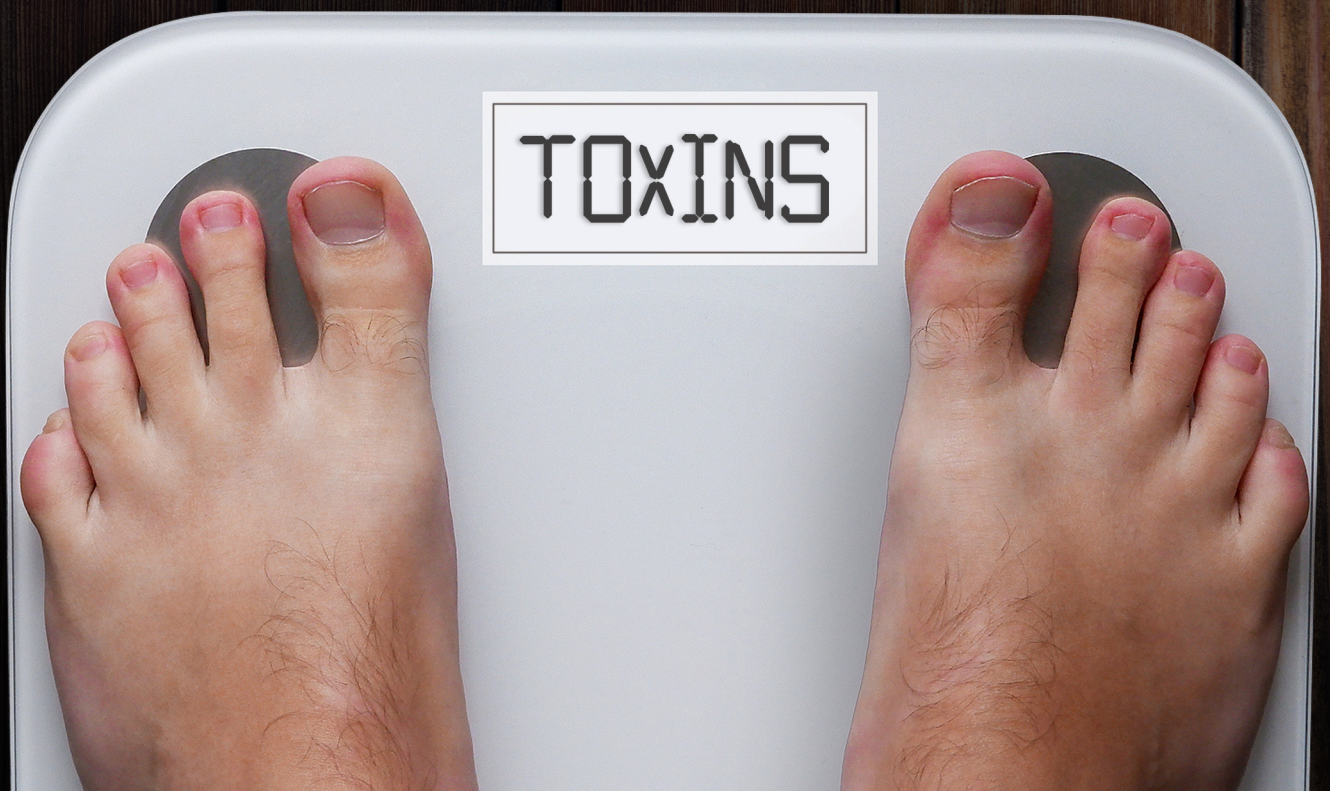


21 HIDDEN TOXINS

IN YOUR EVERYDAY PRODUCTS
AND FOOD THAT ARE CAUSING
CHRONIC DISEASE
AND UNWANTED
WEIGHT GAIN

AND HOW TO REMOVE THESE TOXINS SYSTEMICALLY FROM EACH
ORGAN OF YOUR BODY, USING THESE NATURAL MEDICINES!



21 HIDDEN TOXINS IN YOUR EVERYDAY PRODUCTS AND FOOD THAT ARE CAUSING CHRONIC DISEASE AND UNWANTED WEIGHT GAIN

By: Jonathan Otto

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INTRODUCTION

It is common knowledge that a sugar-rich diet will pack on the weight around your waist. But what if you have been making all the right food choices and exercising — and yet you cannot lose the weight, regardless of how hard you try...

What could the culprit be?

TOXINS!

More than any generation before us, we are exposed to numerous toxic substances and man-made chemicals. Our air is polluted, the water we drink is likely contaminated, we eat processed food, and even our mind is fed by sensationalized media. We have adopted a sedentary lifestyle and consequently overwhelmed our organs of detoxification and excretion with toxic metabolites and waste products.

The result is an overloaded system that is vulnerable to all kinds of attacks.

How do we remedy a bad situation?

Increasing studies suggest that our lifestyles, coupled with environmental toxins, cause us to pack on extra weight that is particularly hard to get rid of.

Yes, toxins make us FAT.

“Obesity is multifactorial; and toxins fit squarely in this puzzle.”

A recent study established a link between a toxic environment and the current obesity pandemic.

Our bodies are designed to eliminate toxins through our liver, kidneys, skin, lungs, and digestive system. In some instances, when we are exposed to more toxins than our body can eliminate, these toxins are stored as fat. Subsequently, our bodies become reluctant to release these fats, because this would mean releasing more toxins than the body can properly excrete.

Toxins lead to weight gain directly and indirectly — by affecting our hormones and insulin regulation. They alter our metabolism negatively, which interferes with our body’s ability to regulate blood sugar levels, resulting in diabetes.

What exactly constitutes “environmental toxins”?

And can you minimize your exposure?

It would seem everything around us has potential toxic implications. Personal care products, cosmetics, cleaning products, dental fillings, furniture, paint, carpets, plastic wares, pesticides, cookware with Teflon and other coatings, seafood, plastic food containers, and drinking water are all sources of environmental toxins.

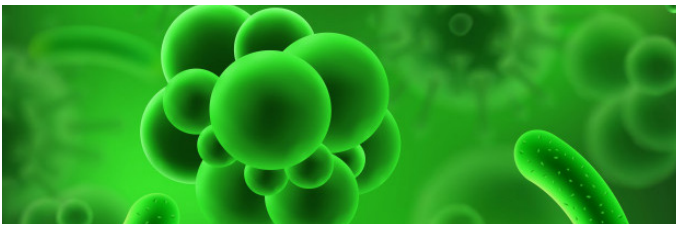
Do you feel that you have made the required lifestyle changes, but you are still concerned that you are still exposed to toxins?

Join us in exploring which toxins could be causing your weight gain and affecting your health, and discover how to eliminate them naturally.

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WHAT ARE TOXINS?

Though the word toxin usually has negative connotations, from an Ayurvedic (traditional Indian medicine) outlook, the word describes anything our body is not able to digest or dispose of naturally. This encompasses the natural, biological waste from our internal processes, as well as cells, bacteria, and waste from foods we are unable to digest properly.



It is important to note that what might be a toxin for one person might not affect another in the same way. Person A might find it easy to process a certain kind of food while Person B would struggle with it. Typically, our bodies should eliminate these waste elements efficiently. However, in some circumstances these toxins can build up and cause adverse effects like health issues and weight gain.

HOW DO TOXINS MAKE YOU FAT?

BY INTERFERING WITH YOUR NORMAL HORMONAL PROCESSES

This all happens due to a group of chemical compounds known as “endocrine disrupting chemicals” or EDCs. As the name suggests, these compounds block the endocrine system, which is responsible for regulating hormones in the body. A group of EDCs known as “obesogens”, interfere with hormones that regulate fat storage and breakdown. What obesogens do is to increase the body’s propensity to accumulate fat in cells and tissues. This, in effect, makes you fat.

Obesogens also interfere with the function of a hormone known as leptin. This hormone inhibits the feeling of hunger and makes you feel full or satisfied. (You may have come across leptin supplements being marketed for the control of obesity). When leptin is blocked, hunger becomes persistent and you end up overeating. This could also make you gain extra weight.

For example, Bisphenol A (BPA) interferes with the production of insulin and may cause insulin resistance.

In a nutshell, toxins affect insulin, which is a hormone that regulates fat breakdown — leading to storage of more fat. They also affect leptin, the hormone that lets us know we’re full, making us feel hungry more often.

EXCESS TOXINS THAT THE BODY CANNOT EXCRETE ARE STORED IN FAT

Your body protects you from toxins by creating fat cells around toxins, which moves them away from your vital organs. It stores these toxins inside the fat. The issue arises in that, once the toxins have accumulated in the fat cells, your body will not want to release them, because it wants to avoid the toxins running loose and causing harm to your body.

When the toxins do get released, they can slow your metabolism down. Several studies have shown that during weight loss, polychlorinated biphenyls (PCBs), emanating from industrial pollution, pesticides (organochlorines), and heavy metals are released during the breakdown process, detaching from the fat where they were stored.

If your body is carrying excess fat that you need to burn, you should detoxify and offer your body the essential nutrients it needs to assist with the toxin removal process —and prevent the metabolic dysfunction often associated with abrupt toxin release.

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TOXINS INTERFERE WITH THE THYROID, WHICH SLOWS DOWN METABOLISM

The thyroid is a prime target for toxins. Its primary function is to regulate energy and temperature. It also keeps the brain, heart, and other organs performing as they should.

Metabolism is another key function regulated by the thyroid. When your thyroid has been affected by toxins, you will be unable to burn fat normally and will gain weight as a result.

HOW YOUR BODY REMOVES TOXINS NATURALLY

The Liver

The liver is the body's main detoxification organ. It inactivates and eliminates toxic substances, which have been ingested. These include food additives, toxic medications, harmful minerals, and excess hormones. It also removes and breaks down waste from the blood, so that it can be excreted by the kidneys or intestines. The liver also produces Kupffer's cells that filter and annihilate foreign invaders, like bacteria, viruses, fungi, and cancerous cells.

It is vital that you reduce the load of toxins and toxic metabolites that your liver is required to deal with, to ensure it is working optimally. You will know your liver is struggling if you experience the following symptoms:

1. frequent headaches
2. sluggishness
3. lethargy
4. skin problems (like eczema and acne)
5. weight gain
6. bloating

7. cholesterol issues
8. thyroid problems
9. severe PMS and menopausal symptoms

The Lymphatic system

The lymph system plays a vital role in detoxification, immunity, and defense against disease. Approximately two liters of lymph fluid flows through our lymphatic vessels, which cover our bodies from the tip of our toes to the top of our heads. The lymph fluid is formed continually from the interstitial fluid, which is the extracellular fluid enveloping each of our body's cells.

This fluid penetrates the capillary membrane (the thinnest vessels) to regulate the volume of lymph fluid and allow waste products to leave the cells for evacuation through the venous blood stream.

This network of lymphatic capillaries leads to larger lymphatic vessels, which finally end up in the lymphatic glands. They are positioned in clusters all along the lymphatic pathways. Their tasks, though diverse, are always aimed at the body's defense and purification of bodily fluids to sustain its proper functioning. The lymphatic glands are where infectious agents are filtered and where lymphocytes (white blood cells, "the police") are produced.

Insufficient lymph node function leads to impeded filtration, degradation, and transportation of waste products, and; therefore, your body is overwhelmed with toxic metabolites and toxins.

The Kidneys

The main function of the kidneys is to remove wastes and any extra fluids from your body. They also remove acid produced by your body's cells and sustain a healthy balance of salts, water, and minerals in your blood — such as phosphorus, sodium, calcium, and potassium.

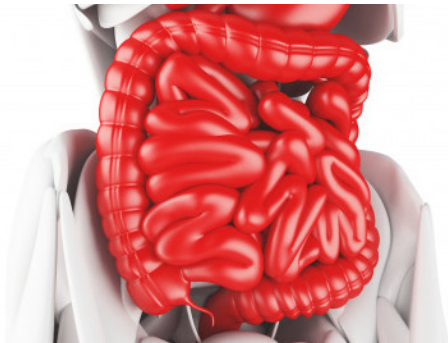
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Nerves, muscles, and other tissues may not work normally without this balance.

Additionally, your kidneys produce hormones that help control blood pressure, manufacture red blood cells, and maintain strong and healthy bones. In order for the kidneys to work optimally, the renal membranes need to be protected from toxins that impair their function.

The Intestines

The intestinal tract, all the way from our mouth to our colon, not only has the task of digesting food, it also eliminates toxins. When ill, our tongue gets coated with a whitish layer; this indicates that we eliminate toxins through our mucous membranes as well.



After ingested food has been chewed and swallowed, it makes its way through the gullet into the stomach, and it is subsequently broken down into chyme, a semi-fluid mass. The chyme is then passed from the stomach through to duodenum where it is mixed with pancreatic juices and bile, which further break down the nutrients.

Most of the nutrients are absorbed by finger-like projections known as the villi, which are inside the small intestines. What's left of the chyme and water passes into the large intestine, where absorption is completed and waste is eliminated. The absorbed nutrients get into the bloodstream through capillary beds that take them directly to the liver, through the hepatic vein, where they get processed.

After the chyme is passed from the small intestine into the large intestine, any remaining nutrients and water are absorbed by the peristaltic waves that move the chyme through the transverse and ascending colons. The peristaltic waves, combined with the dehydration helps compact the chyme. The result is a solid waste that we call feces. It then moves through the sigmoid and descending colons. The feces are temporarily stored in the large intestines prior to elimination.

The Skin

Our body uses many different channels to rid itself of toxins. If the liver, kidneys, and lungs have not fulfilled their tasks sufficiently, the skin will kick in to help. Being the largest organ for protection and defense, the skin is also a sensory organ. It thermo-regulates, secretes, and excretes, playing a very important role in eliminating toxins and greatly assisting the kidneys.

The waste products it evacuates are categorized as crystals. As they are soluble, they are evacuated as sweat by way of the sweat glands. Crystals are residues of the metabolism of protein-rich foods such as fish, meat, eggs, dairy products, cereals, and legumes. Urea and uric acid make up part of this group of crystals.

These crystals may also result from consuming excessive refined sugar or from eating highly acidic food. When the body is overloaded with toxins, it may present in the form of rashes or other skin irritations.

Now that we understand how toxins make us pile on the weight and how the body naturally eliminates them, let us look at some hidden toxins that may easily find their way into our adipose cells.



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TOXINS THAT CAUSE WEIGHT GAIN

1. Bisphenol-A (BPA)

This synthetic compound is found in numerous types of products, ranging from baby bottles, food and beverage plastic containers, and even metal food cans. Despite being in commercial use long term — and having been banned in several industrialized countries — recent studies show that elevated levels may result in harm, both to humans and lab animals.

The resemblance of BPA's structure to estradiol, the most vital form of the female hormone estrogen, allows it to bind to estrogen receptors within the body. Evidently, the time of highest sensitivity to BPA is in vitro (in the womb). Many studies have linked BPA exposure to weight gain and resultant obesity.

A relationship has also been established between BPA exposure and insulin resistance, thyroid dysfunction, heart disease, diabetes, cancer, genital malformations, neurological disorders and more.

2. Phthalates

The chemicals used to make plastics soft and flexible are called phthalates. They can be found in different products, for example food containers, beauty products, pharmaceuticals, toys, paint, and shower curtains. They can easily leach from the plastics and contaminate our water supply, our food, and even the air we breathe.

A study conducted in Sweden found that children absorb airborne phthalates, emanating from plastic flooring materials through their skin and respiratory tract.

In a separate study by CDC, a large number of Americans tested positive for phthalate metabolites in their urine. Similar to BPA, phthalates are endocrine disruptors, which affect the body's hormonal balance. Phthalates may increase the risk of gaining excess weight by compromising hormone receptors known as PPARs, which affect metabolism.

According to human studies, phthalate levels are associated with the onset of obesity, insulin resistance, and increased waist circumference. Apparently, men are more susceptible than women.

3. Atrazine

Atrazine is a commonly used herbicide in the US. Though Atrazine has been banned from Europe for over a decade due to groundwater contamination, it is still one of the most popular herbicides in the US. Atrazine is also an endocrine disruptor, and several studies indicate a relationship between Atrazine and human birth defects. In America, there is an overlap between areas that apply the most Atrazine and the prevalence of obesity.

Atrazine has been demonstrated to damage mitochondria in rats, reducing their metabolic rate while increasing abdominal obesity.

4. Organotins

These are in a class of artificial chemicals used for several industrial purposes. A major one is called tributyltin (TBT). It is primarily used as a fungicide, but is also applied to the hull of ships and boats to avoid the growth of marine organisms. It is sometimes also used to formulate wood preservatives and in some industrial water systems.

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Numerous lakes and coastal waters have been found to be contaminated with tributyltin. One study showed that the rapid growth of fat cells and the decreased production of leptin was attributed to tributyltin. Mice in a different study experienced weight gain as well as fatty liver disease when exposed to tributyltin for 45 days.

5. Perfluorooctanoic Acid (PFOA)

Perfluorooctanoic acid (PFOA) is a synthetic compound used in furniture, cosmetics, household cleaners, clothing, packaged food containers, non-stick cookware manufactured with Teflon, and microwave popcorn. Alarming, 98% of Americans that were tested for PFOA, tested positive. It has been linked to several diseases, such as thyroid disorders, low birth weight, and chronic kidney disease. During a laboratory study on mice, exposure to PFOAs resulted in increased insulin, leptin, and body weight during mid-life.

6. Lead

Lead (Pb) is a type of heavy metal extensively used in lead-acid battery and gasoline industries. It is also frequently found in imported children's toys, canned food, hard candy wrappers, pottery, ceramics, china, crystal, lipstick, dark eyeliner — just to name a few. And although it has been banned in the US since 1978, it is still found in old paint, water pipes, plumbing fixtures, and soil near contaminated sites.

You may recall the 2014 water crisis in Flint, Michigan, in which thousands of residents suffered major health problems when their poorly-treated household water supply was sourced from the lead-contaminated Flint River.

Pb pollutants can be also released into the air as air pollution, or they can seep into soil and waterways while during the manufacturing process — which can then contaminate food, air and water.



Lead poisoning has mainly been known to cause brain and neurological defects, specifically cognitive disorder, hearing and visual disturbance, and movement and coordination impairment.

A study done by NCBI found that rats exposed to lead gained weight in a dose-specific manner; that is, the more lead they were exposed to, the more weight they gained.

7. Cadmium

Cadmium, another heavy and toxic metal that is easily absorbed by animals and plants, is found in significant amounts in cigarettes, and imported children's toys, cheap jewelry, paint, batteries, and plastics. Long-term exposure to cadmium damages our kidneys, heart, liver and bones. It can also harm male reproductive organs and cause infertility.

Studies done carried out by NCBI to identify Cd as a prospective human obesogen discovered that mothers who had traces of Cd during pregnancy had offspring with an increased risk of juvenile obesity.

8. Chlorpyrifos

This is an organophosphate pesticide that is used on crops, on animals, and buildings, as well as in other settings. In an experiment, rats were exposed chronically to chlorpyrifos at 5 mg/kg/day. The result was an increase in body weight once compared to controls. This increase was apparent in adipose tissue.

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9. Triclosan

Triclosan is a substance found in hand sanitizer. In the wake of the Covid 19 pandemic, sanitizer has become second nature in every household. Unbeknownst to us, a toxic element is contained in its formulation. Animal studies have shown that triclosan can interfere with thyroid function therefore affect metabolism which would lead to weight gain.

10. Perfluorochemicals

Perfluorinated chemicals, (PFASs or PFCs), can be found in everyday items such as food wrappers, pots and pans, textiles and grease. These chemicals however have been linked to numerous health problems such as high cholesterol, cancer of the kidney, and testicular cancer.

In a research done at Harvard University it was found environmentally persistent chemicals which were found in the drinking water of upwards of six million Americans could have played a role in weight gain, particularly for women.

11. Benzophenones

UV filters, comprising benzophenones, are greatly used in cosmetics, food contact materials, personal care products, inks, textiles and numerous other consumer products. These have also been shown to both be potentially toxin and affect weight gain.

12. Brominated flame retardants (BFRs)

These are chemicals added to electronics and furniture. They include compounds such as polybrominated diphenyl ethers (PBDEs), hexabromocyclododecane (HBCD) and polybrominated biphenyls (PBBs). Exposure to BFRs during critical development periods may cause complications in later life.

13. Dichlorodiphenyltrichloroethane (DDT)

DDT, a tasteless, colorless, and almost odorless chemical compound was originally made as an insecticide. However, it became very infamous for its negative environmental impacts.

Dichlorodiphenyltrichloroethane (DDT) together with its metabolites have been known to accumulate in adipose tissue when ingested, and there is evidence that they have contributed to the development of insulin resistance, abdominal obesity and dyslipidemia.

14. Glyphosate

This compound weed killer which was widely used to grow corn, soy, wheat and other crops, has been proven to increase the production and storage of fat in the human body through actions described earlier.



15. Dioxins

Studies on people exposed to significant levels of dioxin (TCDD) sometimes found elevated occurrences of type 2 diabetes. An herbicide in use during the Vietnam War called Agent Orange, contains dioxin (TCDD), and noteworthy amounts of this compound were found in the bodies of these veterans, many years later.

16. Perchlorate

This chemical is a by-product from aerospace and pharmaceutical industries which may find its way into drinking water. It has been associated with increased body weight.

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17. Phytoestrogens

These are naturally occurring compounds in plants which have hormone-like activity. Examples are genistein and daidzein which are found in soy products, such as soy milk or tofu. These substances can interfere with the natural processes of hormones in the body leading to weight gain.

18. Mold

Mycotoxins, harmful compounds produced by mold have experienced an upsurge in the food supply. Studies done at Texas A&M University, reveal that glyphosate sets off changes in soil microbes which give mold an opportunity to proliferate.

Mycotoxins have the ability to trap one in a no-win fat storage cycle and weight gain. In another study done at Cornell University, it was evident that mycotoxins attack the liver, harming cells, and hindering the organ's ability to detoxify. This leads to a toxic backlog which ends up being stored in fat cells. Further, animal studies show that mycotoxins encourage fat storage right in the liver itself. This results in further detoxification difficulties and increase in fat storage.

19. Polybrominated diphenyl ethers (PBDE)

This element is used in the making of flame retardants for home products like carpets and furniture foam. Its effects are as other elements described above.

20. Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)

This substance is used widely in the manufacture of industrial applications, like firefighting foams paper, textile coatings and non-stick pans. It also compromises the body's natural functions leading to weight gain.

21. Acrylamide

Acrylamide is a chemical commonly used in the manufacture of dye, paper and other products. It can also result from cooking certain foods at high temperatures. Roasting, Frying certain foods, like potatoes or grains, could create acrylamide.

Acrylamide exposure is linked with hypothyroidism, which results in body weight gain.

WHAT IS DETOXIFICATION?

Detoxification refers to the process of eliminating toxic elements (such as the ones listed above) from the human body. This is usually carried out by the liver. It may also refer to a period of abstinence where a person withdraws from long-term use of an addictive substance in order to regain homeostasis.



HERBS, SPICES AND MINERALS THAT DETOXYFY

1. Chlorella

When it comes to detoxifying, chlorella tops the list for many reasons. It is a freshwater algae that is native to Japan and Taiwan and is considered a superfood replete with amino-acids, phytonutrients, chlorophyll, potassium, beta-carotene, phosphorus, biotin, B vitamins and magnesium. It is counted as a superfood that boosts the immune system.

Primarily, chlorella helps your body "chelate" or detox heavy metals like lead, mercury, cadmium and uranium. It also keeps them from being reabsorbed. This action is due the high chlorophyll levels it contains. It goes without saying that one should definitely use chlorella in their detox journey.

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2. Spirulina

Spirulina is a close relative of chlorella. It also offers great detoxification benefits to your body. This blue-green algae, whose other name is cyanobacterium, originates from both saltwater and freshwater sources.

It contains proteins, B vitamins, copper, iron, magnesium, manganese and potassium. Just like chlorella's chlorophyll, its driving engine is a compound called phycocyanin that has great anti-inflammatory and antioxidant properties, which inhibit cell oxidative damage.

The World Health Organization has identified arsenic toxicity to be a global problem. Exposure to arsenic, mostly through groundwater, results in chronic arsenic poisoning. It is a known carcinogen, which affects many organs. Spirulina has the effect of removing it alongside other toxins because of its high chlorophyll content.

3. Turmeric

Turmeric, a member of the ginger family, is an herb that contains curcumin — a potent phytochemical. This phytochemical gives it the distinguishing deep golden color often associated with curry, which it mainly constitutes. Turmeric's rise in popularity is because of its amazing natural health properties that have no adverse effects.

The most beneficial property of this amazing spice is its detoxification qualities.

Curcumin is an effective antioxidant, which can support the inflammatory response of your body, whose failing is associated with autoimmune disorders like rheumatoid arthritis. In detoxification, curcumin strengthens gallbladder function, which supports liver function. The gallbladder produces bile, which rejuvenates liver cells and cleanses your liver. Bile also averts conversion of toxins into harmful substances that would damage your liver.

4. Ginger

Ginger, closely related to turmeric, is a flowering plant whose root or rhizome has been used for thousands of years as an anti-inflammatory and anti-oxidation agent. Ginger is decidedly a main ingredient in the detoxification process. It is found in most detox and cleansing regimens and supplements — with good reason!

Apart from stimulating digestion, sweating, and circulation — the body's three core avenues for natural detoxification — it gets rid of the waste and toxin build-up in the liver, colon, and other organs. Ginger contains a high concentration of shoga and gingerol, both of which provide great anti-inflammatory and antispasmodic benefits to your gastrointestinal system. It also helps in maintaining digestive enzymes, which alleviate a wide scope of digestive issues that cause stomach pain, gas, and bloating.

5. Leafy Greens

Leafy greens are the easiest, most sustainable way to naturally detoxify. The leafy vegetables with the most benefits are kale, alfalfa leaf, spinach, moringa leaf and parsley. Leafy greens are packed with minerals including potassium, calcium, iron, vitamins E, C and K, magnesium, iron and B vitamins. A bulk of these nutrients is involved in detoxification.



Green vegetables are also full of fiber which helps in the cleaning out and detoxification of the bowels. They contain an assortment of phytonutrients that include beta-carotene, zeaxanthin and lutein. Their green pigmentation indicates an abundance of chlorophyll, which is great in aiding the detoxification of toxins and heavy metals from your body.

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6. Fulvic Minerals

Little is known about this super-nutrient that literally comes out of the dirt. When the decomposition of plants and animals occurs, they produce this compound that enhances your body's ability to absorb nutrients, increases circulation and bonds with the heavy metals in your body, enabling their effective excretion.

7. Bentonite clay



Since time immemorial, the human species has used clay, both internally and externally to maintain body health and treat some diseases. Bentonite clay is one such clay that has been used traditionally and is now gaining mileage for its detoxification properties. Its poly-cationic nature, which leads to the absorption of negative ions, is what makes it a great detoxifying agent.

A study done on rats found that bentonite clay was able to absorb T-2 which is a trichothecene mycotoxin, a naturally occurring mold. This mold is a byproduct of Fusarium fungus which is toxic to both humans and animals. This proves that bentonite clay can absorb some forms of toxins and rid the body of them.

8. Milk Thistle

Milk thistle originated from the Middle East, Europe and North Africa. It spots white marks in its leaves hence the name. A flavonoid called silymarin found in its leaves is thought to have a regenerative effect on liver tissue.

According to extensive studies, this plant may protect cells in the liver by blocking the access of harmful toxins, removing these toxins and oxidizing the body. It encourages detoxification through several different mechanisms. Its antioxidant capacity can lower the oxidative stress of the liver associated with toxin metabolism which has the effect of preserving glutathione levels. Glutathione is an essential antioxidant, immune system booster and detoxifier.

Milk thistle also offers cell protection by binding itself to the external part of the cells and blocking the access of certain toxins, aids cell Regeneration due to alcohol abuse, chronic hepatitis, and even commonly prescribed drugs, such as cholesterol-lowering medications and antidepressants and propagates anti-fibrotic actions.



CONCLUSION

Detoxification is the body's first line of defense and it is also the last resort against the dangerous toxins we are prone to be exposed to daily. It is vital that we ensure optimal detoxification by assisting our body expel toxins that have already gotten into the body, while at the same time promoting lifestyle habits that will reduce future exposure. It goes without saying that we can't always control our environment, but being aware of our encounters and modifying how, what and when we consume will greatly reduce our exposure. Our optimal health will depend on resetting our bodies back to their natural balance – ensuring it's at its best to detoxify itself is extremely important.

Changing the way you eat may give you a head start in getting your body detoxed. A raw dietary fiber diet can assist you cleanse your system naturally and improve your digestion. You could make smoothies using fruits, raw vegetables, berries, probiotics such as yoghurt and kefir and other natural ingredients. Ensure your digestive system is working optimally to guarantee your self-detoxing mechanism stays in check.

You should also ensure that you induce yourself to sweat either by exercising or visiting a sauna. Sweating is a natural means to rid your body of toxins that will ensure you reduce your bodies' toxic burden. The habit of regular exercise can only be beneficial to you, so the sooner you start, the better.

Other ways we can incorporate a healthy lifestyle that ensures we minimize the toxins we ingest are by:

Fasting: Periodic fasting can help cleanse the body and give our organs a much needed break for them to operate optimally. It also reduces our urge to eat and helps us maintain a healthy diet, as well as prepare it for a more healthy diet.

Drinking green tea: Green tea as well as other herbal teas aid in detoxing and hydrating.

Purifying our air: As we spend a lot of time in our houses, we should ensure we invest in an air purifier, thorough cleaning and green plants to ensure we are inhaling the clean air.

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Eating Organic: We should always opt for vegetables, fruits and even meats grown organically to avoid the unnecessary toxic elements from pesticides and other chemicals.

Avoiding refined sugars: This is a major culprit that will interfere with your natural metabolism building up too much glucose in your blood which will create a vicious weight gain cycle. Substitute with organic brown sugar or maple syrup if you have a sweet tooth.

Hydrating: hydrate, hydrate, hydrate....water will help flush out the toxins.

Using activated charcoal: Activated charcoal is basically burned wood, coconut shells or debris. As it has no oxygen, it is very absorbent and can literally remove a good number of the toxins, poisons and heavy metals from your body. You can take a pill just before you have a meal.

Last but not least, a glass of red wine will do wonders for your cholesterol. It even fights urinary tract infections, so feel free to wind down after a hard day's work. Remember, moderation is key.



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