

# DOWNLOAD PDF TOXINS : KEEP SLUDGE FROM SEEPING INTO YOUR BODY

## Chapter 1 : How Do Detox Foot Patches Work? | racedaydvl.com

*Your body removes waste and toxins via the urinary system, the digestive system, the blood, the lymphatic system, the respiratory system, the skin, and the lungs. Optimal health of the liver, gallbladder, kidneys, lungs, colon, skin, and lymph are critical for detoxification.*

Photo courtesy Basel Action Network In many instances, the only visible part of an electronic product is its outer shell. Unless that casing is broken, we rarely see the myriad circuit boards, wiring and electrical connections that make the device actually function. A whole bouquet of heavy metals, semimetals and other chemical compounds lurk inside your seemingly innocent laptop or TV. E-waste dangers stem from ingredients such as lead, mercury, arsenic, cadmium, copper, beryllium, barium, chromium, nickel, zinc, silver and gold. Many of these elements are used in circuit boards and comprise electrical parts such as computer chips, monitors and wiring. Also, many electrical products include various flame-retardant chemicals that might pose potential health risks. To learn more about the dangers of a common toxic component like lead, read *Why do CRTs contain lead?* Problems can occur when devices break -- intentionally or accidentally. People are beginning to discuss the serious aspects of this pollution in terms of bioaccumulation and biomagnification. Bioaccumulation occurs when people, plants and animals build up levels of toxic substances in their bodies faster than they can get rid of them. Biomagnification occurs when toxin levels accumulate within the food chain. For example, plankton might absorb low levels of mercury. Then fish that eat large amounts of plankton ingest an even larger, unhealthier dose. The problem continues as birds or humans eat the mercury-tainted fish. Researchers in the Dartmouth Toxic Metals Research Program have compiled a list of the effects that some of these toxins take on the human body. Keep in mind this is not an exhaustive list of all the suspected health effects of these metals. Also, this list mentions only some of the chemicals and compounds used in household products. Arsenic may disrupt cell communication and interfere with the triggers that cause cells to grow, possibly contributing to cardiovascular disease, cancer and diabetes if someone is exposed in chronic, low doses. Chromium can cause skin irritation and rashes and is potentially carcinogenic. Copper can irritate the throat and lungs and affect the liver, kidneys and other body systems. Lead poisoning can cause a whole slew of health problems including the impairment of cognitive and verbal activity. Eventually, lead exposure can cause paralysis, coma and death. Nickel is carcinogenic in large doses.

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## Chapter 2 : 6 Ways to Detox Through Your Skin - mindbodygreen

*This helps your body eliminate toxins through your sweat, tears, and urine. Make sure that you are drinking pure, filtered water from a safe source. Do consider investing in an alkaline water machine.*

That may be true to differing degrees. Problems with detoxification form one of the roots of illness and signify one of the core systems in the body that must be working well for you to be healthy. It is important to understand why we are toxic and how we can detoxify. I will explain how you can detoxify a little later, but first I want to tell you about where toxins come from and how we are overloaded. It takes a certain amount of water to fill the glass and then, after a certain point, you put more in and it overflows. When our detoxification system is overwhelmed, it gets overloaded. Here are some, but not all, of the factors that can contribute to your total toxic load: Exposure to heavy metals like mercury and lead, petrochemicals, residues, pesticides, and fertilizers. Food allergies, environmental allergies, molds, and toxins from molds. Eating a standard American diet. Mental, emotional, and spiritual toxins isolation, loneliness, anger, jealousy, and hostility, all of which translate into toxins in our system. Medications can sometimes be toxins. Often we need medications, but the reality is that most of us are overmedicated and use medications to treat problems for which there are better solutions, such as lifestyle and diet. Internal toxins things like bacteria, fungus, and yeast inside our gut as well as hormonal and metabolic toxins that we need to eliminate. The answer is simple. It is because each of us is genetically and biochemically unique. Some of us are good at getting rid of toxins and waste, and others are not. That is why I developed chronic fatigue syndrome. But by learning to support my system and how to detoxify, I was able to cure myself of a seemingly incurable condition. What I learned is that there are five key steps to optimal detoxification. Identify and Get Rid of Toxins I listed the primary forms of toxic exposure above. Eliminating them is absolutely essential if you want to rebalance your detox system. Fix Your Gut Gut imbalances are a key source of toxins for many. Get Moving This help your blood and lymphatic circulation do its job. A great place to start is the step approach outlined below. To completely detoxify your body you need to work through each of these steps carefully, and that can take some time. But you can start today by following this simple step plan. Here is how to do it: Drink Clean Drink plenty of clean water, at least eight to ten glasses of filtered water a day. Eliminate Properly Keep your bowels moving, at least once or twice a day. This can include taking two tablespoons of ground flax seeds and taking acidophilus and extra magnesium citrate capsules. If you have any chronic diseases or problems, you have to be careful about taking supplements and should work with your doctor. Eat Clean You should also eat organic produce and animal products to eliminate the toxins, hormones, and antibiotics in your food. Eat Detoxifying Food You should eat 8 to 10 servings of colorful fruits and vegetables a day, particularly family of the cruciferous vegetables broccoli, collards, kale, cabbage, Brussels sprouts, kohlrabi and the garlic family garlic and onions, which help increase sulfur in the body and help detoxification. Minimize Drugs Avoid stimulants, sedatives, and drugs, such as caffeine and nicotine, and try to reduce alcohol intake. Get Moving Exercise five days a week with focus on conditioning your cardiovascular system, strengthening exercises, and stretching exercises. Avoid the White Menace This includes white flour and white sugar. Sweat Sweat profusely at least three times a week, using a sauna, steam, or a detox bath. Supplement Take a high-quality multivitamin and mineral supplement. Relax Relax deeply every day to get your nervous system in a state of calm, rest, and relaxation. Depending on your symptoms, genetic predispositions and environmental exposures, you may need different levels of nutrients and types of treatment, but this is an excellent way to get started on detoxification today. Remember, getting rid of toxins and learning how to optimize your detoxification system is essential for creating lifelong vibrant health. Do you think the government should do more to regulate toxins? If so, what kind of legislation should be put in place to protect us? Have you suffered from toxic exposures? What were they and how did they make you feel? Do you have any other suggestions for detoxification? If you are looking for personalized medical support, we highly

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recommend contacting Dr.

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## Chapter 3 : Is There Toxic Waste In Your Body? - Dr. Mark Hyman

*Detox Your Mind, Heart, and Spirit* " This is just as important as detoxing your body, and it's an area few of us ever think about as a source of toxins. To completely detoxify your body you need to work through each of these steps carefully, and that can take some time.

It is described as chronic inflammation of the intestine the colon. Most commonly the inflammation occurs in the lower intestine but it can affect any part of the digestive tract. The science of Natural Medicine tells us without doubt that a healthy colon is paramount to overall good health. And a healthy colon requires a diet full of fiber and regular daily movements of the bowel. If you do not have a at least one or more daily bowel movements then putrefaction of food is occurring in your colon. It leads to all kinds of disease. It may even be hereditary. The foreign body are things such as bacteria, viruses, fungi, parasites, cancer cells or toxins. It is a way that your body isolates an unwanted foreigner and disposes of it. These symptoms occur during a gastrointestinal flareup. Low grade fevers, loss of appetite, weight loss may also occur along with constipation caused by an obstruction of the lower intestine. A fistula occurs when the lining of the intestine may ulcerate and form channels of infections. Fistulas tunnel from the area of infection and may create holes until it reaches the surface of another organ. Fistulas are the cause of obstructions of the bowel that frequently occur. Other things such as parasites or bacterial infection must first be eliminated. Omega-6 and Omega-3 fatty acids play a major role in the prevention of inflammation. Research shows that chronic inflammation is linked to many modern diseases. From the heart to the bowel, from the brain to the joints, inflammation is the cause. Prevent or treat inflammation and inflammation-related disease will improve or in fact disappear. We are meant to eat a diet high in green leafy vegetables, fruits, fish, nuts, lean protein from wild game; carbohydrates and fiber from vegetables, tubers and fruits. Humans did not evolve eating large amounts of grains let alone processed grains , processed carbohydrates, refined sugars, fats or oils. In returning to the diet of our down-to-earth ancestors, we give ourselves the opporutnity to treat or prevent depression, heart disease, diabetes, inflammatory disorders, and other modern ailments. Dr Weil recommends a diet with healthy fats or Omega-3 supplements. One of the most exciting revelations of modern medical research is that inflammation may be a unifying, underlying cause of many modern diseases including cancers, diabetes and cardiovascular conditions. Perhaps you are addicted to coca cola or some other sugar and sulphur laden soft drink. You eat very little whole, natural, raw unprocessed foods and you have a low fiber intake. As a result, you are constipated. At best you have a bowel movement every two or three days. You could be carrying as much as 15 lbs of toxic gunk in your colon alone. Because of this unhealthy diet it is likely there is a build up of goo in your colon. It is a warm, dark, bacteria-laden place that is just the perfect environment for processed food to rot, forming an immoveable sludge of toxic waste. Eventually, this toxic waste creates infections and permeates the walls of your colon, seeping into your bloodstream and making you feel terrible if not downright sick. All that doctors will typically offer are more toxins by way of drugs. Eventually the toxicity of the drugs may further contribute to your spiraling health problem. In either case you can take steps right now to change your diet and improve or even reverse your condition in a natural and healthy way. Nutritional deficiencies compound the problems associated with the disease.

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## Chapter 4 : How to Avoid Hazardous Cookware: 13 Steps (with Pictures)

*You can't detox your body. It's a myth. can lurk in your colon for months or years and pump disease-causing toxins back into your system. and minerals to keep the body - and your.*

Fasting removes toxins from the body. Do Fasting Diets Work? Fasting diets that involve non-extreme forms of fasting like intermittent fasting have been shown to have potential health benefits like weight loss for example , meanwhile fasting diets especially extreme fasting diets have also been shown to have some health risks. With those pros and cons in mind, and to the point of our page, there is however no clear evidence that shows fasting itself removes toxin from the body. Furthermore, even non-fasting versions of detoxifying diets done with a colon cleanse, juicing, and herbs have been shown to have health risks and lack scientific backing. We explain these conclusions below. Comments are welcome below. Fung , and Mark Mattson. So check them out and make up your own mind. An unhealthy adult is at greater risk for fasting, but may benefit from a strict diet that promotes the natural removal of toxins. Fasting can also limit the number of new food-based toxins entering your system. Fasting can have mental health benefits, and of course, fasting can have spiritual benefits; it is often a religious practice. The human body can go many days without food or water, but more than a few days is unhealthy. The word toxin broadly refers to any environmental toxin, biotoxin toxin of biological origin , or food-based toxic substance that can be dangerous to human health. The theory behind prolonged fasts is that there are two kinds of toxins; water-based toxins that are flushed out by the liver and kidneys; and toxins that the fat cells absorb. Water based toxins are flushed out with cleansing teas or water. If you are a person with a poor diet, health issues that impact digestion and G. Healing through diet Are Enemas and Cleanses Beneficial? The antibodies attach themselves to bacteria, viruses, and toxins and prevent them from being absorbed. The mammalian colon contains one of the densest microbial communities on earth. Even if the substances used for the enema are perfectly safe to drink, they may not be safe as colonics. Organic substances can contain pesticides and fillers; chlorinated tap water may damage mucus in the intestinal lining and kill useful gut flora; chemicals in the liquid may contain substances like caffeine that can be absorbed by the intestinal lining and cause dangerous toxic reactions. Proper hydration is of extreme importance. Heartburn, stress, and headaches can present problems for those fasting. Fasting is not a proven strategy for weight loss. Your body is always trying to find a good balance between energy coming in and energy going out; if you starve your body, it will respond by slowing down metabolism. For proper weight loss advice see our section on weight loss. Quick weight loss advice: Stay away from processed foods, empty calories, and big meals. Small meals, water, fiber, and protein keep your metabolism going and water, energy, vitamins, and minerals keep your organs detoxing. Big meals are eaten early and late, which tends to cause fat storage. Fasting, and even cleansing diets have little in the way of proven health benefits and many have health risks. With that in mind, there is still a little science backing up intermittent fasting and lots backing up healthy diets, so there is some middle ground.

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## Chapter 5 : Fasting Removes Toxins from the Body - Fact or Myth?

*E-waste Dangers - E-waste dangers include leaking toxins into the environment. Learn about e-waste dangers, and why your old computer could be making people sick.*

The Buda Cleanse is certified organic, which is really the only option when you consider how many raw veggies and fruits you are about to consume. How could you possibly cleanse if all those fruits and veggies were full of pesticides? Again, would it be a true cleanse if chemicals from plastic were seeping into your pure veggies and fruits? Our produce is kept refrigerated from farm to bottle, ensuring nutrients and enzymes stay intact. What should I do before the cleanse? We suggest cutting out coffee, sugars, and processed foods a couple of days before you start the cleanse so that it is not a total shock to the system. This will minimize your detox symptoms. We also suggest de-stressing so that your mind is clear and ready. What if I get hungry during the cleanse? If so, feel free to eat a few nuts, slices of fruit, an avocado or even steamed veggies. We do not suggest strenuous exercise while cleansing. Light exercise is fine and good for you, but be sure to give your body a break while it is working so hard to detox and reboot. What are possible detox symptoms? Unpleasant side effects are often a sign the cleanse is working and getting rid of built up toxins while re-adjusting your body to healthy, vibrant foods. You might experience headaches, dizziness, fatigue, skin blemishes, constipation, as well as other digestive issues. All should be temporary and lead to a healthier you. Herbal teas can help. What is most important to remember? Get lots of rest and drink lots of water. How often should I cleanse? After you have done your initial cleanse and reset your system, we suggest cleansing once per month to maintain in addition to regular juicing.

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## Chapter 6 : 3 Ways to Cleanse Your Body Naturally - wikiHow

*Get this from a library! You, staying young: the owner's manual to extending your warranty. [Mehmet Oz;] -- Makes recommendations for promoting optimal health and longevity after age thirty, in a reference that likens the aging process to the maintenance of city systems.*

Household and personal care products Stress and negative emotions For more information, read: In fact, with these 12 tips, you can limit your exposure to toxins AND create a healthy eating plan that encourages natural detoxification! With a few changes in your day-to-day habits, you can live in the modern world and still take charge of your energy, health and longevity. Here are my top 12 tips to help your body avoid, or eliminate toxins: Start by incorporating the principles of the Body Ecology program into your life. Body Ecology is based on whole, healing foods that boost your immunity and detoxify your body. In this way, diet alone can go a long way to keeping you protected from toxins you encounter in the environment. A great place to start learning what these principles are is to read: This helps your body eliminate toxins through your sweat, tears, and urine. Make sure that you are drinking pure, filtered water from a safe source. Do consider investing in an alkaline water machine. These machines, invented in Japan, take regular tap water, filter it and then split the water into acid and alkaline water. Both are useful but you drink the alkaline water each day. There are now many of these machines on the market and obviously some machines are better than others. I prefer the ones made by Enagic for several reasons. These are the only machines recommended by the Japanese government for use in hospitals. Also each machine is carefully assembled in Japan by one person. Eliminate sugar and artificial sweeteners from your diet. Sugar is extremely harmful to your health, and feeds candida, while artificial sweeteners are downright poison. Choose your produce wisely! Choose the right meats, poultry and fish! Fish should be wild, not farm raised. Foods that are processed and packaged in boxes, bags or cans often contain preservatives and artificial flavorings that encourage you to eat more AND have toxic effects in your body. Consume fermented foods and drinks. These probiotic-rich foods have healthy bacteria and yeast microflora , which are essential for strong immunity, good digestion, detoxification, and for keeping your intestines free of pathogens like candida. Cultured veggies are often made with cabbage and kale. These two vegetables are members of the cruciferous family and are a significant source of calcium glucarate, a powerful detoxifier. Research has shown that calcium glucarate helps prevent cancer of the breast and colon. For more on the best sources of fermented foods and drinks, read: Probiotic Liquids and Foods versus Probiotic Supplements: LivAmend is your best bet for aiding your liver in its important job of detoxification. LivAmend stimulates the functioning of your gallbladder and liver and even improves regular elimination! Try LivAmend for natural detoxification today Assist your liver. LivAmend is a great way to support your liver and your bowels in removing toxins from your body. It works by increasing bile flow that stimulates peristaltic movement. Then your colon will eliminate its contents more efficiently. Toxins leave the liver in the bile so you want to increase bile flow to get those toxins out! Ocean vegetables have a long list of health benefits, are delicious and have amazing detox properties. For more information on their benefits and how you can incorporate them into your diet, read: You can use either a home enema, or a visit a certified colon hydrotherapist.

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## Chapter 7 : Foot Detox for Lymphatic Drainage | racedaydvl.com

*These fat cells keep the toxins away from your organs, but, as we know, too many fat cells can lead to a host of other issues. Now, a lot of people jump right into the "I have to lose weight" mode and do all these crazy different things.*

Email This home detox cleanse article is sponsored by our friends at Naturepedic. All opinions are my own. The bedroom is an important place to start given how much time you spend sleeping so that is the main focus of this article. So, here we go. Get your seat belt for your very own home detox cleanse. This is going to be fun. So, why the heck would you care about an organic mattress and why would you ever want to detox your home? Well, first of all, as many of you have read in my book, *Eating Clean: You cannot detox your body in one day or detox your entire life overnight. But, what is possible is to do a little bit of work every week or month or season that moves you towards your ideal healthy lifestyle without chemicals that negatively affect your health. Not even if you showed me evidence. Especially when it challenges what we believe is true. Well, to say I fell out of my comfort zone is an understatement. I pretty much fell off a cliff or maybe even the Grand Canyon numerous times in the last decade with my health and it was those experiences that forced me to see that, YES, there is a connection between these chemicals in our lifestyle and our health. Wild, yes, but true. But, here I am today a totally different woman than I was a decade ago. Healed and vibrant and soaring through life because I detoxed my life and my home and got rid of the chemicals that were interfering with my body and making me sick. Rethinking Your Home I want to break down an easy Step by Step plan for you so that you, too, can start your home detox cleanse in your bedroom. Remember, this is all about baby steps. I use each of these in my bedroom and I love them all. Baby steps and small changes is the way to go here, folks. Here are a few tips that will get you started on your home detox cleanse. It may be surprising to you that the toxins in the wick of a candle and in the wax are super unhealthy when we breathe them in. I just switched all my candles over to pure beeswax last year and my mother bought me a few as an Easter gift last spring. I love using these plants in my home, especially my bedroom, to help remove toxins from the air. You can choose from any of the following: There are other plants that are helpful for detoxing your home but these are the most common and the ones I love the most. Use essential oils and fresh lemons to clean. You can easily toss your conventional cleaning products and use fresh lemons and white vinegar along with a few drops of essential oils to clean your entire home. Use an air filter to purify the air in your bedroom. There are many brands of air filters out there so be sure to do your research! Email me if you need suggestions! Get a shower filter. Check out my *Detox Your Home* article for the shower filter I love to use. Get a sink filter. More than chemicals are in drinking water. Filtering your water is much healthier than bottled water, also. Removing your shoes when you walk into the home avoids the possibility that pesticides, lead and dirt get tracked into your home and bedroom. Go barefoot or wear slippers or socks around your home instead. These pillows are PURE heaven. OMG they are heavenly. Can you not tell from these photos? You must check these out. Naturepedic Organic Mattresses see the above and below images for my Double size mattress under the covers and then also with my comforter on top. A fluffy mattress is a fluffy mattress, right? The difference was dramatic. I sleep like a baby and I feel so comfy when I sleep. A total win-win situation! And my healing recovery has been super smooth since this process I believe because I lessened the body burden of toxins that my body comes into contact with on a daily basis. So, your liver can work more efficiently and detox your body naturally. Naturepedic Organic Sheet Sets scroll up to see the sheet sets in a cute box with a handle on the top. These sheets are so soft and I love using them. This pad is ideal for protecting your mattress and it fits like a glove. The image below is without the pad. I wanted to take a natural picture of just the mattress with my sheets still on it so you could see what it looks like when I pull up the sheets and then again when I put my top blanket and sheets over the mattress. Now, you have an idea of how I sleep like a baby! *Detox Your Home Handbook* As I mentioned above, I created more tips and detailed information on your home detox cleanse so that you can take the next steps to keep you and your family safe. Let me know if you have any questions.*

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Naturepedic Bedroom Detox Guide A collaboration with Naturepedic to guide you through your non-toxic bedroom and home. Enjoy and sweet dreams!

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## Chapter 8 : How to Start Your Home Detox Cleanse in the Bedroom - The Healthy Apple

*Until conventional medicine catches up, you've got to optimize your body's ability to rid itself of toxins. If your body's detoxification tools aren't up to snuff, waste will build up. Overtime, the damage is similar to what happens when trash collectors go on strike and don't pick up the garbage off the streets.*

Inside the body, these chemicals monkey with our ability to balance blood sugar and metabolize cholesterol. Over time, the changes can lead to insulin resistance. This discovery should be headline news but no one is talking about it. Because there are no drugs to treat it. The waste piles high, making the neighborhood smell bad and creating a breeding ground for illness. You may think it sounds like a New-age idea or something from celebs in Hollywood on the heels of an alcohol or drug binge, but detoxification is a normal, every day function. We live in an environment steeped in chemicals that our bodies were not designed to process. In the latest report, scientists at the CDC found that nearly every person they tested was packing a host of nasty chemicals, including flame retardants stored in fatty tissue and Bisphenol A 2 , a hormone-like substance found in plastics, excreted in urine. Even babies are contaminated. The average newborn has chemicals in her umbilical cord blood, of which are neurotoxic poisonous to nerves or nerve cells 3. The body has four main exit routes for toxins: Here is a quick primer on how to make the most of each strategy: The kidneys are responsible for flushing waste from the blood. Make sure you give them what they need by drinking plenty of water. Humans are predominately composed of water about 66 percent by weight for men, about 60 percent for women. Drink plenty of clean water, at least eight 8-ounce glasses of filtered water a day. One of the first signs of dehydration is the color of your urine. Your urine should be mostly clear clear enough to read a newspaper through or with only a slight tinge of yellow. If you take vitamins, keep in mind that some nutrients, especially riboflavin, causes your urine to turn bright yellow. The best option is to filter your own water and carry it with you in stainless steel bottles. If possible, install a reverse osmosis filter in your house, at least for your drinking water or use a carbon filter like Brita. One or two well formed bowel movements every day is one of the best ways to give toxins a one-way ticket out of your body. As many as 20 percent of people struggle with constipation and, unfortunately, the problem can get more onerous with aging 4. But bowel function is something you have a lot of control over. For starters, up your fiber intake. Fiber cleans out the colon by making our stool heftier and easier to expel. Secondly, drink plenty of water. The body is very good at conserving water. When the walls of the colon suck too much moisture out of stool, it dries and hardens, which can lead to pebble-like poop and constipation. Drinking more water and other liquids during the day aim for eight 8-ounce glasses can make your BMs softer and easier to expel 5. Your skin is your single largest organ of elimination. Of course, heart-thumping exercise that gets the body sweating for 20 minutes, three times a week is ideal, since it confers other health benefits. People have long gravitated toward heat as a means of cleansing the physical and emotional body. In particular, people in Scandinavian countries have used saunas for hundreds of years. Taking saunas or steam baths also helps reduce stress and balance the autonomic nervous system 6. Sauna temperatures should be no higher than to degrees Fahrenheit for those with environmental illness or a history of increased toxic exposure. On a purely physical note, sauna therapy can improve circulation, help with weight loss, balance blood sugar and improve detoxification. While the exact mechanism is not clear, it is likely due to its effects on calming the nervous system, relaxing the muscles, and increasing vasodilation. With each breath, they bring in fresh oxygen and help transport it throughout the body. Unfortunately, the air we breathe is not always clean. Every day the lungs filter out carcinogens in gas fumes, allergens from pets and plants, and spores of mold. Restricted or shallow breathing can diminish the power of the lungs by preventing oxygen from reaching all of your tissues. Breathing deeply and fully will oxygenate your brain, body, and spirit, transforming your health in the process. One of the best ways to harness the power of the lungs to heal and detoxify is to learn how to belly breathe. Start by putting your hand on your belly. Breathe out, squeezing the air out of your lungs with your stomach muscles. As you breathe in,

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relax your stomach muscles and, after filling your lungs, try to push your hand off your belly with your breath, filling the lower part of your lungs. Continue to breathe in and out slowly through your nose. Each in and out breath should last to the count of three. Do this for five minutes a day. Do you experience the effects of them in your health? What are you doing to rid your diet of these toxins? Please leave your thoughts by adding a comment below. Environmental pollution and diabetes: Association of urinary bisphenol A concentration with medical disorders and laboratory abnormalities in adults. Clinical Review, British Medical Journal. If you are looking for personalized medical support, we highly recommend contacting Dr.

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## Chapter 9 : How Toxins Make You Fat: 4 Steps to Get Rid of Toxic Weight - Dr. Mark Hyman

*Clay - Applying a natural clay mask to your body is another clever way to entice toxins to come out through your skin. You can apply it to your face, make up a clay pack and apply it over your liver (to give your other major detoxifying organ a hand) or spread it over your entire body.*

Contamination of Water and Soil by Sewage and Water Treatment Sludge Contamination of drinking water sources by sewage can occur from raw sewage overflow, septic tanks, leaking sewer lines, land application of sludge and partially treated waste water. Sewage itself is a complex mixture and can contain many types of contaminants. The greatest threats posed to water resources arise from contamination by bacteria, nitrates, metals, trace quantities of toxic materials, and salts. Seepage overflow into drinking water sources can cause disease from the ingestion of microorganisms such as E coli, Giardia, Cryptosporidium, Hepatitis A, and helminths. Raw Sewage Overflow Storm water systems in urban areas are sometimes combined with sanitary sewer systems en route to sewage treatment plants. Excessive storm water can cause this joint system to overflow. In this event, excess flow will be directed into waterways untreated, resulting in sewage contamination. Forty-six percent of the population is served by separate systems. Urban runoff is usually collected by a separate storm sewer system and discharged directly into waterways. Combined systems are cheaper, but the potential to harm health is higher. Some systems have diversions to accommodate heavy flow. Septic tanks are enclosures that store and process wastes where no sewer system exists, such as in rural areas or on boats. Treatment of waste in septic tanks occurs by bacterial decomposition. The resulting material is called sludge. Large portions of the population are still served by septic systems as opposed to public waste treatment facilities. Contamination of water from septic tanks occurs under various conditions: Poor placement of septic leachfields can feed partially treated waste water into a drinking water source. Leachfields are part of the septic system for land based tanks and include an area where waste water percolates through soil as part of the treatment process. Badly constructed percolation systems may allow water to escape without proper treatment. System failure can result in clogging and overflow to land or surface water. High density placement of tanks, as in suburban areas, can result in regions containing very high concentrations of waste water. This water may seep to the land surface, run-off into surface water or flow directly into the water table. There are also site specific environmental factors around the tank and leachfield such as soil properties, water table location, subsurface geology, climate, and vegetation which may affect the quality and quantity of released waste water 1. For information on maintaining your septic system, link to this article from Rhode Island University, Dept. It may contain industrial waste chemicals. When leaking sewer lines are located deep underground below the biologically active portion of the soil, the sewage can enter groundwater directly. This can result in the introduction of chlorides, microorganisms, organics, trace metals and other chemicals that may cause disease and foul tastes or odors in drinking water 4. Sewer leaks can occur from tree root invasion, soil slippage, seismic activity, loss of foundation due to washout, flooding and sewage back up, among other events 1. High pressure systems will push leaks to the soil surface where they can be easily detected by sight or odor. Systematic inspection of sewer lines, exclusion of hazardous waste, and adherence to modern construction and maintenance specifications are necessary preventative measures for protection of groundwater sources from sewer leaks 5. Land Application of Partially Treated Waste Water and Municipal Sludge Sludge is the residue of the chemical, biological, and physical treatment of municipal and industrial wastes 1. It can be applied to land as fertilizer or as fill. Land application is an alternative to incineration, which causes air pollution. Sludge usually contains concentrated organic matter, nitrogen, inorganic salts, heavy metals, and bacteria. It is a common practice to use partially treated waste water for fertilization, irrigation, and water supply recharge as an alternative to direct discharge into waterways. Waste water is also commonly stored in wells, holes, trenches, open pits and lagoons. Movement and percolation of waste water through the soil biologically and physically removes biodegradable substances, pathogenic organisms, and

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inorganic substances 4. The effectiveness of this treatment depends upon: Processing or turnover time: Waste water must spend a sufficient amount of time on or within the soil to allow for filtration and biological processes to degrade the waste. If sufficient time is not allowed for these treatment processes to bring down contaminant levels before introducing waste water to a water system, contamination will occur. Excess waste water and high concentrations of contaminants in the waste water: High concentrations of waste can take much longer to treat, especially when the consistency reaches that of a slurry or sludge. On the other hand, irrigation of soil with large quantities of waste water will saturate the soil and overload the biological degradation process. Excess untreated waste water can run off or percolate down to groundwater, causing contamination of drinking water supplies. Level of biological processing: Lack of appropriate microbial activity can slow the degradation process or provide insufficient treatment. Bacteria which break down wastes without the use of oxygen, known as anaerobic bacteria, are very important in the process of breaking down nitrogen containing substances. Aerobic bacteria, which use oxygen, break down organic waste. Some of the breakdown products include water, carbon dioxide, methane gas, nitrates and other small organic and inorganic substances. Water movement and abundance of vegetation: