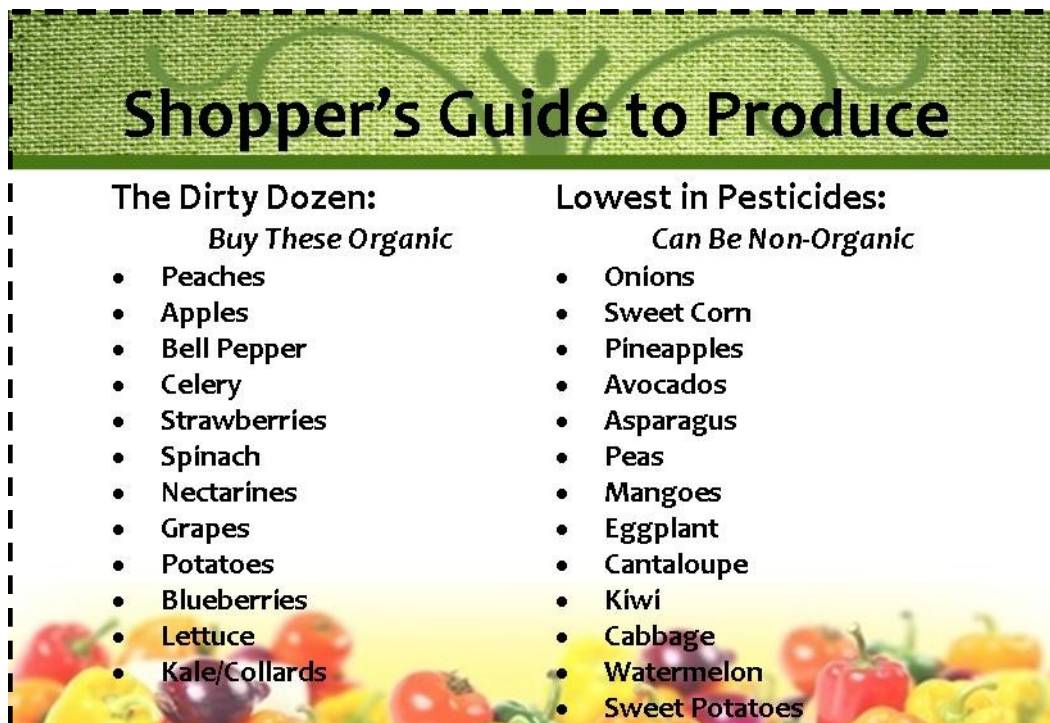


# 7 Strategies to Jump-Start Your Detox

**1. Drink Pure Water!** The answer to pollution in your body is dilution. Your body will have an easier time eliminating the toxins if you are drinking plenty of water. Tap water is loaded with toxic chemicals such as chlorine and other things you don't want to be putting in your body. Reverse osmosis, alkaline artesian water, or a purification system you install in your home (avalonwater.net) are all good options for pure, clean water.

**2. Reduce or eliminate processed foods:** We tend to think of processed foods are just not having enough good nutrition, not actual toxins, but did you know that they are loaded with chemical additives and preservatives that will make you gain weight and increase your body burden? Aspartame, food dyes, monosodium glutamate, polyethelene glycol, and other things you cannot pronounce are toxins your body has to detoxify.

**3. Eat Organic as much as possible:** A new study found that eating organic produce caused pesticide levels in adults to drop by 90%! While it's ideal to eat all organic, for some of us, it's just not realistic. Some foods have higher amounts of pesticides than others do, so it's more important to be sure these foods are organic. Here is guide that lists the foods that have the highest levels of pesticides so you can be sure to only buy them organic.



## Shopper's Guide to Produce

The Dirty Dozen: <i>Buy These Organic</i>	Lowest in Pesticides: <i>Can Be Non-Organic</i>
<ul style="list-style-type: none"><li>• Peaches</li><li>• Apples</li><li>• Bell Pepper</li><li>• Celery</li><li>• Strawberries</li><li>• Spinach</li><li>• Nectarines</li><li>• Grapes</li><li>• Potatoes</li><li>• Blueberries</li><li>• Lettuce</li><li>• Kale/Collards</li></ul>	<ul style="list-style-type: none"><li>• Onions</li><li>• Sweet Corn</li><li>• Pineapples</li><li>• Avocados</li><li>• Asparagus</li><li>• Peas</li><li>• Mangoes</li><li>• Eggplant</li><li>• Cantaloupe</li><li>• Kiwi</li><li>• Cabbage</li><li>• Watermelon</li><li>• Sweet Potatoes</li></ul>

**4. Move It!** Did you know that movement is naturally detoxifying? Your body has a circulatory system made up of blood vessels, and you also have another circulatory system made up of lymph vessels. The lymph vessels carry the waste from the cells and the lymph nodes help filter out the toxic things from the bloodstream so we can be healthy. But unlike our bloodstream which uses the heart to pump the blood through the vessels, our lymphatic system does not have a pump. In order for it to work, it is pumped through movement or exercise.

If you do not move your body much, the lymphatic system will not work to clean the waste from your body like it should and your other organs, like the kidneys and liver, will have to work harder to keep your bloodstream clean.

**5. Watch what you put on your body!** We don't think of our skin as an organ, but more like a barrier to the outside world. But it's your largest organ and anything you put onto your skin, gets into your bloodstream. Lotions, skin care products, make up, and perfumes can contain a host of toxic ingredients that can make your body more toxic. There are so many natural options that you can use.

**6. Take toxin binders:** We are all being exposed to toxic chemicals on a daily basis and it's important to keep these things moving right back out of your body.

Greens, such as spirulina and chlorella, will help bind with toxins so we can eliminate them more effectively. Bentonite clay or activated charcoal are some other toxin binders. Just a few tablets between meals each day will help bind up any toxic chemicals so they will not stay in your body and cause harm.

**7. Detoxify your body:** What about all those toxins hanging out in your fat cells right now? You gotta get them out!

There are a couple of ways to do this- either with a far infrared sauna or certain supplements. A sauna is a powerful tool for detox, and our sauna protocol is what we teach you in our Pure Body Detox Course.

Not sure if you can use a sauna? There are supplements that help to bind and remove toxins from the body that are safe and effective. Learn more about them in our Pure Body Detox Course, so you can feel your best!

# Toxicity Test: How Toxic Are You?

**Directions: Check the box to indicate YES to the questions that apply:**

- Do you use plastic containers to store food or drinking water?
- Do you eat microwaved foods that come packaged with plastic wrap?
- Do you eat mostly non-organic foods?
- Do you use deodorants, shampoos, and soaps containing synthetic chemicals?
- Do you use after shave lotions or perfumes containing synthetic chemicals?
- Do you use cosmetics or hair colorings containing synthetic chemicals?
- Do you live or work in an area that has recently installed new carpeting?
- Do you use fabric softener?
- Do you live or work near agricultural areas that use non-organic production methods?
- Do you live or work in an area that has been recently painted?
- Are you becoming more sensitive to chemicals or odors that didn't use to cause you a problem before?
- Do you use artificial sweeteners, such as NutraSweet or Splenda?
- Do you eat foods that contain hydrogenated fats such as margarine?
- Do you eat "Fat Free" foods or snacks made with fat substitutes?
- Do you regularly drink tap water at home or in restaurants?
- Do you breathe polluted city air, rather than using air purifiers?
- Have you owned several new cars and smelled the 'new car' smells?
- Do you eat tuna fish more than once a week?
- Do you dry clean your clothes at cleaners who use synthetic chemicals?

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- Are you often irritable?
- Are you a smoker, have you smoked in the past, or lived with smokers?
- Do you have difficulty breathing when anxious?
- Do you use bug killer products inside your home or have an exterminator spray for pests regularly?
- Do you often have memory loss or the inability to concentrate?
- Do you sometimes feel dizzy?
- Do you sometimes have ringing in your ears?
- Do you get skin rashes easily?
- Do you often get a metallic taste in your mouth?
- Is your menstrual cycle often erratic or interrupted?
- Do you have hair loss?
- Do you sometimes have unexplained numbness?
- Do you often feel very fatigued or nauseous?
- Does your speech sometimes become slurred, stuttered, or disordered?
- Do you have learning disabilities or Attention Deficit Disorder?
- Do you have headaches regularly?
- Do you have chronic coughing?
- Do you stutter or stammer?
- Do you have heartburn?
- Do you have mood swings regularly?
- Do you get depressed for no reason regularly?
- Do you have hayfever or seasonal allergies?
- Do you have insomnia often?

[Continued on next page]

Have you been involved in one or more of the following professions or hobbies for more than 6 months? Check all that apply.

- |  |   |
|--|---|
| <input type="checkbox"/> Artist,                             | <input type="checkbox"/> Fiberglass Installers          |
| <input type="checkbox"/> Asbestos Abatement Technicians,     | <input type="checkbox"/> Hairdressers,                  |
| <input type="checkbox"/> Auto Mechanics,                     | <input type="checkbox"/> Hazardous Material Workers,    |
| <input type="checkbox"/> Battery Manufacturers,              | <input type="checkbox"/> Jewelers,                      |
| <input type="checkbox"/> Ceramic Manufacturers,              | <input type="checkbox"/> Laboratory Workers,            |
| <input type="checkbox"/> Cosmetic Manufacturers,             | <input type="checkbox"/> Landfill Workers,              |
| <input type="checkbox"/> Cosmetologists,                     | <input type="checkbox"/> Landscapers,                   |
| <input type="checkbox"/> Dental Assistant,                   | <input type="checkbox"/> Military Workers,              |
| <input type="checkbox"/> Dental Lab Workers,                 | <input type="checkbox"/> Miners,                        |
| <input type="checkbox"/> Dentists,                           | <input type="checkbox"/> Nail Technicians,              |
| <input type="checkbox"/> Farmer (Conventional),              | <input type="checkbox"/> Painters,                      |
| <input type="checkbox"/> Physicians,                         | <input type="checkbox"/> Pharmaceutical Workers,        |
| <input type="checkbox"/> Diesel Equipment Mechanics,         | <input type="checkbox"/> Plastic Product Manufacturers, |
| <input type="checkbox"/> Electronic Assembly Workers,        | <input type="checkbox"/> Printers,                      |
| <input type="checkbox"/> Electronic Component Manufacturing, | <input type="checkbox"/> Search and Rescue Workers,     |
| <input type="checkbox"/> Photographers,                      | <input type="checkbox"/> Smelting Plant Workers,        |
| <input type="checkbox"/> Engravers,                          | <input type="checkbox"/> Solderers,                     |
| <input type="checkbox"/> Fertilizer Manufacturers,           | <input type="checkbox"/> Tanners,                       |
| <input type="checkbox"/> Firemen,                            | <input type="checkbox"/> Tattoo Artists,                |
| <input type="checkbox"/> Foundry Workers,                    | <input type="checkbox"/> Truck Mechanics,               |
|  | <input type="checkbox"/> Waste Handlers                 |

- Do you eat less than three servings of fruits and vegetables daily?
- Do you cook in aluminum cookware or use non-stick cookware?
- Do you rarely drink several glasses of filtered water daily?
- Are soft drinks one of the main beverages you drink?

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- Do you clean your house with commercial cleaning products containing synthetic chemicals?
- Do you get less than 30 minutes of exercise daily?
- Are your bowel movements irregular?
- Do you use herbicides or pesticides on your lawn or garden?
- Do you eat fast food, fried foods, or frozen convenience food at least twice a week?
- Are you more than 20 pounds overweight?
- Have you had cancer, diabetes, heart disease, liver disease, high blood pressure conditions treated by pharmaceuticals?
- Do you have more than 2 metal fillings in your teeth?
- Do you take antibiotics twice or more per year?
- Do you take more than one prescription drug per day?
- Have you had surgery that used anesthesia?
- Do you react to perfumes, smoke, or other chemicals that don't seem to bother most other people?
- Do you use household air fresheners or plug-ins?

**Total number of boxes checked:** \_\_\_\_\_

Your total number determines your relative toxicity level. Please note that this is not a scientific test or health evaluation. It simply suggests the possible extent to which you carry a body burden of chemicals.

**Score:**

- **1-15 Mildly Toxic**
- **16-28 Generally Toxic**
- **29-45 Very Toxic**
- **46-65 Severely Toxic**

While some people are more toxic than others, the truth is that everyone needs to detoxify their body. When you do, you'll find that it's easier to maintain your health and feel your best.

Learn more about how to detoxify your body in the Pure Body Detox Course. See: [www.PureVitalityUniversity.com/pure-body-detox-2](http://www.PureVitalityUniversity.com/pure-body-detox-2)