

# NUTRITIONAL SUPPORT FOR DETOXIFICATION



Detoxification takes place through a number of body systems, including the kidneys, the skin, the liver and the lungs. An effective detoxification procedure must address toxic build-up throughout the body. The build-up and retention of toxins in the body can take years to develop. A focused protocol to address detoxification may take several weeks to accomplish, and may need to be repeated frequently to maintain a healthy state.

Our environment is becoming much more toxic. This increase in toxicity is being seen as a greater incidence of illness and disease. Decreasing toxic load through a more healthful diet, daily exercise, decreased chemical exposure (prescription and OTC medications) and a quality probiotic can bring an improvement in toxicity based disease states. But in cases of prolonged toxic challenge, or the inability to adequately resolve toxicity issues, the addition of supplements to further support detoxification is often recommended.

The liver is the principal organ of detoxification in the body, and maintains the role of principal detoxifier 24 hours a day. Life is dependent upon the liver's ability to defend us against toxins and chemicals that enter from the bloodstream. Nutrients such as Liposomal Glutathione, NAC 600mg (N-Acetyl Cysteine) and Milk Thistle Plus provide biochemical support the two phase liver detoxification processes. Once a detoxification program has begun, it is absolutely essential to eliminate these toxins from the body through regular bowel movements. Failure to remove these released toxins can jeopardize the ultimate success of the detoxification process. Colon Health Support is specifically formulated to support comprehensive intestinal health by gentle waste elimination and intestinal cleansing.

Once the process of detoxification is completed, it is time to repair and restore the natural detoxification processes of the body. The premier antioxidant and nutrient necessary for proper liver support of detoxification is glutathione. In fact, glutathione serves as the primary cellular detoxifier throughout the body. It also can help as a heavy metal chelator and helps to detoxify prescription medications and other chemicals that we ingest and that are then metabolized through the liver. Maintaining adequate glutathione stores in the body is a major goal for good health. At one time, glutathione was not capable of being effectively supplemented orally and nutritional precursors were utilized to help increase the production of endogenous glutathione. However, the development of a liposomal glutathione product has now been shown to protect glutathione from the degradation that can occur in digestion, and this liposomal delivery system offers enhanced absorption never before seen with oral administration. Any detoxification protocol should be followed up with Liposomal Glutathione to help the body rebuild its internal detoxification processes.

Finally, it is critical that as individuals are attempting to lose built-up toxins, they refrain from adding additional toxic loads to their bodies. Placing an individual on an elimination diet or a gluten-free diet, can help to prevent such toxic build-up from returning. Products like Perfect Protein Powder, prepared in healthful whole food smoothies or shakes, can provide healthy nutrition to help heal the body's detoxification processes. And the high antioxidant and nutritional composition of Fruits and Greens Energy Drink can provide a nutritional assist to also help the body to return to a healthful state.

Taking the time to complete a quality detoxification procedure can bring a whole new feeling of health and well-being to individuals plagued by chronic health issues.



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