

## **Do I need to detox my body?**

If you're ready to make a MAJOR change and transformation physically, mentally and emotionally, then a detox is right for you.

I often get asked why toxins would build up in our bodies. Well, it's because we live in a toxic world and this has led to a decline in overall health. Toxins come from our food supply, beauty products, medications, our air, etc.

A detox is designed to help you lose weight and decrease the physical symptoms that you have been suffering with. In addition, a detox will help rid your body of toxins that can lead to diseases and illness in the future.

The World Health Organization reported that 1/4<sup>th</sup> of global disease is caused by environmental exposures. The following is a list of the diseases that have the largest number of deaths yearly from environmental factors/toxins: Cardiovascular disease, diarrheal disease, lower respiratory infections, cancer, chronic obstructive pulmonary disease (COPD).

Find a foolproof cleanse where you can get the information, support, and inspiration that will help you make your transformation and dreams a reality for the New Year.

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