

Daily Toxin Intake

[Learning Center](#) » [Health Hazards To Know About](#) » [Daily Toxin Intake](#)

I want to illustrate to you the amount of toxins that bombard us daily. For this example, we'll say that your body can effectively process and expel 1 million toxins in 24 hours. Any more than that and your body's overloaded.

The problem is we take in far more than that on a daily basis. In an average lifestyle, the following toxins may enter your body daily, that's every 24 hours.

Toxins from Air: 200,000

Smoke	Paint Fumes	Fossil Fuels
Dust Mites	Air Fresheners	Benzene
Pet Dander	Cleaning Supplies	Chemtrail residue
Mold & Mildew	Carpet Out-Gassing	

Toxins from Water: 150,000

Arsenic	Bacteria
Fluoride	Prescription Drug Residue
Chlorine	Rocket Fuel (Perchlorate)
Pesticides	C8 (<i>the Chemical used to make Teflon®</i>)
Parasites	Bisphenol-A (<i>Toxin used in making Plastic Bottles</i>)

Toxins from Food: 325,000

Soy	Fast Foods	Dessert Sugars
MSG	Boxed Foods	Hydrogenated Oils
White Flour	Canned Foods	Antibiotics & Hormones
Pesticides	Processed Foods	Genetically Modified Foods

Toxins from Beverages: 160,000

Coffee	Energy Drinks	Refined Sugars
Alcohol	Sports Drinks	Artificial Coloring
Soft Drinks	Pasteurized Milk	Artificial Sweeteners
Contact Us	■ icentrates	

Toxins from Prescription Drugs: 180,000

Aluminum	Chemotherapy	Synthetic Hormones
Mercury	Liver Toxic Glues	Synthetic Chemicals
Vaccines	Fillers & Binders	Left-over Animal Parts from Meat Processing Plants
Spermicides	Artificial Colorings	

Toxins from Microbes (Parasites): 525,000

Bacteria	All of these survive by feeding off of a host organism (you in this case).
Yeast	
Fungus	These harmful organisms consume your vital nutrients and then

Worms	deposit waste matter (massive amounts of harmful acids & toxins)
Amoebas	back into your system.
Viruses	

Toxins from Physical & Emotional Stress: 200,000

Depression	Negative emotions cause the body to over-produce stress hormones & other compounds to fight these conditions. This is dangerous because the body can damage itself in the process.
Anxiety	
Fear	
Stress	

Toxins from Heavy Metals: 130,000

Cookware	Food & Water	Mercury Dental Fillings
Deodorant	Aluminum Cans	Herbal Supplements
Cosmetics	Light Bulbs	Household & Auto Paints
Toothpaste	Vaccines	Chemically-Poisoned Fish

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

X-Rays	Microwave Cooking	Household Appliances
Cellphones	Geopathic Stress	Fluorescent Lighting
Computers	Power Lines	Electromagnetic Radiation
Hair Dryers	Irradiated Foods	

Total: 2,100,000 toxins every 24 hours - more than twice what I've proposed as a maximum tolerance!

So basically, your 1 million-toxins-daily body is being overworked in an effort to expel these 2.1 million toxins. Many of the toxins build up in your body and wreck havoc until they are removed. The energy it takes to make this effort is often unsuccessful. Even more important, your body pulls resources from elsewhere to combat these toxins. And this constant drain of your body's valuable resources leaves you weakened and vulnerable to the diseases the toxins can generate, because the job of expelling these toxins simply cannot get done.

Now can you see what's happening inside your body every day?

You begin to get the picture. To further illustrate the point: one packet of synthetic sugar can contain more than ten thousand toxic molecules in its ingredients! These toxins bombard your intestinal lining daily. And if you don't eliminate them, they can pass through the intestinal walls into your bloodstream where they begin the disease development process.

Green living is a matter of eating a healthy organic diet and having a toxin free environment. When you consider how long you could live, don't you want to have your best health? I know I do.

One thing more I want to share with you: I used one million toxins in my example to give a simple calculation. Really, that number is very low. Toxins are everywhere and they're not just going to go away. But there are things that you can do to improve your lifestyle.