

# Do I need to DETOX???

Just like dusting your furniture and cleaning your bathrooms, the human body needs to be cleaned, too. Especially if you have a diet that includes packaged foods, hydrogenated fats and oils, white flour and sugar, or if you are exposed to:

Second-hand smoke  
Vehicle fumes  
Mildew  
Household cleaners  
Smog  
Paint fumes

Fertilizers  
Dust  
Animal dander  
Photocopiers  
Smoke  
Dry cleaned clothing

Garden pesticides  
Mold  
Electrical devices  
Pollution  
Heavy metals  
Rain

## Here is a checklist of symptoms to signal it may be time for a reliable "body cleaning"

- \* Do you experience fatigue or low energy levels?
- \* Do you experience brain fog, lack of concentration and /or poor memory?
- \* Do you experience recurring yeast infections, jock itch, or foot fungus?
- \* Do you have less than two bowel movements per day?
- \* Do you drink processed coffees and colas during the day?
- \* Do you take prescription medications, sedatives or stimulants?
- \* Do you live with or near polluted air, water or other environmental pollution
- \* Do you experience indigestion/acid reflux after eating?
- \* Do you eat fast food, fatty foods, pre-prepared foods or fried foods more than three times a week?
- \* Do you crave or eat sugar?
- \* Do you experience frequent headaches?
- \* Do you have bad breath or excessive body odor?
- \* Are you overweight?
- \* Do you experience depression or mood swings?
- \* Do you have food allergies or skin problems?
- \* Do you feel sleepy after meals, bloated or gassy?
- \* Do you have arthritic aches and pains or stiffness?

**If you answered yes to three or more of the questions above,  
it may be time to DETOX!**