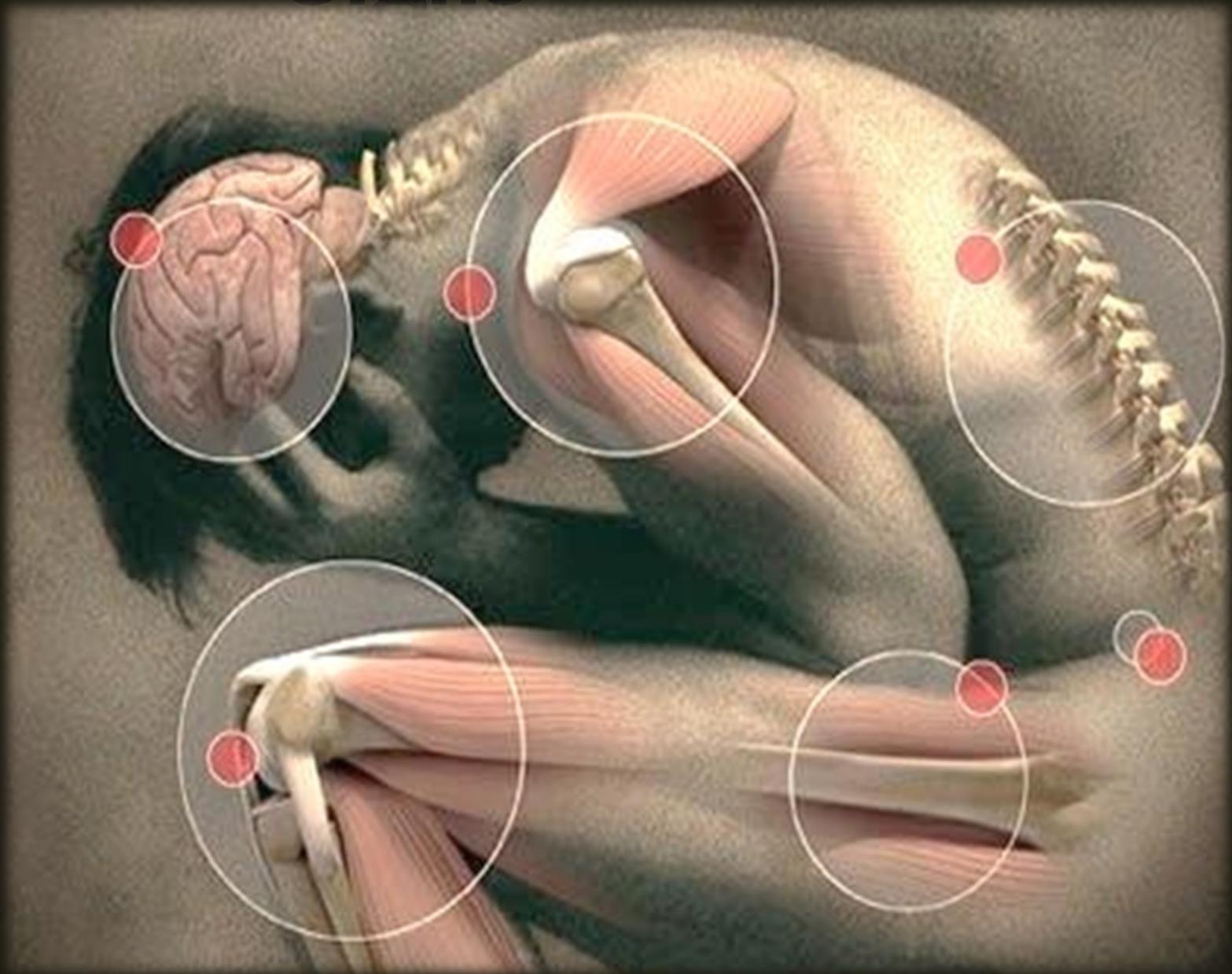


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**Signs That Your**

# The Toxic Report



Ignored **Warning** Signs

**That Your Body is Toxic**

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# The Toxic Report

## Ignored Warning Signs That Your Body is Toxic

### The Basics of Health and Disease

To truly understand the workings of disease and the effects of toxicity, one must first understand the true definition of health; unfortunately, most believe health to be a physical standard of a specific size and weight, that is absent of chronic disease. This standard of health has been set because of what we have come to consider normal or typical based on the health status of the general population. Anything that deviates from this normal standard is considered unhealthy or diseased, but our standard of normalcy is nothing less than a lesser condition of disease. With this acceptance of normalcy, we have been taught and told that certain conditions of the body are not only acceptable but still fall into the category of healthy regardless of their presence.

True health cannot be defined within a sentence and can only be somewhat understood absent personal experience. True health is the body working in harmony; it is the cohesive workings of the processes of nutrition and elimination in perfect unison. Defining nutrition as food is vague, incomplete, and incorrect. Food is a nutrient but not nutrition; it is a material of nutrition as wood is the material of a house needed for its construction by the builder.

Nutrition is the process of converting raw materials into living structure. These raw materials are nutrients and have an array of sources beyond foods and require the inner workings of systems beyond digestion.

Elimination is the process of removing toxic waste from the tissues and fluids of the body. When elimination falters in its function, proper nutritional processes are impaired, cells do not receive the nutrients needed for proper function; toxic waste builds and the function of cells are impaired and damaged, and disease ensues. Flawless elimination is a necessity to not only maintaining but also to restoring health.

Health is the body's functions working without a blunder; it is perfection. Health is happiness, mental poise, love, peace, harmony, a sense of well-being, and what can only be described as euphoria. Health is endurance, strength, flexibility, and energy, and encompasses quick recovery and healing at a miraculous level.

The true standard of health is scarcely found in our society today; so we have written this standard off as unattainable and have unknowingly compromised our bodies, and have drastically lowered the bar and our expectations. We have traded illness for health and have accepted certain conditions as not only normal but healthy, and have disregarded and become deafened to the body's pleads. We have voluntarily become slaves to our disease-

promoting habits and to those who financially benefit from the destruction of our bodies, the very temple that houses our soul.

Diseases are the most misunderstood and thus feared functions of the living organism and the biggest perpetuated lie in history, and because of this ignorance, also the most profitable.

Disease is an illusion that accompanies its fair share of superstition, wizardry, and witchcraft. The symptoms and pain that accompany disease are very real, yet the disease or classification of symptoms is nothing but an imaginary enemy. To “fight” the symptoms with poison while dismissing the cause is unfathomable and irresponsible. To remove the manifestation in a diseased body while leaving the cause is nothing less than suicidal. There is always a causative factor in disease, and there is always a reason for a cell to act inappropriately. Disease is not something that befalls us; disease is created by our own actions and is a correct action in every sense.

Disease is a slow, insidious process, developing over time and is not something that manifests without cause or warning. It is the body’s natural response to toxicity, excessive foreign matter, coupled with the depletion of its energy reserve. Disease is looked upon as something that needs to be combated or conquered, when in actuality, acute disease is the cure and miracle that everyone is seeking and is the body’s most powerful process of self-healing.

The second classification, chronic and degenerate disease, is the result of the suppression of acute diseases or due to long continual indulgences in its cause. Chronic disease represents chronic provocation and is kept alive from day to day, and from year to year with the continual accumulation of toxicity coupled with the suppression of elimination and the weakening of the nervous system.

Most people go about their daily lives experiencing symptoms and are told to take a pill, get an injection, drink syrup, take an herb, or remove an organ to make it all go away. This is not only erroneous behavior and thinking, but dangerous. These ignored symptoms are warning signals. The continual suppression of symptoms is the prevention of waste removal of toxic substances, adding to an already increasingly toxic body while ignoring the body's cries for help and the secession of toxic behavior. While working to cure a disease that is the result of a toxic condition with toxic substances is feeble and pernicious, disease-promoting, in its attempts.

Symptoms may be suppressed only temporarily to eliminate discomfort, but the root cause that has not been removed will continue to destroy the body silently until its cries can no longer be ignored; a steep price to pay for fleshly indulgences and a temporary sense of comfort. This thinking and behavior are fueled and encouraged by treatment based thinking, by medical or surgical means. The absence of symptoms due to suppression is not health but an ever increasing toxic load upon the body and chronic disease-promoting in its action.

## **Internal Body Waste**

The body is constantly building and breaking down cells, and removing waste from the fluids and away from its tissues. When this waste accumulates beyond the body's tolerance level and normal elimination is hindered; the body becomes toxic and acute disease is the result. This is the body's attempt to eliminate this accumulated waste. When this waste is not removed, cells are poisoned and begin to breakdown and cell function is disrupted, leading to cell malfunction, death, and chronic disease. Chronic disease is the end product of the suppression of acute diseases. Simply put, the common cold is the alpha and cancer the omega.

The human body is mainly made up of cells and two major fluids. Every gland and organ that make up the body is constructed of cells, over 75 trillion cells that must receive nutrients and eliminate waste. The blood is responsible for carrying the nutritive matter to the cells, and the lymphatic system is primarily responsible for the removal of waste. When this waste is not neutralized and eliminated properly, the body becomes toxic, and the eliminative organs are weakened.

There are two different sources of waste: endogenous and exogenous. Endogenous is waste that is created within the body during normal metabolism. When cells breakdown, the body metabolizes and reuses some of the material but the rest must be eliminated; this waste includes metabolic waste, spent debris from cellular activity, and dead cells. The remaining of endogenous toxins is acquired from emotional and mental distress and excess and physical fatigue, distress, and excess.

The second form of toxicity, exogenous, is brought into the body by what we eat, breathe, drink, and put on our skin. We can control most of these factors but not all and should do our very best to minimize the amount of toxicity we expose our bodies to.

The goal is to eliminate as much toxicity that is being brought into and being produced within the body, and not to hinder or interfere with elimination. These factors are the beginning steps towards not only health preservation but also health restoration. Recognizing some subtle and not so subtle signs of toxicity should be the wakeup call that a person needs to stop toxic behavior and detoxify the body instead of waiting to the point of desperation.

## **The Beginning of Disease**

Disease is a chemical reaction and begins as such. There are seven stages of disease until death ensues. The first stage of disease is a drain on what is called vital energy. The nervous system acts as the power plant for the body and recharges this energy. The energy is used for every function in the body, including nutrient processes and waste elimination. There are certain habits that act to increase or deplete the body's energy reserve. When the reserve is exhausted, elimination is checked, and toxicity builds within the body.

What is not eliminated accumulates and wreaks havoc on the body. At this point, someone may begin to experience exhaustion or physical weakening. As accumulation builds, the body will develop symptoms in an attempt to preserve the health of the cells; this process called disease is one of the most important of all healing powers, while increasing and preserving the body's energy is the other.

## **Ignored Toxicity Signs**

## Frequent Cold and Flu-like Symptoms

When looking at all of the symptoms of the cold or flu, it is obvious that they are nothing more than an eliminative process. Runny nose, coughing, vomiting, fever, these are all purging symptoms that call for rest and the secession of toxic accumulation. Often these symptoms are triggered by nothing more than digestive fermentation caused by improper food combinations, turning the stomach into a cesspool and even the healthiest food into a toxic poison.



Colds and flues are a sign that the body is in a toxic condition, yet they are callously blamed on microbes eliminating self-responsibility. Viruses are harmless in a truly healthy body, for it is not the germ but the terrain, the internal environment of the body that is conducive to microbes. This is evident when examining those who have symptoms but no virus and others who have the virus but no symptoms. A microbe is a secondary factor at most but is never the primary cause.

## Constipation

The responsibility of the alimentary or digestive system is to breakdown food into useable nutrients that can be used by the body and then to eliminate the digestive waste. What cannot be converted into a living structure is toxic to the body and must be eliminated; this includes what is left after the digestion of food. The digestive tract is highly absorbent; this is so that the

micro and macronutrients from food can be absorbed into the body. This also means that if there is a backing up of waste (constipation), this waste is being absorbed into the body until it is eliminated, creating a type of self-poising or auto-intoxication. Quick transit time is desirable to avoid the absorption of waste matter.

The cause of constipation is chiefly due to improper diet coupled with improper food combining and eating habits, along with an exhausted nervous system. Often the adrenals that are responsible for muscular contractions called peristalsis, maybe weak also caused by toxicity, maybe another culprit. Peristalsis is responsible for the movement of food and waste through the digestive system, a weakening of this action may lead to constipation.

Lastly, one must understand what constitutes constipation. Ideally a person should be having bowel movements equal to the amount of meals they consume per day, and they should occur 30 minutes to an hour after a meal. For example, if someone is eating three times a day, then three bowel movements would be ideal. Laxative and stimulants, natural or chemical, should never be consumed to force bowel action, for these over stimulate the bowels and eventual cause a greater condition of constipation. After the body has been detoxified, and healthful habits are developed, natural bowel movements will resume.

## **Reoccurring Migraines or Headaches**

Headaches are often directly related to the digestive system, more specifically the transverse colon. Chronic headaches are often seen in those who suffer from constipation. Constipation



is always coupled with dehydration, due to a poor diet and a lack of mineral utilization. The lack of

mineral utilization is usually due to the weakening of specific endocrine glands caused by toxicity within the body, consumption of hormones or chronic stress. Stress also stops elimination, cellular and digestive, further contributing to the cause.

Chronic headaches could be a sign of a much larger issue that should never be ignored. Persistent pain is always a sign of toxicity and possibly a sign of a degenerative and chronic condition, which goes far beyond acute disease that is addressed in this report.

## **Excessive Sweating**

Sweating is a natural process that the body uses to cool itself when hot and to detoxify waste. Sweating becomes abnormal and excessive when it is experienced regardless of body temperature. Often those who suffer from excessive sweating, sweat profusely from their under arms, feet, and hands.

The skin is the largest organ of the body and is used to absorb nutrients from the sun, acts as a protective barrier and an eliminative organ. When any of the other eliminative organs are faltering in their function, or there is an excess of toxins, the body will attempt to eliminate through the skin and excessive sweating maybe one of the many results.

## **Skin Rashes, Eruptions, or Disease**

Skin rashes, eruptions, or disease is the same eliminative action as excessive sweating, the only difference is they manifest in a different manor but all through the skin; the more toxic the waste, the more severe the condition maybe. Some waste maybe so severe that it causes a cellular burn creating large sores on the body.

Some may experience an increase of skin conditions during the colder months. During the warmer months the pores are open and freely eliminating waste, this is not so during the cold months and the other organs must pick up the slack. When these organs are weak, overworked, or overloaded, the body attempts to eliminate through the skin.

## **Back Pain**

The kidneys are important and are vital eliminative organs that are located in the mid-upper back. When the kidneys become weakened or overloaded with toxicity, pain is the result. When the toxins are not being eliminated, they

accumulate, and this accumulation settles around the back region. This process is no different than the backing up of a sewer system. This waste accumulates around the spine, the muscle, or other soft tissue creating inflammation and degeneration of the cells leading to the compression of the spinal cord, bulging or slipped disks, muscle soreness, or chronic back injuries.



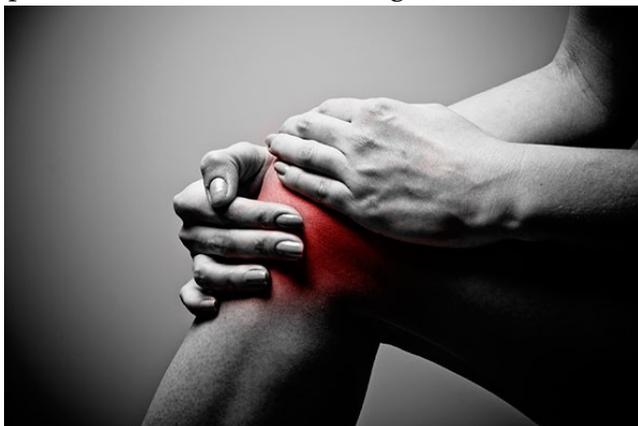
## Congestion

Mucus production causes congestion. The body produces mucus as a defensive mechanism in an attempt to protect the cells. When the cells are exposed to toxic waste, the body produces mucus in an attempt to protect the cells from the irritating and damaging effects of the toxic substance. When the cells no longer require protection, the mucus is expelled.

Mucus is clear, white, yellow, green, brown, or black. The very substance that is produced by the body to protect the cells can become toxic itself with continual toxic provocation. The darker the color, the more toxic the mucus has become. In some cases, mucus may even contain blood. This is due to the fusion and hardening of mucus to the cellular wall. When the mucus is final expelled, the tissue may bleed slightly.

## Chronic Pain and Inflammation

As stated before, toxic waste creates pain. When waste settles in one particular area, that area becomes irritated and then inflamed. One of the symptoms of the inflammatory processes is pain. Inflammation is nothing more than an immune response to the toxic matter. The body



sends an increase of blood and lymph fluid to remove the waste and repair the damage that has been caused to the cells. When pain is stagnant persistent, the area is not eliminating or draining properly, and there is either an excess of toxicity and/or a

malfunction in elimination. Thus, chronic inflammation is not the cause of the damage, but rather the result of inefficient elimination and nutritional processes of the body.

Pain caused by inflammation is also a signal to the body to keep that area inactive. Activity increases cellular waste and hinders the healing process. Pain thus initiates the rest and inactivity that is needed for healing and detoxification.

## **Exhaustion**

The health of the body is dependent on the quality of function of the drainage and the nutritive processes. These two processes are dependent on the efficiency of the nervous system. The nervous system produces energy that is generated and depleted depending on a person's habits and lifestyle. When more energy is being drained than what is being generated, the processes of elimination and nutrition are greatly affected. This causes an accumulation of waste within the body, creating a very toxic environment.

When the body becomes toxic, it expels even more of its energy in an attempt to eliminate the waste. This is a taxing process that causes varying degrees of exhaustion. Someone should wake up in the morning feeling completely rested and have no trouble awakening, but a person suffering from a toxic overload may find it difficult to get out of bed and feel groggy in the mornings, they may require a daily poison (coffee) or another form of stimulant to function.

It is known that those suffering from the latter stages of chronic disease, or chronic pain are nearly completely depleted of energy and become exhausted rather quickly. Exhaustion is a sign for the body to seek rest, not only physical but also physiological and mental.

Unfortunately most choose to dismiss the body's plead for rest and continue to indulge in stimulants that induce a false sense of energy.

When any toxic substance is taken into the body, the increase of energy that is drawn up to remove the waste is responsible for the false sense of energy often experienced when consuming a stimulant such as caffeine or any other drug like substance. It is not an increase of energy that a person is feeling, but rather an expenditure of the body's energy reserve, leaving the body in a greater energy deficit and more toxic than before.

## **Body Odor**

Many people think that everyone has foul body odor, and deodorant companies have made a fortune off of this fallacy. It is known that a person who eats large amounts of garlic will begin to smell like garlic or a person who consumes sodium chloride (salt), will taste and smell of salt. This is true for all things that are put into the body; the body will begin to emanate its aroma. In many cases, when a person suffers from foul body odor, they also suffer from constipation and the smell is the result of the body attempting to eliminate what is not being eliminated out of the bowels (fecal matter), out of the skin.

Body odor can emanate from all surfaces of the body and not just the under arms. It is the waste that is the culprit of the smell and not the bacteria. The bacteria present is acting in a janitorial manner, attempting to breakdown the excessive morbid matter, protein, and toxic materials, and is not the cause of the odor. A truly detoxified and healthy person does not suffer from foul body odor.

## **Foggy Thinking**

The brain is part of the body and is affected by its toxicity level, just like every other organ. Toxins, especially neurotoxins, interfere with neurotransmitter communication and greatly impair the thought process, motor skills along with balance and equilibrium, blood pressure, and many other functions that are conducted by the brain. The brain like the rest of the body is susceptible to congestion, irritation, and inflammation. One of the ways that the brain differs is in its inability to expand, solely because of the presence of the skull. This makes brain inflammation a much more serious issue than inflammation of other parts of the body.

The brain is not a separate entity from the rest of the body. If there are symptoms or malfunctions in one area of the body, the entire body is diseased including the brain. Every organ, gland, and structure within the body works in unity, and when the body is healthy, they all are healthy, and when the body is diseased, they all are diseased to some degree.

## **Allergies / Hay Fever**

Allergies are acute and usually recurrent and seasonal afflictions. It is the inflammation of the nasal mucous membrane, sometimes extending to the conjunctiva of the eyes, pharynx, and bronchial tubes. The condition is a hypersensitivity to normal elements in man's environment. The cause is not pollen, pet dander, or any other natural element, but rather it is caused by a faltering in elimination that creates a highly toxic body. It is no different than a

congested sewer system. The body is so congested and toxic that added natural exogenous material to the internal environment causes the body to begin elimination, often through the mucus membrane.

Hay fever is different than chemical allergic reactions. This is often displayed with skin rashes or itchiness after being exposed to chemical laden material and/or products. These products could include bath and body, beauty, laundry detergent, dryer sheets, soaps, perfumes, etc. This type of reaction is the same process of elimination but with the skin being the organ of elimination used.

## **Weight Gain**

Excessive weight gain is a toxic condition that results from toxic foods and habits. These toxicities can add an increase of fat storage and damage glands that are vital for sugar metabolism and proper weight control. The body also store toxins within fat cells, this is an attempt to keep the toxic waste away from other cells that makeup vital organs. When a person begins to lose weight, and the fat cells begin to breakdown, these toxins are released back into the body. If they are not neutralized and detoxified efficiently a person may experience feelings of light-headedness, dizziness, nausea, cramping, headaches, or any other drug like withdraw symptom.



Many, in an attempt to lose weight chose to turn to toxic diets, such as high protein, and starvation, these are more harmful than the initial weight

gain and can be life threatening and disease promoting. It is vitally important that a person seeks health and the improvement of bodily functions first, and unhealthy weight will naturally and quickly be reduced.

## **Excessive Thinness**

Excessive thinness is a less common problem than weight gain but still a problem nonetheless. Excessive thinness is the result of poor digestion that may include inefficient functioning of the glands needed for digestion, and/or hindered nutrient absorption and utilization. These weaknesses are directly related to toxicity. The digestion tract may suffer from congestion or damage due to toxic waste that may hinder absorption. Toxicity also damages glands and organs that are responsible for producing enzymes that digest food and hormones that are responsible for nutrient utilization.

No matter how much an excessively thin person eats, they still will not gain weight until the cause is addressed and removed, that cause being starvation due to an inability to digest, absorb, and utilize nutrients. Their body must be detoxified, and the glands strengthened in order for the body to obtain its healthy weight.

## **Water Retention**

Water retention is seen in bloating or swelling (edema) of the body. When toxic substances are present, the body holds the water out side of the cells in an attempt to dilute the toxic substance in a self-defensive action. This is often seen immediately after someone consumes

salt, a toxic substance no matter what the quantity that irritates and damages cells. When elimination is hindered, swelling of the extremities is commonly seen. This is a defensive and protective process that is only present in a toxic body.

## **High Cholesterol**

Cholesterol is naturally produced by the liver and functions to regulate membrane fluidity, acts as a precursor for many metabolic processes, and protects the cells from acidic damage. Cholesterol levels increase when toxicity levels increase. Increased cholesterol levels are often associated with a diet high in cholesterol, but it should be noted, a diet high in cholesterol is also an extremely toxic diet.

Toxic waste is acidic causing coagulation, irritation, inflammation, and damaging cells.

Cholesterol acts as an antacid and is meant to protect the cells. Cholesterol, the very thing that is produced to act in a self-defense manner, can become damaged by toxins when toxicity levels continue to increase. Cholesterol then is at risk of hardening and collecting in the arteries and leading to an increased heart disease risks and stroke. Getting the body back to proper homeostasis and removing what is causing the need for cholesterol, naturally leads to a drastic reduction in cholesterol levels.

Removing excessive cholesterol without removing the cause has dire consequences. It is similar to removing the water hoses from a burning building without first putting out the fire. If the body's defensive mechanisms are removed while leaving the cause, the body will continue to be harmed by the very thing it was attempting to protect itself from, and disease will be the

manifestation. Instead of heart disease a person may later be diagnosed with cancer or ulceration, or any other disease that is only the result of unchecked cellular damage.

## **Lose of the Senses**

A loss of any function in the body is due to lose of cell function due to damage. This damage can occur from the physical trauma that is occurred during an accident, but it may also occur due to perpetual self-poisoning that is present in a toxic body. An increased level of cholesterol in the body, a defense mechanism to acidic conditions, can lead to cataracts that can impair and interfere with sight. Damage to the eye itself or the optic nerve can also lead to a loss of vision or at least a decrease in function. Any congestion, inflammation, or lesions in the brain will lead to lose of function anywhere in the body.

Diabetes or an inability to utilize sugar, due to impaired or weak adrenals and/or pancreas, can lead to neuropathy, a degenerative state of the nervous system that may lead to numbness and a loss of feeling usually manifesting in the extremities. Any damage that occurs in the myelin sheath due to toxicity may lead to pain as well as a loss of function.

## **Excessive Food Cravings**

Excessive food cravings can have many causes, all of which stem from toxicity in one form or another. The body



develops hunger signaling that food is required. Due to toxic diets, morbid appetites, and stimulating spices, most do not understand or know what true hunger is or the sensations that are induced. Often, when a person awakes and feels a nagging hunger pain, it is not true hunger at all but rather withdraw symptoms, a false sense of hunger. Toxic food creates insatiable false appetites.

Secondly, most of the foods that are consumed in the standard diet are processed and deficient, if not void of all useable nutrients. A person eating processed foods will crave more food because their body has not received the nutrients it required. Our society is overfed and under nourished.

Most seem to believe if something is consumed that it is automatically used by the body, this is false. There are three processes that are vital in order for food to be useful to the body: digestions, absorption, and utilization. All three of these processes can be affected by toxicity of glands and/or organs, along with improper eating. If even one of these processes is hindered, the body will not receive the required nutrients regardless of how healthy the diet is, causing the body to signal for more food.

## **Premature Wrinkles**

Aging is a natural process but premature aging is not. The reason for premature aging varies, but it is all rooted in the same cause. Enzyme depletion, free radical production, advanced glycation end products, deficiencies, congestion, weakened glands, endocrine inhibitors; all these leading to a weakened cellular structure causing premature aging, and all are rooted in toxicity.

The body must always maintain a specific environment for bodily function to execute properly. When the body becomes too toxic, alkalis are used to neutralize these toxins to then detoxify them from the body. When the toxicity level is severe, and the alkalis are limited or the body is unable to utilize them, the body will draw from its reserve contained within the tissues. Withdraw of nutrients from the tissue causes a weakening in cellular structure, this not only increases the risks of developing illnesses but also causes premature wrinkling of the skin, a decrease in elasticity, and discoloration.

## **Emotional Distress**

Emotional distress in stressful life situations is a normal response, but irrational and random mood swings, anxiety disorders, irritability, depression, excessive anger, or crying spells are just symptoms of a toxic condition. The two systems of the body that are responsible for the array of emotions are the endocrine and nervous system; when these two systems are affected by toxicity emotional distress are only a few of the symptoms that are seen.



Anxiety is linked to hindered adrenal function. Depression can be linked to weakened adrenal function and calcium utilization, or rather the lack there of, affected by the health of the parathyroid and the internal environment of the body. Road rage, anger issues, and irritability has been linked to what is referred to as a “hot” cingulated gyrus, located down the center of

the brain, caused by an irritation or excessive toxicity. Irritation of the nervous system can lead to a variety of emotional disorders and an inability to handle stressful situations.

Hormones play a major role in emotional health. The production and function of hormones are controlled by the endocrine system. When these glands are weakened from toxicity, erratic emotions and behavior may result. Specific hormones in excess are irritating and toxic to the body; the most common examples of these are Premenstrual syndrome android rage from anabolic steroid usage. These are just a few examples of very complex reactions that occur within the body, but regardless of the symptom, the cause remains the same.

## **Teeth Problems**

Many believe that tooth decay begins on the outside of the body, when in actuality decay begins from within the body and is a result of deficiencies and malfunctions with the body's ability to utilize nutrients and/or eliminate waste, affecting the internal environment.

The teeth are part of the skeletal system and are made up of living breathing cells like the rest of the body. These cells are not stagnant and have the capability to heal as well as decay.

Because bones are not vital organs, they are one of the first structures that the body draws its reserve from when the internal environment of the body is toxic. The health of the teeth is a mirror of what is going on inside the body to the skeletal system. Brushing or gargling with toxic fluoride will not remove the cause and correct the internal environment of the body. This is not to say that fluoride is harmless.

Fluoride usage is toxic and harmful to the body; this chemical is listed as a known carcinogenic and neurotoxin and causes the very thing it is said to prevent. Teeth that have been heavily treated display what is called dental fluorosis, disturbance in the enamel.

Eating processed sugar is synonymous with tooth decay; this is because sugar is void vital nutrients and disrupts the internal environment of the body. When taken into the body, the body draws from its reserve (teeth, skin, nails, and hair) in order to process this toxic substance and protect the body. This process depletes the body and hinders the elimination of waste. The backing up of the body's sewage system, coupled with the depletion of vital nutrients leads to the weakening and destruction of the cell structure.

## **Flatulence**

Flatulence or what is commonly referred to as gas, is considered a normal occurrence in our society and are remedied with potions or tolerated and shrugged off with no consideration to what is actually occurring in the body and why. Some doctors have even fallen for this fallacy claiming that there is even a "healthy" amount of gas that a person is supposed to produce during a day's time, when in actuality, flatulence is a sign of self-poisoning or a weakening of the digestive processes.

When food is consumed, and the production of gas follows, it is the result of putrefying (rotting) or fermenting foods; this is a disease-promoting process because the alimentary (digestive) tract is highly absorbent. Putrefaction and fermentation are toxic chemical reactions that are a result of improper eating habits. In other cases, there may be weakened glands that have been damaged by toxins that are responsible for healthy digestion.

Regardless the possible causes of the impaired digestion, even healthy whole foods become toxic poison to the body. If a substance cannot be converted into a living structure, it is unusable to the body and rendered toxic creating a self-poisoning. If foods are not digested properly the rest of digestive processes are void.

## Indigestion and Heartburn

There are several causes and reasons of indigestion and heartburn, all of which are rooted in toxic conditions. A stomach and intestines that have been abused with a toxic diet and lifestyle may become acidic and inflamed; acidic-forming foods, excessive production of hydrochloric acid due to heavy meat consumption, poor bile flow from the liver, lack of



pancreatic enzymes, a poor production of bicarbonate from the pancreas and/or weakening of the sphincter muscle may all be a culprit of heartburn and indigestion.

The sphincter muscle is located between the esophagus and stomach acts as a door and prevents stomach acid and ingested food from being regurgitated. The sphincter muscle may become weakened due to toxicity and allow acid back up the esophagus, also resulting in heart burn.

At the first sign of heartburn or indigestion, many reach for an antacid. These may at times provide temporary relief, but they do not address the cause and weaken digestion, contributing to the problem. It has been said that antacids interfere with the absorption of certain nutrients; this is true only because it interferes with digestion first by drastically

creating a hostile environment making digestive enzymes unable to function. If foods are not digested properly, nutrients cannot be absorbed or utilized because they have been converted into poisonous substances due to fermentation and putrefaction. No one would think that a moldy strawberry was healthy, even though it was at one point. This is the same with digestion, no matter how healthful foods are when ingested, if they are not properly digested, they are rendered toxic and harmful to the body.

## **Menstrual Issues**

Most menstruating women have dealt with various menstruating issues from various degrees from cramping, bloating, sore breasts, mood swings, heavy bleeding, and/or skin outbreaks. These are common conditions and are considered to be normal and not a deviation from health. This fallacious thinking has led women to accept their conditions and seek the use of pills and hormones in an attempt to palliate these uncomfortable symptoms, while not only ignoring the cause but worsening the condition of their reproductive organs that may result in dire consequences in their function.

Many of these conditions are rooted in the endocrine system that is responsible for hormone production. When any of the glands are weakened by toxicity, due to cellular waste, endocrine inhibitors, or any other outside factor, the hormone balance of the body is disrupted.

Cramping of any sort is due to acidosis and inflammation that leads to dehydration, all of which can be classified as a toxic condition. Menstrual cramps do not differ in their causes. There are several classifications for inflammatory diseases of the womb, but they do not differ than any other part of the body. If the cause of inflammation is not removed, the

cause can further damage the cells leading to induration (scarring) and may eventually cause cancer of the cells. Cellular elimination is vital in preventing and reversing imbalances.

Many women choose to take hormones, such as oral contraceptives to not only prevent pregnancy, but also to manage the symptoms. Some symptoms may dissipate temporarily, and others may become exacerbated. The dissipation of symptoms leads many to believe that the birth control hormones have “cured” them, when in actuality it has only suppressed the symptom while worsening the cause. If a person gives their body something that it naturally produces, such as a hormone or an enzyme, the body has no need to produce and will cease production leaving the glands in a weaker state than before. If a woman already has a production of imbalanced hormones, the condition is much worse after stopping the hormone treatment. This may be the cause of the startling rise in infertility cases. There are of course women that have taken hormones most of their life and have not had any difficulty conceiving, and there are others who have never taken a hormone in their life and have fertility issues. Fertility is a nutritional and eliminative issue that may have several overlooked factors, but it too is a toxic condition.

## **Muscle Cramping**

Every athlete and even non-athletes have experienced cramping at least once in their life and most know that dehydration causes cramping. Dehydration is caused by a loss of fluid; but how do we explain the athlete that continues to ingest fluids throughout competition but still suffers from muscle cramping? Hydrating the body involves much more than just consuming fluids; it also involves the ingestion of organic minerals, proper utilization, and the correct environment. A toxic body is also an acidic body. Acidosis leads to dehydration while

dehydration leads to acidosis; there is not one without the other. Dehydration then leads to under activity or functioning of cells that eventually will lead to cell death.

When fluids are ingested, they require minerals for proper cellular fluid retention. Cells require minerals for hydration. If a person is not ingesting these minerals from proper sources in proper form or is unable to produce the hormones necessary for mineral utilization, or if the body is toxic, digestion is weakened, and absorption is hindered, dehydration may result.

The popular trend today is to solve dehydration issues with sports drinks, when in actuality sports drinks cause the very thing marketers claim they prevent. Sports drinks are sugar water



laced with inorganic minerals that they body is unable to use. The sweeteners cause an increase in thirst, so the consumer consumes more, and the added minerals give the false sense of mineral replenishment (electrolytes). The minerals found in these drinks are inorganic rock minerals and become waste in the human organism and add to

the toxic load. They are helpful in theory and on paper but are harmful to the human body.

They may provide a sense of increased energy, but this is nothing more than the body's attempt in elimination and a wasting of energy, in the long run, that leaves the body dehydrated and prone to disease.

## **Diarrhea**

Random bouts of diarrhea are not harmful and are nothing more than a simple detoxification process that is usually induced when ingesting something that is toxic to the body or when the body does not have the energy for complete digestion; this is common during illness, drug poisoning, food poisoning, or stressful situations.

Chronic diarrhea is a more serious toxic condition and maybe diagnosed as IBS (irritable bowel syndrome). If food matter moves through the digestive tract too quickly, foods do not have the ability to digest or absorb and a person will not receive the vital nutrients needed; this maybe a sign of a weak pancreas, consistent toxic food ingestions, and/or digestive ailments, such as ulceration or inflammation of the digestive tract. All of these conditions leading to the symptom of diarrhea are toxic conditions, and the body must be cleansed first before repair can begin.

## **Balding / Hair loss**

Balding is thought to be a genetic condition, and this may be somewhat accurate in certain cases but still not fully truthful. In genetic cases, it may be due to what is referred to as a diathesis, an inherited constitutional tendency to the development of a particular form of disease or condition. An inherited tendency towards a particular condition does not mean that one has to develop that condition or illness. The condition or disease is triggered by lifestyle habits, considering most people not only inherit their family's weak cells that are prone to disease but also their lifestyle habits, explains perpetual family diseases.



Balding is only seen in toxic conditions of the head. Often a person that is balding maybe at risk of teeth or gum diseases, equilibrium conditions, swinging blood pressure, vertigo, irrational bouts of anger, memory issues, dementia, brain lesions or other brain related diseases.

## **Conclusion**

Any condition that one feels requires intervention of any kind that is only obtained outside of the body, is a toxic condition. Anything that deviates from healthy functioning of the body's systems and cells is a disease in its development and goes far beyond the conditions that have thus far been listed.

The toxicity level and the lack of elimination affect the body in its entirety. If the heart is diseased, so is the mind; if the kidneys are diseased, so is the stomach. Toxicity is not an isolated case; the body may display symptoms in different areas of the body, but this is only because the weakest cells are affected first due to genetic inheritance or previous disease-promoting habits. A genetic diathesis is not an end all, a death sentence, or a guarantee that one will develop a specific disease. It has been said that genetics is the loaded gun, but our habits and mode of living pull the trigger. Health and disease rest in the hands of an individual and the scapegoat of genetics should not be used to fecklessly dismiss the true cause of disease.

Do not be mistaken, just because symptoms of toxemia appear in a specific area does not mean that the rest of the body is healthy. If one part of the body is toxic, the entire body is also in the same state. The body is made up of cells, which makeup organs and glands that make

up systems, that makeup the entire human body that work cohesively together to form the human structure. A cell cannot be isolated and treated separate from the body, just as an organ cannot be treated in isolation.

Toxins are the beginnings of all disease and must be removed in order to not only preserve but also to restore health. The only way to accomplish waste removal and cell renewal is through true cellular detoxification and nerve regeneration. Before absorption, utilization and healing can occur, the cause must first be removed. If the cause of disease is not removed, any attempt to suppress disease is only in vain and further weakens the organism and sets it up for a much bigger bill to pay in the future.

The body is a self-healing organism and is capable of healing itself of anything and never requires man's manipulating haphazard attempts at playing God. Everything that has been done must be undone, and there are no shortcuts to health without deadly consequences. There is not a pill, potion, spell, or food that is capable of paying the debt of disease-promoting habits and relieving the consequences of the seeds that have been sown by fleshly indulgences and desires.

Health is within each individual's grasp, but we must make the effort to reach. Health is not something that is only obtainable by the lucky or the rich, but it is available to everyone, and the responsibility falls on the individual and is independent of anyone else. The human organism is a complex structure that the human mind will never understand completely and has continued to survive despite human efforts and interference. We cannot manipulate or fight against something that has intelligence beyond our comprehension. The only thing that can be done is to work with this magnificent and majestic living structure, our bodies, our homes while in this earthly plain. We must respect this gift that has been given and treat it as

precious as life itself because life is dependent on its survival. The human body is strong and resilient, yet weak and fragile in the same sense.

Health is not about attempting to live forever; it is living the highest quality life that is possible today. It means living from birth to death without pain, full of energy, with a fully functioning mind; it is living above the standard.

We have divorced nature, we have become disconnected from our God-given instincts, senses, and knowing of what is healthful and harmful to the body. As a nation, our desires have become perverted and displaced. We are addicts of all forms, of all worldly desires and the sickest of all living beings. We crave synthetic imitations of food, we desire violence in our entertainment and have become desensitized to the taking of life; and have developed a lust for fear, not only it being imposed on ourselves through amusement parks and movies, but also imposing it on others. Instead of health we desire wealth and sacrifice our bodies for a single penny, only to discover at the end of life that health is without a price and cannot be bought.

We have become a materialistic nation, a corporate machine. We have become diseased not only of body, but of mind and spirit. We are the product of our education, the product of the knowledge acquired though out our life, the programming. We have become a savage species that has chosen our lustful desires over survival. We have become so displaced that health is no longer something that is bestowed upon us at birth; it is something that we must first desire and then earn.

Health is stepping outside of the crowd and away from the flock. Health means setting a higher standard and requiring more of ourselves. Health is seeking truth validated by evidence apart from education. Health is nothing less than respecting and honoring our bodies. At the

moment an individual begins working towards true health, the miraculous healing ability and living power of the body can then be unveiled.