



THE LIFE CHANGING BENEFITS OF **DETOX**

Organix[®]

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WE ARE LIVING IN A TOXIC WORLD THAT'S MAKING US SICK

Our modern world is a “toxic soup.”

In spite of all the conveniences and luxuries we enjoy today, the toxic environment we now live in is harming our bodies. Quite literally it is robbing us of our health and vitality day-by-day in tiny increments.

How?

From the time you wake up until you go to bed, and sadly even while you sleep, toxic pollutants are all around you. The truth is, your body is blasted with toxins every moment of every day and they are slowly but surely breaking down your vital internal organs. These toxins include the pollutants in the air you breathe, the materials used to build your home and office, the cleaning products you use, cosmetics and other personal care products you put on your body, and what you eat and drink.

If you're like most people, it might take years to notice the effects of constant contaminant exposure and by the time identifiable symptoms present themselves, you're likely already sick and won't even know why. So many people blame their health problems on “age” or simply being “out of shape” – when the reality could be the slow buildup of pollutants in their cells over the course of decades.

Half the Population of the U.S. Suffers from Chronic Illness

If we take a look at health statistics in the U.S., the damage to human health becomes evident.

According to the U.S. Centers for Disease Control and Prevention (CDC), “As of 2012 **half of all adults** – 117 million people – **had one or more chronic health conditions**. One of four adults had two or more chronic health conditions.”¹

The CDC also reports that seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases – heart disease and cancer – together accounted for nearly 48% of all deaths.²

This is not to say that toxins are solely responsible for all of these health conditions. But they certainly aren't doing anyone's health any favors.



Why You Need to Care About Toxin Exposure

A toxin is anything “foreign” to your body that your basic, built-in systems are unable to process. Sometimes your body isn’t able to flush contaminants and they end up depositing in your tissues, gradually accumulating over time. These substances invade your body and **increase your risk of risk of developing chronic disease.**

The 2 Types of Toxins

Generally speaking, there are two types of toxins: “endogenous” and “exogenous.”

- **Endogenous toxins** are *produced* inside the body. They are a natural byproduct of normal physiological processes.
- **Exogenous toxins** are typically *ingested* into the body from the outside* – from the air, water, and food.

*Toxins expelled by bad bacteria and fungi such as *Candida albicans* that live within the gut are also exogenous toxins, even though they are actually released from within the body.



Where Are You Being Exposed to Toxins?

You'd be shocked at how many known toxins are in the products you eat, drink, inhale, or apply to your skin.

You can find dangerous toxins in industrial chemicals, environmental pollution (air, soil, water sources), pharmaceutical drugs, over-the-counter drugs, household cleaning supplies, additives to food and tap water, heavy metals, parasites, bacteria, tobacco by-products, EMFs (electromagnetic fields), and of course, pesticides.

Unfortunately, government and health agencies have permitted the use of untested chemicals in food, building materials, your drinking water, vaccinations, cosmetics, and more.



The National Resources Defense Council is an environmental action group based in the U.S. They reported that,

“More than 80,000 chemicals available in the United States have never been fully tested for their toxic effects on our health and environment.”

They go on to say that in more than three decades the Environmental Protection Agency (EPA) has only tested 200 of those chemicals. In that same period of time they've imposed regulations on just five. The manufacturers have provided little information about the long-term effects to human health or to the environment as a whole.³

This is a deeply disturbing fact. And one that you need to take very seriously when considering your approach to caring for your own health and the health of your family.

Can Your Doctor Help?

You may be thinking that your family doctor will be able to help you fight the good fight against toxins... but don't be too sure about that. Doctors struggle to diagnose illnesses or conditions caused by toxic overload because the symptoms are systemic, meaning they affect the entire body.

Toxins affect many biological functions at the same time and can cause conflicting side effects. As a result patients often end up going from one specialist to another, trying to determine what's wrong.

Healthcare professionals usually don't talk to you about the benefits of detoxing the body because **most doctors only treat the symptoms, not the source of your sickness.**

If you tell your doctor about your extreme fatigue, you'll likely walk out with a prescription for an antidepressant. If you talk about unusual heart palpitations, chances are you'll be placed on heart medication. If you show up with another upper respiratory infection, you're leaving with another antibiotic.

No matter your symptom, you can be sure there's a pill for it!

What this means is that when it comes to toxin exposure, you're the **ONLY** one who can stop it in your daily life.



Detoxification for Total Body Health

As you now know, there are countless toxic pollutants in the air, water, and food you ingest. While not pleasant to think about, there are even sometimes parasites living in your own gut that can be causing you harm.

Given that you can't stop all toxic pollutants from entering your home and body, no matter how diligent you are, is there anything you can do to protect yourself?

Thankfully, you can facilitate rapid and efficient exit of toxins by detoxing regularly. In fact, the quality of your health (and your life!) depends on it.

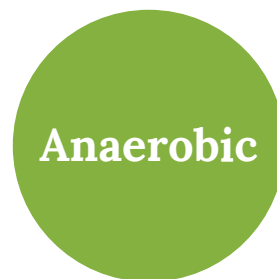
The 4 Places Your Body Accumulates Waste

As Dr. Daniel Nuzum explains it, there are four main places in the body where we accumulate waste: the **colon**, the **kidneys**, the **liver**, and the **lymph nodes**.

Any place you have waste accumulating in the body there are microbes. The body has two types of microbes:



aerobic are oxygen-breathing microbes that build things up



anaerobic are sugar-eating microbes that break things down

There needs to be a balance between these two types of microbes in the body, and you want the oxygen-breathing (aerobic) microbes to be more active.

The more waste you have accumulated in your body, the more fuel there is for the anaerobic, sugar-eating microbes that break things down and are what cause the body to decompose, degenerate, and generally start “falling apart.”

How Detoxification Works

To understand how a good detox works, you first need to know that there are four primary exits via which toxic waste can be expelled from your body.

These exits are the **colon** (waste excreted through bowel movements), **the kidneys & urinary tract** (through urine), the **lungs/upper respiratory system** (through exhalation), and the **skin** (through sweating).

If any one of these exits is blocked, the next one in line has to pick up the slack, usually with unfortunate consequences! This means all exits need to be thoroughly cleaned and detoxed.

What you can do is to cleanse each of the exits properly, and in the right sequence, so that these pollutants are expelled as quickly and efficiently as possible – minimizing the harm they can do to your body.

The Colon (aka Large Intestine or Bowel)

The main exit for solid wastes is the colon. This is also the first and most important place to start detoxing. Before you try and detox other organs such as the liver and kidneys, you need to get your colon cleaned out. Most people have heard of colon cleansing and you've likely seen products for colon cleanses on store shelves.

Did you know that the second fastest way of getting a drug into the blood (next to intravenous, or IV) is via rectal suppositories? That's because the inside lining of the intestines is a highly absorptive surface.

In other words, if the bowel is not moving after each meal and moving waste out, then the soft stool and its contents are reabsorbed right back into the bloodstream – adding to the toxic burden that your body already has to bear.

Not so fun fact: the contents of the bowel are so toxic that that if you took them and injected them into your bloodstream, it would instantly kill you!

Fortunately, any solid waste in the bowel that is reabsorbed is first processed through the liver before it is allowed to re-enter the bloodstream. This is good news for you, but not so great for your liver, which has to work overtime to keep the blood clean.

Did you know that the clinical definition of a “normal” bowel movement is three times daily? In fact, one bowel movement a day is considered “clinical constipation.” In other words, **most of us are chronically constipated, adding to the body's toxic load.**

What all this means is that the colon – the pathway of elimination – has to be thoroughly detoxed first.

The Kidneys (Urinary System)

After the colon has been detoxed, the urinary system needs to be cleansed.

The kidneys and urinary tract together form the urinary system, which is a filtering system for the blood which passes through the kidneys several times a day.

On each pass through the kidneys, toxic wastes are removed from the blood and the body's fluid volume, acid-base balance, blood pressure, and levels of salts (known as electrolytes) are managed. When kidneys become toxic, they stop maintaining proper electrolyte levels and you start building up "salts" or kidney stones.

When functioning properly, kidneys create urine to dispose of the wastes that drain down into the bladder. When kidneys aren't working the blood becomes increasingly toxic, with negative consequences for the liver as well as the brain, other organs, and the body's tissues.

This is why kidney failure is such a serious condition that must be addressed or the body shuts down.

The Liver

The liver is a large organ that sits on the right side of the belly. Along with the gall bladder, pancreas, and intestines, the liver helps to digest and absorb the food you eat.

The liver's main job is to filter blood coming from the digestive tract, before it is circulated to the rest of the body. The liver also detoxifies and breaks down chemicals, including any kind of drugs and toxic pollutants.

Just like your colon, your liver can fail to effectively perform its critical tasks of fat digestion, hormone breakdown, and nutrient assimilation when it gets bogged down by too many toxins.

After the colon and urinary system have been detoxed, the liver needs to be cleansed next, so that all the toxic wastes built up in the liver can exit easily through the cleansed and open systems.

The Lungs and Skin

The other two exits for waste to be released are through the lungs and skin.

The toxic burden on both your lungs and skin can be substantially reduced by supporting and detoxing the lymphatic system, which is a vast and complex network. The lymphatic system includes your bone marrow, thymus, spleen, tonsils, adenoids, and appendix, as well as over 600 lymph nodes, and a web of lymphatic vessels that lay just beneath the surface of the skin.

It is an independent circulatory system that works in conjunction with your blood circulatory system as well as your immune system, and helps to ward off infections, viruses, injury, and disease.

Lymphatic vessels lead into lymph nodes which are little filters concentrated in the groin, neck, armpits, around the heart, lungs, and intestines. There's also a large collection of lymph tissue that surrounds the intestines called GALT (gut-associated lymphatic tissue).

In addition to carrying lymphatic fluid and nutrients all around the body, your lymphatic system also captures waste material (including from the lungs and skin) which it drains away from your brain and vital areas of your body toward a lymph node.

When one area of the body becomes infected, nearby lymph nodes become swollen because they collect and destroy the infecting invaders. This is why when you have a throat infection, for example, lymph nodes in your neck swell and become tender to the touch. This waste material then travels to the liver and kidneys via the blood for cleansing and elimination.

Because the lymphatic system is so vital to a healthy immune system, detoxing the lymphatic system should be a component of any full-body detox program.

3 Steps for Getting the Most Out of a Detox

The biggest benefit of a good detox is that you are giving your cells a fresh start. A detox hits the “reset button” and makes it possible for you to minimize current damage and lower your risk of future toxic overload.



Some health specialists say you don't need to detox because your body is designed to do it naturally. In part, that's true...

A hundred years ago, humans dealt with food poisoning and the occasional exposure to heavy metals naturally. The natural functions of the body worked well to minimize threats and keep humans strong. But there was **nowhere near the level of toxic exposure we encounter today!**

Here are 3 steps to ensure you're getting the most out of any detox protocol:

STEP 1 Stop putting more toxins in your body

Evaluate the source of the toxins in your life. One of the most important things you need to do before you decide to do a detoxification is to think about your daily habits. Cigarettes, alcohol, processed foods, and even personal care products filled with chemicals are killing your cells slowly, so now is a great time to rid them from your daily existence! There's no point trying to detox your body while you're dumping toxins back in.

Here are a few of common sources of toxicity to watch out for:

Endocrine-disrupting chemicals (EDCs)

EDCs are both an environmental and dietary concern and include phthalates in plastics; polychlorinated biphenyls (PCBs) in electrical devices and fluorescent lightbulbs; bisphenol-A (BPA) in food can linings; synthetic steroids in conventional meat products; and estrogenic compounds in soy-based foods.

Pesticides

Pesticides, insecticides, and herbicides that are sprayed on crops (and on many lawns, parks, playgrounds, and golf courses) are designed to destroy life. Is it any wonder they also accumulate in, and act to damage the human body? Consume organic/no spray fruits and vegetables as much as possible and stay away from areas that have been sprayed with these poisons.

"Soft" and heavy metals

Metals like lead, aluminum, mercury, cadmium, arsenic, and nickel are highly pervasive. Some common sources of exposure include air pollution, non-stick cookware, cosmetics, vaccines, dental amalgam fillings, cigarette smoke, conventional household cleaning products, and contaminated food products.

Fluoride

This poison is difficult to avoid if your municipality adds it to the public water supply. Your best protection is to invest in a whole-house water purification system.

Food additives, preservatives, and growth hormones

Many packaged and processed food products are loaded with chemical preservatives such as sodium benzoate, monosodium glutamate (MSG), refined sugars, artificial sweeteners, synthetic food colorings, and other synthetic non-foods that contribute to early aging and degenerative disease.

Avoiding processed foods and eating only whole (real) foods made from organically grown, non-irradiated components will go a long way toward minimizing your toxic exposure.

Pharmaceutical drugs

It doesn't matter whether it's sold over-the-counter, as a prescription, or you buy it from some guy in a back alley... your body sees any drug as a potential poison that your liver has to filter. Some pharmaceuticals also have a long half-life, meaning they don't break down very quickly and can take months (or even years) to disappear from the body. [Note: This is in no way telling you to not take drugs prescribed by your doctor; only to be aware of the additional burden that pharmaceuticals place on the body.]

STEP 2 Detoxify

Once you have banished your old habits (we know, easier said than done), then you're ready to start a full body detoxification to remove contaminants from your colon, lymphatic system, urinary system (kidneys), and liver.

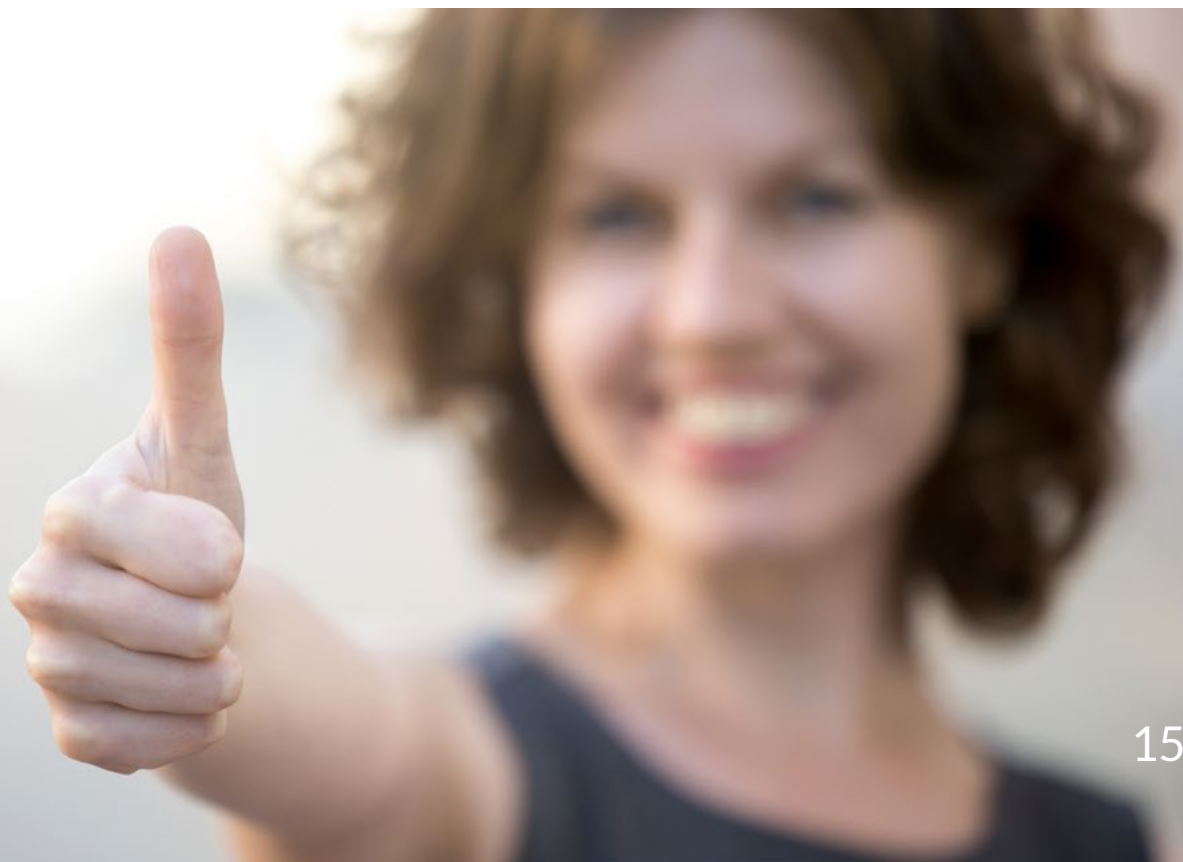
It's important to note that detoxing for a day, a week, or even two weeks is usually not enough time for a thorough job. To effectively cleanse an exit and to keep it open takes a minimum of 5-7 days. This means that it can take up to a month to thoroughly detox all four exits and rid the body of most of the toxic pollutants present.

STEP 3 Keep it up

Make consistent small steps in the right direction to maintain your new, healthier state.

Doing a full-body detox on the cellular level is wonderful and can have many lasting benefits, but it's generally not a one shot deal. Gentle, ongoing detoxing is almost always better than just doing something once.

Unless you are living a pristine lifestyle, the benefits from your detox will be greatly diminished if you go back to old ways and habits and keep reintroducing new toxins into your system.



Making Detoxification a Way of Life

The choice to detox is not a “quick fix” but if you have difficulty kicking some of the bad habits in your life (or changing your lifestyle completely), then regular detoxification is even more critical to the health of your internal organs (kidneys, liver, and colon) as well as your underappreciated lymphatic system.

True detoxification is a way of life. It encompasses every aspect of daily living from how you clean your house, to what personal care products you use, to the foods you eat, and how you control stress.

Making the choice shouldn't be temporary. Before and after you go through detoxification, you want to develop daily habits to maintain the momentum.

The time to experience the benefits of detoxification is right now. Give your body a head start that your colon, lymphatic system, liver, and kidneys will thank you for by being stronger and more effective at their jobs than ever before.

You have nothing to lose and everything to gain when you detoxify your body and take back control of your health and well-being.

So flush those toxins. Heal your body. Start now.



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SOURCES:

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