



Simple Daily Detox Solutions:

10 Steps to Enhance Your
Body's Natural Detox
Response System for Improved
Immunity & Health

Organix[®]

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We're 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's 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.

More Than 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), six out of 10 adults suffer from **one or more chronic health conditions**. Even more concerning is that four out of every 10 adults (40%) has **two or more** chronic diseases!¹

The CDC also reports that seven of the top 10 causes of death from 2005-2013 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 built-in detoxification system is called upon to eliminate. When your organs of elimination are functioning well your body is usually able to handle this task efficiently. But 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 developing chronic disease.**

The Two 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.

Most doctors don't talk about the potential for toxins to build up in the body because they're focused on **treating 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

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 supporting your body's natural detoxification system. In fact, the quality of your health (and your life!) depends on it.

The 4 Places Your Body Accumulates Waste

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 detoxification 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:

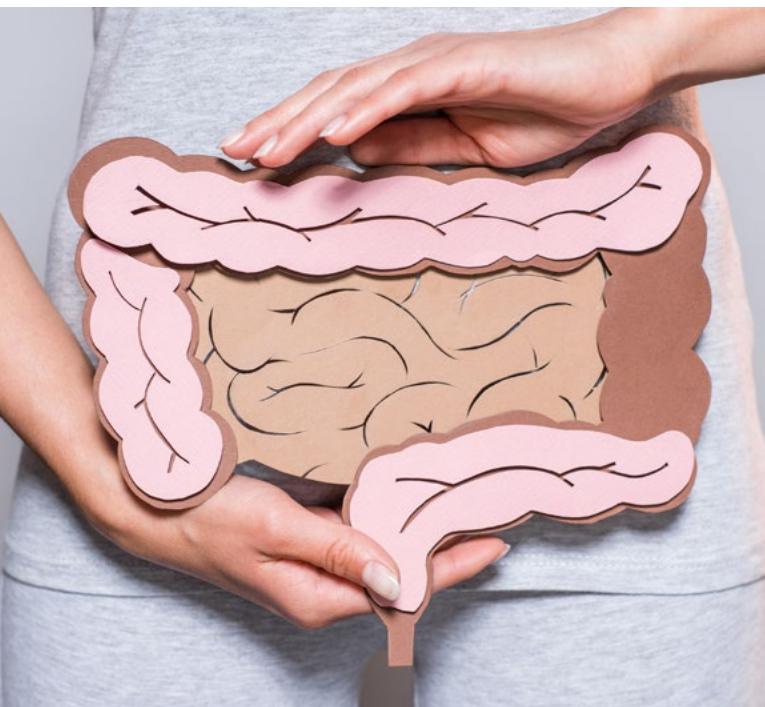
- ▶ colon (waste excreted through bowel movements)
- ▶ kidneys & urinary tract (through urine)
- ▶ lungs/upper respiratory system (through exhalation)
- ▶ skin (through sweating)

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 you need all exits functioning properly if you want to enjoy optimal health.

Let's explore each of these organs of detoxification in a bit more depth.

The Colon (aka Large Intestine or Bowel)

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.



This means that 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's reabsorbed is first processed through the liver before it's 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.

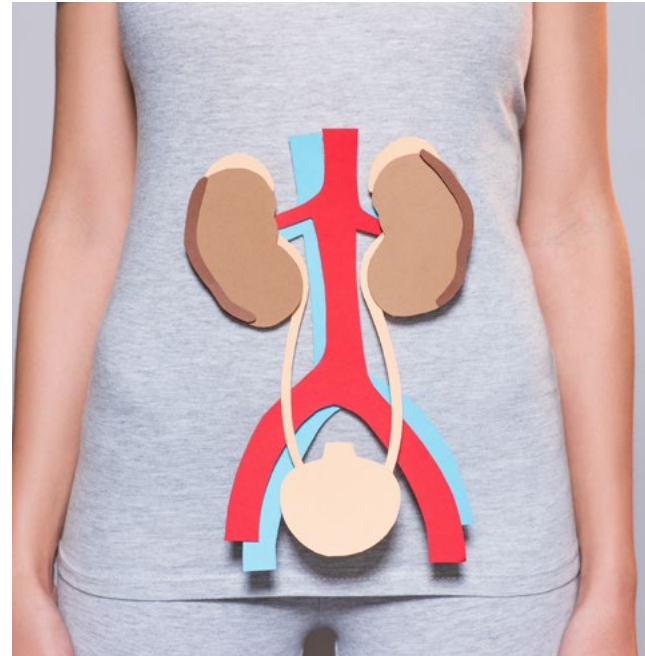
The Kidneys (Urinary System)

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.



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 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's 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.

To sum it up, a well-functioning lymphatic system is vital to a healthy immune system.

2 Steps for Supporting Your Body's Natural Detoxification System

A hundred years ago, we 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 us strong. But there was **nowhere near the level of toxic exposure we encounter today!**

That's why it's important to do everything you can on an ongoing basis to minimize the burden placed on your body and prevent toxic overload.

Here are two key ways to support and enhance your body's detoxification efforts:



STEP 1 Stop putting more toxins in your body

Give some thought to the sources of toxins in your life. Cigarettes, alcohol, processed foods, and even personal care products filled with chemicals are killing your cells slowly, so now is a great time to eliminate them from your lifestyle as much as possible. Your body is working hard to rid itself of these poisons. But it will have a hard time keeping up if you're constantly dumping more toxins into it!

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.]

Stress

The overabundance of cortisol and adrenaline in the body that occurs during long-term chronic stress leads to chronic, systemic inflammation which can put an extra burden on the liver. A 2015 study conducted at the University of Edinburgh found that individuals who suffered from chronic stress suffered from an increased risk of liver-related complications.⁴

STEP 2 Help Your Body Eliminate Toxins

Once you've banished your old harmful habits (we know, easier said than done) and stopped adding fuel to the fire, you're then ready to support your body in *removing* toxins that have built up over time.

There are countless "cleansing" and "detoxing" programs and products on the market that promise to aid in toxin removal. If you're in good health, then using one of these detox regimens a few times a year may be a good choice for you.

On the other hand, there are many people for whom engaging in an *intense* cleanse or detox is not the best option for any number of reasons.

10 Tips for Gently Detoxifying Your Body Every Day:

No matter which camp you fall into, the best thing you can do for your body is to establish habits and routines which support your detoxification organs and system *every day*. In addition to getting good sleep, here are 10 lifestyle tips that will support and enhance gentle, ongoing, full-body detoxification.

1 Practice clean consuming

The food we eat is the most obvious way we "consume." Keeping veggies organic/non-GMO and keeping meat and dairy hormone-free and preferably free-range is the best way to keep the toxin load from food low. In addition, you can support detoxification by:

- ▶ eating a "rainbow" of fresh, whole foods.
- ▶ focusing on foods that have been proven to offer detoxification support such as:
 - celery
 - leafy greens such as spinach that contain chlorophyll and vitamin C
 - parsley and cilantro
 - cruciferous veggies such as broccoli and cabbage
 - citrus fruits
 - berries
 - cultured vegetables
 - bone broths that can help restore gut health



- ▶ avoiding foods you may have sensitivities to such as dairy or gluten. When the body is not able to assimilate a particular food effectively, the end result will inevitably be more toxic “residue” in your system and sluggish elimination pathways.
- ▶ keeping sugar consumption low. There’s a direct connection between high glucose (in the form of sugar foods or simple carbs) and non-alcoholic fatty liver disease.⁵

Keep in mind that there are other ways we “consume” as well. These include using products filled with harmful chemicals that go directly on the skin and utilizing harsh cleaning products that can affect the respiratory system. A great way to kickstart a clean lifestyle is to do a “pantry purge.” Make sure this includes the cabinets and drawers in your bathroom and cleaning supply area as well.

2 Stay hydrated

Another must-do to keep your detoxification pathways flowing is to drink enough fresh, filtered water every day. A study conducted at the Fred Hutchinson Cancer Research Center in Seattle found that women who drank more than 5 glasses of fresh water every day had a 45% less chance of colon cancer than those who did not.⁶

Other studies have found that drinking enough water (at least 8 glasses for most healthy adults) can lower the risk of obesity, arthritis, dry skin, and kidney stones.



3 Practice meditation

According to the National Center for Integrative and Complimentary Health, meditation can have a beneficial effect on high blood pressure, menopause symptoms, gut health, and anxiety, amongst other things.⁷ Meditation lowers stress, which in turn lowers cortisol levels, inflammation, and toxic build-up that could tax the liver.



Give it a try today: set aside five minutes to observe your breath with a 2:4 count (2 counts in and 4 counts out). Making your outbreath longer than your inbreath signals to the body that it can move out of the stress response and into the healing relaxation mode.

4 Move your body

According to the Centers for Disease Control, a healthy adult should get 150 minutes of physical activity each week (e.g., 30 minutes a day, five days a week). Aerobic exercise is especially important since, according to researchers at the Swedish Karolinska Institute, during this kind of activity the muscles can work in conjunction with the liver to flush out toxins.⁸

5 Spend some time in nature

The Japanese have known about the health-enhancing benefits of being in nature for years. In fact, they have made an actual practice out of it. It's called Shinrin-Yoku, or "forest bathing."

A meta-analysis compiled in 2010 by Chiba University in Japan found that simply being in nature, especially amongst trees, boosted the parasympathetic nervous system (PNS). A healthy PNS is vital for detoxification since liver function as well as metabolism, blood flow, and bile secretion are all a part of it.⁹



6 Try hot-and-cold shower cycling

Did you know that taking a cold shower can lower stress and improve circulation? On the other hand, dozens of studies have discovered the amazing immune-strengthening and inflammation-lowering power of hyperthermia (i.e., raising the body's temperature for a certain amount of time).¹⁰

Why not employ the best of both? You can do this through hot-and-cold shower cycling. Simply turn the shower temp a little higher than you normally would as you soap up. Then turn the water down to a temperature that is significantly lower for approximately 30 seconds. Do this a few times before you towel off.

7 Maintain good oral health

Many of the most dangerous pathogens we encounter originate in the mouth. There are two specific practices you can employ immediately which can loosen the grip that these dangerous bacteria may be having on your health.

The first is called *oil pulling* and it's done by swishing roughly 1 tablespoon of oil (usually sesame or coconut oil) in your mouth for approximately 10-20 minutes. A 2006 study conducted by Meenakshi Ammal Dental College in Chennai, India, found that only 10 days of oil pulling resulted in a significant reduction in both plaque and gingivitis.¹¹ Be sure to spit out all of the oil in the garbage (not down your drain) and brush your teeth afterwards.

The other practice is *tongue scraping*. This involves using an inexpensive stainless steel tool to scrape away bacteria from the tongue, where some of the most harmful pathogens tend to congregate. Experts state that the tongue should be scraped about 10 to 15 times.



8 Use a castor oil pack

Numerous studies have shown that castor oil can improve blood flow, lymph flow, thymus gland health, and can increase the production of certain immune system cells that help fight and flush out toxins.¹²

The most effective way to use castor oil for detoxification is in a “castor oil pack.” Place the pack on your abdomen, accompanied by a heating pad, for gut and liver support. Sit back and relax with the castor oil pack and heating pad in place for one hour.

9 Do some body brushing

Body brushing or dry skin brushing is a major modality in the ancient Indian system of medicine called Ayurveda. It's a way to remove dead cells, revealing fresh youthful skin underneath that is able to breathe and eliminate toxins. Just a few of the benefits attributed to a regular practice of dry skin brushing include improved circulation, lymphatic system stimulation, and improved liver and kidney function. (Not to mention increased energy and super soft skin!)



10 Consume superfoods and herbs that support your body's detoxification pathways

Fortunately for us, Mother Nature has supplied us with a number of herbs, spices, and other “superfood” botanicals that naturally help to cleanse, strengthen, and nurture various components of the body's own detoxification system.

Because plants are so important in supporting ongoing detoxification, we've dedicated the whole next section to highlighting some of the best that nature has to offer.



15 Powerful Detox Herbs

Here are 15 powerful yet safe herbs, spices, and superfoods that are known (and in many cases long revered) for their benefits for the liver, the kidneys, the digestive system, and more.

Incorporating one or more of these beneficial plants into your diet as a culinary spice, tea, or supplement can support the body's own detoxification efforts. Note: Always seek guidance from a qualified healthcare practitioner before taking any new supplements – especially if you're taking medication and/or have any health concerns.



Ashwagandha

(Withania somnifera)

Ashwagandha is an adaptogen, meaning that it enhances the beneficial effects of other substances. As such, it's a great complement to whatever else you're including in your detoxification toolbox.

Ashwagandha also has detox benefits of its own. It's a brain tonic, helping to remove brain toxins and clearing up brain fog, depression/anxiety, ADHD, and other brain-related disorders.¹³ Studies have found that taking ashwagandha regularly may help flush out toxins caused by pharmaceutical medications.¹⁴



Bacopa

(Bacopa monnieri)

Bacopa is an Indian herb popular in Ayurveda. It's known as a brain detoxifier that has been shown to improve memory and calm anxiety by replacing inflammatory hormones with healing ones such as serotonin.¹⁵

Bacopa can also help cleanse the liver. A 2010 Indian study found that bacopa has a strong hepatoprotective (liver-protective) effect and can even help to reverse liver damage.¹⁶



Blessed Thistle

(Cnicus benedictus)

Blessed thistle has strong antioxidant properties.¹⁷ It's known as a "bitter," which means it contains glycosides that can stimulate bile production. In fact, the "elimination" effect that all bitters have on the body improves circulation and can be beneficial for the liver, the kidneys, the lymphatics, for clearing out brain toxins, and for circulation in general when taken in the right quantities.¹⁸



Chlorella & Spirulina

If you're concerned about metal toxicity in your body, these two substances are a wonderful addition to your detoxification toolbox. Spirulina not only contains large amounts of the plant pigment chlorophyll but also protein, vital vitamins, and minerals, making it a true superfood. Chlorella is a great source of heavy metal-lifting chlorophyll as well.

A 2006 randomized clinical trial found that spirulina helped to remediate the effects of chronic arsenic poisoning.¹⁹ *In vivo* investigations discovered that chlorella can be very effective for helping rid the body of mercury and strontium (a highly chemically reactive metal).²⁰



Dandelion Leaf

(Taraxacum officinale)

While many people only think of dandelion as an invasive weed taking over their lawn, the lowly dandelion is actually an herbal medicine powerhouse. In traditional Chinese medicine (TCM), for example, dandelion leaf is used to support liver health, bones and joints, and detoxification pathways.

Every part of the dandelion (roots, stem, flowers, and leaves) is edible and offers health benefits. But it's the leaves, in particular, that are packed with vitamins and minerals, including calcium, iron, zinc, and magnesium.

Dandelion leaf is often used in herbal medicine to act as a diuretic to counteract bloating. It supports optimal fluid balance and stimulates urinary flow and function.



Ginger

(*Zingiber officinale*)

Ginger's detoxifying characteristics are tied to its ability to stimulate digestion and blood flow. Ginger is spicy and can actually make you sweat in the right amounts! Two components within the root, *gingerol* and *shoga*, provide anti-inflammatory and liver-protective benefits.²¹



Licorice Root

(*Glycyrrhiza glabra*)

Licorice root may be best known as a type of flavoring for candy and gum, but it also possesses a range of health uses and benefits. For example, licorice root can help reduce inflammation and irritation in the digestive tract and is used to lower acid levels in the stomach, relieve indigestion, and treat heartburn.

Its use in Chinese medicine dates back over 2000 years. In one Chinese medical text written in the 1500s, licorice root is said to “inhibit the toxicities from 72 minerals and 1,200 grass and trees.”²² Licorice root can also help support the immune system by increasing the chemicals that fight viruses.



Malva Leaves/Chinese Mallow

(*Malva verticillata*)

Chinese Mallow, also known as “malva leaves,” is known for the benefits it can have on the kidneys and spleen. Research has found that malva leaves are able to reduce inflammation in the kidneys and assist in maintaining balance in this organ.

It has also been shown to help prevent kidney stones.²³ A 2014 study published in the *International Journal of Recent Scientific Research* found that all parts of mallow can help with enlargement of the spleen.²⁴



Marshmallow Root

(*Althaea officinalis*)

Marshmallow (the plant, not the campfire treat) contains polysaccharides that can assist the respiratory system. This is beneficial as healthy breathing is one of the ways we detoxify the body. It's also a powerful antifungal. A 2007 report found that it helped to inhibit the growth of *E. coli* bacteria.²⁵

Marshmallow is also helpful for gut health. Proper functioning of the digestive system is vital for a healthy liver according to the latest research on the "gut-liver-brain axis."²⁶ For example, imbalance in the gut microbiota can lead to a condition known as "leaky gut" (aka intestinal permeability) which allows disease-causing pathogens to escape into the bloodstream.



Green Tea Matcha

(*Camellia sinensis*)

Black, white, green, and oolong tea all come from the same plant – the *Camellia sinensis* plant. The difference in the tea types has to do with how the leaves are processed and dried. "Matcha" is simply leaves that have been ground into a fine powder. Unlike loose leaf tea, when you drink matcha you're consuming the whole leaf.

Green tea matcha's bright green color comes from the plant pigment chlorophyll which detoxes the liver by assisting the elimination process of potentially harmful toxins including heavy metals, dioxins, and other persistent chemicals.

It's interesting to note that chlorophyll's chemical structure is almost identical to the hemoglobin in human blood. Chlorophyll provides raw materials for the body to make hemoglobin which in turn delivers oxygen throughout the body. Good circulation (blood flow) is essential for overall health and well-being!



Medicinal Mushrooms

Medicinal mushrooms include reishi, shiitake, maitake, turkey tail, chaga, oyster, maitake, cordyceps, lion's mane, and dozens of other varieties. Mushrooms have been connected to longevity, immune strength, and cognitive health for thousands of years.

There are many different phytonutrients that exist within specific mushroom species and each has its own unique health benefits. All mushrooms, however, are adaptogenic, and contain high amounts of immune-supporting beta glucans and powerful antioxidants.²⁷



Milk Thistle

(*Silybum marianum*)

Milk thistle is one of the most potent herbs for the liver because it contains a compound called *silymarin*. Silymarin is a phytonutrient that has been shown to assist in flushing toxins, supporting the liver, and helping with autoimmune diseases, fatty liver disease, and heavy metal toxicity.²⁸

A 2010 report published in the journal *Phytotherapy Research* also discovered that silymarin “may act as a toxin blockade agent by inhibiting binding of toxins to the hepatocyte (liver) cell membrane receptors.”²⁹



Pau d'Arco

(*Tabebuia impetiginosa*)

Paul d'Arco helps the body on many levels. Of note, the inner bark from this South American tree supports colon health. It can stimulate the digestive system, which releases toxins from fat cells.

The colon is the “sewer system” of the body. By supporting a clean colon, Pau d'Arco is one of the most powerful detoxifying herbs out there. Paul d'Arco also helps detoxify the body through supporting the blood vessels, lymph system, organs, and cellular health in general.³⁰



Persimmon Leaves

(*Diospyros Kaki*)

Persimmon leaves, also called “kaki” or “fuyu,” are able to flush fat from cells by helping to regulate insulin sensitivity, according to a study conducted at the University of Ouagadougou in Burkina Faso.³¹ This can also help with weight loss.

The leaves also have the ability to remove certain metals from the body. A Turkish study published in the journal *Food and Chemical Toxicology* compared the heavy metal-chelating capabilities of various detoxifying herbs. Fuyu persimmon leaf had the strongest capacity of them all.³²



Turmeric

(*Curcuma longa*)

Turmeric, and especially its key compound curcumin, has been studied more than any other herb for its overall healing effects. It’s considered one of the best natural substances for supporting healthy inflammation levels in the body.

High levels of C-reactive protein (CRP) are indicative of chronic inflammation in the body. According to a 2014 study published in the *Annals of Gastroenterology*, high C-reactive protein levels are also connected to increased liver dysfunction.³³

Turmeric has been shown to help remove both aluminum and lead from the body as well, according to a 2015 Turkish report published in the journal *Toxicology Mechanisms and Methods*.³⁴

Making Detoxification a Way of Life

You've now learned about the threat of toxins in the environment to your health, ways to support and enhance your body's innate detoxification mechanisms, and some of the best plants that can support the body's organs of elimination.

We hope this report has made it clear that 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.

While trendy detox and cleanse programs might seem like a "quick fix" for health issues, any benefits gained will quickly be lost if you return to old ways and habits and keep reintroducing new toxins into your system.

That's why gentle, ongoing detoxing through foods and activities that support the health of your liver, kidneys, and colon as well as your underappreciated lymphatic system is vital. When your organs of elimination are stronger and more effective at their jobs, you'll experience more energy, better digestion, and a stronger immune system that can protect you against disease.

You have nothing to lose and everything to gain when you support your body's natural detoxification system and take back control of your health and well-being.

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



Rare Superfood Combination Triggers Your Body's "Natural Detox Response" For a Rock-Solid Immune System That's Ready for Anything



People rave about them, but when you go looking for them, many superfoods are hard to find and even harder to afford.

But the good news is, there's a way to get them all combined together in one place so you don't have to go searching for them yourself.

New **Organic Daily Detox** contains 6 of the best superfoods that support your body's built-in detoxification system in just the perfect amounts.

On top of that, each and every container of our Organic Daily Detox Powder is guaranteed to be made from USDA Certified Organic sources and is vegan, gluten-free, and dairy-free.

It's effective, ongoing, DAILY detoxification that actually works to keep your body healthy and your immune system robust.

To learn more about **Organic Daily Detox**, go here:

<https://organixx.com/daily-detox>

Empowering YOU Organically!

Our Commitment to You:

- 1 Only deliver supplements that can really make a powerful difference in your health and life.
- 2 Provide you supplements made from only the purest natural ingredients on earth, including USDA Certified Organic ingredients whenever possible.
- 3 Use proprietary fermentation processes to make our supplements extremely bioavailable. (This ensures the maximum amount of nutrients from our supplements are actually utilized by your body – versus being wasted.)
- 4 Deliver the highest quality, most effective supplement blends available. We started this company because of the huge demand for quality supplements at affordable prices. We keep our markups extremely low, because we're a mission-based company with hopes of healing the world.

Now here's the great news... we're constantly improving and making our supplements even better.

We've received a LOT of overjoyed feedback from others just like you, and the one thing we keep hearing over and over is how pleased they are to finally find a supplement company 100% committed to using the purest, non-GMO and USDA Certified Organic ingredients wherever and whenever possible!



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