

10 Ways to Reduce Your Toxic Load

1. Use foods and herbs that support our detox organs – liver, kidney and colon. E.g. parsley, beets and dandelion.
2. Encourage elimination through the skin, our largest organ for elimination. E.g. sweating and dry skin brushing.
3. Buy and eat organic food as much as possible – learn about the “Dirty Dozen” list and try to shop organic for this produce.
[<http://www.ewg.org/foodnews/summary/>]
4. Reduce processed and packaged foods, which are loaded with chemicals.
5. Replace personal products (that contain chemicals) with those made with natural ingredients. No parabens, sulfates, “fragrance.”
6. Filter your water with a carbon filter or whole house filtration system.
7. Replace household cleaning products with natural “green” products or just use vinegar and water.
8. Buy grass-fed meats or if you can’t find them, look for hormone-free, organic and/or antibiotic-free meats. www.eatwild.com
9. Use a chlorine filter for your shower and bathtubs.
10. Try rebounding to eliminate toxins through the lymph glands.