

DETOX
YOUR BODY
IN 30 DAYS

PUREHEALTH®
RESEARCH

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by

PUREHEALTH®
RESEARCH

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INTRODUCTION

There are far more toxins in the environment than you might realize, and they could be damaging your health. The human body is remarkable, and it works to remove toxins over time. Repeated and prolonged exposure to toxins can cause health problems. It could mean that your body is always battling with toxins.

Avoid toxins whenever you can. Reducing exposure will help to lower the number of toxins in your body. This can help you become healthier, feel better, and have more energy. In this book, we will be looking at how you can reduce your exposure to all of the toxins in the world so you can detox your body in 30 days.

REDUCING TOXIN EXPOSURE

By making some relatively small and cost-effective changes to your lifestyle, you can help your body with its detoxing duties. In this report, you will find some of the simple ways that you can start to reduce exposure and detox in a short time.



A close-up photograph of a blue plastic pitcher pouring clear water into a clear glass. The water is captured in mid-pour, creating a dynamic splash and bubbles within the glass. The background is a soft, out-of-focus light blue.

TIP #1
FILTER YOUR WATER

TIP #1

FILTER YOUR WATER



Safe water is essential. Many people take for granted the water they have in their homes for bathing, washing, and drinking. However, your water might be exposing your family and yourself to harmful contaminants¹.

One of the ways to prevent this from happening is to **use water filters for the home**. With the government removing bans on toxic chemicals that have been known to cause health problems, the need for proper water filters is more important than ever².

You may want to choose whole house water filters, that will ensure that all of the water that you use has been filtered, and not just the drinking water.



The background of the entire image is a close-up, high-angle shot of several crushed clear plastic bottles. The bottles are crumpled and flattened, with their blue-tinted screw caps visible. The lighting is bright, creating strong highlights and shadows on the crinkled plastic surfaces. A semi-transparent white horizontal band runs across the middle of the image, serving as a backdrop for the text.

TIP #2
**STOP USING PLASTIC
BOTTLES**

TIP #2

STOP USING PLASTIC BOTTLES

Unfortunately, most products, including your food and beverages are contained in plastic. However, there could be a danger to using these bottles. A study from the Harvard School of Public Health found that exposure to the bisphenol A (BPA) could have harmful effects on your health. Those who were drinking from these bottles had a two-thirds increase in the amount of BPA in their urine³.

Research has also shown that BPA-free bottles, which were thought to be a solution, could also be harmful to health. A study published in the journal *Current Biology* found that in mice, the BPA-free material could reduce sperm count and cause eggs to be less viable⁴.



A close-up photograph of a person's hands being washed under a stream of water from a modern, chrome faucet. The person is wearing a dark blue tank top and a black wristwatch on their left wrist. The water is splashing, creating a dynamic scene. The background is slightly blurred, showing a kitchen setting with a stainless steel sink and a dark countertop. A semi-transparent white rectangular box is overlaid in the center of the image, containing the text.

TIP #3
WASH HANDS
BEFORE EATING

TIP #3

WASH HANDS BEFORE EATING

Washing your hands before you eat is about more than just making sure that you are not ingesting germs or viruses. **It also helps to remove any phthalates** that could be on your hands.



Phthalates are chemicals that are used in plastics. Some are used as dissolving agents. They are found in many different types of products including detergents, lubricating oils, raincoats, soap, hairspray, shampoo, nail polish, and more. It is unknown how dangerous phthalates can be, and the Centers for Disease Control and Prevention feel that more research is needed to determine the health effects on humans⁵.

Washing hands before eating can help to remove phthalates and other chemicals that could be on the hands. It ensures that they do not get onto your food and ingested.



A white, modern, sculptural air purifier with a palm plant on top, next to a potted plant on a wooden floor. The air purifier has a tall, rectangular body with a wavy top and a star-shaped base. A large, green palm frond is positioned over the top of the unit. To the right, a potted plant with long, thin leaves sits in a white, ribbed pot. The entire scene is set on a light-colored wooden floor.

TIP #4
USE AIR FILTERS
IN THE HOME

TIP #4

USE AIR FILTERS IN THE HOME

Think about all of the different ways that air enters your home. **It comes through the HVAC system of your house and bringing toxins in along with it.** You and your family breathe in these toxins around the clock. Therefore, you will want to make sure that you have quality air filters on your property, and that you mark your calendar and change out those filters as needed. This will ensure that they are doing their job properly.

A study from 2015 that was published in Lung India, an official publication of the Indian Chest Society, found that **indoor air filtration could help to improve health.** The use of HEPA filters, which were traditionally used in hospitals, could greatly improve the quality of air in the home⁶. They can help to improve respiratory health and vastly reduce the number of toxins and particulates that enter the property.



A close-up photograph of a person's forearm and a clenched fist. The fist is positioned as if about to smash down on a pile of cigarettes lying on a light-colored surface. The background is a plain, light gray.

TIP #5
STOP SMOKING

TIP #5

STOP SMOKING



Everyone is aware that smoking is harmful to their health, and those who inhale secondhand smoke. However, many people still light up, not truly realizing just how many toxins they are pumping into their bodies. Exposure to tobacco smoke can cause **immediate damage**⁷.

Tobacco smoke has more than 7,000 chemicals, and more than 250 of them have been shown to be **harmful**. These include ammonia, carbon monoxide, and hydrogen cyanide. Many of the chemicals are known to cause cancer⁸. It also reduces oxygen and nutrient delivery to your cells while they struggle to deal with the tsunami of toxins. This diminishes your body's ability to conduct normal day-to-day duties. This inefficiency eventually takes a significant toll on your health.



TIP #6
**CHANGE CLEANING
PRODUCTS**

SUSTAINABLE
PRODUCTS

TIP #6

CHANGE CLEANING PRODUCTS

Cleaning products are riddled with harsh chemicals that raises your toxic load. A study published in the International Journal of Occupational and Environmental Health in 2014 found that chemicals in fragrances, glycol ethers, solvents, surfactants, and detergents could **cause irritation and damage to the eyes and skin⁹.**

This is a great time to switch your chemicals for natural plant-based products that are eco-friendly, biodegradable, and healthier for you. Good old fashioned vinegar and baking soda, like grandma used, are fabulous choices for housecleaning. Even salt water is better than handsanitizers against germs. Consider opting for **organic cleaning options** or make cleaning products yourself using safe household ingredients.



A close-up photograph of a brass mortar and pestle filled with fresh lavender flowers. In the background, a glass bottle with a wooden cap, containing a purple liquid, is visible. The scene is set on a wooden surface, and the overall lighting is warm and soft.

TIP #7
**GET RID OF AIR
FRESHENERS**

TIP #7

GET RID OF AIR FRESHENERS

Instead of reaching for air fresheners, you can instead take other actions. You will want to try to find the source of the odor and eliminate it or find ways to prevent it.



Many people have air fresheners in their cars and their homes. They might be manual sprays, hanging air fresheners for the car mirror, or fresheners that plug into an outlet to provide constant scents or on a spray timer. Even though these are commonly used, it does not mean that they are safe. The National Resources Defense Council created a report that discussed the dangers that these can present¹⁰. **Fragrances can cause brain cell damage or expose you to a bottomless pit of harmful stuff.** These can lead to headaches, sensitivities, rashes, and more. It's believed that strong odors, even when pleasant, can cause a person's blood vessels to swell and dilate, which can stimulate the nerve system associated with head pain.

- You can open a window or a door, use fresh or dried flowers to create a floral scent, or use natural scents of herbs and spices.
- Put a box of baking soda in the refrigerator.
- Add coffee grounds to the trash to mask odors.
- Grind up half of a lemon and put it into the garbage disposal.
- Use an essential oil vaporizer.

As you can see, there are plenty of ways that you can improve the scent of your home without using products filled with toxins.



A smiling woman with short blonde hair is mopping a light-colored wooden floor in a bright, modern living room. She is wearing a blue t-shirt, a plaid shirt, and a pink skirt. The background shows a beige sofa and a wooden coffee table.

TIP #8
DUST, MOP
AND VACUUM

TIP #8

DUST, MOP AND VACUUM

Sometimes, toxic substances can be tracked into the home. There could be pesticides, lead, and other toxins in the dust that accumulates. Regular dusting has the potential to throw these particles into the air, where there will be a risk of breathing them into the body. Rather than regular dusting or dry mopping, **make it a point to use a wet mop or a wet cloth to clean flat surfaces and floors.**

Vacuuming, mopping, and dusting regularly can reduce the number of toxins and irritants in the home. You may want to consider getting a vacuum that has a HEPA filter. Taking off your shoes before entering the house can also help to reduce the number of toxins that enter your home.

A 1995 study found that many children who were living on farms could be exposed to pesticides even if they were not engaged in agricultural activities. This shows how easy it is for contaminants to spread and for you to carry it home¹¹.



A close-up photograph of a woman with short, wavy blonde hair and blue eyes. She is looking directly at the camera with a slight smile. She is wearing a white top. In the lower portion of the image, she is holding a white tube of cream in her right hand and applying a small amount of the cream to her left hand. The background is softly blurred, showing some greenery.

TIP #9
PERSONAL CARE
PRODUCTS

TIP #9

PERSONAL CARE PRODUCTS



You should always be wary of what you are buying when it comes to personal care products. **Read the labels and find out what each of the products contains.**

Chemicals and contaminants linked to cancer and other healthy issues are found in many everyday products, including your personal care products. Some of the types of dangerous chemicals found in these products include formaldehyde, mercury, and isobutyl and isopropyl parabens. Formaldehyde is a carcinogen, mercury causes damage to the kidneys and the nervous system, and the parabens are linked to hormone disruption¹².



TIP #10

**BE AWARE OF WHAT YOU
BUY AND WHAT YOU BRING
INTO THE HOUSE**

TIP #10

BE AWARE OF WHAT YOU BUY AND WHAT YOU BRING INTO THE HOUSE

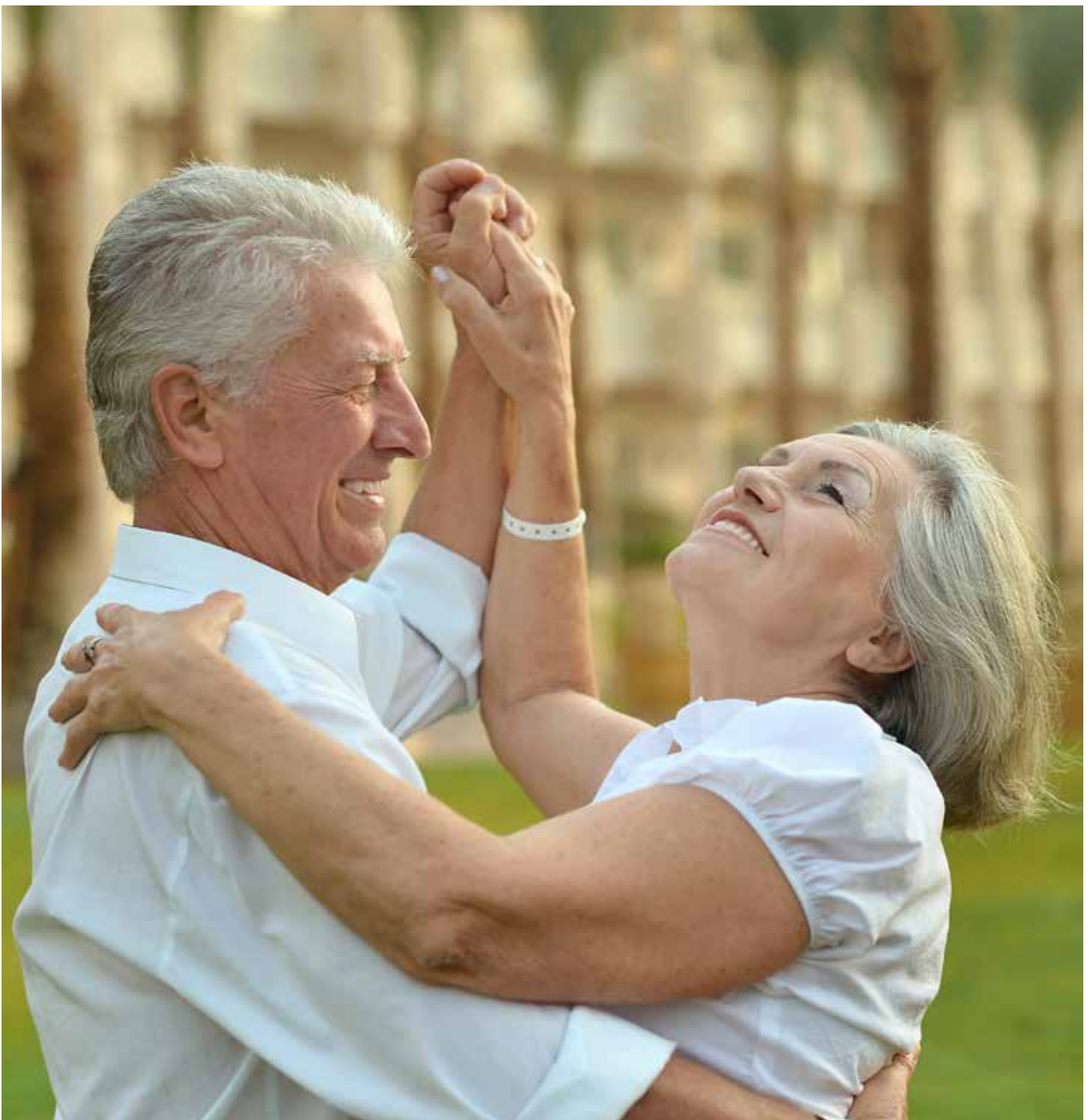
Being more aware of the products that you are buying and what chemicals and toxins they contain is essential if you want to detox your body. With *increased awareness*, it makes it easier to make those small lifestyle changes listed in the report above. This will help you to reduce the amount of toxin exposure you have, which could **lead to a healthier, more energetic, and happier life.**



CONCLUSION

It's true that toxins are everywhere and that they can cause health problems. However, when you follow the simple tips in this report, you will find that it becomes possible to limit your exposure so your body can detox.

By implementing a few simple changes, you can help to reduce the risk that toxins present. **Within about 30 days, these changes can lower your toxin levels, which could help you to be healthier and to feel better.** Never underestimate just how problematic toxins can be.



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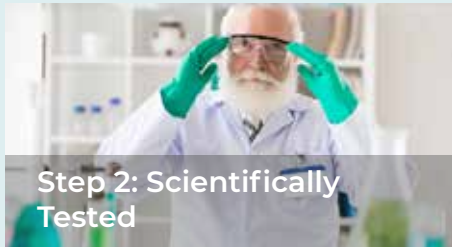
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