

THE

TOXIN

AVOIDANCE

**HAND
BOOK**

BY DR.CHARLES

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1. INTRODUCTION

Toxins are such an integrated part of our world today that you'd have to practically live in a cave to avoid them. Check out these statistics:

- The Environmental Protection Agency projects that indoor air is anywhere from 3 to 70 times dirtier than outdoor air. Studies also show that half of all illness is due to breathing polluted air.
- In the last 60 years, 70,000 new and virtually untested chemicals have been introduced. Before this, 1 in 8,000 people got cancer, but today 1 in 3 will get cancer.
- The Consumer Protection Agency estimates that the average home includes 150 potentially cancerous chemicals.

In this ebook, we will explore these modern-day toxins, where they can be found, how and why they're harmful, and how to cleanse your body and live toxin-free.



2. ENVIRONMENTAL TOXINS

Environmental toxins are those noxious chemicals that are found outside in nature because they have been used in manufacturing, factories, or some other industrial process. You are probably already familiar with popular toxins like asbestos and heavy metals, but in this chapter we will also discuss PCBs, chlorine, VOCs, mold, dioxins, pesticides, and chloroform.



Asbestos

What It Is: Asbestos is a highly toxic chemical that was used between the '50s and '70s. To reduce your risk of exposure today, ensure that your home has been upgraded if it was built before asbestos was banned. There are professional asbestos inspectors who can check your home and ensure you remain safe from any asbestos that may be present.

Where It Is: Asbestos is in home insulation, roof shingles, tile, cement, and car parts.

Health Risks: According to the Environmental Protection Agency (EPA), asbestos leads to mesothelioma, a rare form of lung cancer.

Heavy Metals

What It Is: Mercury, arsenic, aluminum, lead, and cadmium all fall under the guise of heavy metals.

Where It Is: These heavy metals are generally lurking in water, fish, vaccines, dental fillings, pesticides, and underarm deodorant. Unfortunately, heavy metals are not limited to the environment—they may also be household toxins. Aluminum cookware is a great example.

Health Risks: Exposure to heavy metals can cause cancer, Alzheimer's Disease, and neurological disorders. Furthermore, in addition to accumulating in fat cells, heavy metals also accumulate in the brain and reproductive organs.

PCBs (Polychlorinated Biphenyls)

What It Is: PCBs have been illegal in the US for 33 years, but, like most environmental toxins, are still lingering. PCBs were used in making a variety of common goods.

Where It Is: Paint, oil, transformers, caulking, plastic, and floor finish contain PCBs. Today, you are most likely to encounter PCBs by eating commercially-grown salmon. These salmon are fed pulverized fish that have traces of PCB which gets passed into the salmon.

Health Risks: According to the EPA, exposure to PCBs lead to cancer and damages the immune, reproductive, nervous, and endocrine systems.

Chlorine

What It Is: Chlorine is one of the most widely-used toxins on this list. It is actually a gas that can be found in household cleaning products and is used frequently in industrial processes.

Where It Is: Chlorine is in hot tubs/jacuzzis, bleach, dry-cleaned clothes, and insecticides.

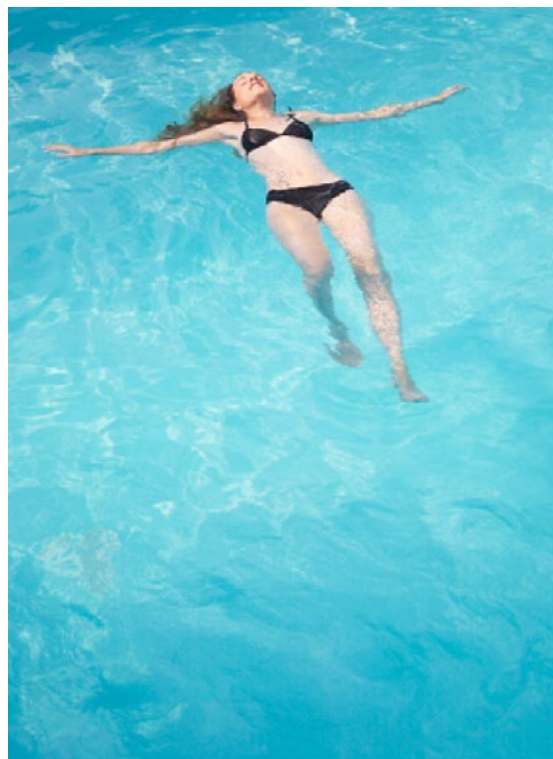
Health Risks: Exposure to chlorine causes lung irritation, skin and eye irritation, and coughing (among other adverse reactions).

VOCs (Volatile Organic Compounds)

What It Is: VOCs are air pollutants, and, because they are so prominent in household products, they are the main reason why indoor air is dirtier than outdoor air.

Where It Is: VOCs are lurking in our drinking water, air fresheners, scented candles, cosmetics, paint, cleaning supplies, and dry cleaning chemicals.

Health Risks: These toxins cause cancer, headaches, eye and lung problems, and dizziness. The EPA lists eye, nose, and throat irritation, kidney and liver damage, and loss of coordination as side effects of exposure to VOCs.



Mold

What It Is: Toxic mold is also known as mycotoxins, and a whopping 30% of people have serious allergic reactions to them.

Where It Is: This type of mold is likely to grow in and around peanuts, wheat, alcohol, corn, and old buildings.

Health Risks: In addition to allergic reactions, exposure to mold can cause cancer, asthma, diabetes, heart disease, and multiple sclerosis.

Dioxins

What It Is: Dioxins are the result of things being burnt, whether they are toxic (garbage) or natural (coal, wood).

Where It Is: Virtually all exposure to dioxins is in factory-farmed animal fat.

Health Risks: Dioxins cause cancer, damage to the reproductive and developmental systems, and a variety of skin problems.



Pesticides

What It Is: Pesticides consist of a variety of chemical cocktails designed to kill pests like garden snails.

Where It Is: Tragically, pesticide is detectable in over half of our food. Common lawn pesticides are, of course, another common way we are exposed to these toxins.

Health Risks: Not surprisingly, the EPA estimates that 60% of herbicides, 30% of insecticides, and 90% of fungicides cause cancer. These various pesticides reduce the body's ability to take all the nutrients from the food we eat, lead to cancer, birth defects and miscarriages, and Parkinson's Disease.

Chloroform

What It Is: Do you know the smell of a chlorinated hot tub? It's not actually the chlorine you're smelling; it's chloroform. Chloroform is created when chlorine and water come together.

Where It Is: Chloroform is also used in the creation of other chemicals and can be found in our air, water, and food.

Health Risks: This toxic compound causes cancer, birth defects, headaches, kidney damage, and dizziness.

3. FOOD TOXINS

Food toxins are of particular concern when it comes to cellulite reduction. We learned in the last section that pesticides are already present in more than half of the US food supply. In this section, we will explore other toxins that you're eating right into your blood stream and wearing around under your dimpled skin. Remember though that not all toxins are secretly lurking, hidden by some evil mega-corporation in your products. Alcohol, for example, is a toxin (They don't call it intoxicated for nothing). Your body treats and processes alcohol like any other toxin. We will look at artificial sweeteners, coal tar dye, food additives like MSG, BHT, BHA, DES, nitrosamines, sodium nitrates, bisphenol-A, and rBGH in this section.

Artificial Sweeteners

What It Is: Artificial sweeteners are substitutes for sugar that are used in foods to reduce the item's calorie count. The most popular artificial sweeteners now are sucralose (Splenda), aspartame (NutraSweet, Equal), and saccharin (Sweet 'N Low).

Where It Is: Look for artificial sweeteners in food items advertised as "low calorie," "light," or "diet." You'll also find artificial sweeteners in chewing gum as real sugar causes cavities.

Health Risks: Because sucralose is sugar that has been denatured and processed with chlorine (a known carcinogen, as discussed in the previous section), it can lead to dizziness, numbness, rashes, bladder problems, diarrhea, and stomach cramps. Because sucralose is a new chemical, there are no long-term studies on its health impacts. Aspartame causes blindness, seizures, headaches, dizziness, confusion, aggression, insomnia, and high blood pressure. Saccharin leads to cancer, diabetes, weight gain, and allergies.



Coal Tar Dye

What It Is: There are a myriad of chemicals that are derived from coal tar dye. Virtually any kind of artificial food color, flavor, or even scent comes from this toxin. For this reason, coal tar dyes are also toiletry toxins.

Where It Is: Two of the most common sources of coal tar dye are junk food and soda, but almost anything with artificially enhanced color will contain this toxin—even cosmetics (particularly popular in shampoo) and medicine.

Health Risks: The environmental impacts of coal are widely known. In the body though, coal tar dye leads to brain and other types of tumors, fatigue, cancer, nervousness, asthma, Hodgkins Disease, and ADD.

Food Additives

What It Is: Food additives consist of toxins like Monosodium Glutamate (MSG), Butylated Hydroxytoluene (BHT), Butylated Hydroxyanisole (BHA), and Diethylstilbestrol (DES). MSG is a flavor-enhancer. BHT and BHA are preservatives. DES is a synthetic hormone used to grow factory-farmed animals bigger. Fifteen countries have blocked importation of US meat for our use of DES. Twenty-one countries have banned this toxin all together.

Where It Is: MSG is used in frozen and canned foods, fast food (particularly Asian foods), and dressings. BHT and BHA are generally used in fatty or oily foods, such as junk food, beer, shortening, and baked goods. DES is found in 85% of all meat sold in the US.

Health Risks: MSG leads to feeling weak, flush, and numb. BHT and BHA may cause tumors. The Food and Drug Administration says that DES leads to cancer of the uterus, reproductive system, and breast.

Sodium Nitrates

What It Is: Sodium nitrate is a preservative used mostly on meat.

Where It Is: Because nitrates are used most readily in processing meat, they are in store-bought meat, as well as in our water (from run-off of the meat processing plants).

Health Risks: When ingested, nitrates cause the body to produce nitrosamines. One researcher from the University of Nebraska called nitrosamines the “perfect carcinogens.” Needless to say, nitrosamines lead to multiple types of cancer.



Bisphenol-A (BPA)

What It Is: BPA is used to line the inside of aluminum cans for canned foods. This chemical mimics estrogen when ingested. It can also be found in polycarbonate plastics, which are also used to make food containers.

Where It Is: BPA is not just a food toxin but also a household toxin. In addition to being found in baby products like teething devices, toys, and beverage containers, any kind of packaged food is liable to contain BPA, particularly canned food. Even though BPA has been banned for use in baby bottles, it can still be found in canned goods marketed to children, such as Campbell's Disney Princess Cool Shapes soup.

Health Risks: The FDA warns that this toxin poses a particular risk to fetuses, babies, and children. It has been linked to heart disease and diabetes.

Recombinant Bovine Growth Hormone (rBGH)

What It Is: This toxin is better known as Bovine Growth Hormone and is used in factory farming to make dairy cows produce more milk. rBGH is made by Monsanto and is illegal in Canada, Japan, Australia, and Europe.

Where It Is: Any kind of cow-related product may contain rBGH, but it is particularly prevalent in dairy products like milk, cheese, yogurt, and ice cream.

Health Risks: Many cows that are over-producing milk develop mastitis in their nipples, which means they pass their infected pus into their milk. rBGH also may cause cancer, diabetes, and hypertension, but, as it is a newer chemical, much remains unknown about its total impact on our health.

4. HOUSEHOLD TOXINS

Household toxins are abundant as our homes, like our food, are made to artificially smell better, be cleaner, and look sharper and so on. Dr. Ben Kim says, “Exposure to household toxins is linked to just about every disease that we know of, most notably cancer.” Dr. Kim also points out that every major system of the body is negatively impacted by these chemicals: respiratory, nervous, reproductive, cardiovascular, immune, and endocrine. Just like alcohol in the previous chapter, cigarettes can easily be placed in the “household toxin” category. You probably already know that cigarettes can cause numerous toxins to build up in your system and that quitting is a must. In this section, we will learn about the toxins carbon monoxide, PBDE, PVC, VOCs, and phthalates.



Carbon Monoxide

What It Is: This odorless, tasteless, colorless gas is naturally-occurring in our bodies and environment in small amounts.

Where It Is: Carbon monoxide is coming from the fire in your fireplace, your car exhaust, water heater, gas stove, furnace, cigarette smoke, and air pollution. Carbon monoxide is also infused into store-bought meat to help it keep up a fresh-looking color.

Health Risks: Carbon monoxide poisoning is the most common type of preventable respiratory condition. Carbon monoxide exposure can lead to nausea, disorientation, fatigue, confusion, headaches, feeling weak, seizures, and, with a high enough exposure, death (due to insufficient oxygen). Five hundred Americans die annually due to carbon monoxide poisoning.

Phthalates

What It Is: There are two main types of phthalates: large and small. Large phthalates are added to soft plastics to improve their durability. Small phthalates are added to any type of scented item to help preserve the fragrance. If you've wondered why people are starting to carry phthalate-free water bottles, it's because the toxicity of this chemical is starting to gain popularity in the general public's consciousness.

Where It Is: Phthalates are extremely popular in soft plastics like shower curtains, plastic wrap, detergents, scented toiletries, vinyl flooring, nail polish, and tupperware.

Health Risks: Children are particularly susceptible to the damage of phthalates, so use glass baby bottles. Phthalates lead to damage of the endocrine system.

Polybrominated Diphenyl Ether (PBDE)

What It Is: PBDEs are used as flame retardants.

Where It Is: PBDEs are used where fires might occur, such as in building supplies, cars, electronics, clothing and bedding, furnishings, certain plastics, and polyurethane foams.

Health Risks: PBDEs can cause infertility, impair the nervous system, stunt fetal development, and brain damage. PBDEs have been found to be highly concentrated in human breast milk.

Polyvinyl Chloride (PVC)

What It Is: PVC is the #3 top-produced plastic on the market and is commonly manufactured with phthalates (see above). It is commonly considered to be the most toxic type of plastic.

Where It Is: When manufactured alone, PVC is a hard, white plastic. You'll find it in plumbing parts. PVC when mixed with soft plastics like phthalates are in textiles, signage, shower curtains, electric cable insulation, furniture upholstery, sports equipment, and inflatable items. Soft PVC is also used as a rubber substitute.

Health Risks: Vinyl chloride is commonly known to cause cancer.



5. TOILETRY TOXINS

In addition to food toxins, for most readers, toiletry toxins will be the most important section. Ironically, in the fight against cellulite, people often buy special creams and lotions that claim to help smooth and tighten their dimpled skin. As you'll learn in this section, those products may be doing more harm than good as they more than likely contain many of the following toxins that actually contribute to cellulite.

A quick trip to Cellulite-Removal-Creams.com, reveals information, independent ratings, and reviews for the 10 most popular cellulite creams. For example, the ingredients for their #2 rated cream are:



Water, Alcohol Denat., Perfluorononylethyl Carboxydecyl PEG-10 Dimethicone, Glycerin, PPG-2 Isoceteth-20 Acetate, Cyclopentasiloxane, Dimethyl Isosorbide, Ethoxydiglycol, Butylene Glycol, Sodium PCA, Dimethiconol, Punica Granatum Extract, Phospholipids, Tocopheryl Acetate, Retinyl Palmitate, Ascorbyl Palmitate, Uncaria Tomentosa Extract, Lycium Barbarum Fruit Extract, Paullinia Cupana Seed Extract, Cystic Acid, Mentha Piperita (Peppermint) Leaf Extract, Pantetheine Sulfonate, Carnitine, Benzyl Alcohol, Lactic Acid, Caprylic/Capric Triglyceride, Retinol, Lecithin, Caffeine, Atelocollagen, Centella Asiatica Extract, Esculin, Salicylic Acid, Menthol, Capsicum Frutescens Fruit Extract, Carbomer, Xanthan Gum, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Maltodextrin, Microcrystalline Cellulose, Aminomethyl Propanol, Benzyl Nicotinate, Sodium Chondroitin Sulfate, Phenoxyethanol, Methylparaben, Propylparaben, Ethylparaben, Butylparaben, Isobutylparaben, Limonene, Linalool, Fragrance (Parfum).

The ingredients that are known toxins are highlighted in yellow. All of the cellulite creams contained known toxins. Most contained unnecessary fragrances, dyes, and colorants as well. After studying the following list of toxins, you'll realize that the corporations making toiletries are clearly more concerned with selling products that meet their needs (durable, well-preserved, perfumed and dyed) than ours as consumers (safe, effective). Make yourself familiar with these toxins and be sure to check the labels of the products you buy. The toxins discussed in this section include: perfume/fragrances, SLS, EDTA, triclosan, fluoride, talc, isopropyl, toluene, benzene, and parabens. Plus, don't forget that coal tar dye, discussed in Ch. 3 - Food Toxins, is also a toiletry toxin.

Perfume/Fragrances

What It Is: 95% of the perfumes and fragrances used in toiletries are derived from petroleum, including ethanol. You are surely aware of the toxic effects of anything that can be put in a car's gas tank! In addition to ethanol, limonene, which has been proven to be more toxic than ethanol, is another popular fragrance. Limonene is illegal in Europe. Another fragrant toxin is linalool. Also watch for the following fragrances since the FDA has listed them among the top fragrances that cause adverse reactions: alphaterpineol, benzyl alcohol, and benzyl acetate.

Where It Is: Fragrances are one of the most prevalent non-environmental toxins—they are in virtually everything under your house's roof except your electronics, furniture, and clothes. If it's in your bathroom, under your kitchen sink, in your medicine cabinet, in your make-up drawer, it no doubt contains toxic fragrances. Some fragrances are even used in food to enhance flavor, such as limonene.

Health Risks: Petroleum-derived fragrances cause birth defects, allergies, cancer, and central nervous system disorders. Specifically, the carcinogen linalool also damages the brain. The fact that limonene is also used as an insecticide and is considered a biofuel speaks volumes to its toxicity. Specifically, limonene causes renal cancer in lab rats.

Sodium Lauryl Sulfate (SLS)

What It Is: SLS is considered to be the most deadly of all personal care product toxins. It is a low-cost detergent that creates foamy bubbles. Some soaps consist of 30% SLS, yet as little as 0.5% can lead to skin and eye irritation.

Where It Is: Bar and liquid soap, toothpaste, shampoo, and any other product that needs to make bubbles is likely to contain SLS. It is even in some non-foaming products like lotions and moisturizers.



Health Risks: SLS, like all detergents, dries the skin, which is a shame since it is in so many products applied to the skin. It can also cause mouth sores and ulcers when used in toothpaste. Not surprisingly, SLS causes cancer, liver and kidney problems, and vertigo.

Ethylenediaminetetraacetic Acid Disodium Salt (EDTA)

What It Is: EDTA is a preservative and softens water. It helps the colorants and fragrances in products stay true. Like SLS, EDTA also creates foamy bubbles.

Where It Is: Medicine, soap, lotions, and many more toiletry items commonly contain EDTA.

Health Risks: The Material Data Safety Sheet lists EDTA as neurologically toxic. The toxin is an irritant causing inflammation and redness (eyes, skin, mucous membranes), causes sneezing and coughing, depletes the body of iron, and stomach aches.

Triclosan

What It Is: Triclosan is the ingredient in antibacterial products that makes them antibacterial.

Where It Is: Look for triclosan in antibacterial soaps and hand sanitizers.

Health Risks: Triclosan causes endocrine damage, cancer, and irritates the skin. Triclosan in the environment significantly increases exposure to chloroform, another toxin discussed in Ch. 2 – Environmental Toxins.

Fluoride

What It Is: Fluoride is a multi-purpose toxin that, among other things, helps prevent cavities and tooth decay.

Where It Is: Fluoride may be in your water, but you're more likely to find it in your toothpaste, mouth wash, and dental care products.

Health Risks: Fluoride has been called the most damaging chemical to come out of the Cold War era. It lowers IQ scores, weakens bones, muscles, and ligaments, and damages the central nervous system. Fluoride is so toxic that if a child ate half a tube of children's toothpaste, they could die.

Talc

What It Is: Talc is the softest known mineral. It's used in the manufacturing of many goods.

Where It Is: Talc is in certain feminine hygiene products and loose cosmetic powders, such as baby powder or foot powder. It's also occasionally served as a food and medicine additive.

Health Risks: Ovarian, skin, endometrial, and lung cancer have been linked to talc.

Isopropyl Alcohol

What It Is: Isopropyl alcohol, essentially rubbing alcohol, is clear and combustible. While its most common form is alcohol, you may also find other toxins from the isopropyl family in your toiletries, such as isopropyl palmitate.

Where It Is: Isopropyl alcohol is used in antifreeze, disinfectants, antiseptic, cleaning products, and solvents. It also makes up roughly 70% of your bottle of rubbing alcohol.

Health Risks: The risks of isopropyl alcohol are similar to those of ethanol. It causes respiratory tract irritation, diarrhea, drowsiness, headache, vomiting, and it can irritate the eyes to the degree of burning the corneas. When ingested, it can cause depression and inebriation. Drinking just 8 oz. of isopropyl alcohol will kill an adult.

Toluene

What It Is: This clear, strong-smelling liquid is used as an industrial solvent and can dissolve paint, silicone, and rubber. It can also boost the octane when added to gasoline.

Where It Is: In 1991, the EPA did a study on perfumes and fragrances—Toluene was present in 100% of the samples collected. It can also be found in cosmetics, particularly nail care products.

Health Risks: Toluene causes nausea, confusion, fatigue, liver and kidney damage, deafness, blindness, loss of appetite, birth defects, miscarriages, and drowsiness.



Benzene

What It Is: Benzene is another typical petrochemical. It is clear, combustible, and has a unique pleasant aroma. Like toluene, it is a key component of high-octane gasoline. Benzene is used in the production of almost all the other toxins listed in this ebook.

Where It Is: Benzene is in virtually all nail care items and perfumes. Half of Americans' exposure to benzene comes from tobacco smoke, although gas station air is also a significant contributor. Paint, furniture wax, and glue may also contain benzene. Traces can be found in drinking water as well.

Health Risks: Benzene is a widely-accepted carcinogen and is infamous for damaging bone marrow. It is also linked to anemia, several types of leukemia, chromosome damage, and kidney, liver, brain, lung, and heart problems. In 1948, the American Petroleum Institute published that the only safe concentration of benzene is zero.

Parabens

What It Is: Parabens are preservatives used in toiletries and medicines.

Where It Is: Any kind of liquid or soft toiletry will most likely contain parabens, as the cellulite cream listed at the beginning of this chapter. Look for it in lotions, shaving creams, shampoo, toothpaste, cosmetics, personal lubricants, medicine, and tanning chemicals. Parabens are also occasionally used to preserve food.

Health Risks: Paraben mimics estrogen in the body and therefore is heavily linked to breast cancer. They also cause DNA damage, skin irritation, allergies, and premature aging.

6. HOW TO CLEANSE THE BODY OF TOXINS

First, it is important to understand how the body expels toxins. There are three ways in which the body can do this: through the liver, kidneys, and sweat. The body sends toxins in the blood to the liver where special enzymes break them down for processing. The kidneys filter toxins out of the blood and into the urine. Depending on the type of toxin, it may be sweated out of the body, but not all toxins can be cleansed this way. Additionally, the kidneys are able to process more toxins than the sweat glands can. Sweat is seen by the body as an auxiliary line of defense against toxins.

When these three primary means fail, the body's back-up plan is the lymphatic system. The lymphatic system can work much slower than the primary three methods, so lymphatic drain massage is recommended to help flush out toxins.

When too many toxins have accumulated in the body--more than the liver, kidneys, sweat glands, and lymphatic system can process--the body has no choice but to store the toxins. Where does the body do this? In fat cells. The heavier someone is, the more toxins they tend to accumulate. For this reason, it is important to lose fat slowly (1-2 pounds a week) so the body is not overwhelmed by toxins flooding the system as the fat melts away.

In this section, a number of methods for ridding your body of toxins will be discussed: sweating more, lymphatic drain massage, fasting, a colon cleanse, "dry brushing" the skin, counteracting against toxins with herbs, vitamins, and certain foods, hydrotherapy, detoxification baths, reducing stress, staying regular (1-2 eliminations per day), and hydration. Be sure to check with your doctor before starting these detoxification procedures.



Sweating

While there isn't much you can do to speed up your liver and kidneys, you can cause yourself to sweat more, thus eliminating more toxins. Using a sweat lodge or sauna is a great way to "exercise" your sweat glands. Drink extra water after using a sauna and carefully monitor how you feel when in the sauna as it is easy to get depleted in such heat.

The other way to sweat out your toxins is with good, ol' fashioned exercise. Not only does exercise allow for purging of toxins via sweat, but it works to help you detoxify on another level. As the exercising body needs more and more oxygen to keep up with the increased activity level, this oxygen rush pushes lymphatic fluid back into the blood stream where the liver and kidneys can process and expel it. The more you are circulating, the more you are flushing out toxins and preventing them from building up. Just like using a sauna, be sure to follow up your exercise session with lots of water as this aids in flushing out all the toxins that the exercising released.



Lymphatic Drain Massage

Lymphatic drain is a gentle and simple technique that is easy to perform on yourself. There are a variety of instructional videos online if you'd like to perform a lymphatic drain massage. Many spas also offer professional lymphatic drain. The basic concept is to gently but firmly pump your muscles in long strokes from your feet towards your heart (never go the other way towards your feet) and from the palms of your hands towards your heart. This type of massage stimulates the slow-moving lymph system so you can express more toxins. As with many of the detoxification techniques in this chapter, be sure to drink lots of water after a lymphatic drain.



Fasting

Fasting gives the digestive tract a chance to rest. Because the colon so easily becomes compacted on the Standard American Diet, fasting allows for it to "catch up." If you are planning to flush out cellulite-inducing toxins by doing a fast, start preparing two weeks in advance by eating as many fresh fruits and vegetables as possible. When your fast finally arrives, you will not eat any solid foods, just drink water and juice. You might fast for just one meal, one day, one week, or even longer. If you've never fasted before, start small and build up to longer periods of time. Consult with your doctor before fasting.

Colon Cleanse

A colon cleanse, like fasting, flushes out the feces that is lingering in your colon. It is possible to carry a dozen or more pounds of compacted feces on the colon! It's easy to imagine how toxic it is for the body to be unable to expel all of this waste and essentially be forced to "store" it. Depending on which type of cleanse you opt for, some involve enemas, stool softeners, laxatives, herbs, fasting, and so on. You can get a professional colonic in which special equipment is used to flush out debris via the rectum. Typically, colonics are offered by alternative medicine specialists. Yet another option is purchasing a colon cleanse package, like those seen in a health food store or on an infomercial. These packages may be for one-time use or they may be week-long programs with which you will adhere. You may also prefer a third option of doing your own colon cleanse by mixing up special concoctions in your house and using them.

You can find a multitude of colon cleanse recipes online. Look for recipes that include psyllium husk, fennel, bentonite clay (powder or liquid), flaxseed, apple and citrus juice, ginger, and cayenne pepper. These items are all popular, effective colon cleansers. Remember, again, if you do not replenish your body with a sufficient amount of water after doing a colon cleanse, you can experience complications. Plus, any medications you may be taking will be flushed out along with your fecal matter, so discuss this detoxification method with your doctor in advance. Here is a sample of a colon cleanse drink you can make at home:

2 cups – boiling water
¼ cup – lemon juice
1 tsp. – grated ginger
1 tsp. - honey

Bring the water to a boil. Add the lemon juice and ginger to it. Once cooled to room temperature, add the honey.

Dry Skin Brushing

The concept of dry skin brushing is much like lymphatic drain massage; its goal is to help stimulate the lymphatic system to flush out the toxins and waste it contains. In doing this, the kidneys are also able to process more since the lymphatic system reduced its workload. Use a dry loofah or soft scrub brush to apply circular, pumping motions to your skin, starting from the feet and moving up towards the heart, then starting from the hands and moving towards the heart. This is the same pattern as the lymphatic drain massage, using a skin-stimulant instead of massage. Again, follow up with plenty of fluids.

Herbs, Vitamins, and Diet

What foods and supplements can you take to help detox away your cellulite? In general, foods with high amounts of water, such as fruits, are advisable. Specifically, citrus helps digestion. Plus, the Vitamin C in most fruits (including citrus) helps transform toxins into easily digestible material. Greens like spinach, chard, wheat grass, and kale help digestion to get you pumping out waste and toxins faster. On the subject of greens, don't overlook the detoxifying benefits of green tea; it has special antioxidants that boost liver function. Garlic, another super food, has antibacterial, antimicrobial, and antifungal properties, which makes it perfect for combating toxins. Finally, consuming a small amount of olive oil helps to lubricate the digestive tract. Toxins are absorbed by the olive oil rather than your tissue and become easier to flush out.

As far as herbs and supplements, parsley, liverwort, dandelion root, goldenrod, milk thistle, chamomile, red beet, birch leaves, black cohosh, and burdock jump start the liver, allowing it to do a better job of cleansing. Vitamin C also helps the liver produce extra toxin-fighting compounds. To boost kidney function, try cedar berry, uva ursi, ginger, parsley, goldenseal, and dandelion.



Hydrotherapy

Hydrotherapy helps get your body circulating so it can pump out waste and toxins quicker...and it's one of the easiest detoxes on this list. Shower in the hottest water you can tolerate for 3-4 minutes. Stand so that the water flows from your neck down to the bottom of your spine. Now turn the water to as cold as you can tolerate for 30-60 seconds. Repeat this cycle of hot and cold water 3 times. Always finish with cold water. This detox works particularly well after a session of dry skin brushing.

Detoxifying Baths

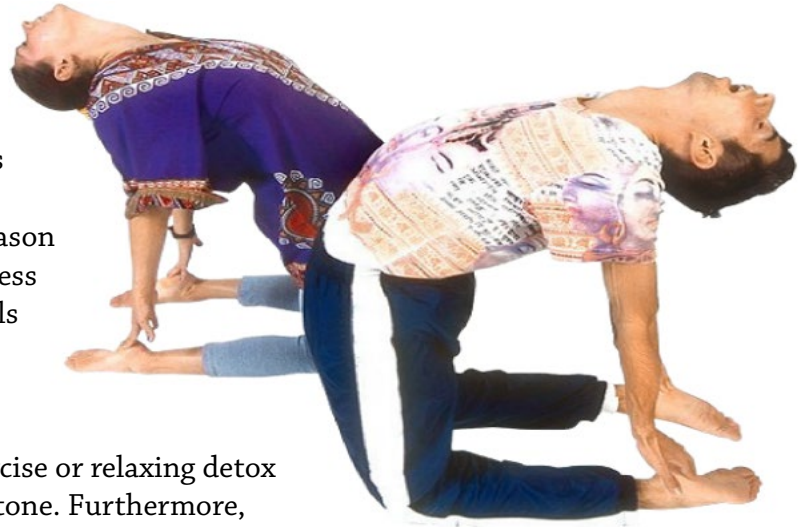
Be careful with foot spas or ionic foot baths--they have been proven to be scams. They use electricity in a tub of water where you place your feet to supposedly pull toxins out of your body. However, electricity can not distinguish between good or bad molecules in the body. There are a number of videos online showing these foot baths creating "dirty" toxic water (supposedly coming from your feet) while there aren't even any feet in the bath.



You can, however, put just your feet or your whole body in a bath with $\frac{1}{2}$ cup of baking soda, $\frac{1}{2}$ cup of sea salt, and $\frac{1}{2}$ cup of Epsom salt. You can scrub your skin a bit or just soak. The dirty-looking water you may see after a few minutes is heavy metal such as mercury or aluminum being pulled from the body. Do a detoxifying bath no more than once a week. As the water is less dirty each time, use this technique just once a month.

Reducing Stress

Stress is never healthy for the body. Research shows that stress can play a significant role in the development of cellulite. One reason that cellulite forms is due to “stress catecholamines.” These chemicals are produced by the body under stress. To reduce your stress, it is best to use the methods listed in this section, such as with exercise or relaxing detox baths—kill two birds with one stone. Furthermore, stress also weakens the body’s natural ability to flush out toxins. For example, stress kills yeast and other helpful bacteria in the intestines. As already discussed, the digestive system needs to function optimally for toxins to be flushed out before the body has time to absorb and store them.



Staying Regular

If you are not having a bowel movement 1-2 times a day, this can back-up your intestines, increasing your body’s toxicity. Use the techniques listed under the colon cleanse heading, as well as drinking prune juice, eating whole grains, and drinking more water. If you have been 2-3 days without a bowel movement, talk to your local pharmacist. He or she may recommend Metamucil or a number of other over-the-counter remedies.

Hydration

It has been stressed throughout this section to stay as hydrated as possible. This can not be stated enough. Dehydration makes cellulite look more pronounced and forces your body to absorb toxins it would otherwise be able to fluidly flush out. The average American is chronically dehydrated. Most people need to be drinking twice the amount of water (or more) than they currently consume. If your urine is dark or bright yellow, you need to be taking in more fluids. Ideally, your urine should be almost clear.

7. CONCLUSION

Research has shown that the average person has roughly 100 measurable toxins in their system. These 100 or so toxins generally include the toxins listed here in this ebook. In addition to fighting your cellulite by cleansing out toxins, as discussed in chapter 6, also do your best to avoid toxins. Reduce your exposure by buying all natural, organic, unprocessed goods. Whenever and wherever possible, use the knowledge you gained in this ebook and avoid the things you now know to be toxic.