

The Toxic Challenge of Living in Today's World

In the world we're living in, we're surrounded by hundreds of thousands of chemicals that our grandparents or great-grandparents were never exposed to. They're used in our homes, offices, schools, vehicles, foods, farms, fields, cosmetics, toys, skies, waters—everywhere. We're constantly exposed to them, from before our births until our deaths.

Many people have referred to our continual exposure to these chemicals as living in a “carcinogenic soup.” Unfortunately, that's an appropriate description.

There's no escaping these substances. The human bodies on this planet are being exposed to them every day, every hour and every minute. But there are ways to help the body cope with the effects of these chemicals. If that can be done, then a greater measure of health can be retained, despite this carcinogenic soup we live in.

How Many Chemicals Are We Exposed to?

The news source Chemical & Engineering News estimates that 350,000 chemicals are being used in commercial production around the world. In America, the Environmental Protection Agency maintains a list of 770 chemicals that they monitor carefully because they are known to cause:

- Cancer or other chronic human health effects
- Significant adverse acute human health effects
- Significant adverse environmental effects

But what about the other 349,230 chemicals? They can't possibly all be harmless. And they aren't.

The consumer group Environmental Working Group (EWG) notes that in America, there are 80,000 chemicals on the market in this country alone. Three thousand of these chemicals are made and used in high volume. But only 7% of these 3,000 chemicals have been tested for safety.

What's more, thousands of these chemicals are also covered by confidentiality protection because they are “trade secrets.” So they won't receive attention or testing for safety any time soon.

Essentially, we're on our own. We either minimize our exposure to these chemicals and rid our bodies of our burdens of these and other toxins or we suffer the consequences.

Chemicals are Only Part of the Picture

The other type of toxin humans are exposed to on a constant basis is the toxic metal. When the body builds up accumulations of the following metals, physical health chaos can result:

- Mercury
- Nickel
- Uranium
- Cadmium
- Lead
- Aluminum

Exposure comes from environmental pollutants, tattoos, some vaccinations, contaminated water, household products and dental fillings.

These metals stash themselves in our central nervous systems, bones and organs. And then they don't leave. They can stay in our bodies for the rest of our lives unless we take steps to eliminate them

Damaging Duo: Chemicals and Heavy Metals

The body wasn't designed to suffer the burden of toxic chemicals and heavy metals. Its elimination system isn't sufficient to reach into our cells and extract enough of these substances to prevent us from suffering adverse health effects.

Heavy metals aren't going to break down once they are in our bodies. They're just going to be stuck wherever they lodged.

Thousands of the toxic chemicals we're exposed to are deemed "forever chemicals" because they can last for decades or longer without degrading. It's not easy for our bodies to eliminate them.

It's almost guaranteed that you have have many of these forever chemicals in your home and your life because they are found in:

- Fast food containers
- Microwave popcorn bags
- Pizza boxes
- Candy wrappers
- Nonstick cookware
- Stain-resistant fabrics
- Water-resistant clothing
- Cleaning products
- Personal care products (dental floss!)
- Cosmetics
- Paints and sealants

If you're like nearly every other American, you've had these items in your life and thus have been exposed to these forever chemicals.

If you've never had any of these products in your life, these forever chemicals have entered our water supply so you may have been exposed that way.

Effects of Heavy Metals and Toxic Chemicals

The body wasn't designed to deal with these toxic accumulations. So they interfere with the natural processes of the body, creating illnesses and causing poor function. Their catastrophic effects can include:

- Heart disease
- Heart failure
- Thyroid problems
- Dementia
- Neurological disorders
- Decreased speech or sight
- Muscle weakness
- Poor coordination
- Allergies
- Alzheimer's disease

- Infertility
- Infant and fetal deaths
- Anemia
- Depression
- Birth defects
- Permanent organ damage
- Insomnia
- Chronic fatigue
- Poor recovery from workout
- Poor memory
- Learning problems
- High blood pressure
- Brain fog
- Digestive issues such as irritable bowel syndrome
- Skin irritations
- Skin discolorations
- Autoimmune disorders
- Chronic aches and pains
- Numbness or tingling in the extremities
- Heart irregularities
- Autism
- Memory loss
- Immune system impairment
- Emphysema
- Kidney damage
- And much more.

The EWG notes that 420 of the chemicals or chemical groups in common use are known or likely carcinogens. That means that they can or may cause cancer. So that's another effect of this widespread contamination in our environment.

You may have noticed that you or people you know suffer from many of these problems. Or perhaps you have seen news articles about the increased incidence of these problems in our world.

What the world needs is an effective method of ridding these toxins from the body.

Getting These Toxins Out of the Body

Getting these toxins out of the body requires supporting, enhancing and strengthening the body's ability to draw the toxins out of their storage locations and flush them from the body.

We are fortunate in there being many herbal and mineral substances in the world that can do this job.

So how can we work with these substances to formulate an effective solution?

By taking the best of these substances that complement and reinforce each other and combining them into one powerful formula that gets proven results.

That's exactly what has been done when formulating the new BodyHealth dietary supplement Metal Free & Chemical Cleanse.

In addition to combining the best herbs and minerals to ease toxins out of your cells, Metal Free & Chemical Cleanse contains Fullerene—a micro-activated form of carbon. Fullerene forms a cage that *surrounds* each molecule of toxic material so it can be carried all the way out of the body. For comparison, with some other detoxification processes like chelation, toxins that are drawn out of one part of the body can be deposited in another, such as the brain or the heart. The Metal Free & Chemical Cleanse formula enables toxins to be fully eliminated from the body, freeing you from their effects forever.

What Ingredients Were Chosen for Metal Free & Chemical Cleanse?

Here's the power-packed list of ingredients in Metal Free & Chemical Cleanse:

- **Organic cilantro leaf:** Cilantro was chosen for its ability to support the body's natural detoxification processes. Chlorophyll and other substances in the cilantro leaf loosen toxic metals from affected tissue. The herb also has significant chelating properties, which means it grabs onto toxins and metals to remove them from the body. The leaves of this plant are anti-inflammatory, antiseptic, anti-fungal and antimicrobial. It is a diuretic which helps flush toxins out of the body. Cilantro is best used in conjunction with other detoxifying herbs like alfalfa which also contains high levels of chlorophyll.
- **Organic alfalfa leaf:** Alfalfa leaf is high in chlorophyll, as well as protein, amino acids, iron, niacin, biotin, folic acid, calcium, magnesium, phosphorus and potassium. Alfalfa purifies the blood, liver and urinary tract and works synergistically with Cilantro to bind and eliminate heavy metals. By promoting bowel movement regularity, it helps move toxins fully out of the body.
- **Organic parsley leaf:** Like cilantro, parsley is a strong chelating agent and natural diuretic which enables it to bind to and flush out heavy metals. Parsley offers strong support to the liver, the main detoxifying organ in the body.
- **Organic stinging nettle leaf:** Nettles are highly nutritious, possessing a high percentage of protein and lots of chlorophyll. They contain vitamins A, B, C, and K, plus calcium, manganese, potassium, magnesium and iron. Nettles have long been used to detoxify the blood and for their anti-inflammatory, soothing and calming qualities. It has the characteristic of absorbing toxins from the soil and it has the same role when used internally.
- **Organic agaricus mushroom:** This type of mushroom is nutritious but also possesses medicinal qualities. It is known to activate the body's natural defense by stimulating the immune system. Tests have shown it to improve and normalize liver function. They promote the growth of protective cells, which assists with chemical and heavy metal detoxification.
- **Organic cleavers (herb):** This herb latches onto toxins so they can more easily be eliminated. They stimulate the kidneys and lymphatic system, both of which are vital to the detoxification process.
- **Organic chaga mushroom:** Chaga mushrooms are used in traditional medicine in Asia. They are antibacterial, anti-viral and anti-parasitical. They also have immune-modulating properties. They help cleanse the blood, boost circulation and lower cholesterol. Chaga mushrooms have 50 times more antioxidants than blueberries.
- **Cuprous nicotinic acid, referred to as Cu1:** The word cuprous means that this substance contains a particular form of copper, a known anti-inflammatory agent. Copper is also a strong antioxidant and stimulates the production of dopamine which can improve brain function, particularly mental functions such as creative thinking, and problem-solving.

- Fullerene, the supercharged, micro-activated form of carbon: This is an advanced form of micro-activated, multi-layered form of carbon. Each Fullerene molecule is composed of 60 carbon atoms structured into a hollow, roughly spherical form resembling a cage. This microscopic cage is what enables Metal Free & Chemical Cleanse to carry toxins completely out of the body. It has antioxidant properties hundreds of times stronger than the most powerful superfoods. This form of super-activated charcoal assists with the detoxification of toxins from food, the environment and more, especially toxins present in the intestinal tract.

Detoxification for Healing, Detoxification for a Long, Healthy Life

Unless you can live in a totally pure environment, you need to support your body's ability to detoxify the chemicals, toxins and heavy metals you're surrounded by. Thorough detoxification is vital if one is to recover from any of the adverse physical symptoms on the list above or maintain mental and physical vigor.

Metal Free & Chemical Cleanse is the answer to a toxic environment that is challenging every system in your body, morning, noon and night.

Your first step would be to reduce your body's burden of the toxins your body has accumulated since *before* you were born. We say *before* because an average of 200 industrial chemicals and pollutants were found in the umbilical cord blood of ten babies tested in 2004.

Your next step is to continue to support and enhance your ability to detoxify the chemicals, toxins and heavy metals you encounter on a daily basis.

There are many essential actions that must be taken to maintain robust health for one's whole lifetime. Detoxification of heavy metals and toxic chemicals belongs very near the top of the list.

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