



## Are Toxins **REALLY** that harmful?

According to the U.S. Government and product manufacturers

The following is a partial list of chemical poisons found in products that are absorbed, ingested or inhaled by the body before you even eat breakfast.

***These lists DO NOT even include the use of common household cleaners!***

**Alcohol, Acids & Alkali:** anemia, cancer, coughing, cramps, death, depression, disorientation, dizziness, fatigue, headaches, heart damage, muscle weakness, nerve damage, organ damage, rashes, respiratory problems, sleeping problems, vision problems and more.

**Bleaches & Chlorines:** anemia, child development problems, cancer, diabetes, gastrointestinal cancer, gland cancer, headaches, heart disease, immune system breakdown, mental function difficulties, organ cancer, pulmonary edemas, severe eye problems, urinary tract cancer and more.

**Detergents & Emulsifiers:** allergic reactions, blindness, cancer, cataracts, interference with nutrient absorption, loss of hair, organ damage, reproductive damage, scalp eruptions, skin irritation, strips skin of protective oils and more.

**Dyes & Fragrances (Synthetic):** ADD, allergic reactions, cancer, convulsions, depression, dizziness, headaches, Hodgkin's, hyperactivity, irritability, Leukemia, muscular aches and pains, organ damage, problems-behavioral and emotional, reproductive damage, skin rashes, stomach upsets, vertigo, violent coughing and sneezing, tumors-multiple and more.

**Heavy Metals (Toxic):** abdominal cramps, Alzheimer's, brain disorder, cancer, emotional and immune system disorders, genetic damage, hyperactivity, motor skill difficulties, mouth sores, muscle weakness, nausea, pain in your bones and your joints, reduced intelligence, short attention span and more.

**Fungicide, Insecticide & Pesticides:** ADD, birth defects, cancer, death, dizziness, fatigue, flu-like symptoms, genetic mutations, gland tumors, insomnia, memory loss, muscle weakness, nausea, nervous system disorder, pain in your bones and your joints, organ damage, stomach cramps, swelling of body parts and more.

**Petrochemicals:** allergic reaction, asthma, cancer, depression and fatigue, headaches, inhibit skin functions, intestinal gas, immune system disorders, premature aging, pimples, rashes, respiratory failure, sensitivity to the sun, splitting of your finger and toe nails and more.

**Preservatives (Synthetic) & Volatile Organic Compounds (VOC's):** asthma, cancer, cramps, digestive problems, eye and organ damage, headaches, mental confusion,

muscle weakness, pain in your bones and your joints, reproductive damage, respiratory problems, skin rashes, tumors and much, much more!!

## Common Sources of Toxic Exposure

**Heavy Metals:** Common sources include lead from pesticides, sprays and cooking utensils; cadmium and lead from cigarette smoke, mercury from dental fillings, contaminated fish, and aluminum from antacids, cookware and soda cans. These metals tend to accumulate in the brain, kidneys, and immune system.

**Liver Toxins:** Alcohol, solvents, formaldehyde, pesticides, herbicides and food additives are stored in the liver. A person skin, especially noticeable on the face, will be dull, lifeless, and have a grayish tinge. After a person has an Ion Cleanse there is usually a marked improvement within 20 minutes. Skin in healthier looking, has a glow to it that was not there before and the cheeks will look pink as if a person had gone for a walk or did some exercise.

Do you have any of the following symptoms? Candida, Digestive Problems, Memory Loss, Mercury, Chronic Headaches, Joint Pain, Chronic Fatigue, Chemical Sensitivities, Allergies, Metallic Taste in the Mouth, Acne.

Having an Ion foot bath will benefit you as it eliminates these toxins from your body. You feel better, lighter and cleaner from the inside out.

We are all exposed to poor air quality, tap water that has been chlorinated and heaven knows what else is put into our water, plus our foods are full of pesticides unless we buy organic. However organic is much more expensive and most people cannot afford to purchase organic all the time. It appears to be difficult to live in today's world without absorbing a certain amount of chemicals and pesticides.

**Some hints that are helpful on a daily basis to assist you as you do your Ion Cleanse are:**

***Drink Holy Tea*** - helps remove toxic waste from the body. Drink a glass with every meal.

***Lemony Water*** - drink daily as this gives you Vitamin C and it helps flush the system of toxins.

***Cilantro*** - this has been helpful to assist in the release of mercury from the body. Stay away from breads as much as possible.

***Avoid Dairy Products*** - Choose Goat's Milk and cheese as a substitute. Never drink soft drinks, especially diet drinks. They are not good for you.

***Avoid Perfumes*** - Choose your laundry soaps with care. Some are very scented and your body will absorb this.

***Avoid Plastic Bottles*** - Drink from glass bottles (or stainless steel) - never from plastic bottles and never use plastic containers that are less than a #5 grading.

***Use a Natural Vegetable Wash*** - Wash all vegetables and fruits before eating.