

Detoxifying the Body

It is inevitable that as you move around in the world you will be exposed to thousands of toxins-lead, mercury, xenoestrogens, PCBs, dioxins-the list goes forever. You will absorb these to the extent you are exposed. The majority are shuffled by the body to fat and also liver cells. There they reside and accumulate. As they build up, you will likely get sicker or more prone for minor bugs to cause major problems. Cancer is more likely to proliferate in the presence of these. There are many things you can do to move these toxins out of the body. Unwise aggressive measures can pull them out of the cells faster than the body can eliminate them, leaving the person very ill for several days.

The best way to proceed is to go slow and do things which pull these out slow enough so as not to overwhelm the body. Drinking lots of water is crucial. Bowel movements should happen at least twice per day. Nightly soaking in the tub with 1 cup of Epsom Salts added to hot bath water will make a big difference over time. Also adding ½ cup of MSM would improve the results. An excellent product we carry called Squeaky Clean would be helpful as well. Fasting is another effective measure to rid toxins. I carry several books and lectures on the subject. Call me, Larry Durrant, or visit LarrysPharmacies.com to learn more. I wish you the best of health!