

Examples of Potential Daily Toxin Intake

Let's assume your body can handle only one million toxins every twenty-four hours before it's overloaded. Every twenty-four hour period, you may consume the following amounts of toxins:

Toxins from Food: 325,000

White flour, sugar in desserts, hormones and antibiotics, soy, pesticides, genetically modified foods, MSG, hydrogenated oils, fast foods and cooked, boxed, canned, processed foods, etc.

Toxins from Beverages: 160,000

Pasteurized milk, soft drinks, diet colas, "energy" (highly caffeinated) drinks, sports drinks, juice concentrates, coffee, alcohol, refined sugars, artificial sweeteners, artificial coloring, etc.

Toxins from Air: 200,000

Fossil fuels, benzene, smoke, chemtrail residue, paint fumes, carpet out-gassing, pet dander, mold and mildew, dust mites, air fresheners, cleaning supplies, etc.

Toxins from Water: 150,000

Arsenic, fluoride, chlorine, prescription drug residue, pesticides, rocket fuel (perchlorate), Bisphenol-A (toxin used in making plastic water bottles), C8 (the chemical used to make Teflon^{®11}), bacteria, parasites, etc.

Toxins from Prescription Drugs: 180,000

Aluminum, mercury, aspartame, chemotherapy, left-over animal parts from meat processing plants, synthetic chemicals, liver toxic glues, fillers, binders, artificial colorings, spermicides, synthetic hormones, vaccines, etc.

Toxins from Microbes (Parasites): 525,000

Bacteria, yeast, fungus, worms, amoebas, and viruses all feed off a host organism (you, in this case). These organisms consume your vital nutrients and

then deposit waste matter (massive amounts of harmful acids and toxins) in your system.

Toxins from Physical / Emotional Stress: 200,000

Depression, anxiety, fear, and other negative emotions cause the body to over-produce stress hormones and other compounds to fight these conditions. This is dangerous because the body damages itself in the process.

Toxins from Heavy Metals: 130,000

Cookware, deodorant, chemically poisoned fish, mercury dental fillings, cosmetics, aluminum cans, food, water, light bulbs, many herbal supplements, toothpaste, vaccines, household and automobile paints, etc.

Toxins from Radiation: (Causes Cell Damage and Death): 230,000

Microwave cooking, X-rays, fault lines (geopathic stress), power lines, cell phones, computers, household appliances, fluorescent lighting, hair dryers, irradiated foods, etc.

Total: 2,100,000 toxins every 24 hours—more than twice what I've proposed as a maximum tolerance. This may seem like an enormous number of toxins, but a single bag of a synthetic sugar substitute can contain over ten thousand toxic molecules in the form of artificial ingredients. I will describe each type of toxin in greater detail in the second part of the book and I'll tell you exactly how to either replace or eliminate these toxic substances from your diet and environment.

If your body can handle only one million toxins, but you are exposed to over two million toxins each day, your body is losing vital energy all the time from trying to detoxify and flush out these substances.

Taken from the *Green Body Cleanse* by Dr. Edward F. Group III, DC, NP, DACBN, DABFM pages 21-23

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