

Are You Toxic?

Your toxic load refers to the amount of toxins you have in your body that it needs to process or eliminate. The following questions will help determine if you have toxicity and may benefit from undergoing a cleanse program.

Do you or have you eaten processed food?

Do you eat non-organic fruits and vegetables?

Do you eat meat and poultry that are not free range?

Do you consume genetically modified foods?

Do you or have you used artificial sweeteners?

Do you drink soda?

Do the foods you eat have preservatives, additives, dyes or sweeteners added?

Do you eat fast foods and or eat out regularly?

Do you charbroil or grill food?

Do you drink coffee regularly?

Do you drink alcohol?

Do you drink tap water?

If you answer yes to more than 4 questions you may have toxic build up that needs to be cleansed.