

Bio-Toxicity Self Assessment Test

How Toxic Are You?

Yes - No

Mark the symptoms you experience:

- Do you feel tired or fatigued?
- Do you experience early morning stiffness?
- Do you feel stiff after periods of rest?
- Do you feel dizzy, foggy-headed or have trouble concentrating?
- Do you experience cracking joints?
- Do you experience frequent back pain or headaches?
- Do you eat fast, fatty, processed or fried foods?
- Do you experience generalized aches and pains in the body?
- Do you experience frequent sinus problems?
- Do you use coffee, cigarettes, candy or soda to get "up"?
- Are you sleepy in the afternoon?
- Do you experience intestinal gas and bloating after meals?
- Do you bruise easily?
- Do you recover slowly from moderate exercise?
- Do you feel you don't exercise enough or feel sluggish and need to lose weight?
- Do you have food allergies, or are often exposed to chemicals, sedatives or stimulants?
- Do you take pain relievers to get rid of aches and pains?
- Do you have a family history of arthritis or auto-immune disorders?
- Do your bowels move less than twice per day?
- Does "airing out" (opening windows) in your office/bedroom a few minutes each day make you feel better?
- Do you use regular municipal water (non-filtered) for your shower?
- Do you purchase food from the "normal" section of the grocery store, instead of buying organic fresh foods?
- Do you change/replace the filter for the heating/air conditioning twice a year?
- Have you thought about trying a cleansing program recently to rid your body of toxins?

If your **Yes score totals 4 or greater**, your current symptoms might be due to toxic overload and may suggest you need a detoxification program to purify your system of toxins and experience PAIN FREE living.



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**For more information, consult your
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Are Body Toxins Making You Sick?

Optimum energy and radiant health are the products of internal cleansing. Each of us understands how important it is to be clean on the outside, but do not realize it's even more important to be clean on the inside.

There is no doubt about it, we do not live in a pristine world. We live in an environment unlike any in history. In today's world of processed foods and environmental pollution, toxic substances exist almost everywhere.

Some Scientific Facts

According to the U.S. Food and Drug Administration (FDA), over 35% of the food tested in 1998 contained pesticide residues. Fifty-three pesticides classified as "carcinogens" are presently registered for use on major crops, including apples, tomatoes, and potatoes. Additionally, more than 10,000 additives are added to our food supply. In fact, an average American eats about 142 pounds of additives a year.

According to the Environmental Protection Agency (EPA), more than 1,000,000 Americans drink water laced with pesticides. In 2000 alone, more than 4 billion pounds of chemicals were released into the ground, and over 260 million pounds of chemicals were discharged into surface waters, i.e. lakes and rivers, making fish unsafe to eat and water unsafe to swim in or drink.

Common Signs and Symptoms of Toxin Buildup

- Headaches
- Joint Pains
- Fatigue
- Allergies
- Immune Weakness
- Mood Changes
- Constipation
- Sinus Congestion
- Chronic Backache
- Blood Sugar Problems
- Skin Conditions
- Hormonal Problems

How Does Detoxification Work?

The process of detoxification takes place primarily in the liver. The liver is a key organ in our body's self defense system. Detoxification is largely accomplished in two phases. In phase I, the body's enzymes activate the toxic substances to make them more accessible in phase II. In phase II, specific enzymes convert toxins into water soluble and harmless molecules that are then eliminated by the body.



Your Body Needs Specific Vitamins & Minerals for the Process

The detoxification process is critically dependent on an adequate amount of nutrition, specific vitamins, enzymes, and minerals. Without these specific nutrients, the liver cannot eliminate toxins. Without elimination, these stored toxins may be slowly released into the blood, contributing to many chronic illnesses, including some cancers.

How Serious is the Threat?

The body is designed to eliminate toxins, but when an individual is exposed to chemical toxins, the body cannot detoxify or eliminate these pollutants. Toxins ingested in small doses may eventually add up to lethal amounts. Scientists from both the World Health Organization (WHO) and the National Cancer Institute (NCI) indicate that chemicals in our air, food, and water cause between 60-80% of all cancers. Long-term exposure to pollution can result in genetic changes that affect growth, health, and behavior, and contribute to our susceptibility to diseases.

For Sound Advice, Ask Your Healthcare Professional

Talk to your doctor about detoxification and simple, yet effective nutritional guidelines, in combination with a detoxification beverage and cleansing herbs to help your body eliminate toxins and prevent diseases.

Begin Your Cleansing Program Today!

Take the first step...
*Complete the Bio-Toxicity
SELF ASSESSMENT TEST*



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