity,” Diagnose Me) [34]

Arsenic

Arsenic is found in most pressure-treated lumber (although it is currently being phased out) and is also used as a hardener for lead/copper alloys. Arsenic can contaminate soil and dissolve into water. It is especially dangerous to be around burning lumber or sawdust when the wood has been pressure treated. Many wooden jungle gyms for children are made of pressure-treated lumber; the arsenic leaches into the ground and can contaminate outward and downward from there.

“The daily intake of total arsenic from food and beverages is generally between 20 and 300 µg/ day. Limited data indicate that approximately 25% of the arsenic present in food is inorganic, but this depends highly on the type of food ingested. Inorganic arsenic levels in fish and shellfish are low (< 1%). Foodstuffs such as meat, poultry, dairy products and cereals have higher levels of inorganic arsenic. Pulmonary exposure may contribute up to approximately 10 µg/day in a smoker and about 1 µg/day in a non-smoker, and more in polluted areas. The concentration of metabolites of inorganic arsenic in urine (inorganic arsenic, MMA and DMA) reflects the absorbed dose of inorganic arsenic on an individual level. Generally, it ranges from 5 to 20g As/litre, but may even exceed 1000 µg/litre.” (Green Facts: Facts on Health and the Environment) [35]

Lead

Between 1889 to 1970, lead was used in paint, and still lingers in about 6-16 percent of houses in the U.S. Old paint is particularly dangerous if it starts chipping. Lead was also used for decades in gasoline; much of the lead from paint or gasoline leaks into the soil, and cycles up from there.

“4.4% of all children aged 1 to 5 years have elevated levels of lead [from old paint and lead pipes] in their blood systems. Although lead poisoning can affect persons of any age, young children remain the chief risk group for the neurotoxic effects of lead.” (Security World.com: Safety and Security Information Center) [36]

“Higher prevalences of elevated BLLs [Blood Lead Levels] in U.S. children occur in urban settings, lower socioeconomic groups, immigrants, and refugees (Geltman et al., 2001). Children with BLLs greater than or equal to 10 g/dL are at increased risk for neurocognitive decrements.” (Center for Disease Control and Prevention) [37]

“In late 1991, the Secretary of the Department of Health and Human Services said, “The effects of lead exposure on fetuses and young children can be severe. They include delays in physical and mental development, lower IQ levels, shortened attention spans, and increased behavioral problems. Fetuses, infants, and children are more vulnerable to lead exposure than adults since lead is more easily absorbed into growing bodies, and the tissues of small children are more sensitive to the damaging effects of lead. Children may have higher exposures since they are more likely to get lead dust on their hands and then put their fingers or other lead-contaminated objects into their mouths.” (Environmental Protection Agency) [38]

Dioxins

Dioxins are used in the chlorine bleaching of paper and other chlorine products; they are also released from burning chlorine waste. When released, dioxins contaminate food, which is how they enter the body. Dioxin in its pure form is considered extremely toxic. With routine, normal diet you already have dioxins in you, about 13 nanograms per kilogram of bodyweight.

“Current ‘normal’ body burdens of dioxin and several other organochlorines in humans are at or near the range at which toxic effects occur in laboratory animals” (Trade Secrets: Moyer’s Report)[8]

“The EPA estimates that the average U.S. citizen without any direct exposure to dioxins other than routine diet has an average body burden of 13 nanograms of dioxin per kilogram of body weight or parts per trillion. The level increases with age. Dioxin has been found in the sperm of Vietnam veterans 20 years after exposure.” (Enviro-Net) [3]

“Because dioxins are widely distributed throughout the environment in low concentrations, are persistent and bioaccumulated, most people have detectable levels of dioxins in their tissues. These levels, in the low parts per trillion, have accumulated over a lifetime and will persist for years, even if no additional exposure were to occur.” (Environmental Protection Agency) [4]

“Sex hormones are diminished in men with 13 ng/kg [of dioxins]; altered glucose tolerance has been observed in humans with 14 ng/kg; decreased growth is observable in humans having 47 ng/kg; endometriosis is produced in monkeys having 27 ng/kg.” (Green Left Weekly) [39]

INGREDIENTS

Body Detox contains a proprietary blend of nanometer-sized natural oligopolysaccharides, glycoproteins, phospholipids, colloidal sea minerals, micro-cluster structured water, microactivated enzymes, microactivated mercury free chlorella, lipoic acid, NAC, glutathione, vitamin C, hyaluronic acid, fulvic acid, ferulic acid, and protease inhibitors with over 100 beneficial flora.

Lipoic acid is one of the most potent antioxidants in Body Detox. It can eat up more types of free radicals than any other known antioxidant, and it can recycle Vitamins E, C, CoQ10, and glutathione. This means that after these vitamins have done their job to quench a free radical, lipoic acid recycles them with more electrons so they can work again on new free radicals and eliminate them too.

Chlorella, unicellular green algae containing the highest concentration of chlorophyll of any plant, is a super antioxidant food containing Vitamins B, C, and E, and helps generate new DNA and RNA after breakdown from free radical attacks. Chlorella strengthens your liver, one of the major detoxification organs of your body. In addition to its antioxidant properties, chlorella also has unique cell walls that pick up and help remove harmful heavy metals and pesticides, including cadmium, PCBs, and insecticides.

Glutathione is the principal detoxifier of harmful compounds in your body, and annihilates free radicals. Glutathione protects tissues, boosts your immunity, and stimulates cells. Particularly, glutathione can help protect you against toxins from smoke, exhaust, pesticides, and other chemicals.

N-Acetyl-Cysteine (NAC), an amino acid, helps synthesize glutathione, and is a powerful antioxidant that protects lung tissue, among others. NAC increases communication between cells and helps fight toxins by sending them to the liver for excretion. NAC also attaches to heavy metals like mercury, lead, and arsenic — and helps remove them from the body.

Vitamin C, or ascorbic acid, is an indispensable antioxidant necessary for wound healing — it keeps tissues together and produces much needed collagen for bones. Vitamin C also fights infections and strengthens blood vessels, in addition to preventing damage to DNA, lipids, and proteins. Its properties are essential for healthy teeth, gums, and bones.

Ferulic acid is a cell-repairing antioxidant that contributing essential ionic components to either stabilize, neutralize, or otherwise remove damaging free radicals. Ferulic acid also helps protect you from UV harm, maintains the immune system, and has extraordinary antiaging, anti-wrinkling benefits for your body.

Fulvic acid extracted from ancient plant deposits, consists of tenacious antioxidants, efficient enzymes, and naturally occurring phytochemicals to enhance your absorption of nutrients and minerals, speed enzyme

reactions, restore cell balance, and deliver energy to cells. Fulvic acid's small size allows it to penetrate human tissues and cells, helping balance cell life.

Protease inhibitors, immune boosters, prevent harmful protease enzymes from "cutting" your proteins. These inhibitors help toxic individuals with weakened immunity ward off the hazards that accompany foreign takeover. Protease inhibitors boost your immunity levels to overcome the effects of toxins and allow your body to heal.

Hyaluronic acid helps lubricate and cushion your joints and other cartilage. This jelly-like complex is necessary to transport nutrients from the bloodstream, via the capillary network, to the living cells of your skin. Your skin, in addition to your other elimination systems (your kidney, liver, bowel, lungs), sweats about a quart of water each day and is a key player in detoxification.

Phospholipids heal damaged cell membranes in your intestines, strengthening these membranes against toxin invasions and improving the absorption of nutrients.

Oligopolysaccharides protect your intestine's mucous membranes and help repel toxin attachment or infiltration.

Glycoproteins (combinations of proteins and sugars) increase your intestinal cell's communication to help orient cells within the membranes.

Microactivated enzymes in Body Detox help rebuild your gastro-intestinal tract by first cleansing the intestinal surface of harmful bacteria and then nourishing the intestine's inner lining cells.

Natural flora are friendly bacteria, like acidophilus, that repopulate your intestinal area, leading to better nutrient absorption and digestion.

FAQ

What's really in Body Detox?

You won't find any "slippery elm bark," "marshmallow roots," "dandelions," or "yellow dock" in Body Detox, as the formula does not rely on herbs for its detoxification power, but rather raw amino acids, antioxidants, enzymes, flora, vitamins, and minerals that are powerful detoxifiers for the body.

Body Detox's ingredients include a proprietary blend of nanometer-sized natural oligopolysaccharides, glycoproteins, phospholipids, colloidal sea minerals, micro-cluster structured water, microactivated enzymes, microactivated mercury free chlorella, lipoic acid, NAC, glutathione, vitamin C, hyaluronic acid, fulvic acid, ferulic acid, and protease inhibitors with over 100 beneficial flora.

These ingredients perform three major functions to benefit your health: (1) They remove heavy metals and pesticides from your body, (2) They clean up and rejuvenate your intestinal tract to allow these toxins to exit, and (3) They strengthen your cells against the free radical damage toxins create.

To learn more about each ingredient specifically, see "How Body Detox Works."

How will Body Detox react with medications I'm taking? Is it safe for children?

Body Detox is not a drug and therefore should not have any adverse effects on your medications. Body Detox is a non-alcohol based dietary supplement. However, to be safe, if you are pregnant, breastfeeding, have kidney or liver disease, or are taking unusual medications, consult your physician before using. Body Detox is safe for children. Be sure to adhere to the reduced number of sprays in the suggested use.

What type of detox symptoms can I expect on Body Detox?

Toxins can flush out of your body through your bowels, urine, hair, skin, and breath. As these toxins come out, sometimes you may experience foul body odor, muscle soreness, an increase or decrease in energy, headaches, mucous discharge, metallic taste, or flu-like symptoms. These are normal detox reactions that will eventually disappear. However, if you start to feel too uncomfortable, you should back down the dosage to a more tolerable level and consult your physician.

If a chemical is dangerous, doesn't the government ban it?

Many people mistakenly believe that if a toxic chemical were dangerous, it would be banned by the U.S.

government, so we don't have to worry about exposure.

Actually, although many toxins have been banned, scientists for decades were unaware of the full health effects of substances like DDT, PCBs, lead, fluoropolymers, etc.

Hundreds of previously legal chemicals, pesticides, metals, and other toxins still remain in the environment and our bodies. These substances don't degrade or breakdown; they persist for centuries and cycle back and forth through soil, water, and the atmosphere.

Before the health hazards were known, these chemicals were dumped into rivers, freely incinerated, amassed in landfills, incorporated into household products, sprayed on food, and used in so much abundance that many of them can be found in the blood or fatty tissues of nearly every American. If not directly consumed, from the soil or water they move up the food chain, arriving in the body despite anything we do to prevent it.

DDT, for example, was banned thirty years ago, but is still found (in lesser amounts) in 99 percent of people tested, including children, who receive it through their mother's breast milk, according to the CDC.

Additionally, many pesticides and other toxins used in developing countries circulate the globe.

What is the exact scientific data about toxin dangers and removal?

Information about toxins is readily available all over the Internet, particularly on the Environmental Working Group, EPA, and ASTDR websites. We have pulled relevant excerpts from organizations like these and posted them on the "Body Burden" section to give you an idea of the severity and abundance of these toxins in the human body.

Unquestionably you will find that toxin outputs have dramatically increased during the industrial developments and petrochemical advancements of the last 100 years, leading to increased amounts of dozens of different toxins in our body

How do I know whether I have toxins in me?

You can do costly lab tests measuring the toxins in your blood, feces, urine, and even hair. But if you're an average U.S. citizen, you probably have about 90 industrial chemicals inside your body.

The Environmental Working Group, the most thorough and extensive non-profit environmental watchdog group in the U.S., recently conducted a survey in which they found 91 chemicals, pesticides, and other toxins inside each of the bodies of nine randomly selected individuals. There were 167 different chemicals inside the group overall [1].

You can also take a brief questionnaire on Environmental Working Group's site to give you an estimate of the chemicals in your body.

The Center for Disease Control and Prevention publishes an annual National Report on Human Exposure to Chemicals. There are over 115 different chemicals listed in their exposure report.

Chemical Body Burden is another good source of information about the number of industrial chemicals in the human body.

The toxins in our bodies include various forms of arsenic, dioxins, organochlorines, phthalates, fluoropolymers, organophosphates, furans, lead, mercury, cadmium, and other chemicals. You can read about the details of these toxins in the "Body Burden" section of our site.

You would certainly be an exception if you didn't have any of these chemicals in your body. Even if you never drank faucet water, never ate store-bought fruits or vegetables, never relaxed on your lawn or sat on the ground, never breathed air in a city (or indoors, where pollution is even greater), never smelled cigarette smoke, never used any personal care products, never tasted anything from a plastic container, and never drank breast milk from a mother who did any of these things either — you still wouldn't be an exception.

We are all inescapably surrounded by an environment saturated with toxins — toxins in our soil, water, and air. Many individuals, without realizing it, are suffering from toxic overload.

If you have one of these ten common symptoms, your body is probably straining with toxins and would benefit from an unburdening. Matching up your own symptoms with the above is the easiest way to tell if you're toxic.

How can I be sure Body Detox will work? How will it make me feel better?

Many users have had success with Body Detox. Here is one of the more interesting letters an individual wrote in:

"Since I was a little girl, I've had a hearing aid in my right ear. Just a few months before my twentieth birthday, I had to get a hearing aid for my left ear too. After an examination at LifeWorks Wellness Center, a practitioner informed me that I had metal deposits near my ears. They prescribed to me their new product 'Body Detox.'"

"The second day of using Body Detox, I found that when eating I could taste the metal coming from the fork. I found that if I licked my lips I also tasted metal. It tasted like pennies (copper) or nickels actually, which would make sense considering those were my favorite 'sucking toys' as a child. If this was not proof enough of its effectiveness, the results continued"

"Two weeks after continuing to use Body Detox I found that in the mornings or after a shower or right before bed, at times when my hearing aids would be out, my hearing had improved. I could hear the TV at a more normal level, and I could talk to my family. Most amazing to me, I could finally hear people on the phone with my right ear! I had never been able to do this before."

"In fact, my hearing aids became so loud that I had to have the volume adjusted to a lower level. For simply spraying my mouth with a tasteless spray once a day, I found the results exceptional and expect even more amazing results." — K.R.

If I have toxins in me, why aren't I dead yet?

In small amounts, many toxins have no noticeable effect. Public drinking water, for example, has standards regarding allowable parts per trillion for arsenic, PCBs, and other chemicals. Consume any one toxin in high amounts, however, and the effects can be severe.

A grain of sand may look like nothing on the floor, but if you keep adding grain after grain each day, the sand piles up. One day, at no particularly predictable point in time, you suddenly have a heap of sand. It can be the same in the body with toxins: add toxin after toxin after toxin, mixing and combining — albeit small amounts — in untested ways over a number of years, and one day you have a serious toxic buildup that burdens your body and weakens your health.

The effects of toxins can be mild and difficult to distinguish at first: a slight headache, poor sleep, aches in your muscles, a pain that continually recurs. Toxins get in the way of your body's proper functioning. Perhaps you attribute sleep irregularity to simply "having a lot on your mind." Then headaches, attributable to . . . caffeine? As these conditions come and go with more regularity, and have fewer causal connections, at some point you may conclude that toxins may be the real reason behind your body's poor functioning.

While these are some of the short-term effects of toxins, long-term toxic build up may develop into more serious health conditions.

Is my shampoo toxic too? How do I know if something is toxic or not?

While foods and drugs are monitored by the FDA for safety, personal care products such as shampoo, deodorant, cleansers, and other non-food products are exempt from FDA approval. In short, as long as you don't eat it, companies usually don't have to secure safety approval to use it.

The ingredients in personal care products can range anywhere from simple oatmeal and salt to chemicals known to damage health in humans. A recent survey by the Environmental Working Group found that 89 percent of 10,500 ingredients used in personal care products weren't reviewed by any external panel or review board at all.

Half of the 7,500 products contained enhanced penetrators that increased the product's ability to be absorbed into your body. More alarming, about 50 products contained enhanced penetrators in combination with probable or known carcinogens [40]. So not only do you apply a carcinogen, you make sure it soaks into your body.

Repeated low-dose exposure compounded with multiple, varied chemicals applied over long periods of time may have a build-up effect that could be more dangerous than using one product alone. This seems to be an overriding concern of our developing toxic dystopia: while some substances are individually tested and reviewed for their safety, it's difficult to know how they will react when mixed with others.

Given the increasing storehouse of toxins our bodies and the new amounts we are taking in daily, it's impossible to know what one chemical will do to another. Perhaps one will react with another in a way more dangerous than if experienced alone. We hope that the next toxin that enters our body won't be "the one" that sets off a chain reaction of physical harm.

Clearly we need something to help us deal with this ongoing toxic assault. Body Detox is the best detoxification supplement available for it.



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