

The background of the page is a faded anatomical illustration of a human torso. It shows the internal organs, including the lungs, heart, stomach, and intestines, in a light, semi-transparent style. The illustration is centered and occupies most of the page's vertical space.

The Importance of Cleansing and Detoxification

*Cleansing and Detoxification can help
restore and maintain our health*

By Tony Greco's, PTS. C.D.N.



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Declining health

In today's fast paced society, it is easy to forget to take care of our health. Most start out with vibrant health, but by age 30 begin to develop 'minor' irritations. These small problems become more serious, causing our health to fall into further decline. Eventually, pain or suffering. Unfortunately, most people focus more on their outer appearance than their inner health. Eating nutrient depleted foods, breathing in polluted air, and drinking poor water, is a deadly trio which is poisoning our bodies.

Deadly fact

We live in a toxic world with chemicals from factories, trucks, and pesticides. With one year in 1989 a total of 5.7 billion pounds of pollutants were released into the environment in North America. More than 1 billion pounds of chemicals were released into the ground, contaminating the soil and water table. Over 188 million pounds of chemicals were dumped directly into our water ways, and more than 2.4 billion pounds of chemical emissions were pumped into the air.

Our environment has further declined since 1989. Therefore it is up to you to take responsibility for your own health and well being. The first step towards optimal health is cleansing and detoxification.

What are toxins?

Toxins are chemicals that cause harm to the body's cells, organs and everyday functions. There are two main groups of toxins-exotoxins and Endotoxins. Exotoxins come from outside sources and are inhaled or ingested. Examples are polluted air, water, cigarette smoke, alcohol, medications, food additives, and household chemicals.

Endotoxins are created internally by the body. For example, undigested food can putrefy, creating toxins that damage cells, tissues, and organs in the body.

TIPS FOR OPTIMAL HEALTH

- Eat nutrient rich foods (vegetables, whole grains, etc.)
- Eat organic foods where possible
- Drink plenty of clean water (spring or distilled)
- Reduce excessive meat consumption
- Be active daily (walk, run, play sports)
- Reduce stress (yoga, mediation, fun acitivities)
- Get enough sleep (7+ hours per day)

Even someone who eats organic foods, drinks the best water, and breathes the cleanest air can still suffer from toxic bulid up in the body over time.

Why you should cleanse

- Improves Overall Health
- Decreases Risk of Disease
- Increases Energy
- Improves Digestion
- Helps Control Weight