

The background is a vibrant blue with a marbled, liquid-like texture. There are several small, clear droplets visible, particularly near the top center and right side, which add to the fluid, organic feel of the design. The text is centered and written in a clean, white, sans-serif font.

**TAKING  
CARE OF  
YOUR  
HEALTH SO  
YOU DON'T  
PAY FOR  
YOUR  
ILLNESS**

**JANE BOX**

# *Fact*

**We live in a world where we are surrounded by stress.**

- The air we breathe**
- The food we eat**
- The water we drink**
- The clothes we wear**
- The thoughts we think**



# Heavy Metals ARE ALL AROUND US



**CARPET & AREA RUGS  
ALUMINUM POTS & PANS  
TAP WATER  
BEAUTY & SELF-CARE PRODUCTS  
CERAMIC MUGS, PLATES &  
BOWLS  
FURNITURE & MATTRESSES  
OLD PAINT RESIDUES  
DENTAL FILLINGS  
SOME MEDICATIONS  
FISH  
BABY FOOD  
VEHICLE EXHAUST  
PESTICIDES & HERBACIDES**

# **WAYS TO REDUCE** *Toxin Overload*

## **1 FILTER YOUR TAP WATER**

There are so many affordable ways to filter your water. See next page for details

## **2 MOLECULAR HYDROGEN WATER**

This water is potent in anti-oxidants, helps with anti-aging, has anti-inflammatory properties and is 6 x more hydrating. This water is unlike any other water on the planet.

## **3 INFRARED SAUNA**

Use of a low-EMF, infrared sauna can help remove toxins through sweat while helping our organs by penetrating 4-5 inches below our skin

## **4 FILTER YOUR AIR**

Our air in our home can be the most toxic air we breathe. With our son being diagnosed with chronic asthma, we are hyper aware of the quality of air.

## **5 ZEOLITE & BINDER**

Taking a daily binder (especially if using a sauna or cold plunge) will help remove toxins that are still lingering in the body. Zeolite everyday is a great gentle and effective way to help remove toxins.



# BRANDS THAT WE *Believe* IN

## *Step 1* WHOLE HOUSE WATER FILTRATION

**DRINKING  
WATER  
FILTRATION**

**DRINKING  
FILTER**

*5% off with  
this link*



**HOUSE  
FILTER**

*5% off with  
this link*



# BRANDS THAT WE *Believe* IN

## *Step 2* MOLECULAR HYDROGEN WATER MACHINE

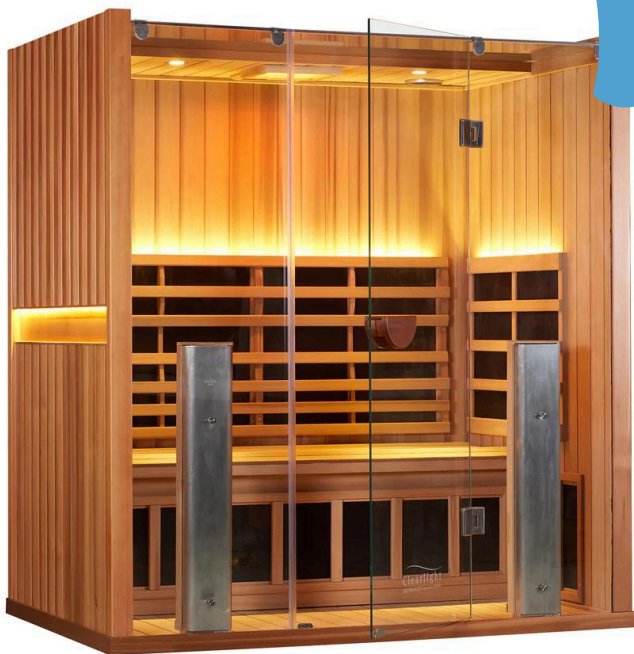


## LEVELUK KANGEN 8

[Click here for my Ebook on](#)  
[Molecular Hydrogen](#)

# BRANDS THAT WE *Believe* IN

## *Step 3* INFRARED SAUNA



## CLEARLIGHT SAUNA

MENTION CODE: JANEBOX FOR  
DISCOUNT

# BRANDS THAT WE *Believe* IN

## Step 4

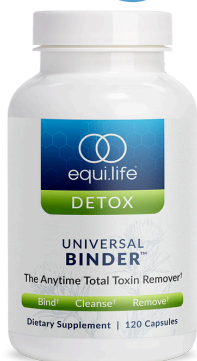
### FILTER YOUR AIR



# BRANDS THAT WE *Believe* IN

## Step 5

### ZEOLITE & BINDERS



## ZEOLITE

## BINDERS



Click my picture of link below  
to connect on instagram

