

# Determine if You Need to Detoxify?

Detoxification is merely the internal cleansing of your body. Think of it as "spring cleaning" for your insides.

## Why do I need detoxify?

Detoxification can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins every day, including pollutants, pesticides, and chemicals. Internally our bodies produce waste by-products as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Detoxification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

## Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Low libido

## How do I determine my toxic load?

Your toxic load is the amount of toxins that your body needs to process. By answering the following questions, you may gain some insight as to your current toxic load.

- Yes  No - Do you or have you eaten processed foods?
- Yes  No - Do you eat non-organic fruits and vegetables?
- Yes  No - Do you eat meat and poultry that are not free range?
- Yes  No - Do you consume genetically altered food?
- Yes  No - Do you or have you ever used artificial sweeteners?
- Yes  No - Do you drink soda?
- Yes  No - Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Yes  No - Do you eat fast foods and/or eat out regularly?
- Yes  No - Do you charbroil or grill foods?
- Yes  No - Do you drink coffee regularly?
- Yes  No - Do you drink alcohol?
- Yes  No - Do you drink tap water?

If the majority of your answers are "yes", then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as perfumes, cleaners, and pollution, add to your load. Your health care professional can help you assess your toxic load.

## What are the benefits of detoxification?

A detoxification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and by-products of daily metabolism to be eliminated. By participating in a detoxification program, you may notice the following:

- Improved weight management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Disappearance or lessening of past conditions
- Feeling calmer and more relaxed
- More regular bowel movements
- Strengthened immune system
- Reduced occurrence of food sensitivities
- Reduction of chronic pain
- Feeling emotionally more balanced
- Increased capacity to deal with life and its challenges
- Decreased sugar cravings
- A more positive outlook on one's health
- Having more energy and feeling more motivated to exercise
- A sense of deep satisfaction that arrives from taking a stand for your own health and happiness

**Reference website:** <http://www.standardprocess.com/display/2680.spi>