

# The Truth About Cleansing

## Chemicals and Toxins Are the Primary Cause of Illness, Disease, and Obesity!

According to “National Geographic”, studies have discovered various chemicals from our foods and environment that indicate man contributes 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. Without a nutritionally rich diet that nourishes and assists the body in cleansing these substances from the body, the body will lose its strength and vitality. The immune system will become suppressed, contributing to an increase in illness, disease and excess body fat – a major killer in America today.

These chemicals and toxins accumulate over time, and cause the liver and kidneys to become overworked and weak. Research has shown that stress causes the adrenals to release excess [cortisol, a stress hormone that triggers over-indulgence](#) in simple carbohydrates: chocolate, candy, sodas, and ice cream, even when you are not hungry. Excess cortisol contributes to hormone imbalances.

[65% of the world’s population cleanse on a regular basis as part of their cultures.](#)

[Why don’t Americans?](#)

Chemicals and toxins accumulate in fat tissue. The more chemicals and toxins, the more fat the body manufactures. Have you ever tried to lose weight only to be disappointed? Well, perhaps now you know the reason why! Most diets, lotions, pills, potions, and powders use unhealthy and potentially dangerous ingredients, such as ma huang, ephedra, and caffeine that promise fast weight loss. Yes, but the weight loss is primarily water and lean muscle. Minimal fat is lost because these products do not address the cleansing of the system.

[Without proper cleansing](#) the lost lean muscle and water return as fat, thus people are actually fatter versions of their prior selves. Chemicals and toxins are bound within the fatty tissue, and only specifically blended nutrients can contribute to releasing the chemicals from fat. Excess fat will literally melt away at an alarming yet safe & effective pace. This is the healthy alternative to nutritionally deficient, disappointing and potentially deadly diets.

[75% of Americans are overweight](#) – 2,000,000 more Americans become obese every year. There are 18 million obese children in America. Obesity is linked to over 60 illnesses, including heart disease, hypertension, and cancer. There were 1.5 million heart attacks in America in 2000; 200,000 victims never reached the hospital. Never before has it been so important, and so critical, for you to lose the excess fat and then keep it off.

Americans are becoming more aware of the importance of eating sensibly, exercising moderately, drinking quantities of clean water, consuming quality supplements, and managing their weight. Stress has created a population of sugarholics. The average consumption of sugar per capita in the United States is 3.5 pounds a week for adults and slightly more for children.

There are numerous diet products, and most Americans have tried them all in an attempt to defeat the battle of the bulge. Yes indeed! We are in a war, and the battle waged is against FAT! According to the National Institute of Health, heart disease is the number one killer of Americans

with 1,000,000 deaths each year; cancer is number 2. It is estimated that within the next five years, 1 out of every 2 Americans will eventually succumb to heart disease, and 1 out of 3 to cancer. Today one out of eight women will be diagnosed with breast cancer. More than 85% of these cases are not genetically linked, they are a result of the environment we live in.

**A diet is anything you put into your mouth: food, beverages, the air you breathe, and what transdermally penetrates your skin.**

What compromises the foods you consume every day? To name a few, they are pesticides, fertilizers, chemicals, hormones, and food colorings. Commercial soils are over-farmed, undernourished, and are deficient in vital minerals and microbes. These minerals and nutrients are not replenished due to the costs involved. Your body is indeed a chemical depository!

**Do you want to be HEALTHY, CLEAN AND LEAN?** Then modify your lifestyle to incorporate ongoing cleansing, sensible eating, and mild exercise. You will be on your way to a lifetime of improved health & wellness.

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**Quote from Dr. Becky Natrajan, Gastroenterologist :: "Dr., Dr. Give Me the Truth"**

"As toxins enter our body, our bodies natural response is to coat these toxins with excess fat and water. Our body will manufacture more fat to coat the toxins. This is our body's protective mechanism. So people end up carrying around extra pounds of fat & water to harbor and dilute the toxic waste. Cleansing internally is necessary!"

**FOR MORE INFORMATION OR TO PURCHASE A CLEANSING & FAT BURNING SYSTEM  
VISIT [www.VowToBeFit.com](http://www.VowToBeFit.com) email [info@VowToBeFit.com](mailto:info@VowToBeFit.com)  
or contact a cleansing coach at 303.805.0704**