

Toxins and You

Toxins are everywhere. In addition to our own metabolic wastes from the food we eat, air we breathe and water we drink, there are between 400 and 800 man-made chemicals and other toxins circulating in our bodies. Our body, and in particular our liver, is no longer able to adequately eliminate the overwhelming numbers of toxins we ingest and breathe in daily. The toxins invade our cells, tissues, organs, blood, and saturate our lymph fluid. No wonder we feel sick, tired, have aches and pains, can't sleep, have poor digestion and even worse elimination.

At the same time, a liver so bogged down with toxins can't metabolize the fats we ingest. As a result, fats and cholesterol are dumped back into the bloodstream, causing not only weight problems, but more serious consequences as well: indigestion, fatigue, high cholesterol, depression, mood swings, lupus, arthritis and other autoimmune conditions. The skin, too, takes a hit, exhibiting blotchy patches and rashes.

One of the greatest gifts we can give ourselves is to rid our bodies of these debilitating toxins. How? By eating clean, organic foods; occasional fasting (if appropriate); and utilizing certain supplementation and herbals that can help bind and draw out the toxins as well as using non toxic personal care products so not to add any new toxins to your body. Eliminating or avoiding toxic substances is essential.

A simple patch, with very specific ingredients working synergistically, attached to the bottom of your foot, can draw out toxins from your body while you sleep proving their existence.

Here is a partial list of the most prevalent toxins affecting most of our lives today:

- toxic metals including lead, mercury, arsenic, cadmium & aluminum
- PCBs and other plastic by-products we ingest on a daily basis (drinking from plastic bottles or microwaving in plastic containers)
- MSG, aspartame, artificial flavorings, colorings, dyes, preservatives
- tobacco, nicotine, tar & second-hand smoke (yours or others)
- dental amalgams and root canals containing mercury & other metals
- drinking water that may contain arsenic
- gasoline; auto, bus and diesel exhaust (esp. if you live near heavy traffic)
- chemicals in make-up, shampoos, lotions, sprays, hair dyes
- household cleaners, carpet chemicals, formaldehydes, insulation, particleboard
- fertilizers, pesticides in our food supply
- insecticide residues; organic rotenone
- synthetic hormones & antibiotics in foods and dairy products
- prescription drugs, including acetaminophen, aspirin, and nonsteroidal anti-inflammatory drugs (NSAIDS); chemical inhalants
- soft drinks (loaded with phosphoric acid)
- char-broiled meats (loaded with carcinogens)
- radon
- chlorinated water (which kills lactobacilli, the "friendly bacteria" in our gut that combat harmful bacteria)

- toxic fish (loaded with methyl mercury)
- processed meats (loaded with nitrates)

Toxic Over Load

As toxins accumulate in our cells, tissues, organs, lymph and blood, our bodies become overwhelmed trying to eliminate them, and we may experience various symptoms.

According to best-selling author and nutritionist Anne Louise Gittelman, PhD, “Our bodies are staggering under the enormous load of industrial toxins that have entered our food, water, and environment.” Compounding the problem, most Americans eat far less fiber than they need to help neutralize the toxins and scrub them out of our systems. We eat fatty, sugary, and floury foods that tax our poor, overloaded liver — the prime organ charged with detoxifying our bodies. Assaulted by the daily dose of toxins—our livers and bodies are overwhelmed trying to unload our toxic build-up.

Symptoms of toxic overload include:

- bloating, gas
- brain fog, forgetfulness
- indigestion, acidity
- poor bowel movement
- sluggishness, fatigue
- poor skin, rashes
- cellulite
- insomnia or interrupted sleep
- headaches, migraines, dizziness
- stiff, achy or painful joints
- allergies, mucous build-up, annoying cough
- recurring infections
- poor circulation

Over time, if the toxins are not removed, the symptoms may lead to various debilitating, serious or chronic conditions.

While there are a number of ways to help the body detox — diets, fasts, chelation therapy – A sure way to begin today is to use non toxic personal care products so no new toxins are absorbed through your skin and to use nutritional supplementation that can assist the body in detoxifying.

Independent laboratories have analyzed the patch residue to contain toxins, among them: aluminum, arsenic, cadmium, copper, lead, mercury, nickel, thallium, PCBs, benzene, asbestos, fast green dye, Sudan black dye, methyl alcohol, isopropyl alcohol, old medications, and metabolic wastes including mucous, fat, and cellulite.

Why do I place the patches on my feet?

Eastern medicine has held the view for centuries that toxins go downwards in the body during the day, to be deposited away from the vital organs, in places such as the feet. Eastern medicine also understands that toxin accumulation leads to many degenerative diseases. For example, painful rheumatism and arthritis are caused by acidic toxic fluid gathered in the joints.

There is an Asian expression that says aging comes from the feet. In Western foot reflexology, the feet (also called the 'Second Heart') are seen as holding the essence of all our major organs, with over 60 acupuncture points and 7000 nerve endings on our soles, both relating to the major organs and structures.