

## Why Healthy People Need to Cleanse

Let's assume that you are the picture of health. You feel awesome and are not plagued by any known health or weight challenges. Why should you "cleanse"?

While the human body is very good at detoxifying itself, our modern world exposes us to so many impurities and pollutants that **our bodies simply can't keep up with the toxic overload**. These impurities are everywhere. We ingest toxins every day by breathing, eating, drinking, and absorbing them through our skin. We have been perpetually exposed to toxins every day since we were born ... and there is no end in sight. Our body's filters—the liver, kidneys, lymph, colon, blood, & skin—were not designed to deal with this constant toxic attack. Overwhelmed, our systems are in desperate need of help. Full-body cleansing on a cellular level, and replenishment with superior nutrition, should be part of your overall plan to maximize the functioning of your body and facilitate optimal health.

According to National Geographic and the EPA...

- ❖ More than 3,000 chemicals are added to our food supply, including pesticides, herbicides, insecticides, antibiotics, steroids, hormones, colorings, flavorings, and preservatives. Pesticide use in the U.S. is about 30 times higher today than it was in 1945. Pesticide residues are detectable in 50-95% of the food consumed in the U.S. Pesticides can damage the endocrine and glandular systems. Even raw organic foods are may not be safe from toxic exposure, as some of them are handled, transported or stored in contaminated containers.
- ❖ There are more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives used in food processing, packaging, wrapping, and storage. Plastic wrap and plastic bottles emit plasticizers (phthalates) and have the potential to leach into our food. Phthalates chemically mimic hormones, thus having the strong potential to disrupt the endocrine system.
- ❖ There are more than 77,000 chemicals in active production in North America. Air pollution is increasingly weighing on the minds of many athletes, especially those with outdoor workouts. Concerns about air quality in cities, automobile and truck emissions and other environmental issues have prompted numerous studies about air pollution's effects on the body. A review of such studies conducted by the University of Brisbane found that exposure to *low* concentrations of pollutants during exercise caused lung damage similar to that caused by *high* concentrations in people not exercising. And here's another example: A study using data from the Women's Health Initiative found that women who lived in communities with relatively high levels of air pollution were far more likely to die because of heart attacks than women who lived in cleaner air.
- ❖ There are more than 20,000 chemicals in our homes, cars, offices, and possessions that our bodies cannot metabolize. These chemicals have the potential to alter our metabolism, cause enzyme dysfunction, predispose us to nutritional deficiencies, create hormonal imbalances, alter brain chemistry, and negatively affect the immune system. The Toxic-Free Legacy Coalition took hair, blood, and urine samples from 10 individuals and tested for plasticizing chemicals known as phthalates; the flame retardants PBDEs; lead; arsenic, and mercury; perfluorinated chemicals like those used to make Teflon; and pesticides—including the now banned PCBs and DDT.

Researchers found that *every person tested had at least 26*, and as many as 39, of these toxic chemicals in his or her body. Many of these toxins are felt to inhibit our ability to absorb important nutrients.

In addition to the all the pollutants in our food supply, food packaging, personal environment, and air supply, there are toxins in our drinking water and other liquids we willingly consume. Did you know that tap water often contains toxic chemicals such as arsenic, fluoride, chlorine, and a host of other unhealthy substances? Added to these toxins are the artificial ingredients and other chemicals used in the processing of coffee, sodas, teas, powered drinks, and alcohol.

Most people know that the skin is the body's largest organ. But what they may not know is that it readily absorbs ingredients from the substances we wash it in, and put onto it. Such substances, when unrecognized by the body, can contaminate the blood and other organs. Some of the most dangerous include cosmetics, especially lipstick; as well as hair dyes, cleaning fluids, lotions, and creams.

Stress on the body or the mind, coupled with our fast-paced and busy lifestyles, causes increased production of cortisol—"the fight or flight" hormone. Under constant stress, toxic levels of cortisol can build up in our bodies, lowering immune system function and our ability to fight disease and clear toxins.

**So much for the toxic overload. On the nutritional side, things are no better.** As a culture, we are often ingesting foods that are chemically processed, genetically altered or engineered, and do not provide adequate nutrients to fuel our cells and vital organs.

It is common practice today to serve and consume huge portions of food that still leave us undernourished and lacking essential nutrients. Americans are one of the most overfed, yet undernourished, nations in the world. Many of the soils used for farming have been stripped of their nutrients. In addition, the microorganisms formerly in our soils have been adversely affected by pesticides, thus making it more difficult for minerals to enter our fruits, vegetables, and grains. Our bodies must have adequate minerals to maximize our ability to absorb other vital nutrients. This situation is exacerbated by the practice of picking pre-ripened produce, which further reduces any potential nutritional value of the food. To make matters worse, once whole foods are harvested, most of them are overly processed, again depleting what little nutrient value might have remained. Clearly, we are no longer getting the same nutrients we once did from the standard food supply.

For all of the above reasons, **full body nutritional cleansing**--the combination of helping the body eliminate impurities while replenishing with superior nutrition—should be an essential part of maintaining your internal health, strengthening your vital organs, and giving your body a fighting chance against inevitable environmental impurities and nutritional challenges.

*(The above information was drawn from articles of the same name by Becky Natrajan, MD and Dennis Harper, D.O., and the Isagenix pamphlet entitled, "Why Cleanse Every Day?")*