

TOXINS

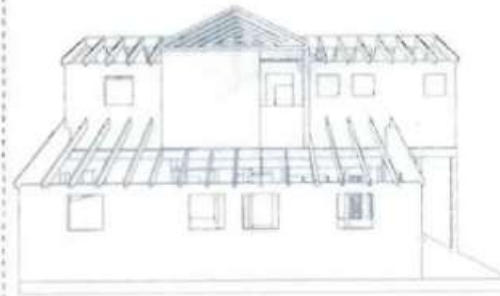
Internal vs. External

Within the Body



- Disease and Illness
- Infections and Inflammation
- Oral Cavity
- Dysbiosis
- Pathogens, Parasites
- Bacteria, Yeast, Fungus, Virus
- Mitochondrial Dysfunction
- Neurotransmitter Dysfunction
- Genetic Variants
- Sleep Disturbances
- Poor Coping Skills (emotional)
- Negative Thoughts, Feelings

The Environment



- Nutrient-Poor Foods, Plastics, Wrong Cookware
- Processed Food, Added Sugars and Drinks
- Food Dyes, Food Additives
- Alcohol, Smoking, Vaping, Recreational Drugs
- GMO, Pesticides, Herbicides, Fertilizers
- Medications, Vaccinations, Drugs
- Heavy Metals
- Pollutants (Air), EMF radiation, Mold
- House (Cleaning) & Personal Care Products
- Clothing, Upholstery, Flooring, Furniture
- Negative Family, Friends, Work
- Stressful News, Media, Beating the Joneses'

**Toxins that are within the body (Internal) vs
Toxins that are in the environment (External)**