

THE TOXICITY TEST: HOW TOXIC ARE YOU?

Answer each of the following statements with a “YES” or “NO” to assess your level of exposure to toxins. If you answer yes to over twenty questions your health is considered to be at risk from toxins.

- | | | |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 1. I have taken antibiotics in my life. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 2. I have gotten vaccines. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 3. I shower and/or bath in regular tap water. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 4. I drink water out of the tap. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 5. I drink bottled water. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 6. I have used plastic containers to heat my food in the microwave. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 7. I have been in a swimming pool where chlorine was used. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 8. I drive in a car every day. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 9. I drive in heavy traffic. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 10. I use hair dyes. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 11. I use fingernail polish. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 12. I use makeup and cosmetics. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 13. I use moisturizers, body lotions, and sunscreens on my skin. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 14. I use air fresheners in my house. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 15. I use bug spray in my house. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 16. I use standard cleaning products in my house. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 17. I use standard soap and detergent for my skin and my clothes. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 18. I use toothpaste with fluoride. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 19. I eat in fast-food restaurants at least once a month. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 20. I eat in restaurants at least once a month. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 21. I eat food that is not certified 100% organic. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 22. I eat pork, beef, lamb, poultry, eggs and dairy products that are not certified 100% organic. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 23. I consume products (i.e. diet sodas) with artificial sweeteners such as NutraSweet or Splenda. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 24. I have less than 2 large bowel movements every day. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 25. I have taken over-the-counter nonprescription drugs in my life. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 26. I have taken prescription drugs in the last 5 years. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 27. I use non-stick pans to cook with. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 28. I use deodorant or antiperspirant. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 29. I do not drink 8 glasses of purified water every day. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 30. I have never had a colonic or enema. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 31. I live within a few miles of a manufacturing plant of some kind. |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 32. I live within 100 miles of an agricultural area where produce is grown. |

This is just a partial list to open up our eyes to the fact that living a “normal life” absolutely results in mass toxins going in our bodies. Keep in mind this is a relatively new phenomena to the human species. One hundred years ago people were not loading themselves with massive amounts of toxins, as we are today...and every day they are increasing.

Adapted from “Natural Cures ‘They’ Don’t Want You to Know About”, Kevin Trudeau (2004).

YOU ARE WHAT YOU EAT

According to the Environmental Working Group, some foods contain more contaminants than others. Generally, the more processed the food, the lower the nutritional value and the higher the toxic content. But even those foods which are considered the healthiest for us, fruits and vegetables in their natural state, can be full of toxins and may actually contribute to the very diseases they are suppose to help us prevent! **Which of the following top twelve most contaminated foods are you eating inorganically?**

<input type="checkbox"/> 1. Apples	<input type="checkbox"/> 5. Red raspberries	<input type="checkbox"/> 9. Peaches
<input type="checkbox"/> 2. Cherries	<input type="checkbox"/> 6. Strawberries	<input type="checkbox"/> 10. Potatoes
<input type="checkbox"/> 3. Nectarines	<input type="checkbox"/> 7. Celery	<input type="checkbox"/> 11. Spinach
<input type="checkbox"/> 4. Pears	<input type="checkbox"/> 8. Imported Grapes	<input type="checkbox"/> 12. Sweet bell peppers

Visit the Environmental Working Group’s website at www.foodnews.org to check out food ratings for yourself.

WHY CLEANSE?

Science has linked environmental toxins to over 60 chronic degenerative diseases and health challenges. *Which of the following conditions is affecting the quality of life for yourself or someone you know?*

<input type="checkbox"/> Acid Reflux/Heartburn/Gas/Bloating	<input type="checkbox"/> Constipation	<input type="checkbox"/> Insomnia
<input type="checkbox"/> Acne	<input type="checkbox"/> Dandruff	<input type="checkbox"/> Kidney Stones
<input type="checkbox"/> ADD/ADHD	<input type="checkbox"/> Depression	<input type="checkbox"/> Liver Problems
<input type="checkbox"/> Allergies	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Male Erectile Dysfunction
<input type="checkbox"/> Alzheimer's	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Migraine Headaches
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Eczema	<input type="checkbox"/> Multiple Sclerosis
<input type="checkbox"/> Asthma	<input type="checkbox"/> Fibromyalgia	<input type="checkbox"/> Parkinson's
<input type="checkbox"/> Autism	<input type="checkbox"/> Gallbladder Problems	<input type="checkbox"/> PMS
<input type="checkbox"/> Bad Breath	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Stress/Anxiety
<input type="checkbox"/> Cancer	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Tumors
<input type="checkbox"/> Chronic Fatigue Syndrome	<input type="checkbox"/> Infertility	<input type="checkbox"/> Weight Challenges / Obesity
<input type="checkbox"/> Circulation Problems	<input type="checkbox"/> Inflammation/Pain	<input type="checkbox"/> _____ ? (unknown)

THE TRUTH ABOUT CLEANSING

Test your current knowledge about cleansing by answering TRUE or FALSE to the following statements:

- T F Cleansing is unnecessary because the body is designed with organs like the liver to rid itself of toxins.
- T F Lean or healthy people who eat well and exercise regularly do not need to cleanse.
- T F Cleansing is not safe for people with health challenges or for those who are on medications.
- T F Cleansing is the same thing as fasting.
- T F While cleansing you experience low energy, physical discomfort and frequent trips to the bathroom.
- T F Cleansing can deplete the body of essential nutrients.
- T F Fat is an organ with one of its many functions being to store toxins thereby protecting other vital organs.
- T F Losing more than 2lbs of weight per week is unhealthy, producing muscle loss and rebound weight gain.
- T F An imbalance in brain chemistry is linked to low motivation and making poor lifestyle choices.

Cleansing is not simply a weight loss strategy or health fad. Cleansing has been around for thousands of years and 65% of the world's population cleanse on a regular basis...*with the exception of North Americans*. We change the oil in our cars, we clean the filters in our furnaces and air conditioners, we wash our hair and brush our teeth - *but why don't we cleanse our organs?* Today, modern technology has been combined with this ancient wisdom to improve health with a side effect of losing fat quickly and safely! It brings the body into a better state of health by releasing toxins from fat and allowing the liver and kidneys to eliminate them from the body. This then allows the body to become leaner and function more effectively. Consequently, all kinds of ailments start to disappear and your immune system is strengthened.

To Cleanse or Not to Cleanse...There is no question!

Ask us more about the uniquely effective full-body cleansing system by Isagenix.

