



# Self Care Days Detox

## Who is toxic?

We are **ALL** exposed to

- herbicides,
- pesticides,
- colourings,
- additives,
- preservatives
- chemicals in our **water, food and air.**

The body is bombarded and overloaded with toxic chemicals!

## What happens once the toxins are in my body?

- The toxins and chemicals get stored anywhere in the body.
- Especially in joints, organs, arteries, nerves and tissues.
- They can disrupt ANY part of our normal physiology, breaking down the ability to function normally.
- This can lead to acute and chronic disease, allergies and immune system issues.

## Signs of Toxicity

Early warning signs of toxic overload can be indicated by headaches, skin conditions, inflammatory and autoimmune diseases, chronic fatigue and more.

These conditions are commonly related to toxicity:

- Acne,
- Allergies,
- Anxiety and Mood
- Bloating, weight gain, swelling
- Brain fog
- Candida,
- Cellulite,
- Chronic Fatigue,
- Cold Hands and Feet,
- Colds/Flu,
- Depression,
- Digestive Problems,
- Disturbed coordination, tremor
- Headaches/Migraines,
- Fertility,
- Insomnia,
- Memory Loss
- Muscle/Joint Pains,
- Parasites,
- Poor Concentration,
- Rashes,
- Repeated illness



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## Types of Toxins

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### Heavy Metal Toxins:

- **Lead, mercury, cadmium, arsenic, nickel, and aluminum**
- These metals tend to accumulate in the **brain, kidneys and immune system.**
- Some common sources of heavy metals include
  - lead from pesticides and cooking utensils,
  - cadmium and lead from cigarette smoke,
  - mercury from dental fillings, contaminated fish,
  - aluminum from antacids, cookware and soda cans

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### Liver Toxins

- **Alcohol, solvents, formaldehyde, pesticides, herbicides and food additives.**
- A major function of the liver is to **breakdown toxins** for safe removal through the kidneys (as urine), skin (as sweat),

lungs (as expelled air), and bowels (as feces).

- Optimal **liver** function is essential for health.

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### Microbial Toxins

- Toxins produced by unwanted bacteria and yeast in the gut
- Include **endotoxins and exotoxins from bacteria, toxic amines, many carcinogens.**
- These toxins have been implicated in **many diseases** including
  - Crohn's dz & ulcerative colitis
  - Liver disease,
  - Psoriasis,
  - Lupus,
  - Allergies, asthma, and
  - immune disorders (rheumatoid arthritis, diabetes and autoimmune thyroiditis).

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### Protein By-Product Toxins

Kidneys are mainly responsible for the elimination of toxic waste products from protein breakdown (as ammonia and urea) which are created by red meat.



## *Self Care Days Detox*

### Cleanse Benefits

**More Energy, Better State of Mind/Feel lighter and have more energy.**

*Healthy Weight Loss/Increase metabolism, reactivate the body's fat burning mechanisms, release the fat cells holding toxins and reduce cellulite.*

**Easily Rid your Body of Toxins/ Eliminate the discomfort of detoxification, remove heavy metals, chemicals and toxins easily.**

**Rejuvenation/Look and feel great, inside and out, beautify skin and hair.**

*Restore and Regain Health/ Create a stronger immunity, fewer aches and pains, reduce allergies and flu symptoms, and help activate the body's intelligence to heal itself.*

**Receive Relief and Comfort/sore and aching joints, symptoms of arthritis and bursitis.**

### Every Piece of Equipment at Finding Wellness Supports Optimal Health and Detoxification

- **iMRS with it's NASA Square Waves and Pulse Electromagnetic Field Therapy**
- *Chi Machine with it's stimulation of the spine to reset the nervous system and move lymphatics*
- **Far Infrared Hot House with the deeply penetrating rays**
- **for regeneration, lymphatic movement and relaxation**
- *Ion Cleanse foot bath penetrating the body to bind toxic material and eliminate in the foot bath water and urine for the next 5-7 days*
- **BCX Ultra Rife supporting all the organs for detoxification and cleansing**