

LIVER TOXICITY

What Causes Toxicity?

Nothing has changed in humans in the past 40,000 years except for our environment. We now live in a toxic world. 4 Billion tons of chemicals are used all over the world each year. 2 Million chemicals have been synthesized. There are 60 thousand chemicals in current use today in the USA. Besides living in a toxic environment, we also ingest toxins as well. All of these chemicals are toxic to the human body and produce stress. The liver will store toxins in body fat if it cannot neutralize and eliminate them.

How can you tell if you are Toxic?

You will have one or more of the following:

Fatigue
Nausea
Headaches
Fibromyalgia
Skin disorders
High cholesterol
Less Alive Feeling
Bad breath/body odor
Hormonal imbalances
Chemical sensitivities
High Blood Pressure
Allergies and/or Asthma
Blood sugar imbalances
Muscle and/or Joint pain
Bloating and/or Indigestion
Dark circles under the eyes
Depression/Anger/Irritability
Constipation and/or Diarrhea
Digestion/Elimination problems
Difficulty losing or gaining weight
Repeated colds, flu, sinus infections

Is there help for Toxicity?

Natural Alternative Health Care
Physicians can easily and simply evaluate your body for toxicity. Simple non-invasive tests include muscle (reflex) response testing, stress analysis, hair analysis, and toxicity and allergy evaluations.

Toxins are in the Foods We Eat

- * The average American consumes 14 pounds of chemical additives, 180 pounds of table sugar and 8 pounds of table salt each year...
 - * There are more than 320,000 processed foods on the market with 160,000 of them developed in the last 10 years...
 - * We have over 250,000 fast food restaurants and 25% of all vegetables eaten in America are French fries...
 - * Since 1997, we have increased our consumption of soft drinks by 134% from 23.3 gallons to 54 gallons per person each year...
 - * Since 1957 the average hamburger has ballooned in calories by nearly 200%, from 210 to 618 calories...
 - * The average child sees 10,000 TV ads for junk food a year at a cost of \$13 billion to the food industry...
 - * \$33 billion is spent per year marketing junk foods alone, while only 2.2% is spent advertising whole, nutritious foods...
 - * The most commonly consumed beverage in the world is not water but Coca Cola....
 - * More money is spent every year on fast food than higher education, new cars and computers combined...
- There are many toxins found in man-made foods. One of the most toxic is Trans Fat. When you eat Trans Fat, your body is unable to use this fat or to metabolize it. Trans fat, or partially hydrogenated fat, actually raises LDL cholesterol and cause additional liver stress.

* In 1950 the chances of a woman developing breast cancer was 1/50. In 1993 a woman's chances were 1/9. In 2009 the chances are even greater. Help support Breast Cancer Awareness every month, and especially in October.

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There is another toxin to be aware of. The fast food giants are changing their oil from Trans fat to SOY. Minimize your consumption of ALL food cooked in oils from the fast food industry. The new soy is from GMO seeds (genetically engineered and modified)/ Very high temperatures and harsh chemicals are used to extract the oil from the soybean, making it toxic to the human body.

It is also best to avoid Soy products. Soy depletes the body of zinc, and it has a natural affinity for Aluminum. Be aware that aluminum toxicity is one of the culprits in dementias, like Alzheimer's. Soy will also increase copper levels, which elevates Estrogen. Elevated estrogen creates congestion in the gallbladder, which contributes to gall stone formation, and contributes to breast cancer.

To help combat your exposure to "bad" fats supplement your diet with "good" fats. Ask your alternative health care professional which ones are best for you and your family. Keep in mind that cheap oils are rancid and are also considered "bad" oils.

The liver is so important that it is the only organ in the human body that is capable of regenerating itself if it is damaged. The liver performs over 500 functions daily. Its primary function is to protect us from toxins in the air, food and water we ingest.

The liver has two phases that have to occur in order to completely neutralize toxins. In the first phase of liver detoxification strong toxins are created. These toxins are often more toxic than the original chemicals. The second phase of liver detoxification is where the liver neutralizes these created toxins and passes them on to the intestines and kidneys for elimination.

In order for the liver to properly work in both phases of detoxification certain vitamins and minerals need to be present. In the absence of these nutrients the liver cannot fully do its job and becomes overloaded with toxins. If the liver cannot efficiently handle the toxins the body then stores these toxins in body fat.

Weight loss then becomes more difficult as the body fat now contains toxins. The body will not burn body fat that contains stored toxins, no matter how much exercise is done. The hormones then become stressed with all the additional toxins, causing additional weight gain.

Diet is very important in helping keep the liver functioning well. Vegetables like asparagus, broccoli, cauliflower, brussell sprouts, kale, onions and garlic are all beneficial to the liver helping it to detoxify more efficiently. Beets and carrots also contain lots of nutrients that are good for liver efficient function.

Natural Wellness Physicians use detoxification programs to help reduce the stress on the liver. Detoxification programs include liver detoxification, homeopathic remedies, a 21-day Purification program, an Ionic Cellular Cleanse and diet and lifestyle modifications. Schedule today for your complimentary toxicity evaluation to see if you can become more energized and healthier.

Disclaimer: This information is intended for educational purposes only, and is not to be considered medical advice. Consult the services of an alternative health care physician to learn more about lifestyle changes that can help to improve your health.

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