

Date: 15th June 2006

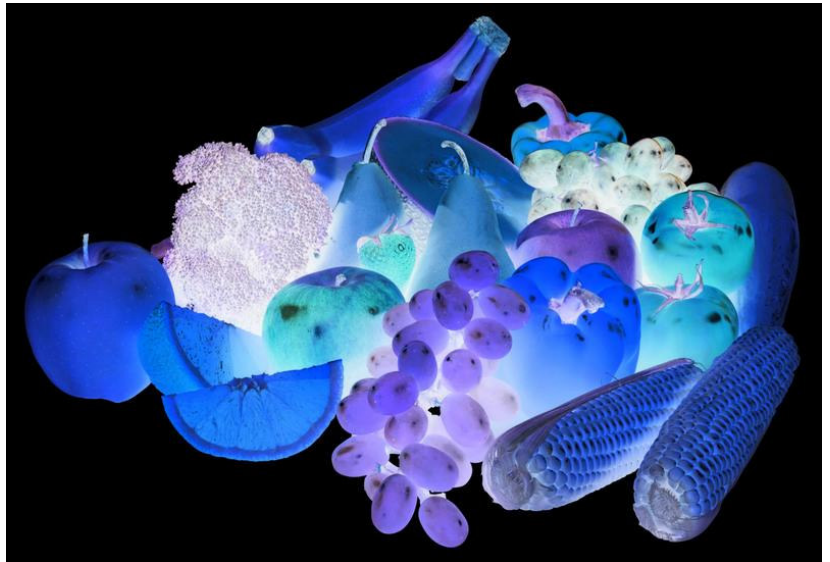
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Toxins in our Daily Life

Many of us always blame pollution or bad environmental condition for our bad health. Besides pollution and environmental condition being one of the reasons that can cause damage to our body; we should also be aware of the food we eat, which may contain **Toxins**, and harm our body.

In fact, many of the daily products and foods, such as fresh milk, fruit and rice, that we thought is healthy, and use in our life are likely to contain toxic and carcinogenic elements; these elements penetrate into our life through food processing, preservative process, pesticide, and spray of antioxidant...etc.

Tens and thousands of chemicals enter into our food and ultimately into our body in the form of fertilizers, pesticides, hormones, anti-biotics, solvents, emulsifiers and preservatives, for the purpose of storage and food processing.



Toxins in Food

A **toxin** is any substance that has a detrimental effect on cell function or structure on contact or absorption with body tissue by interacting with biological macromolecules such as enzymes or cellular receptors. (*Toxins in Food System*)

The toxins that easily to contact with our daily life include **heavy metals** (lead, mercury and nickel); **chemical toxins** (prescription drug residues, alcohol and tobacco); **microbial compounds** (bacteria and yeast); and **industrial compounds** (solvents, pesticides, and herbicides).

There are various harmful effects caused by using toxic substances in our daily life; toxins cause various problems, which could be very minor to deadly.

The Effect of Toxin Accumulation

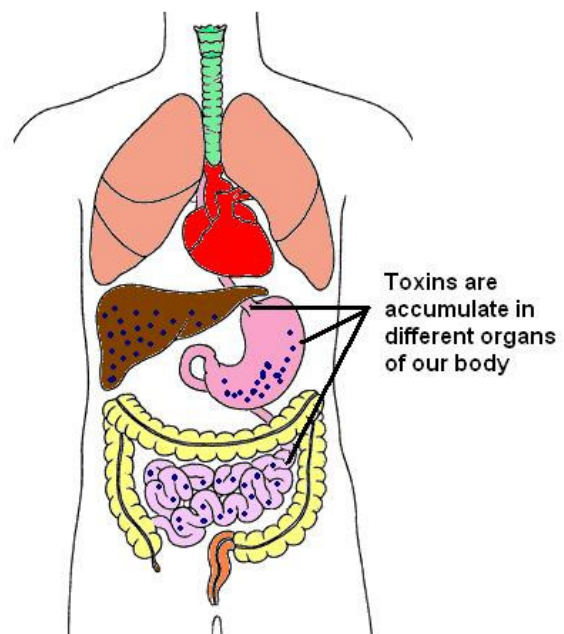
Toxins get accumulated in our body through our everyday activities, and they stay in our body from several hours to a lifetime. The length of stay varies for different individuals, which highly depends on the kind and amount of toxin absorbed, the location they are stored, our metabolism rate, and general health condition.

There are many sources of toxins, including natural toxins from **plants** and **animals**, especially marine form of animals; **Canned food**, also contains toxins, especially on home canning and improper handling of canned food; **Pesticides** that have been widely used to protect plants against pests; **Processed Food** with chemicals; **Additives**; **Colorings** in soft drinks, jams, can dried cherries, candies, chips, bread, sauces and gravy brownings; and **Preservatives** for longer storage period in marinated fish, fruit-based fillings, bacon, ham, cured meats, corned beef and some cheeses; and **Sweeteners** for most snacks.

The toxins damage the organs and their functions. The symptoms of toxin accumulation include headaches, facial eruptions, birth defects, still-births, sterility, early fetal deaths, kidney problems, etc. In some cases, it can even lead to cancer.

The Liver takes the maximum brunt of the toxins. It is therefore, important to take good care of the Liver.

A good and definite choice of Natural supplement that can help in protecting the liver against toxins would be Vital Impact's **LIVER 2000**.



The Importance of Detoxifying Agent

There are several herbs that are known to have **detoxifying properties** such as **garlic, echinacea, dandelion root, cayenne, ginger, licorice root, and goldenseal**. There are also supplements with anti-oxidant properties like **vitamins A, C and E**.

It is essential to use detoxifying agents to prevent toxins from causing damages to our body.

Furthermore, detoxifying agents can help improve digestion, enhance the immune system and resist infection.

It may also prevent illness, improve blood circulation, promote healthy skin and improve mood and sense of well-being.



Many detoxifying herbs are used in Vital Impact dietary supplements.

It is better to be selective about the food you eat, and preferably eat organic and natural foods. This is a positive step towards well-being.