

DETOX



Nutritional Support for Detoxification

Detoxification takes place through a number of body systems, including the kidneys, skin, liver and 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 manifesting 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 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.[†]

The liver is a vital organ involved in removing toxic alcohol metabolites from the body. Its primary job is to filter the blood coming from the gastrointestinal tract before passing the blood to the rest of the body. Not only does the liver inactivate and remove ingested toxins, but it extracts residues and metabolic waste material from the blood so these toxins can be excreted. Research has demonstrated that the essential micronutrients and metabolic cofactors found in **Alcohol Detox** work to support healthy liver function and proper alcohol metabolism. These same nutrients are also crucial for healthy immune function, as excessive alcohol in the body can contribute to oxidative stress and impaired immune function.

Finally, it is essential to eliminate toxins from the body during the detoxification process. **Colon Health Support** is specifically formulated to support comprehensive intestinal health by gentle waste elimination and intestinal cleansing. Concomittant probiotic therapy is recommended as well.



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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.