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Why do you need to cleanse your body?

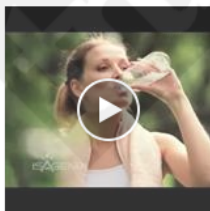
Toxic agents are everywhere in our world. The food we eat, the air we breathe, the household cleaners we spray, the electronics we use on a daily basis... However, toxic free radicals are formed in the body too. Stress hormones, emotional disturbances, anxiety and negative emotions all create free radicals as well. Living without toxic buildup is virtually impossible, which is why our body has built in mechanisms to deal with toxic overload. Crying, sweating, urination and defecation are all natural protocols employed by the body to rid itself of toxins.

Because toxins are part of our daily life, both inside and out, it may seem that they are a natural part of living and that additional measures to deal with them are unnecessary. This, in part, is true. Free radical exposure is part of life, however, with the overabundance of chemicals and pesticides in our foods and environment, and the increasing levels of stress in our society, our body is overwhelmed with toxic buildup and needs additional help in expelling unnecessary waste material.

Despite overwhelming advancements in medical care our society is sicker than ever. We may be living longer, but we're riddled with illness and disease. Nearly all sickness in industrialized countries is due to toxic build up in the body. Often times toxins bind to sex hormones or thyroid hormones which slows metabolism, causing weight gain. Additionally, toxins are stored in fat cells, also contributing to excess weight. Cardiovascular disease, cancer, polycystic ovarian syndrome, infertility, gastroesophageal reflux disease, fatty liver, gallstones, osteoarthritis, stroke, lower back pain, headaches, carpal tunnel syndrome, dementia, sleep apnea, asthma and depression are just some of the illnesses associated with obesity.

Because toxins affect both the structure and function of cells, they cause a myriad of health problems in their own right. Chronic fatigue, fibromyalgia, autoimmune disorders like multiple sclerosis and lupus, migraines, premature aging, digestive problems like constipation, diarrhea or bloating, skin conditions, aches and pains, PMS and food allergies or intolerances are all the result of toxic buildup in the body.

do i need to detoxDetoxification is so important because it can literally reverse the symptoms of illness and change your life. There are many different types of detoxification protocols and it is important to find one that works well for you.



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