

Simple truths about **TOXICITY** in today's world

We are living in the most polluted environment in Earth's known history. We are continually inhaling and assimilating residues from petrochemicals, plastics, and pesticides that occupy cell receptor sites and block hormone utilization.

Consider the following statistics

- 400% increase in heart disease since 1900*
- 500% increase in cancer mortality since 1900*
- 250% increase in breast cancer since 1980*
- 59% decrease in male sperm count since 1940*
- 1600% increase in birth defects since 1980*

* National Center for Disease Control and Prevention – Center for Health Solutions

- More than 95% of cancer is caused by environmental toxicity and diet (Source - Columbia University School of Public Health)
- The average city water contains more than 500 chemicals (Source – USA Today)
- Multiple studies show that most of us have between 300-800 chemical residues stored in the fat cells of our bodies
- The herbicide atrazine, found in 94% of our water supply, has been linked to birth defects, infertility and cancer. (Source – Pesticide Action Network)
- The typical American home contains **3-10 GALLONS of toxic materials** - everything from glass and bathroom cleaners to garden pesticides and fertilizers. Health effects of ingredients in common household products include:
 - Respiratory problems • Eye irritation • Cancer • Disruption of the endocrine system
- The (EPA) reports that the air inside the typical home is **2-5 times more polluted than the air immediately outside** - and in extreme cases, 100 times more contaminated

Did you know....

- **Air fresheners** are made from neurotoxic solvents and synthetic fragrances that can cause headaches, mood swings, memory loss, and chronic fatigue?
- **Prepackaged lettuce** is washed in a chlorine solution twenty times more concentrated than that found in an average pool?
- **Mouthwash** containing alcohol is associated with an increased risk of throat and mouth cancers?
- **The artificial sweetener aspartame** breaks down into carcinogenic formaldehyde during storage in the body?
- **Flea and tick control products** can expose people to pesticides five hundred times greater than the recommended safe limits?
- **Microwave popcorn** contains a flavoring chemical that is a relative of paint stripper?

According to the U.S. Government and product manufacturers...

The following is a partial list of chemical poisons found in products that are absorbed, ingested or inhaled by the body before you even eat breakfast.

These lists DO NOT even include the use of common household cleaners!

Alcohol, Acids & Alkali: anemia, cancer, coughing, cramps, death, depression, disorientation, dizziness, fatigue, headaches, heart damage, muscle weakness, nerve damage, organ damage, rashes, respiratory problems, sleeping problems, vision problems and more.

Bleaches & Chlorines: anemia, child development problems, cancer, diabetes, gastrointestinal cancer, gland cancer, headaches, heart disease, immune system breakdown, mental function difficulties, organ cancer, pulmonary edemas, severe eye problems, urinary tract cancer and more.

Detergents & Emulsifiers: allergic reactions, blindness, cancer, cataracts, interference with nutrient absorption, loss of hair, organ damage, reproductive damage, scalp eruptions, skin irritation, strips skin of protective oils and more.

Dyes & Fragrances (Synthetic): ADD, allergic reactions, cancer, convulsions, depression, dizziness, headaches, Hodgkin's, hyperactivity, irritability, Leukemia, muscular aches and pains, organ damage, problems-behavioral and emotional, reproductive damage, skin rashes, stomach upsets, vertigo, violent coughing and sneezing, tumors-multiple and more.

Heavy Metals (Toxic): abdominal cramps, Alzheimer's, brain disorder, cancer, emotional and immune system disorders, genetic damage, hyperactivity, motor skill difficulties, mouth sores, muscle weakness, nausea, pain in your bones and your joints, reduced intelligence, short attention span and more.

Fungicide, Insecticide & Pesticides: ADD, birth defects, cancer, death, dizziness, fatigue, flu-like symptoms, genetic mutations, gland tumors, insomnia, memory loss, muscle weakness, nausea, nervous system disorder, pain in your bones and your joints, organ damage, stomach cramps, swelling of body parts and more.

Petrochemicals: allergic reaction, asthma, cancer, depression and fatigue, headaches, inhibit skin functions, intestinal gas, immune system disorders, premature aging, pimples, rashes, respiratory failure, sensitivity to the sun, splitting of your finger and toe nails and more.

Preservatives (Synthetic) & Volatile Organic Compounds (VOC's): asthma, cancer, cramps, digestive problems, eye and organ damage, headaches, mental confusion, muscle weakness, pain in your bones and your joints, reproductive damage, respiratory problems, skin rashes, tumors and much, much more!!

Each year the United States **EPA** reviews an average of **1,700 new compounds** that industry is seeking to introduce, yet the 1976 Toxic Substances Control Act requires that they be tested for any ill effects before approval only if evidence of potential harm exists -*which is seldom the case for new chemicals.*

The agency approves about 90 percent of the new compounds without restrictions. Only a quarter of the 82,000 chemicals in use in the U.S. have ever been tested for toxicity.

You can be PROACTIVE in the fight against **TOXICITY!**

DETOXIFICATION



Detoxification is a lifestyle!

Due to the overexposure of toxins we all incur, detoxification is not a one-time fix. There are many things you can do to eliminate many of the toxins already stored in your body and to reduce the your exposure to future toxins. It is a proven fact that as you eliminate toxins from your body, the immune is strengthened!

There are many actions you can take to reduce your exposure to toxins.

Eat Organic - Avoid GMO's – Use safe cleaning and personal hygiene products – drink and use filtered water – buy toxin free cosmetics - use organic fertilizers and pest products

Listed below are several helpful links:

- [Safe, great uses of hydrogen peroxide](#)
- [Bumble and Bee Organics \(hair, lotion, deodorant, skincare\)](#)
- [MiEssence \(cosmetics, lotions and baby care products, and Men's line\)](#)
- [Dr. Bronner's \(soaps, skincare, lotions\)** Men's products as well.](#)
- [Terraessentials \(hair care\)](#)
- [Safer Soaps \(household cleaning and personal care products\)](#)
- [Pangea Organics \(soaps, lotions and skin care\)](#)
- [Natural Joy Beauty \(cosmetics\)](#)
- [Natures Paradise Organics. \(Exceptional products for children who are prone to chemical sensitivities\)](#)
- [Soap Nuts: \(this covers everything from laundry, to hand soap, shampoo, etc.\)](#)

Water Filters:

Reverse Osmosis Water Filters are our first choice. There are so many systems to choose from. We recommend finding a product with a stainless steel tank and faucet. Remember - little plastic as possible.

- <http://www.freedrinkingwater.com/>

Stainless Water Bottles:

- <http://www.kleankanteen.com>

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As you reduce your exposure to toxins, it is still important to maintain a detoxification program. Even though you can greatly reduce your exposure, exposure to toxins will still occur. Most toxins are stored in the fat cells of your body. Therefore it is also recommended that you address this situation even though you may make dramatic changes to your exposure levels in the future.

Addressing Existing Toxicity

It is recommended that you begin detoxifying the body with the IonCleanse® total body detoxification system. This is a non-invasive, full body detoxification system. For over 10 years, A Major Difference, Inc. has been manufacturing the IonCleanse® system. Due to the overwhelming positive results, the IonCleanse® has become **the world's #1 selling footbath detoxification system.**



IonCleanse® Solo



IonCleanse® Premier



Before



After

Thousands of practitioners and individuals have benefited from The IonCleanse® system. You can hear from experts in the field of detoxification by clicking on the following link:

[Expert Opinions on the IonCleanse®](#)

The IonCleanse® provides the most thorough and efficient way to cleanse and purify the body. It is more effective and faster than any herbal or fasting protocols.

Start your cleansing process by visiting an IonCleanse® practitioner or by owning your system.

Please call A Major Difference (AMD) to explore which option may be best for your needs.

Toll Free (877) 315-8638
www.amajordifference.com

Investing in your health and the health of your family is one of the most important decisions you will ever make!