

REDUCE TOXIC LOAD

(Screen shows Title Page)

Reduce Toxic Load is the final Tier in the Lifestyle portion of our Wellness Model. The upper two tiers will relate to our healthcare needs.

When I use the phrase “reduce toxic load” I am referring to two things. The first is to make sure that the toxins produced by our body as a result of its metabolic processes are eliminated through our bowels and urine. Our cells create waste and it needs to get out of our body. If we are not eliminating properly, that is a sign that waste can build up and interfere with the proper functioning of our organs. Therefore, the gut health we talked about in the nutrition section is once again front and center in importance. I am going to put a link to another video on detoxing and digestive health in the Resource section that provides really great information.

(Screen shows chemicals)

The second thing I am referring to are man-made toxins, sometimes called “toxicants,” and these come from our food, air, water, cleaning products, personal care products, medications, building materials, furniture, clothing, i.e. just about everything man-made can come with synthetic chemicals that are foreign to our bodies. There are also natural toxins that can enter from the environment like radon, arsenic, lead, uranium, mercury and mold. You can test the air and water in your home and workplace to reduce the amount of natural toxins you are exposed to.

Fortunately, our bodies are equipped with their own filtration system to get rid of toxins. This filtration system depends heavily on our liver, kidneys and our elimination system functioning properly. But how much can we filter out? At this point in time, there is no scientific clear-cut answer to this question, and there is a lot of commercialism based on “detoxing.” One thing is for certain, everyone is different. Some people are more sensitive and others are more resilient.

But undeniably, many people are deficient in the **nutrients** required for this filtration system to work, and/or their system is overloaded by the amount of toxins entering their bodies. The healthier our lifestyle habits, the better equipped our filtration system is nutritionally AND the less our filtration system has to filter out. Poor lifestyle choices are always a double whammy because we are asking an ill-equipped system to perform greater functions. From this perspective it is very easy to understand all the chronic illness both mental and physical in this country.

In making your plan, it is really helpful to have an intellectual understanding of how your organs work. I have added a link in the Resources section to an article that has more information. Remember, gathering information helps you to create the beliefs that will support the habits you want to make.

<http://issels.com/publication-library/information-on-detoxification/>

(Screen shows Gaining Weight)

What happens when our body can't eliminate its waste or filter out all the toxicants? We gain weight and get sick.

Why do we gain weight? One reason is because our fat tissue, known as adipose tissue, doesn't just store the extra food we eat, it stores toxicants when we can't filter them out. It does this to protect our organs; however, it is a short-term fix, and science is learning more about how adipose tissue works and the roll it plays in disease. Because of this toxin storage, fast weight loss can release too many toxins from your fat cells too quickly into your blood stream where they can damage your cells. Therefore, in addition to not triggering your body's starvation mode, **slow** weight loss can assist you in safely releasing and eliminating the toxins stored in your fat cells. This also helps you understand how important it is to have your elimination systems working well as you are losing weight.

(Screen shows sickness)

Toxic build up can also make us sick over time. Just like the chemicals in processed foods, the chemicals we take into our bodies from other man-made products interfere with the natural chemical processes in our bodies and can significantly damage our cells. You can make this as simple as I just did in that last sentence, or as in-depth as you want. If you have questions about how these toxins can make us sick, then 15 minutes of googling this topic and reading a little will be a great addition to your plan on your worksheet. There are also people who specialize in this area of environmental toxicity that can provide more education. Remember, the key is to form an Emotional Understanding of this topic to fuel your beliefs that will drive your actions and habits. How much education do **you** need to formulate this belief?

(screen shows wellness lifestyle)

By this point in the program, I am sure you can see that all of our lifestyle choices can contribute to obesity and sickness, both mental and physical, because the body works as ONE SYSTEM. Detoxifying and cleansing have their proper place in a wellness program, but they are best when accompanied with natural lifestyle choices in each tier. When one tier is compromised, it negatively impacts all of the others, and there is no one magic bullet. The biggest component of detoxing is supporting the other 3 tiers of your lifestyle: nutrition, exercise, and rest and stress management because they all improve filtering and elimination as well as promote a healthy state of mind to support natural choices. These should be the main focuses of our "detoxing" efforts as well as choosing to reduce the amount of toxicants we take in. This is what I call Clean Living.

(Screen shows clean living)

Are you starting to create a belief that Clean Living is mandatory and not optional for health and happiness? If so, this will make it much easier for you to make the changes necessary to reduce the toxicants you allow into your body and home.

From this belief, options for Clean Living can be welcomed with an open mind rather than being overwhelming, confusing and burdensome. Remember that we don't have to take advantage of every opportunity for a new option. This society is flooded with them. We can feel empowered to have a plan that tells us what we are looking for next. We can feel empowered to choose what is the right thing at the right time for each of us, without worrying that we are missing out on something if we pass an opportunity by. There will always be another one when we are ready for it. Products and services will come and go, research will switch sides of what is good or bad, and you will be able to allow this flow with acceptance and gratitude rather than frustration and disempowerment when you are Living *Above the Line*.

So what are our options for clean living? We talked about clean food and natural whole food supplements in the nutrition section. We talked about natural supplements used with water in the exercise section for additional energy instead of processed drinks. We talked about essential oils in the rest and stress section as natural options rather than synthetic options and addictive substances.

You may want air filters, and cleaner building materials, clothing and furniture. It depends on how sensitive you are and how well your filtration and eliminations systems are working. You don't need to change everything at once. Small, consistent changes will add up to great progress. All your focus should be on what you CAN DO and not what you CAN'T DO. After nutrition, I believe the next easiest categories to focus on are personal care and cleaning products because you can just switch one out from a synthetic to a natural version as you run out.

(Screen shows How do you feel)

Time to check in with how you are feeling about reducing your toxic load: are you feeling motivated to create your plan from *Above the Line*, or are you feeling some blocks from *Below the Line*? Are you placing any blame, making any excuses or complaints, or feeling any self-pity about why you can't reduce your toxic load? Just go through the process I explained in the other tiers in order to flush out any *Below the Line* feelings and work through them in #6 of your worksheet. Refer to your *Above the Line* Quick Guide and *Working Through Your Below the Line Emotions* instructions to help you.

(screen shows doterra Personal Care Products)

NATURAL PRODUCT TOOLS:

I offer Doterra as one-stop shopping to find natural versions of these products that will significantly reduce your toxic load, plus give you the cellular benefits from essential oils. One issue many people have is choosing a new natural product. THERE ARE SO MANY CHOICES and you can't trust what a product purports to be by its advertising. This puts us in the position to have to become an expert label reader. While that is great if it fits your personality, it could be a block to switching if it doesn't. Doterra may be a great, easy solution for you. They have toothpaste, mouthwash, hair care products, face care products, skin care products, deodorant, diffusers rather than candles and plug ins, spray bottles to make room deodorizers instead of

chemical sprays, hand soap, all-purpose concentrate cleaner, dozens of inexpensive DIY recipes for natural cleaning products, laundry detergent, essential oils as natural food flavoring, lip balm, throat lozenges, hand sanitizer, gum, and breath beadlets, in addition to all the natural options you have for your healthcare needs using essential oils. Doterra has tried hard to focus on allowing its customers to have natural options available in convenient forms at affordable prices (especially with the loyalty rewards program) so that reducing your toxic load is easy rather than stressful. You can better understand the opportunity essential oils offer by watching the Doterra section of this program. Even if you are already using some essential oils, this is great information to decide if you want to strengthen your belief in your use.

(Slide shows cleanse)

30 DAY CLEANSE-Doterra has several supplements that will help to clean out and restore your filtration and elimination systems. The cleanse protocol and products can be found in the Live Guide we went through in your Doterra Membership Overview, or just search Doterra Live Guide to download it for free. I will also include it in the Resource section. This is a fabulous way to naturally take care of your liver, kidneys, lungs, skin, and intestines. I do this cleanse about once every 9 months or so. It is not an extreme, life disrupting cleanse. People can adjust the amounts of the supplements to go at a pace that allows their body to keep up. As I mentioned, you want your elimination system to be able to process the waste that is being cleaned out. Otherwise, you will feel sick as a result of challenging your organs to do more than they are ready for.

How do you know what you are ready for? If you have a significant amount of extra weight, chronic health issues, or digestive problems your organs will need to go at a slower pace. Make sure you have started with the nutrition product recommendations for at least one or two months before starting a cleanse unless otherwise recommended by a professional. The nutrition products are the the Life Long Vitality Pack (nutrition), Terrazyme (enzymes) and PB Assist (probiotic). See how your body is doing with these and how your elimination system is keeping up. Once you start the cleanse, worst case scenario is that if you do too much too soon, you may start to feel sick. This is your sign to reduce the amount of each of the cleansing supplements which are Zendocrine Complex (organ cleansing ingredients), Zendocrine Softgels (organ cleansing essential oils), and GX Assist (GI tract cleanse), until you feel normal again.

(Screen shows DDR prime)

DDR Prime – This is a softgel filled with essential oils that is the primary recommendation for supporting the health of cells that are being damaged by the synthetic chemicals found in almost all of our man-made manufactured products. Damaged cells can't work to support the body's intricate and complex physiology. When these damaged cells disrupt our physiology, we have increased healthcare needs. If you feel like your body has been taxed by toxins, DDR Prime is an extremely important tool to get back on the right track and stay there.

Now you are ready to start filling out your worksheet for this tier. If you are doing this program in order, you are a pro by now! Just keep using the sample worksheet to remember the tips and instructions for each section of your worksheet.