TOXINS AND THEIR EFFECTS ON THE BODY

WHAT ARE TOXINS?
Toxins are chemicals found in our environment in natural or synthetic form. It is a poison that can cause both internal and external damage to the body. Our bodies absorb toxins either through the skin, by swallowing or by breathing them in. Stats to consider:



The Silent Spring Institute found that concentrations of toxic chemicals inside homes linked to cancer can be 200-500 times higher than outside.



The EPA reports that our poison exposure, 91 percent occurs in our homes, according to the American Association of Poison Control.



The average American uses 40 lbs of toxic cleaning products each year.

TOXINS AMONG US

Toxins can be found all around you at home and at work



- Household cleaners detergents, bleach, furniture polish, glass cleaner, air fresheners
- Garage dangers coolants, weed killer, pesticides, fertilizers
- In the air smoke, carbon monoxide, nitrogen dioxide, dust, mold, pet dander
- Beauty and skincare products
 cleansers, lotions, makeup, shampoos, deodorant, sunscreen (avoid products that contain parabens, PEG, Phthalates, FD&C colors, propylene glycol, PABA)



- **Chemicals** VOCs, formaldehyde, carbon monoxide, sulfur dioxide
- **Smoke** tobacco, wood, chemical
- **Pollution** cars, trucks, buses, factories, farms



Use home cleaning remedies

- Vinegar cuts grease, removes
- **Baking soda** mild abrasive, deodorizes
- **Salt** abrasive cleaner **Hydrogen peroxide** kills odor-causing bacteria
- Olive oil polishes wood
- Or store-bought cleaners labeled organic, natural, nontoxic or chemical-free.

Help your body detox by eating fresh, organic fruits and vegetables. Reduce your use of plastics and canned foods: use glass containers. Fill your home or office with live plants to help detoxify the air vou breathe.

Daily supplements are available to provide antioxidant support as well as to help support, cleanse and detoxify the liver.

HOW TOXINS AFFECT YOU
As toxins build up and remain in the system, they can cause symptoms and conditions ranging from acute poisoning to chronic, long-term or delayed effects.



Body odor, bad breath

Gastrointestinal issues constipation, ulcers, indigestion, diverticulitis



Reproduction issues endometriosis in women, low sperm count in men, miscarriage, fetal death



Cognitive problems poor memory and attention, mood changes, foggy thinking



Chronic fatique syndrome, insomnia

Weak immune system hypersensitivity, allergic reactions, asthma, hay fever



Heart disease. high blood pressure, anemia





Skin conditions acne, psoriasis, eczema, rashes







weakness,

tingling

sensations