

Toxins, Terrain, and Your Health

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MY CLINICIAN
TOOLBOX



The Great Medical Debate

Imagine This is Your Body's
Internal Environment

Germ Theory



If the tank is dirty, do you
treat the fish inside the tank
with pharmaceuticals,
antibiotics, or other measures
while ignoring toxicity?

Terrain Theory



Do you clean the tank and
environment to keep the
fish inside the tank healthy
and prevent it from
becoming sick?

OR

Our (Internal) World

- The body behaves differently based on the quality and diversity of the inner terrain.
- This is why the gut is the mirror of your overall health.
- Germ theory views the presence of most pathogens as negative or harmful.
- Terrain theory acknowledges that it isn't so black and white, and the goal is always rebalancing.
- Conventional medicine operates under the assumption that every germ or pathogen is harmful and leads to illness, and that eradicating them is the only way to feel better.
- How has that been going for us?

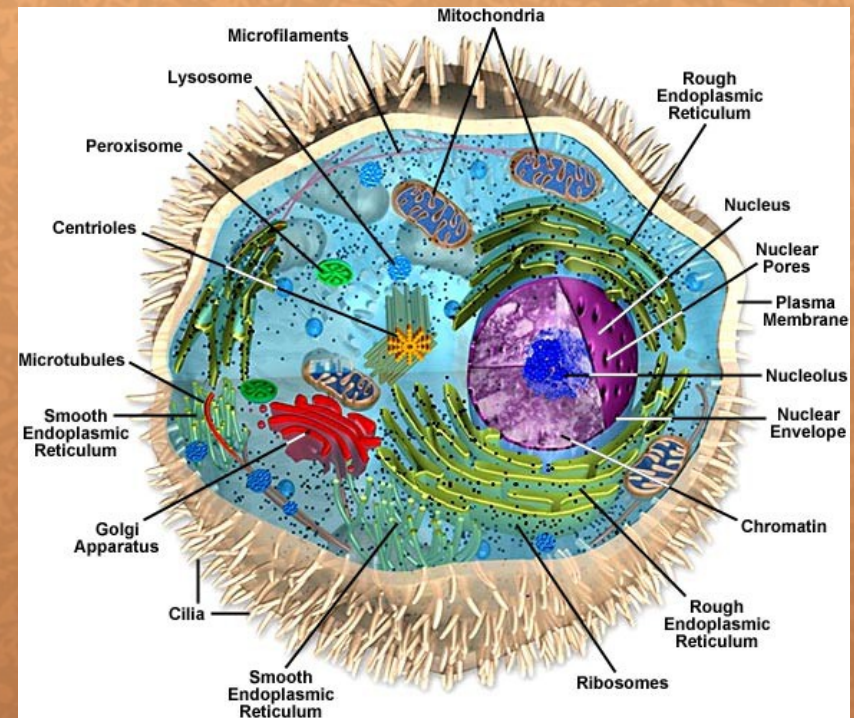
Unmasking the True Culprit of Poor Health: Excessive Toxins

- Toxins are the underlying instigators that wreak havoc on our inner harmony.
- When our body tissues are tainted by toxins, microorganisms are able to evolve into disease-inducing entities.
- In terrain theory, the real antagonists are toxins, not the germs.
- It is crucial to address toxicity as the roots of our health concerns, so the body can harmonize.

What is a TOXIN?

Interference – a toxin is anything that runs interference and blocks the healthy, normal processes of the body.

Toxins interfere with the structure and function of the human cell!



Top Toxins of Concern

- **Chemicals:** Ubiquitous in nature, they lurk in our everyday products—from our cosmetics to our food. Detoxing is our best defense against their omnipresence.
- **Heavy Metals:** From the fish we consume to the toys our children play with, toxic metals abound. Their presence can compromise our immune defenses.
- **Mold:** As widespread as chemicals, mold produces toxins that can disrupt our body's balance, impacting multiple systems.

Our Toxic (external) World

Environment

- Air & Water
- Noise
- Technology

Stress

- Emotional
- Physical
- Energetic

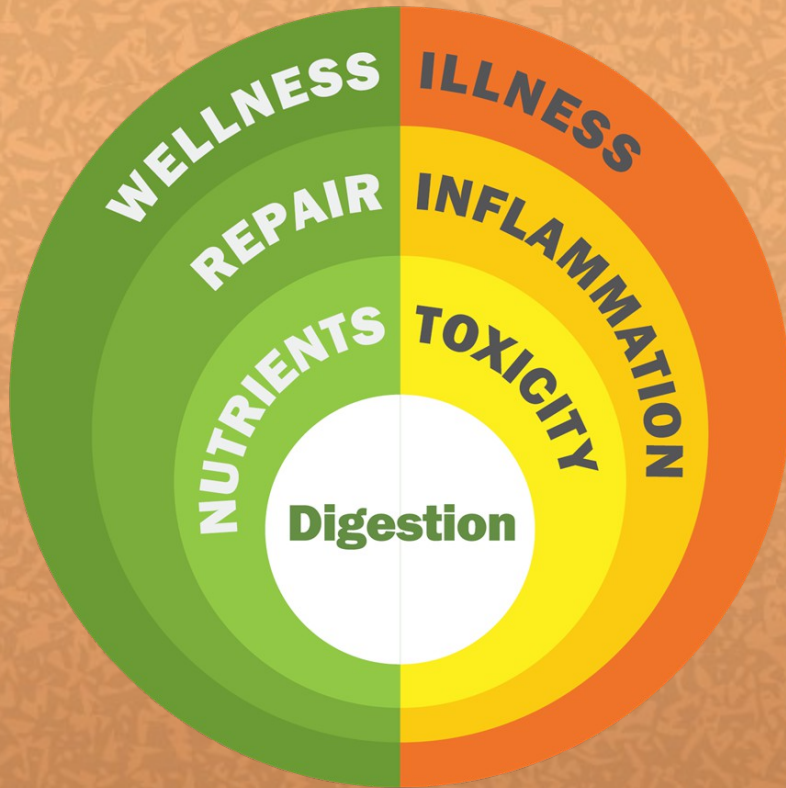
Food Supply

- GMO's
- Chemicals
- Antibiotics
- Growth hormones

In Your Home

- Cleaning supplies
- Cosmetics
- Cookware
- Furniture

Our Toxic (internal) World



- Carbohydrates ferment
- Proteins putrefy
- Fats turn rancid
- Dysbiosis

THE DIGESTIVE PROCESS

...in a Perfect World!

Food & Mood

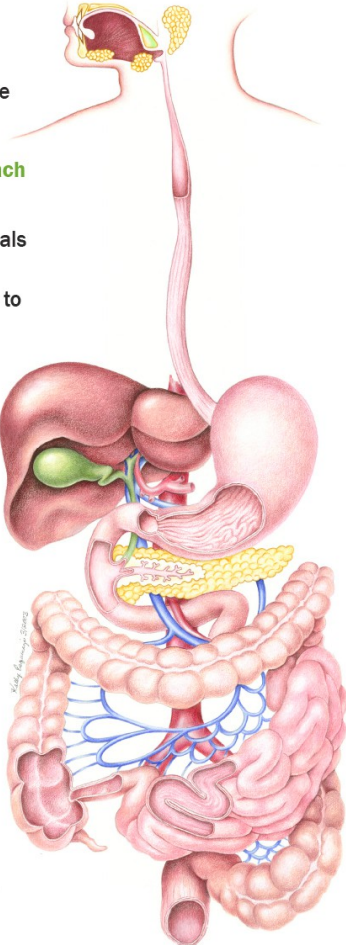
- Whole, Fresh Food
- Mindful
- PSNS "rest & digest"
 - » Prepares digestive system

Esophagus, LES, Stomach

- LES opens & closes
- Gastrin hormone signals activity of stomach
 - HCL → pepsinogen to pepsin
 - Kills bacteria
 - Calcium absorption
 - Gastric lipase
 - Intrinsic factor - B12 absorption
- **Chyme** moves into small intestines

Large Intestines / Colon

- Bacteria
- Fiber / water
- **Stool** is eliminated



Mouth

- Chew 30-40x
- Salivary amylase & lipase
- **Bolus** moves into stomach

Pyloric Sphincter, Small Intestines

- Cholecystikinin (CCK) hormone
 - Pancreas → amylase, lipase, trypsin/chymotrypsin
 - Gall Bladder → bile
- Secretin hormone
 - Pancreas → bicarbonate & water
- Brush Border Enzymes
 - Peptidases
 - Maltase, sucrose, lactase, glucosidase
- Microbiome - Bacteria
 - Enzymes
 - Vitamins / antioxidants
 - Antimicrobials
- **Waste** moves into Large Intestines

THE DIGESTIVE PROCESS

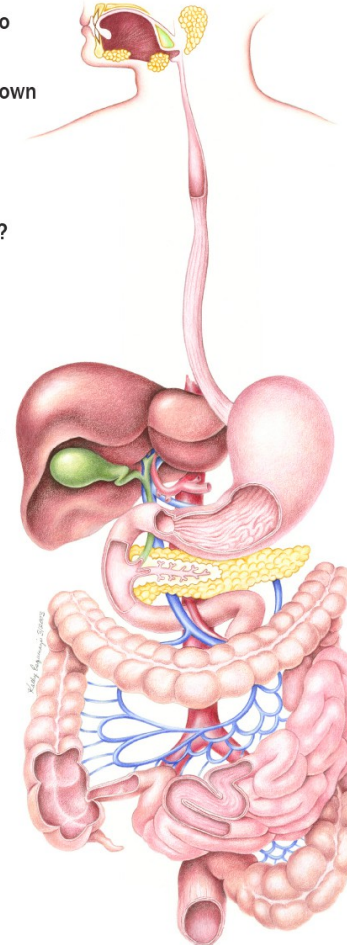
...in the REAL World!

Food & Mood

- Fast food, processed, GMO's
- Stressed & on-the-go
- SNS "fight or flight"
 - » Cortisol shuts down digestion

Esophagus, LES, Stomach

- LES opens & closes?
- Gastrin hormone signals activity of stomach
 - ↑ HCL → pepsinogen to pepsin
 - Kills bacteria
 - Calcium absorption
 - ↑ Gastric lipase
 - Intrinsic factor - B12 absorption
- Food sits longer, increases pressure, LES opens
- Reflux / Rx PPI's decrease acid inhibits protein digestion
- Undigested food, protein, bacteria move into small intestines



Mouth

- Chew 3-4x
- Salivary amylase & lipase
- **Large Bites** move into stomach

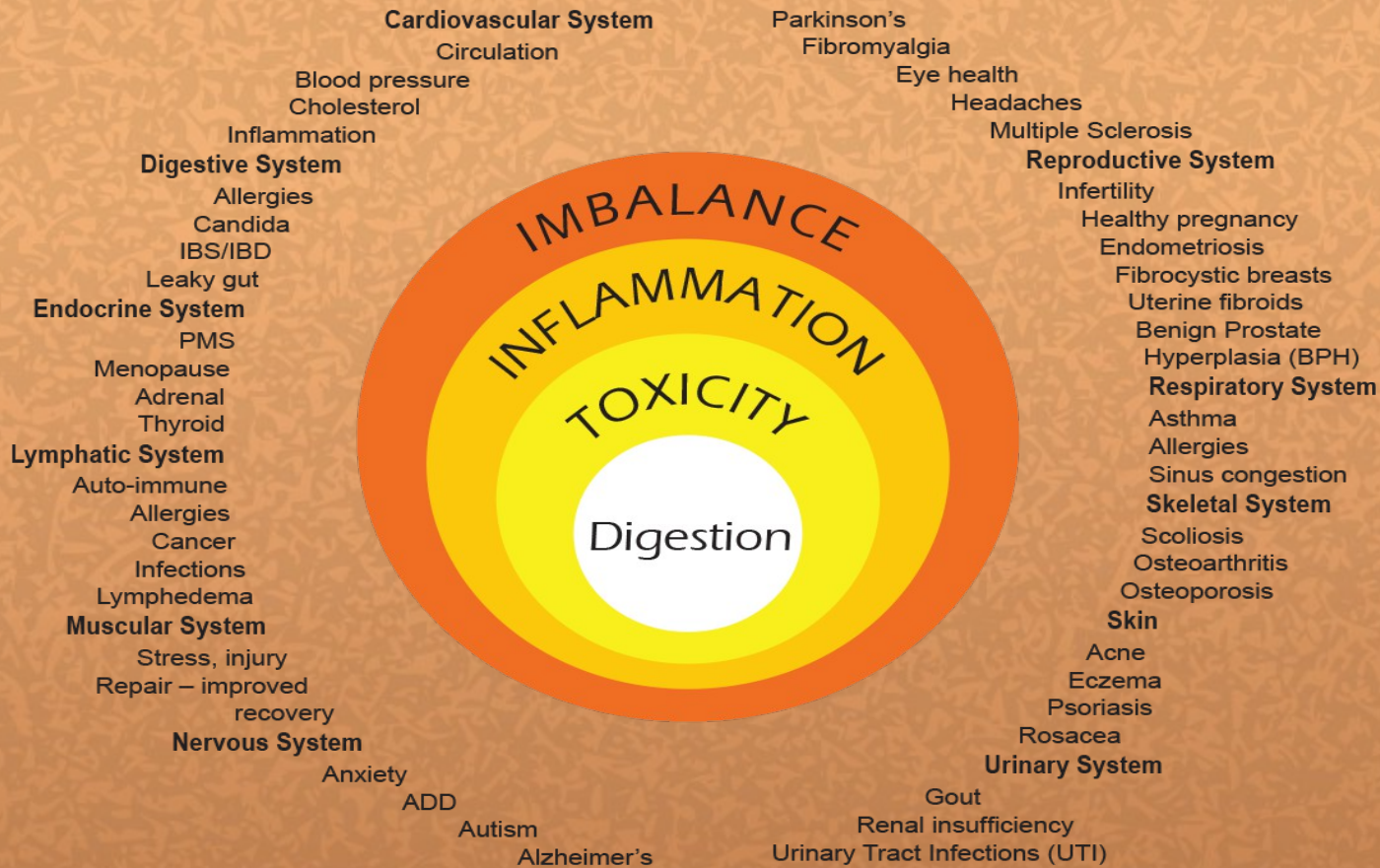
Pyloric Sphincter, Small Intestines

- ↑ Cholecystikinin (CCK) hormone
 - ↑ Pancreas → amylase, lipase, trypsin/chymotrypsin
 - ↑ Gall Bladder → bile
- ↑ Secretin hormone
 - ↑ Pancreas → bicarbonate & water
- Brush Border Enzymes
 - ↑ Peptidases
 - ↑ Maltase, sucrose, lactase, glucosidase
- Imbalance in Microbiome - Bacteria
 - Gas
 - SCFA
 - Inflammation
- **Waste** moves into Large Intestines

Large Intestines / Colon

- Bacteria
- Fiber / water
- **Stool** is eliminated

SIGNS & SYMPTOMS OF TOXICITY



What is Detoxification?

A process that removes toxins from the body:

1. Breaks them down
2. Neutralizes them
3. Flushes them from the body

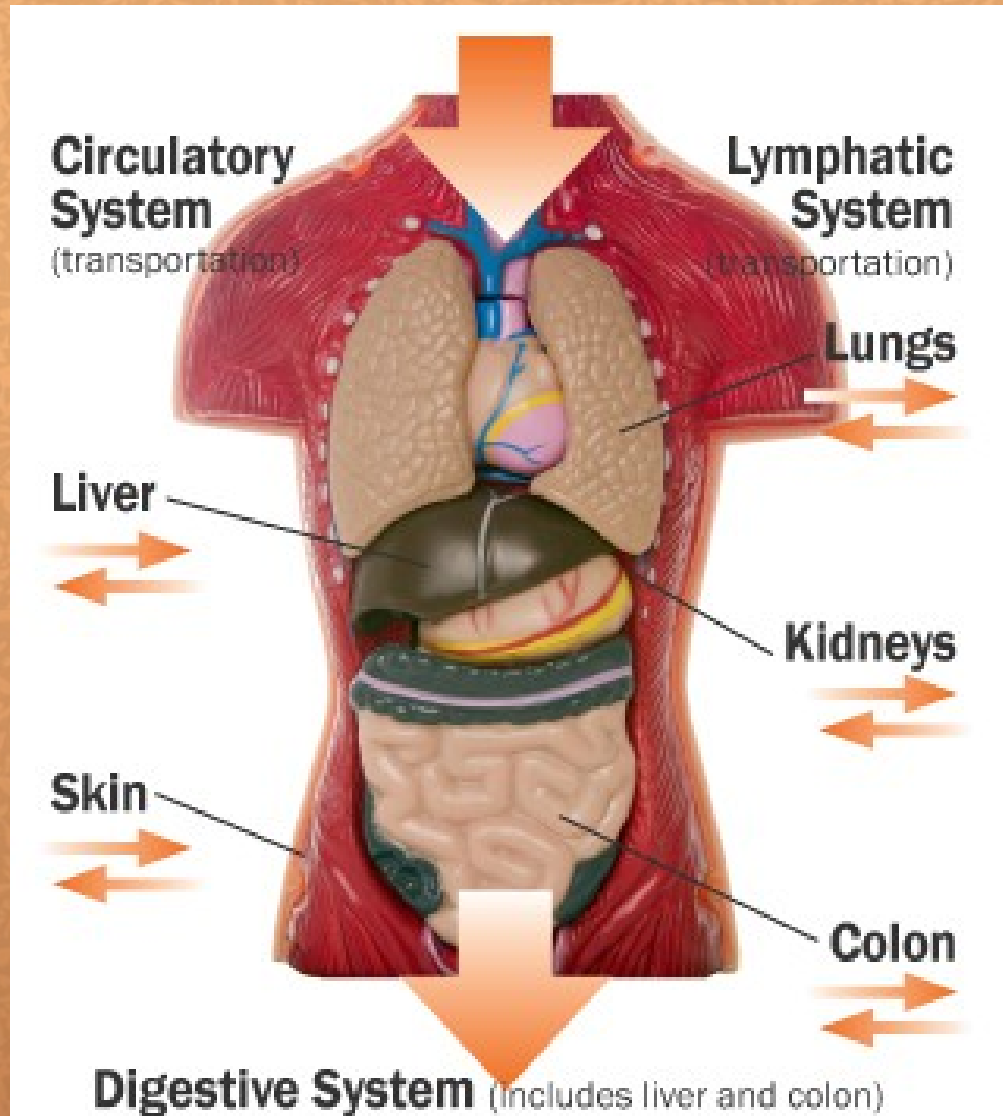
Active – your body is in an active state of detoxification 24 hours a day

Pro-Active – choices and habits you can make to support active detoxification (**pro-tox**)

The Dubious Practice of Detox Debate

- *“If your goal is to detox your system, don’t waste your time or money. Your body is an expert at getting rid of toxins no matter what you eat. Toxins don’t build up in your liver, kidneys, or any other part of your body, and you’re not going to get rid of them with the latest detox wonder. Especially avoid diets that promise to detox your liver with supplements or ‘cleanse’ whatever the diet determines needs washing out.” – misinformed practitioner*
- This may have been true hundreds of years ago, however, our bodies haven’t had the slightest chance to adapt to these new conditions, **because they weren’t designed to deal with the onslaught of man-made chemicals and fake foods in the first place.**

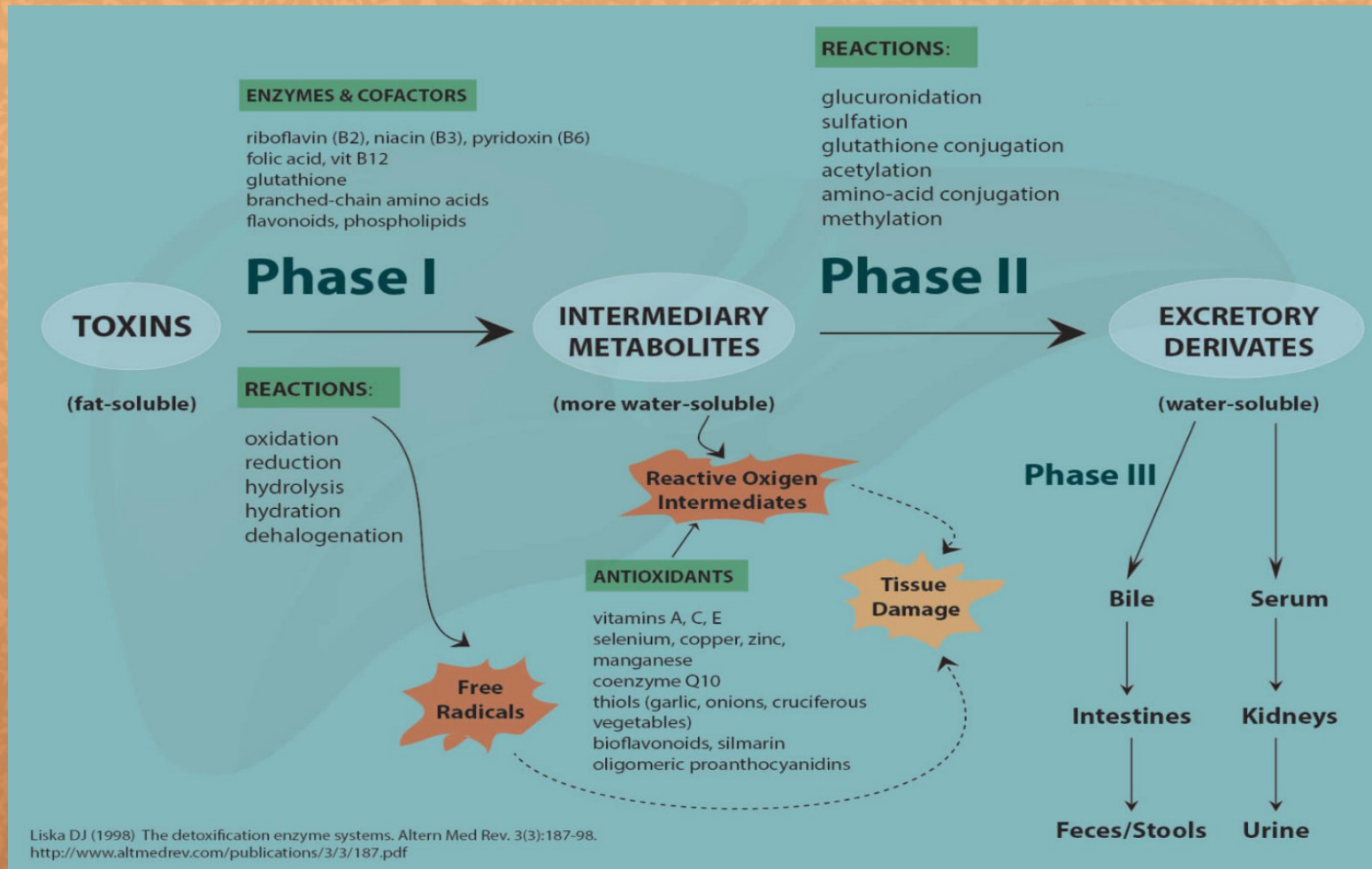
How Does the Body Detoxify?



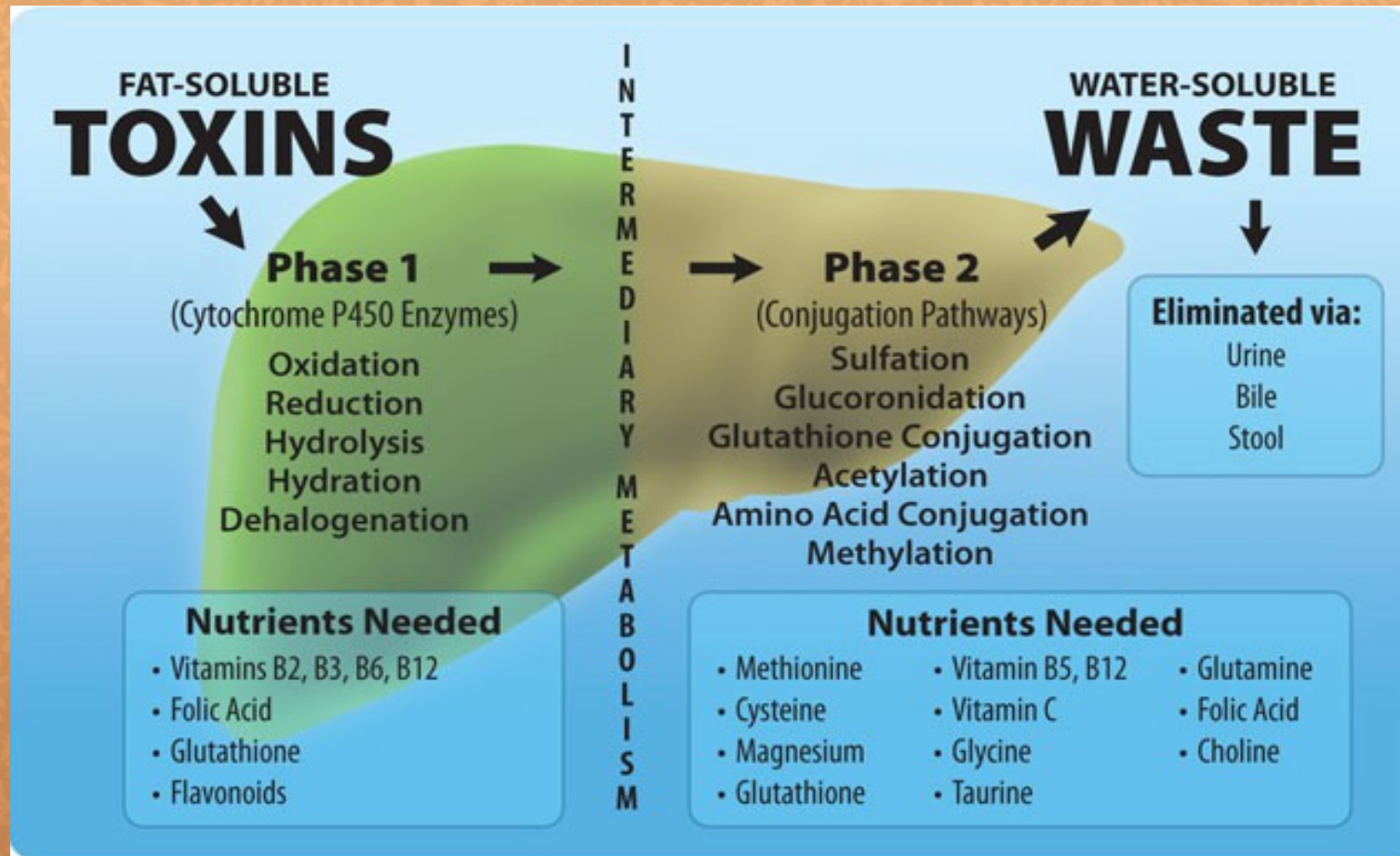
REALITY CHECK

- Constipation is the #1 GI complaint in the US.
- More than 25% of adults and 10% of children in America have fatty liver.
- A healthy lymphatic system requires exercise, hydration, healthy diet, limited exposure to toxins, deep breathing, dry brushing.

How Does The Body Detox?

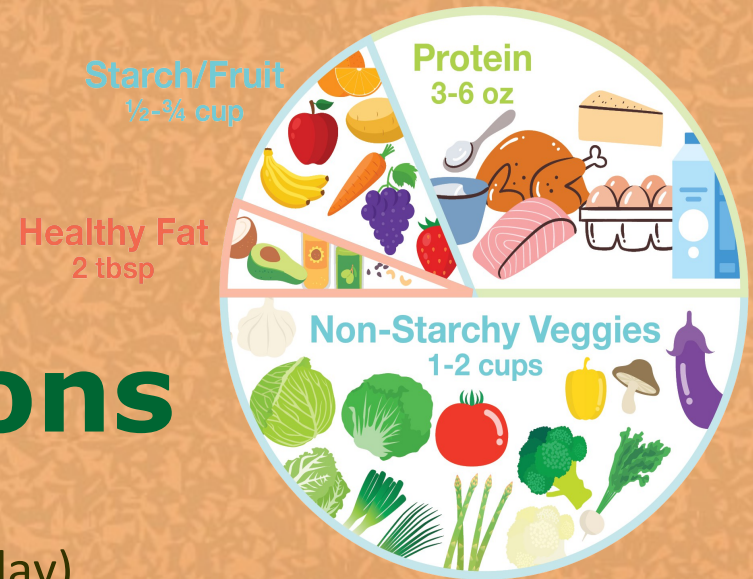


How Does The Body Detox?



DETOX DIET

Nutritional Recommendations



- **Lean clean protein** (minimum 60 gm/day) to ensure maintenance of lean body mass loss of fat stores where toxins are stored. Lack of quality protein, will cause the body to use the muscle as fuel and slow metabolism.
- **Sulfur containing amino acids.** These nutrients are essential for promoting the excretion of toxins through phase 2 support of your detox pathways. Alliums and cruciferous vegetables are primary sources to support this process.
- **Food rich in flavonoids and antioxidants,** fresh fruits and vegetables, ensure better protection for cells from the damaging effects of toxins and free radicals. This also helps cholesterol management along with liver support.

Support Your Digestive System

- A well-functioning digestive system is crucial for detoxifying the body.
- Gut health directly impacts how efficiently you eliminate waste and absorb nutrients.
- *Although food can function as medicine, it is difficult to replete a deficiency with food alone.*
- **Nutrition is only as good as your ability to digest what you are eating.**

Toxicity Starts in the Gut



Cost of Poor Digestion

- Nutrition deficiency
- Cell death
- Dysbiosis
- ↑ burden on pancreas
- ↑ burden on liver
- Leaky Gut
- Dirty terrain
- Dirty receptors

What are you seeing in your Clinic?

- **Digestion**

- Poor diet
- Lack of water
- Constipation
- Gas and bloating



Digestion

Making the connection

- **TOXICITY**

- Headaches
- Fatigue
- Dry skin
- Bad breath
- Disturbed sleep
- Cholesterol imbalances
- Compromised immunity



Making the connection

- **INFLAMMATION**

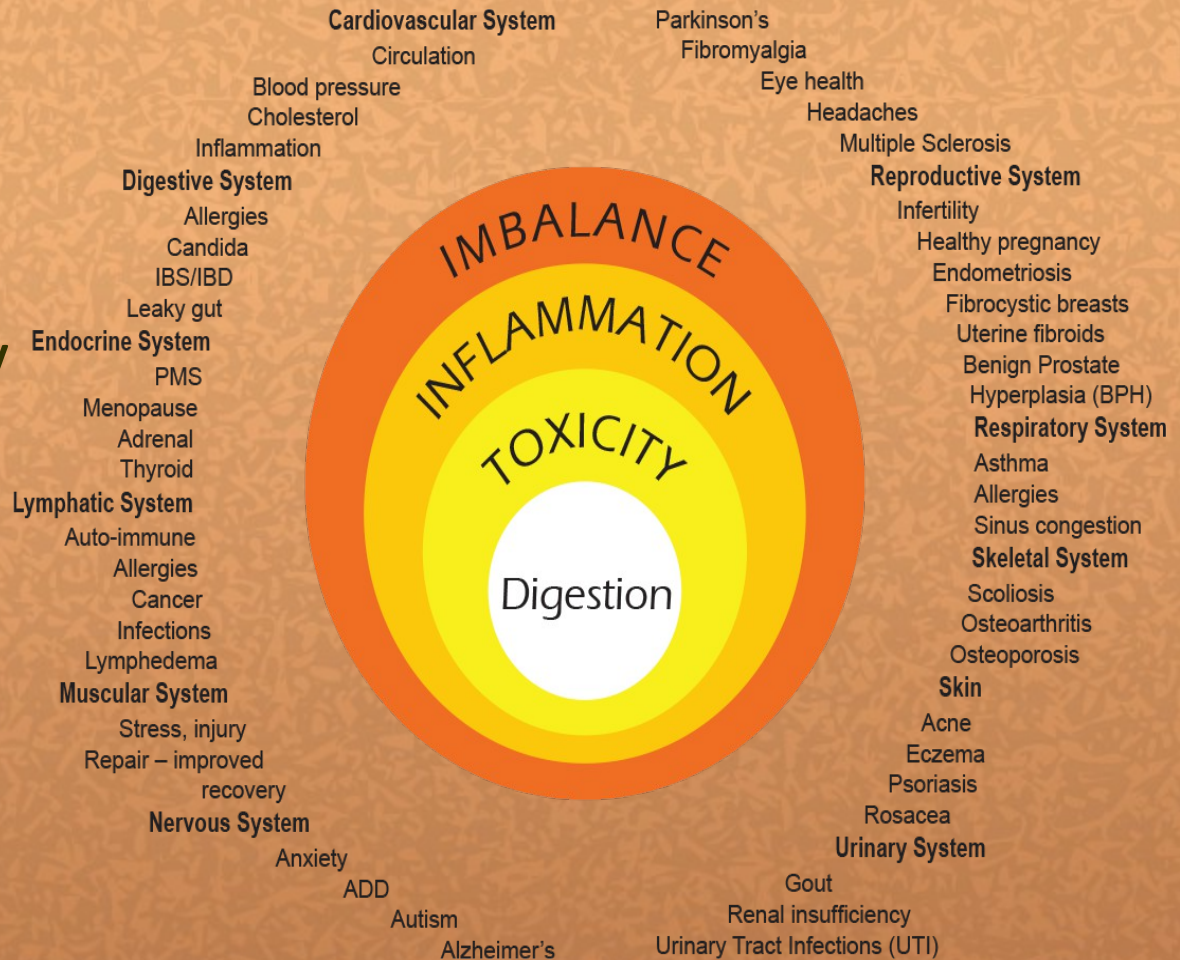
- Inflamed bowels
- Achy joints
- Sinus congestion
- Acid reflux
- Frequent infections



Making the connection

• IMBALANCE

- Food allergies
- Arthritis
- Auto-immunity
- Asthma
- Eczema
- Gout
- MS
- GERD



PRE-TOX BEFORE DETOX

- Many detox plans make one feel worse before feeling better.
- This is due to the body's detoxification pathways being clogged and not adequately prepared for a big flush of heavy metals, cellular waste, and other toxic chemicals.
- The body must be prepped before starting any detox or healing protocol.

Step 1: Minimize Exposure

- **Diet Pro's**

- Organic
- Fiber
- Fermented foods
- Phytonutrients
- Water

- **Diet Con's**

- Sugar / artificial sweeteners
- Processed foods
- Alcohol

- **Exercise**

- Move
- Breathe
- Sweat
- Reduce fat stores

- **Chemical Free Environment**

- All cleaning supplies
- Cookware
- Cosmetics
- Furniture

Transformation's DETOX Solution

Day 1-7

Pretox - Healthy Gut Program

Prepare the body for your detoxification efforts!

- Digestive enzymes
- Probiotics
- Protease enzymes



Day 8-14

Drainage

Assist the body's normal drainage process!

Lymphatic – red root, red clover, prickly ash, stillingia root. All shown to remove toxins and improve circulation and drainage within the lymphatic vessels.

*Use **L-Drain** along with **Digest**, **Protease** and **Probiotic**

*****BACK IN STOCK MARCH 2025*****

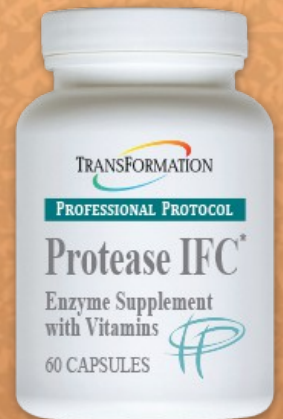
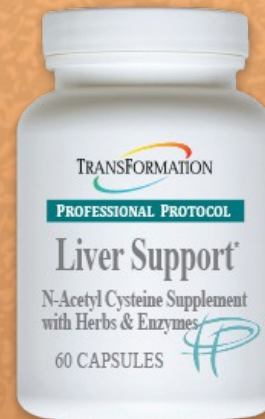


Day 15-21

Detox – your way!

Support your patients' individual needs

- Liver Support
- ReleaseZyme
- Protease IFC



DETOX Program at-a-glance

WEEK 1 – Pretox™

1 cap **Digest** with every meal

2 caps **Protease** 2 x day (am/pm)

1 cap **Probiotic** at bedtime

WEEK 2 – Add drainage support

Continue taking Digest and Probiotic

↑ **Protease** 2 caps 4 x day

1 dropper of **L-Drain** 3 x day

WEEK 3 – Add liver support and address specific needs

Add **Liver Support**, **Protease IFC**, **ReleaseZyme** to the above as needed



DETOXIFICATION

Although the body usually filters impurities from the blood and lymphatic system via the kidneys, liver, colon, lungs, and skin, many lifestyle-associated factors often compromise the function of these organs or impede the process. Detoxification is the ongoing process of removing metabolic by-products and other toxins from the body while replenishing essential nutrients, all in an effort to maintain optimum health. Enzyme nutrition plays a key role in daily detoxification and promotes nutrient availability, the end result being cellular vitality.*

- A digestive enzyme formula with meals will help ensure proper digestion of all nutrients, lessening the toxic load while improving nutrient availability.*
- A support formula to promote optimum liver function by removing embedded toxic materials and supporting the liver's normal regeneration sequence.*
- A support formula to relieve congestion of the interstitium and ensure that the lymphatic system is not clogged to prevent severe detoxification symptoms.*
- A protease formula between meals ensures proper circulation for optimal filtration of blood through the detoxifying organs, assisting in clearing toxins and excess proteins from the system.*
- A probiotic supplement further supports digestion and promotes timely elimination of waste while maintaining a healthy gut environment.*

TPP DIGEST	1 cap	before each meal
TPP LIVER SUPPORT	1 cap	2 x day with food
L-DRAIN	1 dropper	3-4 x day with water
TPP PROTEASE	2 caps	4 x day between meals
TPP PROBIOTIC 42.5	1 cap	in the morning and at bedtime

Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

DIGESTZYME	3 caps	with every meal or snack
TPP LIVER SUPPORT	1 cap	2 x day with food
L-DRAIN	1 dropper	3-4 x day with water
PUREZYME	3 caps	4 x day between meals
PLANTADOPHILUS	3 caps	in the morning and at bedtime

Questions? 1-800-777-1474
email moreinfo@tecenzymes.com
www.transformationenzymes.com



DETOXIFICATION

The main function of our body's detoxification systems is to cleanse toxins from our body and protect against invaders by carrying waste from our tissue to the bloodstream. When initiating a detox protocol, it is important to make sure that all of the detoxification pathways are clear and being supported properly. Transformation™ recommends the following products designed for specific detoxification pathways to best support your patients when expelling impurities from the body. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

LYPOZYME 1 cap with every meal or snack

- Additional lipolytic (lipase) enzymes for those who need extra support for fat digestion with meals.*

GASTROZYME 1 cap with every meal or snack

- A healthy mucosal lining is important when undergoing detoxification to avoid leakage of pathogens and other toxins into the blood stream. This enzyme-delivered herbal formula supports the health and repair of the mucosal lining of the GI tract.*

RELEASEZYME** 3 caps at bedtime

- For those with chronic constipation, this herbal enzyme blend will gently but effectively "jump start" the sluggish colon, taking the burden of bowel toxicity off of the immune system, kidneys, lungs, liver, and skin.*

TPP IMMUNE AV 2 caps daily with food

- Your patients are looking for a simple and effective way to support their immune system. Immune AV contains Vitamin A, Vitamin C, Zinc, and Copper as well as includes herbs and enzymes with antiviral and antibacterial mechanisms.* The synergy of multiple ingredients in one supplement—simple.

TPP PROTEASE IFC 2 caps 3 x day between meals

- This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere on or in the body.*

**ReleaseZyme is intended for short-term use (1-3 months) during the healing process and periodical use afterwards as needed for chronic constipation.

Questions? 1-800-777-1474
email moreinfo@tecenzymes.com
www.transformationenzymes.com



Liver Cleansing

- Antioxidants
 - Selenium, Vitamin A
- Herbs
 - Milk Thistle, Dandelion
- Nutrients
 - N-acetyl cysteine, Choline
- Enzymes

LIVER SUPPORT

Transformation's product
for liver health and
detoxification

Enzyme-delivered herbs and nutrients with antioxidant benefits to promote optimum liver function by removing embedded toxic materials, supporting its normal regeneration sequence, and promoting liver cell generation.

Product Highlights

- Choline transports fat from the liver to the cells
- Selenium protects against cell damage in the liver
- NAC restores glutathione, an antioxidant detoxifier
- Milk Thistle protects the liver against free radicals
- Dandelion is known for its liver-detoxifying properties
- Enzymes for enhanced utilization of ingredients

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Vitamin A (as Vitamin A palmitate)	300 mcg	33%
Choline (as choline bitartrate)	20 mg	4%
Selenium (as selenium citrate)	25 mcg	45%
N-acetyl cysteine	75 mg	†
Milk Thistle seed	50 mg	†
Dandelion root	20 mg	†
Enzyme Blend (Proteases, Pectinase, Lipase, Alpha-Galactosidase, Phytase, Glucoamylase, Peptidase, Cellulase, Hemicellulase)	20 mg	†
† Daily Value not established		
Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water)		

Clinical Applications

- Bowel toxicity / constipation
- Excessive alcohol or drug use
- Liver or lymphatic stress and congestion
- Elevated cholesterol
- Fatty liver
- Support for hormone balance
- Elevated ALT/AST

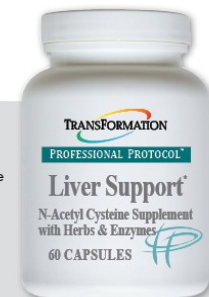
In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.

For Your Information

- The liver plays a vital role in digestion, hormone regulation, and detoxification.
- Selenium is an essential component of various enzymes and proteins called selenoproteins that help to make DNA and reduce serum AST and ALT levels. Choline prevents fatty liver and supports methylation, which creates DNA for nerve signaling and detoxification. N-acetyl cysteine (NAC) increases glutathione concentration and antioxidant production in the liver.
- This formula is well within the RDA allowance for vitamin A and should not cause vitamin A overload at therapeutic dosage.
- It is best to balance the digestive system before initiating a detox. Start with a Healthy Gut Program or pair it with this formula.

Dosage

- Maintenance: 1 capsule daily with food
- Therapeutic: start with 1 capsule 1-2 x day with food and increase as needed
- May take Liver Support for 1 month prior to and/or after other detox protocols
- Suggested maintenance for women: take 1 capsule 2 x day with food for 1 week prior to menses



Colon Health

- Cascara Sagrada
- Psyllium
- Fennel
- Ginger
- Burdock
- Senna
- Goldenseal
- Enzymes

RELEASEZYME

Transformation's product
for chronic constipation

For those with chronic constipation, this enzyme-delivered blend will gently but effectively "jump start" the sluggish colon with herbs known for stimulating peristalsis, absorbing moisture, and providing bulk in the colon.

Product Highlights

- Enzymes for enhanced utilization of ingredients
- Cascara stimulates muscle contractions in the intestines
- Psyllium produces bulk to speed the passage of stool
- Ginger and Fennel speed up stomach emptying
- Burdock brings water into the bowel
- Senna leaf is well known for its laxative effect

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Enzyme proprietary blend	104 mg	†
Phytase	15 FTU	†
Amylase	2,500 IU	†
Protease	3,000 IU	†
Cellulase	400 CU	†
Lipase	100 FIP	†
Cascara Sagrada (bark)	150 mg	†
Psyllium (seed husk)	84 mg	†
Fennel (seed)	30 mg	†
Ginger (rhizome)	30 mg	†
Burdock (root)	10 mg	†
Goldenseal (root)	10 mg	†
Senna (leaf)	10 mg	†
† Daily Value not established		
Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water)		

Clinical Applications

- Chronic constipation (life-long or for a long time)
- Occasional constipation (<1 movement per day and/or hard dry stools)
- Regularity (goal is 2-3 soft, formed stools / day)
- Support of a colon cleanse or detoxification program

In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.

For Your Information

- Supporting regular elimination takes the burden of bowel toxicity off of the immune system, kidneys, lungs, liver, and skin
- Some patients experience minor cramping as the colon muscle is stimulated and retrained
- Diet, lifestyle, and water intake are key to resolving constipation
- Herbs may cause Melanosis coli (benign temporary staining of the colon wall)
- This product does not lead to physical dependency

Dosage

- Maintenance: 1 capsule 3 x day following each meal, or take all three capsules at bedtime
- Therapeutic: 2 capsules after every meal and 3 capsules at bedtime (for 1-2 weeks)
- Long term use is not recommended, only use for 1-3 months to retrain the colon and allow the system to eliminate on its own

NOTICE: This product contains Cascara Sagrada Bark and Senna Leaf. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada Bark and Senna Leaf may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

⚠ WARNING: This product contains Goldenseal root powder a chemical known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov

⚠ WARNING: Lead - Cancer and Reproductive Harm - www.P65Warnings.ca.gov

This product has been identified as containing naturally-occurring lead that exceeds California Proposition 65 lead levels when dosing more than five capsules per day.



Antioxidants for Detox Support

- Curcumin
- Vitamin C, A, D, E
- Glutathione
- Alpha Lipoic Acid
- Garlic
- CoQ10
- Selenium, Copper, Zinc
- B Vitamins
- Enzymes

PROTEASE IFC

Transformation's antioxidant and enzyme product for inflammatory control

This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere on or in the body. This product is ideal for muscle aches, pains, injuries, and stiff joints as well as to promote cardiac health and is applicable for any other inflammatory conditions.

Product Highlights

- Antioxidants (A, C, E, Se, Zn) plus antioxidant blend to combat damage from oxidative stress, modulate the immune system, and reduce inflammation
- Over 300,00 HUT of protease activity emphasizing bromelain and papain for inflammation
- Rutin, Quercetin, Turmeric, and Hesperidin are well known for their anti-inflammatory properties

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Vitamin A (100% as beta carotene)	2,370 mcg (7,700 IU)	263%
Vitamin E (as magnetic tocopherol)	9 mg	100%
Vitamin E (as d-alpha-tocopheryl succinate)	1.3 mg (2 IU)	9%
Zinc (as zinc citrate)	0.5 mg	5%
Selenium (as selenium citrate)	16 mcg	29%
Trypsin SM Protease Blend (acid, neutral, alkaline, amyl/endo proteases, bromelain, papain) (2,800,000 HUT [†] + 65,400 HUT)		
Trypsin SM Amino-Bleeds (Kelp, Irish moss, Rutin, Grape seed extract, Quercetin, Alpha-lipoic acid, Citrus bioflavonoid complex, Rose hips (fruit), Hesperidin complex, Turmeric (fruit), Asian ginseng (root), Eleuthero (root), Ginkgo biloba leaf extract, L-glutathione, CoQ10, Ginkgo biloba leaf, Green tea extract, Catalase, Flaxseed, Lutein, SOD)	253 mg	†
† Daily Value not established		
Other Ingredients: Vegetable Capsule (Hydroxypropylcellulose, Water), Calcium Citrate		

For Your Information

- This formula is applicable to everyone, as inflammation is a common denominator in nearly all illnesses and disease
- This product is very well tolerated
- Beta carotene (Vitamin A) toxicity is rare – research suggests caution with long-term intake greater than 10 times of the RDA
- Reduced recovery time (post-surgery and post-injury) when combining Protease IFC with RepairZyme in equal amounts
- We advise discontinue taking Protease IFC 24-48 hours prior to surgery and resume 24 hours post-surgery

Dosage

- Maintenance dose: 1 capsule 3 x day on an empty stomach in conjunction with the basic protocol
- Chronic inflammation: 3 capsules 3 x day
- Acute injury: 3-5 capsules 4-5 x day

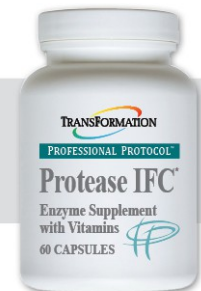
WARNING: Lead - Cancer and Reproductive Harm - www.P65Warnings.ca.gov

This product has been identified as containing naturally-occurring lead that exceeds California Proposition 65 lead levels when dosing more than two capsules per day.

Clinical Applications

- Prevention, wellness, and anti-aging
- Auto-immune
- Sore muscles after exercise or sports activities
- Recovery post-surgery and post-injury
- Cardiovascular health
- Skin disorders
- Inflammatory bowel disorders

In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.



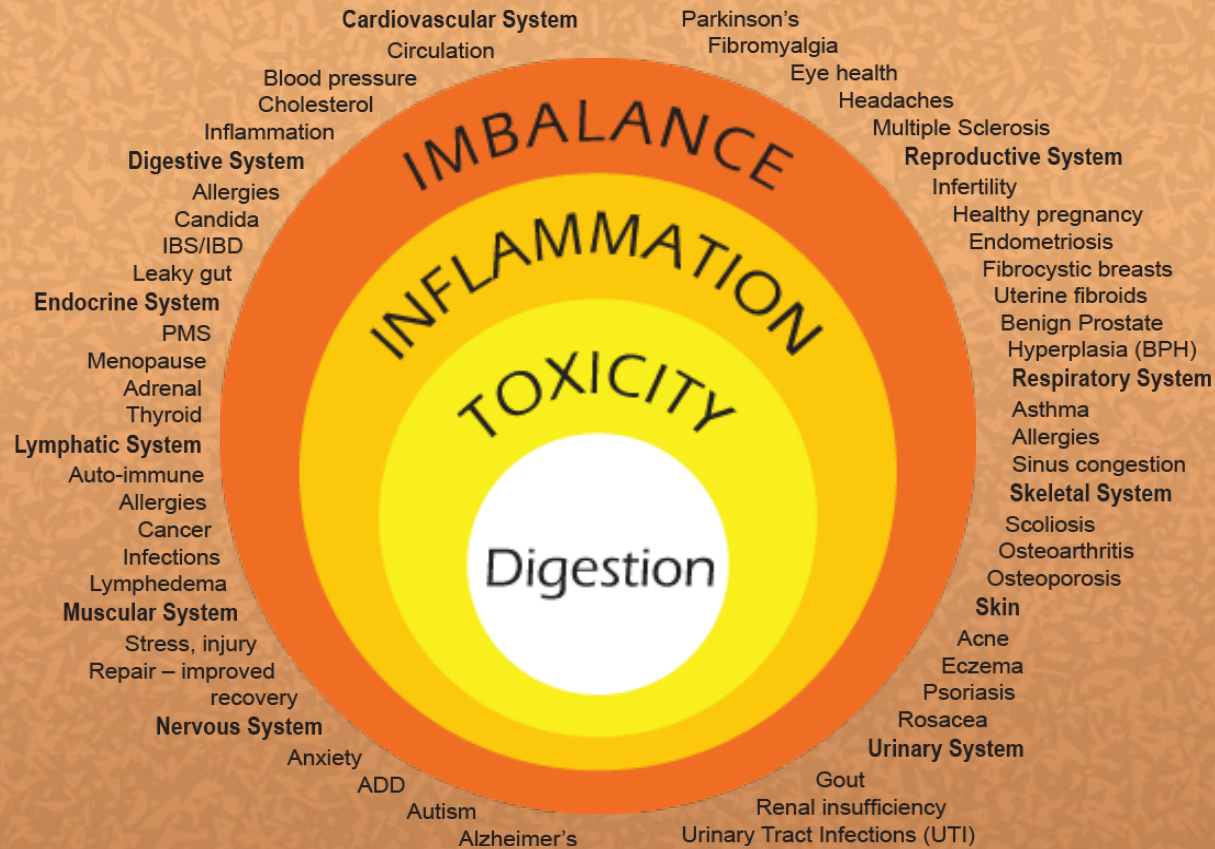
The Power Of Protease for Detox

- Proteolytic enzymes may be important components of overall antioxidant defenses because they can act to ameliorate the consequences of oxidative damage.
- Protease can decrease CRP and Fibrinogen and other acute phase reactants which have been correlated with pain and inflammation.
- Proteolytic enzymes such as bromelain and papain are essential regulators and modulators of the inflammatory response.
- Proteolytic enzymes degrade pathogenic complexes that can inhibit normal immune function when they occur in excess and cause disease.
- Evidence suggests that proteolytic enzymes can break up existing pathogenic immune complexes and even prevent their formation in the first place, enhancing lymphatic drainage.
- The bottom line of these actions is a regulatory or stimulatory effect on the immune system which will impact inflammatory markers.

PROTEASE & THE TERRAIN

- A diseased, acidic, low-oxygen cellular environment is created by a toxic/nutrient deficient diet, toxic emotions, and a toxic lifestyle which affects the extracellular matrix that makes up our terrain.
- Our internal environment and its elements are responsible for the diseases. Disease occurs to a large extent as a function of biology and as a result of changes that take place when metabolic processes become imbalanced.
- Germs then become symptoms that stimulate the occurrence of more symptoms, which eventually culminate into disease. A weak terrain is naturally more vulnerable to external threats, so it needs to be built up through nutrition, detoxification, and by maintaining a proper pH or acid/alkaline balance.
- Proteolytic enzymes support our terrain by decreasing inflammation, increasing blood rheology, and supporting the elimination of toxicity found in a congested extracellular matrix.

System Disruption Starts in the Gut



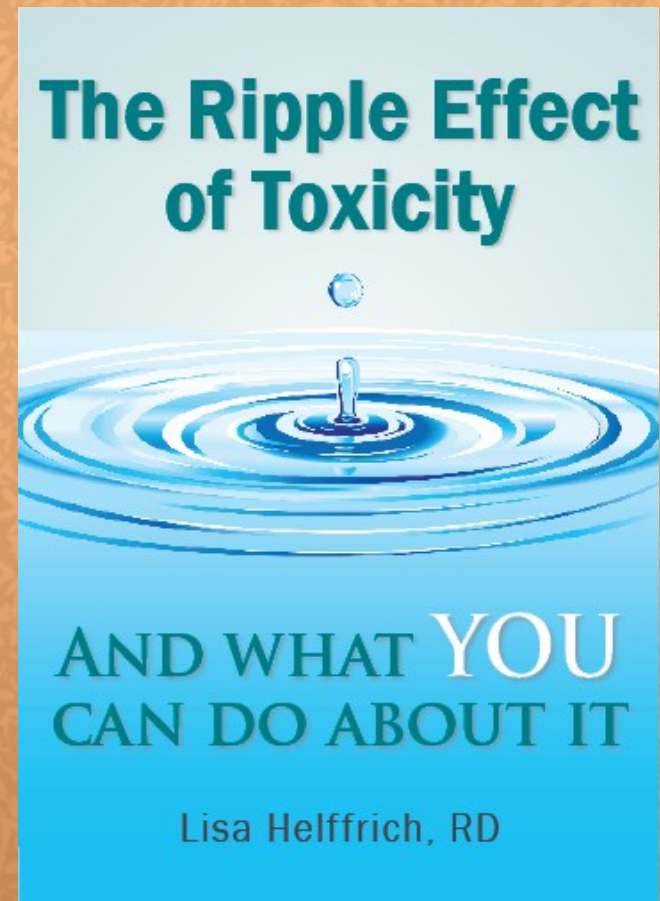
Results in the Clinic

- Digestive health
- Colon health
- Liver health
- Lung health
- Skin health
- Kidney health
- Lymphatic health

“Give the body the nutrients it needs,
clear away the waste
and allow the body to manage
its resources.”



Read more about diet, lifestyle, and healthy detoxification in our free ebook, available with this webinar at mycliniciantoolbox.com



Plus download our
detox instructional
handout to share with
your patients, available
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TAKE OUT THE TRASH!

Tips for Clearing Toxicity from the Body

by Lisa Helffrich Hudson, RD, LD

Toxins are anything that interferes with our body's ability to function optimally and remain healthy. They are stored in the body's tissues and fat cells. As your body goes through its normal activities, it is important to make sure you support the filtering and elimination of these toxins.

If you clean out your closet, you don't just leave the items you're getting rid of in your bedroom or hallway. You bag them up and put them on the curb or take them to a donation center, right? The same holds true in your body. You want to be sure the toxins from the cells and tissues are completely removed from the body. Otherwise, these materials may simply create congestion in other areas of the body. This is often what people experience if they feel sluggish during a detox program. Thus, it is important to make sure your liver, kidneys, and colon are being given enough support to handle the load effectively.

WHAT IS DETOXIFICATION?

Cleansing or purification as a way of ridding the body of harmful toxins has been used for thousands of years as part of our rituals for health and well-being.

The premise of body cleansing is based on the ancient Egyptian and Greek idea of autointoxication, in which food consumed can putrefy and produce toxins that harm the body. A more recent term—detoxification—is a process that promotes optimum health and wellness by removing toxins from the body and replenishing essential nutrients. It involves eliminating, neutralizing, and/or cleansing them from the body.

We do regular maintenance on our cars, cleaning the filters and changing the fluids so the engine runs better. The body is really not that much different. Cleaning our filters and fluids will help the body run more efficiently and feel better too.

HOW THE BODY DETOXIFIES

The body has a very sophisticated system of filters and exhausts that continually remove toxins from the body's tissues and fluids and eliminate them from the body.

The lymphatic vessels run parallel to and interact with the circulatory system traveling throughout the entire body. Blood is constantly pumping through our lungs, liver, kidneys, and GI tract, reabsorbing nutrients and filtering out impurities. The waste is collected in our bladder and colon to be eliminated on a regular basis. Last but not least, the skin is our largest detoxifying organ that can absorb as well as excrete toxins.

A healthy detoxifying system will filter impurities from the blood and lymphatic system in a timely manner. Oftentimes, however, our diet as well as modern lifestyle habits influence this system and put additional demands on the body. When you look at the various sources of toxicity in our food supply and environment, it is easy to see how the body may need extra support.

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