

Detoxification & Wellbeing



HEAVY METAL DETOX

Get practical, affordable solutions to ridding the body of mercury, aluminum and other toxic heavy metals.

FOOD + WATER + OILS

Learn how to heal cell damage and restore the immune system through improvements in what you put in and on your body.

PRODUCT GUIDE

Did you know that cookware and personal care products can cause cellular damage? Use these products instead.

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Detoxing the environment is equally as important as the body. It is easier to prevent the toxins from getting in to the body than getting them out again. Get a fresh start with detoxification so you can thrive in mind and body.

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FEEL BETTER. DO MORE.



TOXIC EFFECTS:

Our modern world is also a highly toxic one; from the womb we are inundated by over 80,000 chemicals culminating in a toxic overload from heavy metals, pesticides, herbicides and more. Toxins are in the food we eat, the water we drink, and the air we breathe.

Actual measurements called 'body burden surveys,' of contaminants in people show that average Americans have hundreds of manmade chemicals in their tissues (including amniotic fluid and umbilical cord blood) at levels high enough to be of concern.



LIMITING TOXIC LOAD

AVOIDING TOXIN EXPOSURE

Avoiding heavy metal exposure should be a top priority; heavy metal accumulation can silently sabotage your health, and being aware of common heavy metal exposures will help you limit your toxic load. It is easier to prevent the toxins from getting into the body than getting them out again. Get a fresh start with detoxification so you can thrive in mind and body.

EVEN IN SMALL AMOUNTS, TOXINS CAN:

- Store in your fat cells, making it hard to lose weight.
- Significantly affect your memory, clarity, and focus.
- Strain and weaken your immune system and affect the body's pH.
- Disrupt your endocrine system, significantly lowering your energy.
- Disrupt your sleep quality-- both making it harder to fall asleep and stay asleep



MINIMIZE HEAVY METAL EXPOSURE

Detoxing the environment is equally as important as the body. It is easier to prevent the toxins from getting into the body than getting them out again. Avoiding heavy metal exposure should be a top priority; heavy metal accumulation can silently sabotage your health, and being aware of common heavy metal exposures will help you limit your toxic load. The rate of absorption depends on the health of gut flora, and adequate selenium and glutathione so improving these aspects are vital to health as well.



DRINKING WATER

It's not just Flint, Michigan that has unsafe drinking water. Public water and even well water can be contaminated with lead, arsenic, and cadmium.

CERTAIN FOODS

Fish such as tuna and swordfish frequently exceed safety levels for mercury exposure. Tests confirm that rice is commonly contaminated with arsenic.

DENTAL FILLINGS

Amalgam fillings are up to 50% mercury by weight. Over time, they begin to deteriorate, slowly leaching mercury into your body.

BEAUTY PRODUCTS

Cosmetics, hair dye, and shampoo can contain unsafe concentrations of heavy metals. As a rule: don't put anything on your skin you would not ingest.

HOUSEHOLD MATERIALS

Furniture, carpet, mattresses, and even linoleum flooring can slowly break down and release heavy metals into your home's air.



DIRTY DOZEN LIST OF ENDOCRINE DISRUPTORS

According to The Environmental Working Group:

“There is no end to the tricks that endocrine disruptors can play on our bodies: increasing production of certain hormones; decreasing production of others; imitating hormones; turning one hormone into another; interfering with hormone signaling; telling cells to die prematurely; competing with essential nutrients; binding to essential hormones; accumulating in organs that produce hormones. Here are 12 of the worst hormone disruptors, how they do their dirty deeds, and some tips on how to avoid them.” -EWG

Top 12 Hormone Altering Chemicals:

- | | | | |
|----|----------------|----|---------------------------|
| 01 | BPA | 07 | Lead |
| 02 | Dioxin | 08 | Arsenic |
| 03 | Atrazine | 09 | Mercury |
| 04 | Phthalates | 10 | Perfluorinated Chemicals |
| 05 | Perchlorate | 11 | Organophosphatepesticides |
| 06 | Fireretardants | 12 | Glycol Ethers |





Why detox the body and use and consume clean products?

As you make a conscious effort to reduce your exposure to heavy metals, the next step is to cleanse or detoxify them from your body.

- Pesticides and herbicides mimic estrogen and bind receptor sites which disrupt hormonal feedback loops.
- Heavy metals influence neurotransmitters in the central nervous system inhibiting the release of hormones from the hypothalamus.
- Heavy metals can also accumulate in the adrenal glands and block many enzymatic pathways causing increased androgen or reduced adrenal function.

Detoxification protocols will be most successful when you eat plenty of greens within an anti-inflammatory diet, lower stress levels, and increase hydration to support the body's detoxification pathways. Infrared saunas, exercise in the sun that makes you sweat, a body brush to detox the lymph system, coffee enema's and detox teas are all positive natural solutions to pursue. The next section will explore more details and science behind these options. But first. A note from Alana on Food. I'll have what she's having....



Alana's Thoughts on Organic Foods:

When it comes to food, you either pay now or you pay later. Non-GMO and organic foods can cost more upfront, but they're a bargain in sum because of your increased productivity, and decreased need for medical/pharmaceutical intervention.

Buy and eat organic and non GMO foods whenever possible. Organic means there are no harmful pesticides (which are toxic and cause hormone disruption). GMO stands for genetically-modified-organism. The reason they modify the genetics of these foods is so that they can withstand high levels of pesticides. When you eat GMO you are consuming high levels of glyphosate (the main ingredient in Roundup), which Robert F. Kennedy Jr. just won a \$290 million lawsuit proving causes cancer.



ALANA RECOMMENDS: THRIVE MARKET

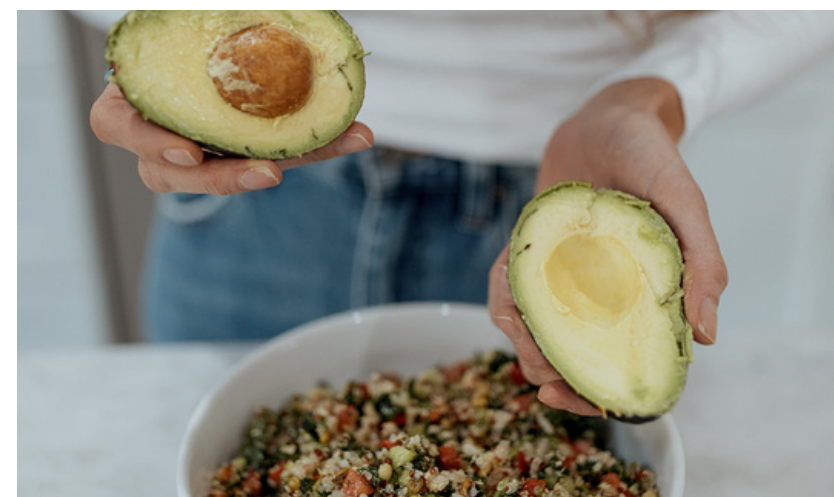
If it's a struggle for you to find or afford organic and non GMO food, you can subscribe to Thrive Market, whose mission is to make these types of foods affordable and accessible to everyone. Everything they sell is organic and non GMO. You order online, they ship it to your door. The company was founded by a man who was raised by a single mom and saw her struggle to feed everybody these better quality food options. There is a membership to join, but scholarships are available.

www.thrivemarket.com



Specific foods are more important to buy organic than others. A list is put out every year, by the environmental working group, called the dirty dozen with the foods most sprayed with pesticides and thus most important to eat organic. Here is the dirty dozen, listed in order of most to least pesticides:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes



Canned Foods

BPA lines most canned goods, and of course most of these cans are also made of aluminum. Canned tomatoes are especially damaging because their acidity. Some alternatives you can look for:

- Eden Organics (BPA free cans)
- Tetrapaks
- Glass Jars (warning: the lids are usually BPA lined)
- Frozen/fresh/dried versions of the canned food



Sweeteners

Life is sweeter when you're not being poisoned. So please avoid these common artificial sweeteners:

- Sucralose (Splenda)
- Aspartame (Equal/Nutrasweet/Diet-everything)
- Saccharin (Sweet 'N Low)
- Acesulfame K
- Sorbitol

Instead consider these sweeteners:

- Honey
- Monk Fruit Blends
- Erythritol
- Xylitol
- Stevia (in small amounts)

BOOKS: Pick up the book:

Food Rules: An Eater's Manual
by Michael Pollan





Clean Nourishment

Food As Information

Dr. Kelley Brogan, describes food as information. It is not just fuel as in calories or building blocks as in micro and macro nutrients. Remember the term epigenetics.

She says, "food is a co-evolutionary tool for epigenetic expression. In other words, food literally talk to your cells, neurons included, and that results in how your DNA functions."

We need to be eating whole unprocessed well-sourced foods. This is a journey for most people and not an overnight jump. Food is so connected to our emotional well-being and we are addicted to sugar and food additives in processed foods.

It's important to remove processed foods from your diet as quickly and thoroughly as possible. This means loosely anything in a package. This specifically means anything with long ingredient list and hydrogenated vegetable oils like canola oil, preservatives, dyes or sugars or anything with Genetically Modified Organisms (GMO)-- I will often say out-loud about things: that's "not food".

Eat whole foods. This includes fresh fruits and vegetables, pastured meats, wild fish, eggs, nuts and seeds, and traditional natural fats from animals, oils, and coconut, sea salt, and raw dairy. Supplements cannot replicate getting the nutrients in power foods but often people need extra nutrients from supplements.



Vitamins & Supplements

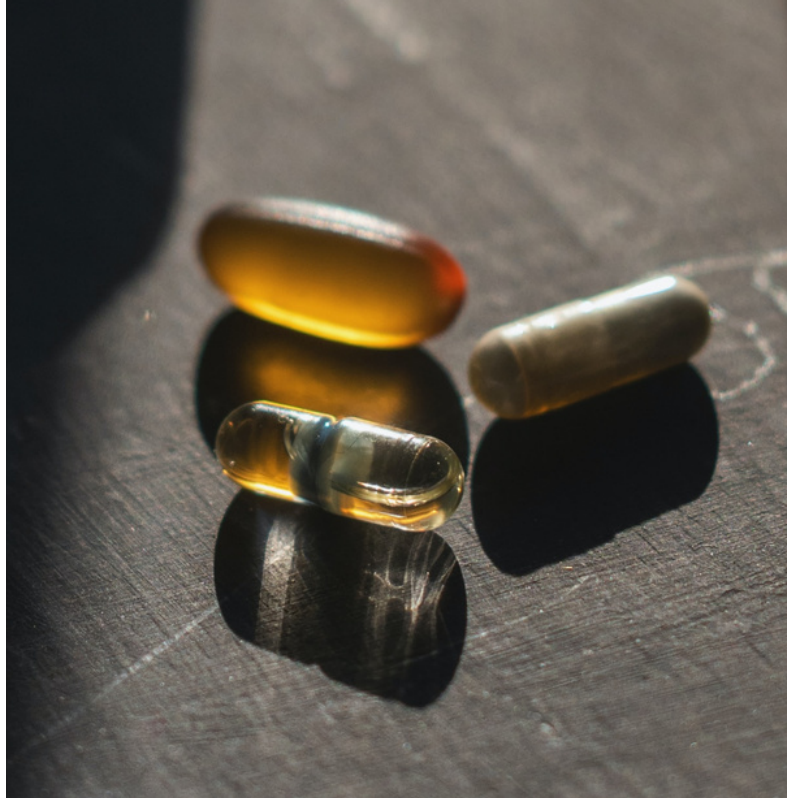
The world of supplements can be confusing; the benefits are usually gradually seen, not overnight successes. However Vitamins and supplements become really important especially when your diet is lacking. By taking these you are rebuilding your cells. If there is one supplement you should take it is Cod Liver Oil:

- It is very powerful for detox and mental health.
- It gives you strong bones and teeth and protection from a long list of infectious disease.
- Provides vitamins A and D.
- Best when it is virgin or cold pressed and in a dark bottle to avoid going rancid.

Key nutrients, tag regions of the gene and can silence certain genes. This regulation of gene expression is called methylation and is essential for tissue repair and new tissue generation. The nutrients involved in this process are:

- Folate, Betaine, and Choline.
- Vitamin B2, or riboflavin, B6, or niacin and Vitamin B12

The newest supplement I'm really excited about reduces oxidative stress (the root of most disease) by 40% in 30 day according to 28 independent peer review studies. I'm learning a lot from this company about 'bio-hacking,' which is more than just 'topping off' for example, deficient amounts of Glutathione, the master detox antioxidant. This product doesn't supplement the body, it activates it: it increases our body's own natural production of Glutathione by 300% and supports the body's natural ability to repair and rejuvenate its cells. Learn more [here](#).



Probiotics

Probiotics improve your gut flora and the “good germ” variety and count in your microbiome. We recommend rotating probiotics to give the body the best variety. Also good for stimulating vitamin B production.



Fermented Vegetables

The more diversity of microbes in our gut the better. These microbes enable us to make our own vitamin B12, digest vegetables and convert them to energy, make neurotransmitters, make fatty acid, and regulate our appetite. Some microbes tame inflammation. Eating fermented foods is a great way to introduce more microbes into our body.

One of the best thing you can do for your health is to eat fermented vegetables. Alana has a theory that only the ancient cultures with fermentation practices have survived! Fermented vegetables significantly improve and expand your gut flora, increasing your “good bacteria”, and just like the only thing that can stop a bad guy with a gun is a good guy with a gun, you need these good bacteria to fight off harmful germs and viruses.

Your gut is the foundation of your health, for body and mind. It dictates the health of your immune system, how well you absorb nutrients, and controls your mood. And if your gut is unhealthy, you will probably experience a diverse constellation of negative symptoms.

Tips for a Healthier, Happier Gut

- Eat a healthy, balanced diet with plenty of organic greens
- Include anti-inflammatory superfoods Avoid processed foods, and cut back on refined grains
- Eat fermented foods and nourish your gut with probiotics
- Limit your sugar intake as much as possible
- Manage your stress levels, and get outdoors each day





COOKWARE

If you're careful with your food choices but still use toxic cookware you're still getting an unbelievable amount of toxins with each meal.

Replace cookware with these items:

- [Cast iron skillets](#), [stainless steel pots and pans](#)
- [Ceramic cookware and bakeware](#) (look and see if the brand you're considering uses lead or cadmium in their glazes for the ceramic). We like [Vitaclay](#).
- Stainless steel or bamboo for utensils and spatulas/spoons
- Beeswax food wraps. [Try Etee](#).

Avoid:

- Plastic and "non-stick" cookware
- Aluminum foil
- Heating to-go containers
- Microwaving plastic

NOURISHING OILS

Careful what kinds of oils you use and consume. Some oils are “oxidizing” and destroy your cells and hormone receptors. And their damaging effects worsen when heat is involved.



OILS TO AVOID:

- Canola (rapeseed)
- Grapeseed
- Cottonseed
- Sunflower
- Safflower
- Corn
- Soybean



GOOD OILS THAT ARE *NOT* OXIDIZING

- Avocado oil (best for high heat)
- Coconut oil (also great for high heat)
- Grassfed Ghee
- Grassfed Butter
- Olive Oil (Source from California—Mediterranean olive oil is being cut with up to 74% canola oil without labelling right now)





Water Filters

Water filters are essential for caring for your health. Public water and even well water can be contaminated with lead, arsenic, and cadmium; pharmaceutical particles and hormones may also be in your water supply and should be filtered out.

Whole Home Water Filter

- Example: Aquasana Rhino EQ-1000
- Filters all water coming into your home including drinking, cooking, showering, laundry water.
- Secondary filtration systems made unnecessary
- Drawback: more expensive than other options

Under Sink

- Example: APEC ROES PH75 6 Stage Reverse Osmosis Water System
- Need separate filter for shower water
- Get a system with a re-mineralization and/or pH balancing feature after the filtration step.

Countertop Filter

- Example: Berkey Water Filters
- Requires manual daily refill
- Requires changing filter manually
- Most do not alter minerals or pH of the water.
- Does not filter out hormones or pharmaceuticals
- Requires a separate filter for shower water
- Try to get a fluoride/arsenic upgrade

Shower Filter

- Example: Berkey Shower Filter
- Inexpensive
- May be important if there is chlorine/fluoride in your water or if you struggle with thyroid concerns.



A high-speed photograph of water splashing, creating a dynamic background of droplets and ripples. A large, semi-transparent white circle is centered on the page, serving as a container for the text.

Hydration

If I had a mantra it would probably be to stay humble and stay hydrated. I think most people don't feel very well most of the time simply because they are dehydrated and misinterpret that feeling as being tired or hungry. It's especially important to mindfully hydrate any small children in your care. Simple copper cups on a reachable level next to a Berkey is a good set up for most families.

Drink as much filtered water and herbal teas as you can. Drink a glass of water first thing in the morning and then at least fifteen min before each meal as opposed to with a meal. Detox teas such as dandelion and milk thistle are wonder detox aids and a good practice to integrate into your hydration protocol. Professor Christopher Exley recommends to drink Figi water everyday for detoxification.



Free *Radicals* + *Hydrogen*

Free radicals are linked by research to cancer, all forms of disease, and degeneration, and many people are now understand aging to simply be the “gradual accumulation of free radical damage.” General antioxidants from a plant-based whole foods diet are important; antioxidant supplements like vitamin C and glutathione can stabilize most people into a realm of functional health.

For those with compromised health and toxicity or who have spike protein damage from covid or vaccine injury, we highly recommend molecular hydrogen which is a selective antioxidant that improves cellular function, and boosts your immune system. Hydrogen scavenges the destructive and toxic free radicals/oxidants. It targets free radicals correlated with inflammation, chronic disease, DNA damage, and fatigue. It neutralizes the damaging free radicals while avoiding the free radicals that are helpful to our body's processes.

Hydrogen activates the NRF2 pathway which, in simple terms, is the body's natural defense network that fights free radicals. Without hydrogen, the body only activates this pathway when the body feels it is under attack – like when dealing with a toxin or an injury. Hydrogen naturally boosts the immune system and seems to prevent numerous diseases and conditions from gaining traction in the body.

H2 has been found to increase the supply of mitochondria by activating a protein called PGC-1a which leads to an increase in cellular energy production. We recommend Holy Hydrogen's Lourdes Hydrofix machine—[purchase here](#).



A person's hands are shown holding several large, translucent, and irregularly shaped salt crystals. The person is wearing a light-colored, ribbed sweater. The background is a soft, out-of-focus white, suggesting a clean, bright environment. The overall tone is calm and natural.

SALT

There is almost nothing in the world I love as much as salt. I think it's the only thing I collect. Himalayan pink salt and detoxifying sea salt are staples. Hawaiian Black Lava Sea Salt is blended with activated charcoal before it is dried to form large crystals.

Enjoy on... everything.

Fleur de Sel French Sea Salt is hand-harvested from a tidal island off the coast France; it's a natural source of calcium, potassium, magnesium, zinc, copper, and iodine. I use it as a 'finishing salt' in my morning coffee alternative and love it.

Epsom Salts (magnesium sulfate) detox baths have incredible benefits. Salt baths regulate enzymes in the body, reduces inflammation, support muscle and nerve function, and improve absorption of nutrients. Hot baths also induce sweat, another way the body naturally removes toxins. I use as much salt as I intuitively desire in my regular baths and have 25 pounds of epsom salt on auto-ship.





BEAUTY PRODUCTS:

Most women wouldn't suspect that their nicely branded beauty and self care products could be described as "toxic," or could contain cancer-causing chemicals. The truth is there are hormone disruptor chemicals in many products that have even been linked to breast cancer. As a rule: don't put anything on your skin you would not ingest

To limit your exposure, check your beauty products on the [EWG Skin Deep Database](#) or the [Campaign for Safe Cosmetics](#).

[Think Dirty](#) has an app that helps consumers identify the potential risks associated with the personal care products they use every day.

I use [these hair care products](#) because I don't like having to choose between either safe or effective; they're scientifically formulated with a less is more philosophy. For fewer chemicals with more results [try these out](#).





Alana's Personal Care Product Recommendations:

Personal care items are often riddled with toxins, surprisingly. Here are some products I recommend that are vetted for toxins:

- Lume aluminum-free [deodorant](#).
- Weleda [toothpaste](#).
- I actually use Jojoba oil as a face wash. Rub the oil into your skin. Run hot water through a washcloth and wipe away for clean, beautiful skin. I recommend NOW Solutions.
- I also love Non-GMO coconut oil for mouthwash. Google “oil pulling”.



DRY SKIN BRUSHING IS GREAT FOR DETOXIFICATION, IT CAN BE DONE QUICKLY, I DO IT DAILY.

Get a long handled soft brush with natural fibers. This treatment exfoliates dry and dead skin, opening the pores for efficient detoxification. Dry skin brushing is said to aid the lymphatic system in its role of clearing toxins; it also stimulates your nervous system, bringing your awareness to every inch of your body. Start at your feet making long strokes up your legs on both sides towards your heart. Then work from the tips of your fingers along your arms toward your chest.

Additionally I use tools like the ones imaged here for an-all over body massage aimed to move the skin and fascia layers of the body.

I highly recommend this as a regular practice.





Physical Symptoms and Emotional Health During Detox

As the body begins to remove toxins stored emotions may surface as well. It is important to take time to process these emotions. This may be through journaling, praying, forgiveness or talking to a wise counselor. The important point is to take time to acknowledge the emotion.

Physical Symptoms During Detox: old injuries may resurface for a short period of time. If for example you twisted your ankle you may have some ankle pain if your body is pulling toxins from that area of the body. Remember toxins are stored all over the body.





Detox and Movement

Exercise keeps the lymph moving for detoxification, lowers inflammation, improves emotions and helps to balance hormones.

Exercise has been shown to help the body clear excess cortisol, adrenaline, and noradrenaline from the body. Before and after exercising it is good to eat a high protein snack with healthy oils. Be careful when getting protein snacks that they do not have soy or artificial ingredients. Look for whey protein, hemp, quinoa or pea protein. If your muscles ache after exercise drink apple cider acid to neutralize the lactic acid. Movement during detox is important.

So far we've discussed how to limit toxin exposure because keeping toxins out is a better strategy than trying to remove them once they're in the body. We've listed a lot of practices that are helpful, and just like everyone needs to find the forms of movement that bring them joy, discover the pure living strategies that are right for you. Infrared saunas, exercise in the sun that makes you sweat, a body brush to detox the lymph system, detox teas etc are all positive natural solutions to pursue. Everyone needs to support their chosen strategy with hydration to support the body's detoxification pathways.

However most detox strategies don't address a huge challenge of chronic heavy metal exposure: the accumulation is in your tissues down to a cellular level.

Lead, for example, accumulates in bone tissue, displacing calcium in the process. When your dietary intake of calcium is low, it causes your body to break down some of your bone to get more calcium, releasing accumulated lead into the bloodstream. Yikes.

You might be Mercury Toxic if you experience:

- Dilated pupils
- Sweaty hands and feet
- Pathologic reflexes - Babinski is most common
- Brisk knee jerks
- Slight esotropia
- Rashes, eczema
- Elevated heart rate





Zeolites

The mineral's phenomenal absorption and filtering capacities sparked greater and greater interest, and as our world seems to get ever more toxic, it appears to be a saving grace.

While we must reduce the toxins we produce in our cities and agricultural areas, it's clear that zeolites play a healing role in our journey back to environmental and bodily integrity.

We believe that the Health Freedom Movement first must improve the health of our people, so that we have the energy and focus to accomplish the difficult tasks of getting our freedoms back. Now is truly the best time to buy back your health.

Recommended Products

- [Zeolite](#)—Try Pure Body Extra by Touchstone Essentials
- [Protandim Tri-Synergizer](#)—by Life Vantage
- [Emeramide](#)—as suggested by Toxicologist Boyd Hayley

If you already have seen glutathione recommended everywhere, make sure you do look into the Protandim Tri-Synergizer. It doesn't just increase synthetic glutathione in the body, it increases the body's own natural production of Glutathione, the master detox antioxidant, by 300%. It also reduces oxidative stress by 40% in 30 days and whole bunch of other things-- these products changed my whole internal experience of the body. I could not recommend more highly.

Zeolites

As we've discussed, toxins store in your fat cells, making it hard to lose weight. They interfere with your memory, clarity, and focus. They disrupt your immune system, and endocrine system, affecting your energy, sleep, and quality of life. I felt so sick tired and mentally foggy for so many years that I forgot what healthy and energized and hopeful felt like. You can't really compare what it feels like to be in someone else's body, but I learned from experience it's possible to feel so, so much better.



If you missed my friend Eddie Stone's video, (creator of the Pure Body Extra Zeolite Detox spray)—well, the most important thing you need to know is that heavy metals cause chronic illness. So any time you hear the words "there is no cure" or "we don't know what causes it", you should investigate the possibility that it's heavy metal toxicity.



Alana's Experience With Zeolites

For example, Alana's first-born daughter had all of the CDC scheduled shots. There were multiple emergency room visits, but perhaps most disturbing—two years constant coughing. Her teachers complained. Nobody slept well. The noise was constant. After watching Ty & Charlene Bollingers The Truth About Vaccines, and understanding for the first time the harm of heavy metal toxicity, Alana searched desperately for a safe detox method for her daughter. That's when she discovered Zeolites. After just two weeks of zeolite use the coughing stopped.

Zeolites were first used in ancient Rome. It was used in the aqueducts to filter water. In China, it was used for centuries in traditional medicine. The commercial use of zeolites only began in the United States in the 1950's. It had industrial applications in the filtering of wastewater ammonia and radioactive material and was even used in Chernobyl clean up.



Getting Rid of Mercury

Dental Fillings: Amalgam fillings are up to 50% mercury by weight. Over time, they begin to deteriorate, slowly leaching mercury into your body. Some dentists are trained to safely remove these fillings without exposing your body to mercury during the removal process. [Find a Mercury Safe Dentist near you.](#)

Pure Body Extra Clinoptilolite Zeolite **by Touchstone Essentials**

It's a safe detox that is tasteless, like spraying water into your mouth—and easy for kids to take.

READ: The Cellular Healing Diet
by Dr. Daniel Pompa

Chelation therapy for mercury poisoning should include:

- Stop ongoing exposure.
- Stop fish or seafood (salmon is supposed to be OK).
- Replace amalgam fillings with porcelain using a Mercury Safe dentist,
- Get rid of loosely-bound mercury in the body.
- Chelate the tightly bound mercury, especially in the brain.
- The use of antioxidants is recommended.
- Appropriate monitoring tests (especially for non-verbal children) recommended to check on blood counts, kidney and liver function, and mineral levels, and to gauge how much mercury is being excreted.





DETOXINIG ALUMINUM

Fiji Water—Recommended by Professor Christopher Exley to drink everyday.

Liquid Silica by Eidon—Available at iHerb.com Add to your water or juice. Also great for hair growth and nails.

"Horsetail" is a pre-historic, silica-rich plant that is easy to grow and create tinctures and teas on a budget.

We Recommend: Pure Body Extra Zeolite spray by Touchstone Essentials

Many detox programs only cleanse the colon which is not where the majority of toxins accumulate. Pure Body and Pure Body Extra use natural zeolite so that you can help rid your body of heavy metals and toxins, and experience improved energy and well-being. The negatively-charged zeolite works like a magnet, trapping positively-charged heavy metals and other toxins. Once inside the zeolite, toxins are tightly bound and are excreted within hours.



EMF PROTECTION

We use Blushield in our home offices and love it.

More and more studies are showing that EMFs affect people's health in an alarming multitude of ways, for example, causing headaches, fatigue, dizziness, and lowering the immune systems.

Electromagnetic frequencies or EMFs are radiation emitted through everyday electrical devices, such as computers, electric clocks, microwaves, cell phones, outlets, electric blankets, electric razors, electric toothbrushes, electric hair dryers, cell phones, wireless headsets (bluetooth), waterbed heaters, x-rays, cell phones, and living within 300 feet of telephone poles/transformers.

