

# Are Toxins the Root of Your Symptoms?

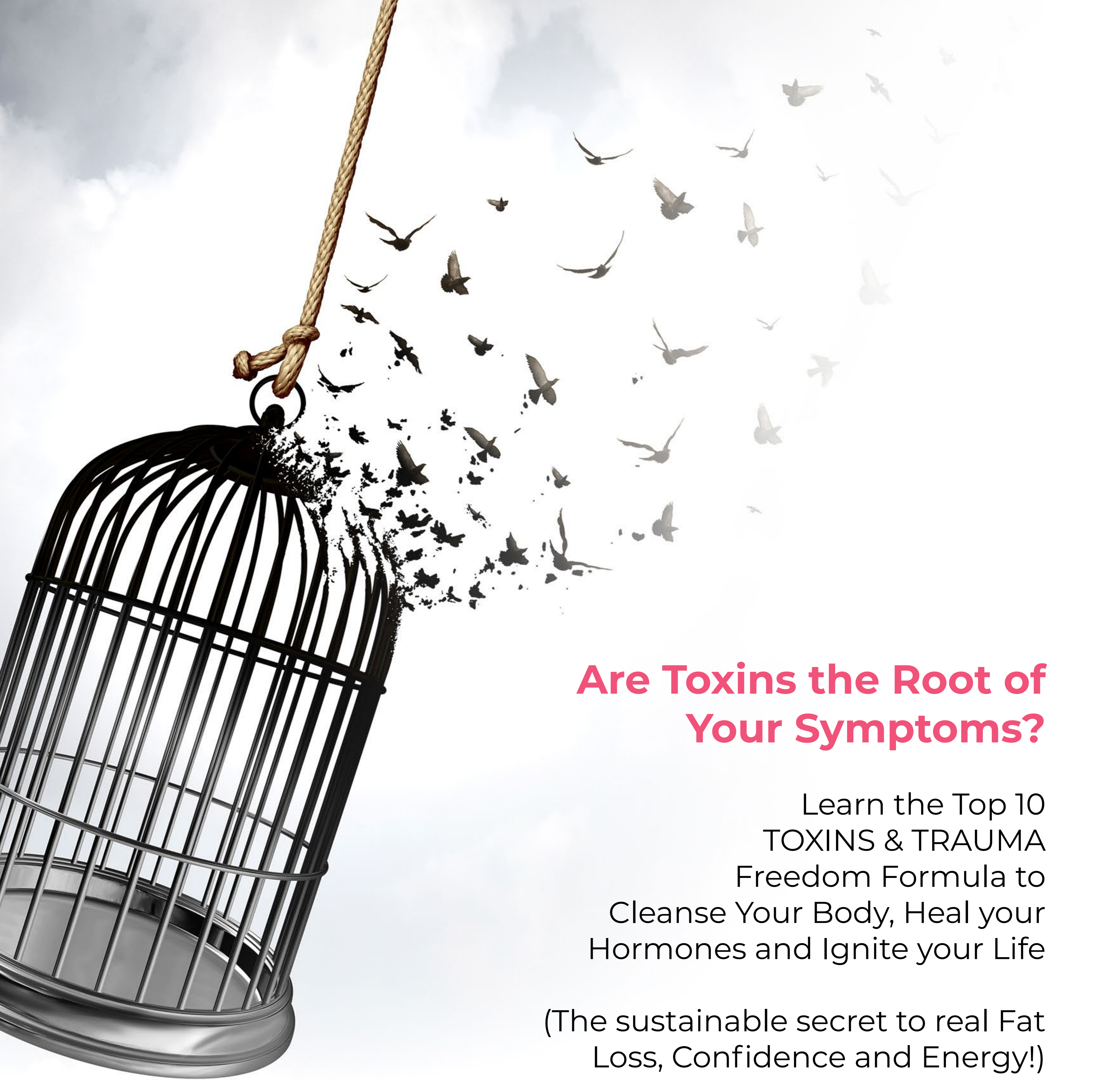


Learn the Top 10  
TOXINS & TRAUMA  
Freedom Formula to

*Cleanse* your Body  
*Heal* your Hormones &  
*Ignite* your Life



by Diane Kazer, FDN-P, HHC



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Learn the Top 10  
TOXINS & TRAUMA  
Freedom Formula to  
Cleanse Your Body, Heal your  
Hormones and Ignite your Life

(The sustainable secret to real Fat  
Loss, Confidence and Energy!)

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# Do I really need supplements?

Our Food is Sick (Hence why YOU Get Sick)

Remember when you were just a little tyke? Popeye ate spinach and grew huge biceps, the milkman delivered raw milk filled with gut nourishing, immune boosting life, Wheaties provided fiber for bowel health as the Breakfast of Champions, and we were taught to go to the butcher to get fresh meat. Our plates were small, diverse and candy was limited to a couple times per day. Foods were whole, fresh, raw, farm to table, in season and we supported our local farmer.

That all changed in 1996, when Monsanto turned nutrient rich, Mother Earth's organic food to lab created, chemically altered crops, signifying the beginning of a long line of inflammatory responses both in our bodies as well as farmers profits and seed growing freedoms. Food recommendations – based on the USDA Food Pyramid – morphed from real food to Frankenfood, funded exclusively by the industries that stood to profit from them, no longer grounded in health science. This leads me to the most common misconception I hear that is drastically impacting your health...the perception that:

## MYTH:

**“We can get all the nutrition we need from the food we eat without taking vitamins and supplements.”**

It USED to be this way, pre 1950's. But unfortunately, today...There couldn't be anything farther from the truth.

Consider these facts:

- Hundreds of years ago, humans ate a diverse diet of over 600 foods. Today the average American eats the same 7 GMO pseudo foods - soy, corn, wheat, dairy, commercially raised meat, vegetable cooking oils, sugar - plus on average 10+ synthetic preservatives, colors and sweeteners. 90% of our diet is fake, processed, pseudo food that our genetics were not created to digest. What we cannot digest, becomes disease in the body.
- We once ate around 600 different types of foods in a year for 99.999% of human evolution. It's just in the last 150 years that figure really started to shrink, and then more so in the last 25 years down to about maybe 15 or 20 foods for somebody that eats really well; 5 to 6 for most Americans which are largely the pro-inflammatory GMOs that are creating a lot of disease and symptoms.
- It takes 3 apples today to get the same nutrient value that 1 once did decades ago.
- Our soil once offered over 80 minerals. Today that number has dwindled down to about 4, and 95% of our soil has been genetically altered.
- Life in our roots is a fraction of what it was. In the USA, our soil has been so engineered that we've lost 98-99% of the original microbes that once provided life to the plants we consume.
- One would have to eat eight oranges today to derive the same amount of Vitamin A as our grandparents would have gotten from one.
- A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent.

- We would need to eat 27,000 calories per day today to get the MINIMUM of all of the nutrients we need to be healthy.
- 90% of Americans (mainly women) are dangerously deficient in magnesium. This mineral is CRITICAL for all things health including heart, hormones and happiness.
- 80% of Americans are deficient in zinc (estrogen dominance, testosterone and progesterone deficiency).
- 90% are deficient in iodine (hello thyroid problems).

And that's just the beginning.

## LET'S COMPARE THE NUTRIENTS OF FOOD THEN AND NOW

The old school approach to nutrition is to try to get all of the nutrition your body needs from the things you eat. Unfortunately food today is more dangerous than ever, thanks to GMO's (genetically modified organisms aka Franken-food) toxins, environmental factors and the abundance of processed, sugary, high-calorie snacks that are hard for your body to digest.

If this sounds a little exaggerated, consider that the drop in essential minerals, and nutrients replaced with higher sugar content and sweeter man made franken fruit varieties have lead to not only obesity but of concern to our TAO (thyroid adrenals and ovaries), flat-lined energy and little motivation to do much else than sleep...which oh, by the way...doesn't help much...even when we get 9 hours. WHY?

Researcher and nutritionist, Dr David Thomas investigated the fall of nutrients in 64 foods by comparing data from Government-backed scientific studies between 1940 and 1991.

Nutrients needed to help the body and immune system work properly, balance hormones and produce vital blood cells are dwindling across a wide variety of fruit and vegetables, it emerged.

**The rate of depletion appeared to be greatest between 1978 and 1991. In those 13 years alone, vegetables lost 57 per cent of their zinc.**

...An important element for the immune system, to combat not only colds and flus but pathogens such as bacteria, parasites and yeast, the worst being Candida. And in today's age, the biggest concern is being able to ward off viruses.

Here are the Top 8 reasons why I believe everyone should take supplements to achieve optimal health, especially based on my experiences in working with thousands of clients from all over the world in the last 10 years.

# 8 Reasons You Need Supplements

## 1. Our produce offers 3-10's times LESS nutrients than in the past!

For example, It takes 5 heads of broccoli to get the same nutritional value 1 offered, 50 years ago! WHY? Because the soil in which our produce is raised is much more mineral deplete and chemically dense than ever. There once was over 80 minerals abundant in our soil. Today, due to modernization of agriculture (thanks Monsanto <sarcasm>), we have about 5% of that....there are only 4 or so remaining in our soil. Now you see why we're so deficient in magnesium, zinc and potassium as indicated in the previous statistics? Not to mention the healthy bacteria, worms, spores and such that strengthened the immune systems of the plants we once ate.

"We are only as healthy as not only what we eat, but also what we eat, eats!"

## 2. People that take supplements usually live longer.

Research is increasingly pointing to the fact that supplements help people live longer because they're healthier and have better immune systems. Of course we all age, but we want to live as many years in GOOD HEALTH as possible, and taking supplements and vitamins over time will aid that process, easing the degeneration that comes with aging. If someone protests by telling you that "Our ancestors all the way back to the cavemen didn't take supplements!" Just remind them that our ancestors also died at 30 or 40 years old, and didn't have to deal with the harmful toxins, pesticides, pollution and other negative environmental conditions we do.

Additionally, studies now show that as you age, you need more nutrients due to malabsorption. Even the medications people increasingly need as they get older HIGHLY interfere with nutrient absorption, making supplementation vital for health.

When a person takes prescription drugs or over the counter medication, chances are your nutrient levels will be negatively impacted, not to mention cause other health problems. Below are some of the possible deficiencies and side effects that are correlated with each corresponding drug. Check out this list:

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
<b>ANTACIDS/ULCER MEDICATIONS</b> Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium & Aluminum antacids	Vitamin B12 Folic Acid Vitamin D Calcium Iron Zinc	Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart and blood pressure irregularities, tooth decay Anemia, weakness, fatigue, hair loss, brittle nails Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTIBIOTICS</b> Gentamycin, neomycin, streptomycin, cephalosporins, penicillins  Tetracyclines	B Vitamins Vitamin K  Calcium Magnesium Iron Vitamin B6 Zinc	Short term depletion effects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas, bloating, decreases digestion & absorption of nutrients, and may also lead to a variety of other health problems.  Osteoporosis, heart & blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Slow wound healing, fatigue, anemia Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>CHOLESTEROL DRUGS</b> Lipitor, Crestor, Zocor and others	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
<b>ANTI-DEPRESSANTS</b> Adapin, Aventyl, Elavil, Pamelor, & others  Major Tranquilizers (Thorazine, Mellaril, Prolixin, Serentil & others)	Coenzyme Q10 Vitamin B2	Various cardiovascular problems, weak immune system, low energy Problems with skin, eyes, mucous membranes and nerves

<b>DRUG</b>	<b>NUTRIENT DEFICIENCY</b>	<b>POTENTIAL HEALTH PROBLEMS</b>
<b>FEMALE HORMONES</b> Estrogen/Hormone Replacement Oral Contraceptives	Vitamin B6 Folic Acid Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Magnesium Selenium Zinc	Depression, sleep disturbances, increased cardiovascular disease risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Depression, irritability, memory loss, muscle weakness, edema Problems with skin, eyes, mucous membranes and nerves Cracked, scaly skin, swollen tongue, diarrhea Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Lowered immune system, easy bruising, poor wound healing Cardiovascular problems, asthma, osteoporosis, cramps, PMS Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTICONVULSANTS</b> Phenobarbital & barbituates  Dilatin, Tegretol, Mysoline Depakane/Depacon	Vitamin D Calcium Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Hair loss, depression, cardiac irregularities, dermatitis Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Depression, irritability, memory loss, muscle weakness, edema Blood coagulation, skeletal problems Anemia, fatigue, cardiovascular and connective tissue problems Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTI-INFLAMMATORIES</b> Steroids: Prednisone, Medrol, Aristocort, Decadron  NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)  Aspirin & Salicylates	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium  Folic Acid  Vitamin C Calcium Folic Acid Iron Vitamin B5	Osteoporosis, heart and blood pressure irregularities, tooth decay Osteoporosis, muscle weakness, hearing loss Cardiovascular problems, asthma, osteoporosis, cramps, PMS Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Lowered immunity, easy bruising, poor wound healing Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Lower immunity, reduced antioxidant protection Elevated blood sugar, cholesterol & triglycerides, diabetes risk  Birth defects, cervical dysplasia, anemia, cardiovascular disease  Lowered immune system, easy bruising, poor wound healing Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Anemia, weakness, fatigue, hair loss, brittle nails Fatigue, listlessness, and possible problems with skin, liver and nerves
<b>DIURETICS</b> Loop Diuretics (Lasix, Bumex, Edecrin) Thiazide Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)  Potassium Sparing Diuretics	Calcium Magnesium Vitamin B1 Vitamin B6 Vitamin C Zinc Coenzyme Q10 Potassium Sodium  Calcium Folic Acid Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Depression, irritability, memory loss, muscle weakness, edema Depression, sleep disturbances, increased heart disease risk Lowered immunity, easy bruising, poor wound healing Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Various cardiovascular problems, weak immune system, low energy Irregular heartbeat, muscle weakness, fatigue, edema Muscle weakness, dehydration, memory problems, loss of appetite  Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>CARDIOVASCULAR DRUGS</b> Antihypertensives (Catapres, Aldomet)  ACE Inhibitors (Capoten, Vasotec, Monopril & others)  Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10 Vitamin B6 Zinc Vitamin B1  Zinc  Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Depression, irritability, memory loss, muscle weakness, edema  Weak immunity, wound healing, sense of smell/taste, sexual dysfunction  Various cardiovascular problems, weak immune system, low energy
<b>DIABETIC DRUGS</b> Metformin  Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10 Vitamin B12 Folic Acid  Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk  Various cardiovascular problems, weak immune system, low energy
<b>ANTIVIRAL AGENTS</b> Zidovudine (Retrovir, AZT & other related drugs)  Foscarnet	Carnitine Copper Zinc Vitamin B12 Calcium Magnesium Potassium	Increased blood lipids, abnormal liver function and glucose control Anemia, fatigue, cardiovascular and connective tissue problems Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Anemia, depression, tiredness, weakness, increased cardiovascular risk Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema

### 3. The standard American diet falls WAY short of everything your body needs.

Take a good look at what the average person eats on a regular basis, which is the same 30 foods, largely comprised of these main 7:

- Soy
- Corn
- Wheat
- Sugar
- Canola
- Dairy
- Commercially Raised Meat

Every one of these are GMO and highly industrialized, stripped of the nutrients they once had, then 'enriched' with synthetic vitamins to sell you on it appearing 'marginally' healthy. The Vitamin B, C, iron, calcium, probiotics, etc touted as the 'vitamins' in these products are just as processed as the ingredients themselves, and hence can't be properly absorbed by the body anyway, since they're man made in a lab and foreign to the body. This not only clogs up the liver, creating more unwanted symptoms but also prevents organic, mother nature made vitamins from being absorbed.

Hence with the hundreds of thousands of chemicals we're being exposed to that ever before in human history:

**Every symptom, every disease is a liver issue. If you wish to feel, look, think, sleep, sex, perform better, you MUST love on the liver.**

This is what we teach in my programs as a focal point. We simplify it for you, because it's a maze to figure out alone.

If you look at our ancestors from the not so recent past, we consumed 300 or so different foods per year, so we took in a wide variety of nutrients, so diversity was high. Today's diet high in grains, legumes, and processed dairy, lends us to a lifestyle where we only consume around 30, so diversity has been cut to a fraction of what we once thrived on. The majority of these 30, I don't even consider "food" because they provide little or no nourishment – and in general do a LOT more harm than good. In fact, get this:

- A. Grains and legumes both cause intestinal damage that interfere with nutrient absorption, deplete nutrient stores and cause a condition not acknowledged in the healthcare industry, known as 'leaky gut', otherwise known as 'the gateway to most all disease today' including autoimmunity, cancer, mood related dysfunction and neurological issues to name a few. So ingesting them actually INCREASES your nutrient needs, hence they are not food...they are really toxins.
- B. Most of the beef and meat people eat these days is pumped full of hormones and antibiotics and are grain-fed, not grass-fed, so it's really low in antioxidants, micronutrients, fatty acids, minerals, and vitamins.
- C. Dairy proteins often cause inflammation, mucus and sinus congestion, and most dairy also contains harmful mycotoxins. Besides, most of the nutrients found in natural cow dairy are from the fat (cream) but that's siphoned off during pasteurization.

This is the sad state of affairs that is our disease feeding machine otherwise known as the Food Pyramid, recommended by the FDA and doctors all across America. These are not HEALTH foods, nor superfoods, they are highly subsidized industries that make a LOT of money for their respective fields, as well as the politicians lobbying them. They don't make a whole lot of 'sense' for us, but they sure do make a LOT of dollars for the food industry and medical industry, since for every \$hitty meal we eat, there's a highly profitable prescription drug waiting to be written for you to mask the symptom created by the foods doctors are taught, are NOT the problem.

**“If your meal takes more energy to digest than it does PROVIDE you energy, you're eating to feed disease, not vitality!”**

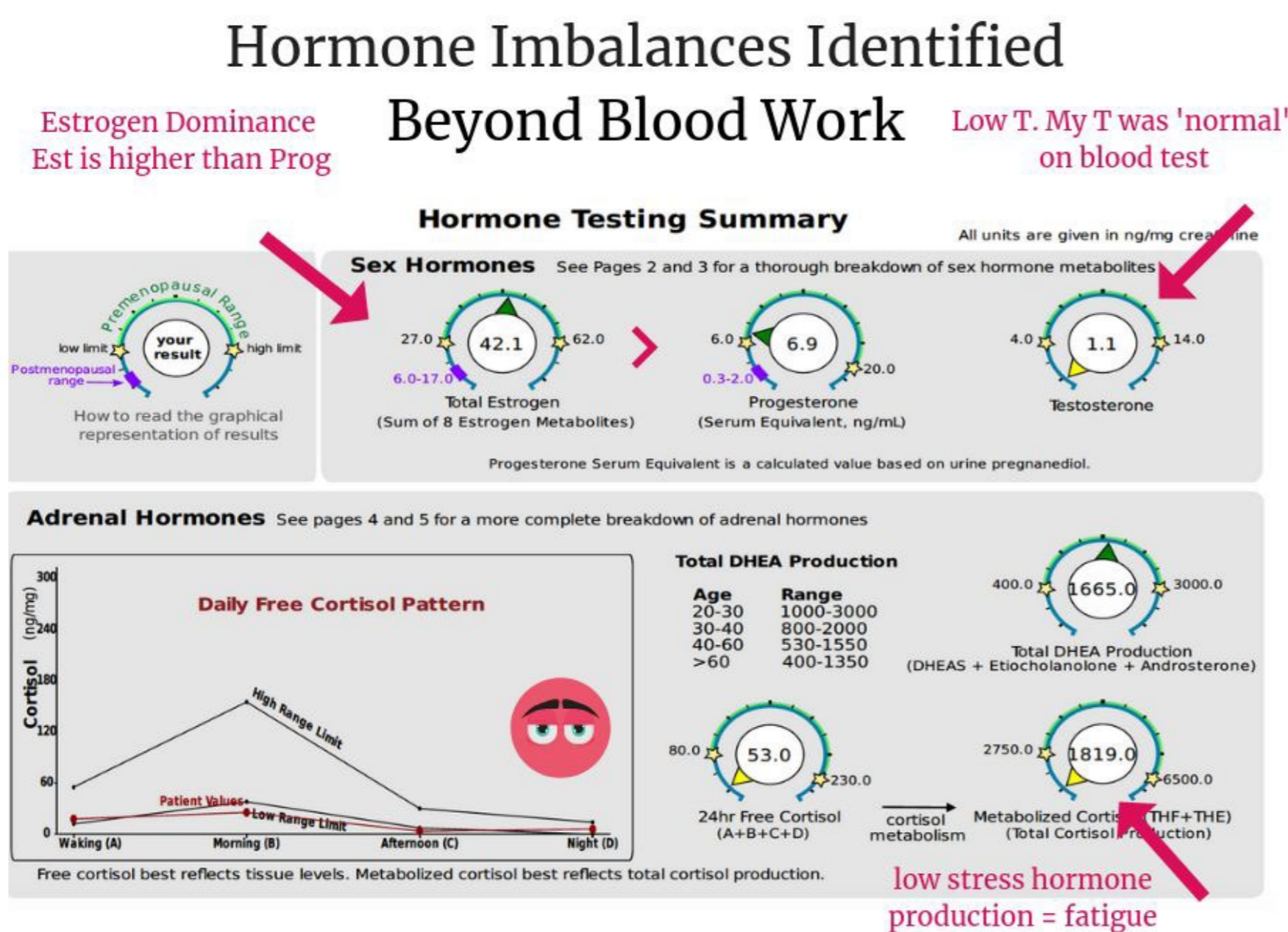
EVERY symptom is a digestive and detoxification issue. If you're not able to not only digest but absorb, assimilate and excrete foods, chemicals, nutrient metabolites, toxins, it backs up into the body and creates problems. This is where digestive aids such as Betaine with HCL, digestive enzymes and probiotics would all be great places to start if you experience unwanted symptoms.

**4. If you're exercising, your body needs more nutrients.**

If you're a health conscious individual, you're probably getting sufficient exercise. In fact, you may even think working out regularly is the key to good health! But that may not always be the case, since physical activity increases your nutritional needs – a debt that we often don't pay with our diet. Working out depletes your energy reserves so you need nutrients for energy production and recovery, but people often keep eating their normal diet or, even worse, cut back to try and lose weight. *Take a look at real athletes and you'll see that they balance their exercise with an adjusted diet that includes supplements.*

The majority of people, many women, I see today have completely burnt out endocrine systems, specifically the adrenals and thyroid. The adrenals make stress, sex and sleep hormones to help our body rise to the occasion when we need to move in an emergency, make muscle, desire sex, cultivate motivation, cue sleep and repair while doing so. The thyroid is our metabolic engine and makes hormones to burn fat, build muscle, give us energy, and so much more since there are receptor sites on EVERY cell in our body.

I have YET to see a woman who's lab tests I've run who is not at near burnout hormonally, ie adrenal dysfunction and thyroid imbalance, and sadly, even the best of functional medicine doctors are not addressing the root causes for these imbalances: Toxins, Infection, Trauma, etc.



Estrogen Dominance (due to implant toxins?), Low Cortisol, Low Urine Testosterone, even though 'normal' on Blood Tests

Pharmasan Labs, Inc. - Lab Request 712131 (Diane Kazer)

**Immunology**

**Autoimmune**

Parameter	Result	Units	Collection	Reference Range
Thyroid Peroxidase (TPO) IgG <sup>1</sup> FDA	85.5	IU/mL	5/8/2014 1:40 PM	Negative: <35 Equivalent: 35-50 Positive: >50
Thyroglobulin IgG <sup>1</sup> FDA	<10.0	IU/mL	5/8/2014 1:40 PM	Negative: <115.0 Positive: >115.0

**Hormones**

**Female Cycle Status** Information not provided by patient

**Thyroid Hormones**

Parameter	Result	Units	Collection	Reference Range
Free T3 (FT3) <sup>1</sup> FDA	2.18	pg/mL	5/8/2014 1:40 PM	2.50 - 4.30
Reverse T3 (rT3) <sup>5</sup>	13.7	ng/dL	5/8/2014 1:40 PM	9.2 - 24.1 Note: Range change effective 1/25/13
Free T4 (FT4) <sup>1</sup> FDA	1.12	ng/dL	5/8/2014 1:40 PM	0.90 - 1.70
TSH <sup>1</sup> FDA	1.14	µIU/mL	5/8/2014 1:40 PM	0.27 - 4.20

Analysis performed by LabCorp Burlington, 1447 York Court Burlington, NC 27215-2230

It is rare that I ever see a client properly tested for a complete thyroid panel, including these markers and more

dianekazer.com

When this is present, exercise only ADDS TO the problem, especially since most of us aren't trained how to properly nourish before and after workouts. And to think, it's not your fault, you are doing what you have been told to, bullied by the bodybuilding, medical and body dysmorphic industries: "Exercise more, eat less!" This approach, on top of hormonal burn out, will likely not only deplete your nutrients and minerals, but will make you MORE fat, fatigued and frustrated. If you would like to check your levels, and explore the Root Cause issues so you can Cleanse, Heal, Ignite, [CLICK HERE](#) to learn our 5 Shifts to Symptom Sovereignty approach, then after, you can schedule a time to talk with me or my team.

#### 5. Your "balanced diet" contains a whole lot of pesticides.

The fruits and vegetables you buy at the grocery store are heavily doused in pesticides, which means that they're lower in phenolics than organic ones and also nutritionally deficient. We don't mean "Organic" per the USDA, but organic like you or a local farmer grows them him or herself. That's because fruits and vegetables grown fresh at home without pesticides and in well-fertilized soil are high in the nutrients you need.

Consider that pesticides are estrogen mimicking, which is to say that they look identical to estrogen hormones that your body makes, so they create a condition known as 'estrogen dominance' which is one of the key contributors to hormone imbalance, fibroids, cysts, tumors, Goddess garden issues, weight gain, and most diseases today, including cancer, since estrogen fuels cancer cell growth. The good news is you CAN get a TON of nutrients your body needs to detox these estrogenic compounds by not only eating organic but taking supplements that have B6 in it (like Hormone Hottie) as well as Zinc (in the Beauty Builder). This really helps women who experience hormonal symptoms and disease, not remedied by birth control, bio identical hormone pills or creams and more.

I see Estrogen Dominance in the majority of our clients labs today (urine) which was not identified in blood testing, providing profound findings to help us identify root cause stressors for clients' symptoms.

#### 6. Your body is under constant attack from toxins.

These days, our systems are under attack like never before in human history, barraged by literally hundreds of toxins and environmental stressors every day. Just a few of these include:

- Xenoestrogens (plastics, BPA, some molds, petroleum products)
- Industrial solvents and cleaners
- Pharmaceuticals and OTC's
- Improperly filtered water (most)
- Beauty and personal care product synthetics
- Dirty air (especially in large cities, which is where 87% of us live)
- Food toxins

Not to mention other stressors such as:

- Unnatural lighting
- Stress – packed schedules, custody battles, divorce, etc.
- Lack of sleep

Yet, what is the #1 thing doctors are trained to tell you today? Your liver is already detoxing, you don't need to do anything else, take any herbs or do any cleanses. Mmmmmmm, by now you're starting to smell the nonsense behind that claim.

Being that the liver is our security guard responsible for kicking the bad guys out of the club, as well as 500 + other functions, with the amount of toxins in our food supply today, combined with nutrient poor foods we consume, it's working overtime, without breaks, plus doing the work of 30 other people. Imagine having that job. Another thing that deserves an entire book to describe, is that the liver is also responsible for converting approximately 70% of your thyroid hormone from T4 (the inactive form) to T3 (the active form) so the cells can use it. With hypothyroid and Hashimoto's being the fastest growing hormonal disease today, do you think it's time you pay attention to the main organ that keeps you alive? The liver. As I say:

**“If you're not a liver,  
you're a die'er”**

In case you're wondering, why are thyroid hormones so important? If you struggle with low energy, bouts of depression, skin issues, acne, belly bloat, hair loss, digestion issues, weight gain, you probably have a thyroid problem. And even if your doctor dismissed your thyroid as 'normal and in range' by blood tests, but you're feeling these symptoms, you almost certainly have a liver issue. AND an adrenal issue. Which is rooted in vitamin deficiencies, mineral imbalances, chemical toxicity, and not enough friendly gut bacteria.

## SO WHAT TO DO?

In summary, as you've probably already surmised:

Proper nutrition is Step 1 to combat toxins and protect yourself, and that's impossible to do with diet alone without supplements.

- Step 2 is to Supplement
- Step 3 is to Reduce your Toxic load
- Step 4 is to Heal your body from the damage caused by years of exposure to Stressors such as Toxicity, Infection, Trauma and Shame
- Step 5 is to Ignite your life and follow the Dreams that we blocked with the fog of your symptoms, sickness and suffering!

GOOD NEWS! I teach you how to do all of this in the Warrior Cleanse, which you get for FREE for every purchase over \$150 (for a limited time only).

**CLICK HERE**  
to learn more!

# Where You're Exposed to Toxins & How They Impact your Health

In this last decade, I have noticed a toxic trend in the beauty, bodybuilding and wellness industry, and through my own symptoms and suffering. I have become a passionate crusader of detoxifying your body and also learning how you traumatize yourself with your mind. So, let's talk about toxicity and how it impacts your body.

Like most of us, I have learned these lessons the hard way. I ruined my gut in my 20s as a pro soccer player fueled by Accutane; I had acne and it was very shameful. I drank a lot of alcohol to numb out that shame, punishing my liver because I didn't feel like I was enough. I blew out my adrenals, screwed up my hormones as a national level bikini competitor, and I became obsessed with sculpting my body into perfection. I subjected my body through this whole path to thyroid conditions, autoimmune disease, and had breast implants to match a template of beauty according to societal norms. I had mercury in my mouth, and was taking tons of medication to numb out all of these symptoms. I then became so desperate for answers I wasn't getting from Western doctors or even blood tests. That sent me on a path to travel to over 25 countries exploring ancient secrets from beauty and longevity along the way, sharing them with thousands of you out there, and now I want to share them with you.

So, toxicity... What is it? What are toxins?

Toxins are things that are everywhere. There are several tens of thousands of toxins that we're exposed to on a regular basis. They might be naturally released toxins and poisons from things in nature, but the majority of things today are man made. These are the things that we are subject to and these are the things that are poisoning us that our body cannot release as fast as we are exposed to them.

This all comes from what you consume, including:

- 👉 Food or Drink
- 👉 Skincare
- 👉 The air that you breathe
- 👉 Your home environment
- 👉 Personal care
- 👉 Beauty products

I want you to understand with your Neurotoxic score, how toxic you might be and how it might be impacting you based on some of the symptoms that you may have.

It's important to know that you are most likely exposing yourself to unwanted toxicity. Your body cannot release it as fast as we are exposed to it as your doctor might tell you that your liver is designed to do.

Unfortunately, since WW2 tons of new chemicals have been introduced every year into the air supply. It's unfair to estimate that they are not affecting you. In fact, they're affecting every bit of your health and your recovery and reversing disease and getting rid of symptoms.

What's just as scary is that cosmetics and other personal care products are some of the most unregulated by the US government. Even with the FDA recommendations, compliance is completely voluntary and rarely even monitored.

Many of you may think...

“Well, if it’s out there, it’s approved, doctors are recommending it and prescribing it, spas are using it, applying it, it must be tested and approved and safe, right? My friends are using it and they’re not dead. They’re not having symptoms directly on their skin from applying it onto the skin.”

But many of us don’t realize that what you put onto your skin becomes a part of your bloodstream. It travels to your liver and becomes a symptom that pops up somewhere else according to your genetic weakest link.

Some of the most common signs and symptoms of toxicity are things like:

- High blood pressure
- Extreme exhaustion
- Chronic fatigue
- Not feeling rested when you wake up in the morning
- Digestive problems
- Inability to burn fat or to lose weight
- Dizziness or lightheadedness
- Brain fog (oh gosh I could go on and talk about brain fog)
- Inability to remember someone’s name or recall a memory or what you’re supposed to do that day
- Lots of body pain, joint pain, muscle aches
- Inability to build muscle or feel like you can tone
- Feel like you can’t recover from a workout no matter what kind of electrolytes you take
- Having a hard time with temperature (cold hands and feet)
- Night sweats or excessive sweating (You’re feeling really hot throughout the day)
- Depression, Anxiety, Irritability and Mood changes
- Feeling like you’re kind of all over the place (you’re not really in control of your emotions)
- Insomnia
- Waking up in the middle of night to pee
- Constipation, diarrhea
- Hormone disruption and regulation
- Inability to feel like medications that your doctor prescribes to actually work to regulate your hormones are actually working (there’s still lagging symptoms going on headaches, migraines and pain in your back)
- Neurological issues
- Autoimmune diseases
- I could go on and on and on and on about this... specifically skin issues and its shading and allergies.

There’s so many things related to toxicity today, especially in **fertility**. Many women come to my practice who have tried what feels like everything to get pregnant. Oftentimes, they just need a deep dredging cleanse. I don’t mean just to average cleanse you take for a week. I’m talking about really exploring your levels of neurotoxicity. What’s in your body and what is in your environment that’s causing you to become even more toxic because it’s not just about the toxic load that you currently have or what you’re currently putting through your body or on your body. It’s about what accumulates over time.

“Our average baby today is born with about 250 toxins.”

Then as we would go from our younger years into teenagers into adulthood until our senior years, our toxic bucket continues to grow and grow based on the things that we're exposed to and what we consume. That can be in the air or really everywhere.

What does that look like today?

We're exposed to toxins, and eventually when it overflows, that's when you'll notice a symptom, illness, disease and oftentimes, you're not diagnosed properly because Western medicine doctors do not consider toxicity as a root cause for disease. They will just say that you have a disease. They won't say why and they won't test your levels of toxicity. That's why it is so important to explore what your potential neurotoxic load on your own. Just because your doctor doesn't think it's valuable, doesn't mean it's not. This is where you 'get to become' your own best health advocate.

Not everybody is affected by toxic substances the same way. How you respond depends on a number of things:

- ✈ Your level of current stress
- ✈ Your sleep habits
- ✈ Your lifestyle
- ✈ How your body absorbs it
- ✈ How your body metabolizes it
- ✈ How your body eventually clears those toxins from the body
- ✈ And Genetics do play a factor in that as well

So... Are you really sick with the cold or the flu? Or are you really **"talk-sick"** from toxins?

Kids are not immune to this, neither are pets. It is one of the reasons why cancer, autoimmune disease, depression, dysfunction and extreme fatigue are on the rise.

**Children are generally more vulnerable because they're smaller and they're not able to get rid of toxic substances as quickly. That's why they might be more sick more often.**

Now, different things affect the body in different ways. It's very difficult to say, *"Oh, this is the reason I have this symptom right now. And that's because this toxin I was exposed to yesterday."*

It could be a constant toxin that is living inside of your body or that you're always exposed to that is causing symptoms. You could change your diet up, you could exercise more, you could drink more water, and no matter what you do, you still notice the symptoms are there. Then you start beating yourself up because you're like *"I'm doing all these things, I'm trying all these things, why don't I feel better?"*

Usually it's because of toxicity instead of living inside of your body permanently or outside of your body permanently. And we have to figure this out!

If you haven't already, I want you to take [THIS QUIZ](#). And I want you to understand where a lot of these toxins are coming from when you see your score. I'm going to give you some advice and depending on your score, I may recommend that you consider some Functional Medicine testing as well. It's important to understand what your levels are, and where you are exposed to them, otherwise you're going to end up at a lot of doctors, a lot of therapists, you're gonna try a lot of supplements, a lot of cleanses, and you'll likely turn up short. You might do a lot of the right things, but for too short of a period, you might not even be running the best labs to explore your Neurotoxic load and working on a protocol based on that. But here's the thing:

**It's very difficult to properly test for Neurotoxins and with thousands of them surrounding us at all times, it's a defeating and expensive task that is usually unnecessary, because in order to detect accurate toxic load, your hormone and excretion pathways would need to be functioning optimally, which today most are not.**

In my practice, depending on the client, we use 'non lab' and inexpensive testing, plus a thorough medical history and present lifestyle to get a bigger picture. Toxic assessment can be more efficient than labs themselves, rather than lazily leaning on labs exclusively and only treating results, which I see most often. RUN from a practitioner who just treats your labs and not your overall physical, emotional and chemical well being. You may feel a little better on 'treating labs' protocols, but usually not for very long because the root cause hasn't been treated.

Additionally, a lot of these toxins are the very reasons why you have hormonal dysfunction, hormonal deficiency, nutrient deficiency depletion, malabsorption, gut issues, autoimmune disease, brain problems and more, as I've mentioned earlier. It's not enough today just to go to a GI doctor and see what's going on when they scope something because the microscopic things that happen when your body is toxic, are not going to reveal themselves on a scope like that.

**Hormones can only work as well as the liver can convert them. If the liver is toxic with these toxic substances, it's just not going to convert properly and your cells can't even receive these healthy nutrients and hormones.**

As long as the cell wall door is blocked with toxins and those toxins are on the inside your cell is not healthy. In order to get well you must fix the cell. In order to fix the cell to give you the beauty and the energy and immunity, that vitality that you desire, you must detox because at the very core of what every practitioner that I have talked to that is not implementing this is not doing with you is to get to the cellular level of detoxification. Let's review the statistics and where you're exposed to some of these toxins.

Since the 1930's Chemical revolution, 100,000 + chemicals have been introduced into our lives and of them...

- ✈ Less than 1% of them have been tested for safety.
- ✈ There is very little regulation on them.
- ✈ The small handful of chemicals that have been tested were performed by the companies that profit from them.
- ✈ 2000+ new chemicals are approved every year, but have never been tested for human safety.
- ✈ Of that, only around 10, are tested for neurotoxic effects (how they impact the brain).
- ✈ None of them have been tested for how they react with other chemicals (toxic symptoms in synergistic effects).

**According to the EPA, toxic chemicals are the worst environmental problem in the nation responsible for up to 80% of cancer deaths. And according to the EPA, everyone has at least 700 chemicals on average inside of them.**

Again, these are not tested for inside of Western medicine models.

You may have been told by your doctor:

*“Oh your liver is working fine. You know your lab results are great.” ... OR ...*

Maybe you worked with a holistic doctor, a functional medicine doctor and naturopath and they say...*“Oh yeah, it looks like here on your heavy metals lab test, you’re low in Mercury, so that’s good.”*

Here’s the problem: Many have high levels of mercury in their body. But many well intended doctors are testing for heavy metals in blood, urine, or Hair tissue testing. The problem with that is blood (as a substrate) is the highway of what you’ve been recently exposed to, not what is stored deep in your tissues, such as the brain.

It’s almost impossible to detect what is actually being released from the brain because it’s so hard to get things across the blood brain barrier. Hence, many of these tests are inaccurate, or they just can’t effectively test 100% to the degree of accuracy of what’s really going on at the deepest cellular and organ level. This is dangerous because you, the patient assumes ‘well I’ve checked that off as a possible root cause to my symptoms, but since my doctor said I was in the clear, I’ll explore other things’, and carry on with the ticking time bomb still in their body, causing damage.

### Which leads to this:



That’s why I like to use the [Neurotoxic Quiz](#) to see what your levels of symptoms are, and we can relate that back to your levels of toxicity in the body.

When you see what your score is and the associated symptoms, you can start to ask yourself where you’re exposed to toxins and start your journey to reduce your toxic load. Let’s talk about what I recommend as a good starting point to start reducing, removing and/or avoiding exposure to some of the most problematic physical, emotional and chemical stressors.

# The Top 10 Toxic Threats to your Gut, Hormones & Mental Well Being

1. Heavy Metals (Mercury Fillings, Breast Implants, Vax)
2. Poor diet, including glyphosate, GMO's, gluten
3. Toxic Personal Care, Beauty (Botox), Cleaning products
4. Poor air quality & mold exposure
5. ElectroSmog and Wifi Radiation
6. Infections (Oral & Gut) & Lowered Immunity due to Stress
7. Plastic & Petroleum (in prescriptions & packaged food)

These next 3 are mental, emotional and spiritual toxins that can have an even greater influence on the body than toxins themselves, which I'll dive into a little bit more at the end of this book.



# Now... let's dive into the 7 toxins that cause the MOST damage

## #1 Heavy Metals (Mercury Fillings, Breast Implants, Vax.)

Metals are everywhere, ubiquitous and invasive. They can be found in things like mercury fillings and breast implants and vaccinations. During showers, if you don't have a whole house filter, you are exposed to a high amount of fluorine and chloride. In fact, a 10 minute shower is equivalent to 11 glasses of fluorinated and chlorinated water.

Chlorine is almost like an antibiotic for the healthy probiotics on our skin is has a high likelihood of causing things like yeast infections and UTI's.

**120 million Americans currently have Mercury dental fillings in at least one of their teeth. That's one in three Americans and half of the material in those fillings is comprised of mercury, one of the most dangerous and toxic substances known to man.**

So why for the past 150 years have dentists been putting these amalgam fillings in our mouths, the neighbor to our brain? Mercury is actually the third most toxic element on the planet, and teeth fillings are the number one source of our exposure to mercury.

**Do you have or have you had silver fillings?** I had mercury and every one of my mouth fillings. Hello brain, kidneys, heart and liver problems. Mercury can also reach toxic levels that slowly over time drip throughout your body as long as it's in your mouth.

**Do you have or have you had breast implants?** For 10 years I did and I got super sick. They are filled with carcinogens, neurotoxins, heavy metals like aluminum, mercury, lead, arsenic, platinum and formaldehyde. In 1987, the US Environmental Protection Agency classified formaldehyde as a probable human carcinogen under conditions of unusually high or prolonged exposure. These toxins leak out to and through our body as long as implants live inside of your body.

I know what you're thinking because this is what I said "But my breasts feel fine and I don't have any issues surrounding them". I just have fibroids, UTI's, polyps, colon issues, constipation, carb cravings, thyroid disease, PMS, skin issues, depression, sleep problems, I wake up to pee 3 times a night but that's normal I just drink a lot of water, I don't eat bad, so it must be my genetics I better take a pill because there's no other way to fix this my doctor said. And I'm in pain a lot and I'm emotionally stressed, so I just drink a couple glasses of wine a night, it's not that bad, but doesn't every woman? But here's the reality:

Breast implants generally all gel bleed, leak or at some point rupture, and one dangerous toxin traveling through your lymphatic system causing your body to swell up is formaldehyde. Common reactions to formaldehyde can include things like wheezing or nausea, skin irritation, burning sensations in your orifices like your ear, nose and throat, coughing and wheezing and what feels like allergies.

**Have you been vaccinated lately or even as a child?** Although people are saying they save a lot of lives, vaccines are filled with toxins. Children are suffering from many unexplained symptoms, usually due to excess levels of injections, especially flu shots. *Common ingredients in the average injection include things like antifreeze, aluminum, mercury, animal organ tissues and blood from aborted human fetuses, fetus tissue, animal viruses, human viruses, foreign DNA, MSG and many of the things, we are not told there are preservatives in them.* Ask yourself 'When is the last time someone said I'm going to give you a vaccination, but look at all the things that are inside of it'. So just know with these upcoming mandated vaccines, this is what is contained in them plus nanoparticles and microchips used to track and trace us.

I don't know about you, but I'm not really down for all those things inside of my body. Plus, when you detox your body at the cellular level, and simultaneously heal your gut and hormones, you boost your immune system, which naturally fights off bad bugs and viruses.

## **#2 - A poor diet, including glyphosate and GMOs, gluten, hormones, additives, artificial ingredients, and nutrient deplete foods...**

...I specifically want to draw your attention to Glyphosate, aka Roundup. There was a huge lawsuit with Roundup in last year 2018, nearly \$300 million. Monsanto, the creator of Roundup, was sued, but they're still advertising glyphosate as this amazing herbicide to keep lawns green.

Do you eat processed food? The top 7 Foods contained in 'Frankenfood' of which 70%+ are: **Soy, Corn, Wheat, Dairy, Cotton, Sugar, Canola, aka genetically modified organisms.**

This constitutes about 75% of a normal grocery store's products.

GMO's are a huge threat to human safety. In fact, it is an antibiotic and it is the key contributor to an inflamed and leaky gut, which leads to autoimmune disease, skin issues, hair loss and more, because we're eating these foods that contain high levels of glyphosate, which destroy our good bugs, called probiotics that literally stands for 'for life.

**Do you eat non organic, processed, restaurant meat?** Synthetic hormones are fed to wildstock to grow them 4 times faster to beef up to 4 times the size they would on their own, as well as dairy cows to produce milk year round, tricking them into thinking they are permanently pregnant. When their sores get infected from over milking they simply administer antibiotics all of which get passed down into the dairy we consume, if it is not organic. This is actually a primary reason for why I see estrogen dominance so commonly today, causing growth of many things like fibroids, fat cells, tumors, cysts, and cancers to name a few. Also, these animals are consuming high levels of pesticides and herbicides because they're eating lots of GMO foods, and quite frankly, toxic waste products, which means that animal is highly inflamed and hence we too are inflamed. Remember: 95% of disease today is caused by inflammation. So this is the source of where we're getting exposed to all of these neurotoxic ingredients and chemicals that have barely been tested for safety.

In fact, glyphosate specifically is not included in the US government testing of food for pesticides, and the EPA considers glyphosate safe. Hmm, even after all the lawsuits, what's really going on here? So how can we continue to trust that everything's been tested for safety, and continue to eat these foods and take these medications and over the counters, assuming that they have been tested for safety when they really never have, even though they are killing people, they're still allowing these foods to be sold, these pesticides to be used and these toxic ingredients to be included inside of beauty, personal care products and shots that are promising immunity when we are injected.

**The Journal of American medicine has found a 70% increase of Parkinson's on those people who use pesticides in or around their home.**

70%. So I'm also talking about when you were walking outside and you're in your shoes or picking up things all over the place because glyphosate is everywhere. Do you take your shoes off when you come in the home? Most don't and track in the chemicals they walked through during their day, and then you eventually walk barefoot, right? Did you know your feet are the most porous parts of your body that will absorb all these substances, which travel from your skin to your bloodstream and become a part of you.

### #3 Toxic beauty, personal care and cleaning products

Have you ever used Botox? Did you know it's a neurotoxin and one of the most lethal poisons known to man, it's actually considered THE number one most toxic substance known to man. Just because it grows by a bacteria in order to defend itself does not mean it is safe for us. It's considered 'natural', but it is not considered healthy. Natural is a greenwashing term that has more merit for your credit card than your physical health.

It also has zero long term studies to prove it's safety, and if you can think about it, it's a neurotoxin injected right next to our brain. If you have brain fog, Alzheimer's and issues inside of the brain, this might be why. In fact, breast implants, Botox and the majority of beauty product ingredients have never been tested for safety. This is a big deal considering:

- In 2009, 595 cosmetic manufacturers have reported using 88 chemicals that have been linked to cancer.
- Birth defects or reproductive harm in more than 73,000 products (and that is from the California Department of Health).
- The average woman puts 515 synthetic chemicals on her skin every day.
- 60% of what we put on our skin is absorbed into our babies.
- The amount of mercury inside of a baby is directly proportional to the amount of mercury that a mother has inside of her mouth.
- It takes four to five generations to clear lead from the body (*if great, great, great grandma had high levels of lead and let's assume there's no further exposure it would take four to five generations for that baby to have no levels of lead in her body.*)

Once they are in you, it is very difficult to clear these heavy metals and neurotoxins from the body. That's why it's really important to get down to the cellular level, and detox with the right kind of adjuncts to pull them out of the body. The majority of people are not doing this right. So that's why I wanted you to get your Neurotoxic score to see exactly what solutions I have for you. The types of synthetic chemicals that women are putting onto their bodies, and also babies and in each other, are phthalates, parabens, SLS (which is sodium lauryl sulfate), DEA, triclosan, synthetic fragrance, and things like oxy benzene, which are in a lot of sunscreens today. We are told that we need to block the sun when our sun is one of the most powerful mood and hormone modulators. The rule of thumb is to get at least one hour of sun a day unprotected and anything more than that you could use something non toxic to block excess sun rays.

### #4 Poor air Quality and Mold Exposure

Did you know that your house or your commercial building is five to seven times more toxic than outdoor air, and new construction homes and buildings 100 times more? Of course, you're going to have mold in older homes, but you also have more toxins in newer homes. Two thirds of Americans live in areas where toxic chemicals in the air raise the risk of cancer. And in 1901, one in 8000 people got cancer today, that rate has risen to one two men and one in three women.

According to the experts, one being Dave Asprey:

**More than half of the houses in the United States have mold problems and 28% of the population, including myself have genes that make them highly susceptible to mold related health issues.**

Environmental mold is considered to be a much bigger concern than a pesticide or lead paint, and it affects us all.

If you have had breast implants or have them you also have a higher risk of having mold inside of your body. So when I help women move from having breast implants to explanting, cleansing their body and restoring their tissues, healing their systems, we must consider mold as a possible root cause to her symptoms.

## #5 - Electrosmog and WiFi radiation

There has not been ONE study done on the safety of 5G and Electromagnetic Radiation and Frequencies these towers and Smart technologies emit? The ones that HAVE been done, have shown the danger that:

**“More than 20% of the population has hypersensitivity, electromagnetic hypersensitivity, and it’s growing! In fact, there’s 4500 body functions within the body that are impacted from electromagnetic radiation exposure. 80% are women, 20% are men!”**

Today we’re exposed to devices in the name of ‘convenience’ and higher productivity: smart devices, computers, phones, iPads Wi-Fi, smart meters, 5g towers, electricity towers, smart technology in our kitchen, cars. They are referred to as ‘smart devices’, which electrify and emit radiation and frequencies in order to process at the speed they do. We’re in front of our computers, cars, phones all day, touching them, holding them, putting them in our pockets. Most people don’t know this, but every time you’re connecting your ‘electric’ body with these electric devices, it destroys cells, which are the powerhouses that generate ATP, and hence give you energy.

*Dr. Klinghardt did a study on EMF’s and found that these frequencies and radiations EMFs increase excretions from candida, parasites, and mold by FIVE TIMES. So beyond just clearing the toxins, I recommend you reduce your exposure to these devices, and ground them with EMF protecting technology. I have many solutions to this in my [online store](#).*

## #6 - Oral or Gut Infections & Lowered Immunity due to Stress

Another common approach I see when clients come to me after having tried ‘all the things’ is: candida and parasite cleanses, SIBO protocols and ‘gut cleanses’ of all kinds. No matter how simple or advanced the approach, approaching the gut this way usually fails. It works for a while, and then something comes back. The reason why is There’s usually a deeper rooted reason why Candida and parasites are there. And typically, parasites are there to mop up the metals and the neurotoxic mess that lives inside of your body. It may sound strange, but sometimes they are there to protect you from toxins lodging deeper into the layers of your body such as bone, organs, and ultimately the worst case scenario in your brain. Hello brain fog, irritability, anxiety, Parkinsons, autoimmune and neurodegenerative disease.

So if you have high levels of neurotoxins in your body, you will most always have chronic issues with parasites and Candida. Same for bacteria. Oftentimes, when you can’t digest your food properly because of emotional stress and not enough hydrochloric acid in your stomach, mineral deficiency, etc, overall aging, you won’t break down your food properly. When that happens, your body will recruit bacteria to break it down inside of your gut to make up for it’s digestive deficiencies.

**BOTTOM LINE:** Bugs are there for a reason and they won’t permanently leave until you get to the root cause of why they’re there.

The number one root cause is toxicity, the second being trauma, emotional issues, mental issues, and of course diet impacts candida greatly, parasites come from toxic water, and world travel. It's hard to say which came first, the toxin or the trauma, but in overall, the less mental and emotional stress, the less digestive issues. On the flip side, the more digestive issues you have, the more mental and emotional stress you're likely to have. They have a synergistic relationship with each other, and the bottom line is if you want to heal your gut, it's paramount that you detox alongside your gut healing journey.

**In addition to the gut, a major source for infections are inside of your mouth. Oral infections are now THE #1 root cause of chronic disease today.**

YES. Caution: This is a major eye opener and will be hard to believe because of how much brainwashing we have all received on what we 'should' do for oral health.

As I mentioned before, mercury fillings are not safe for anyone. Half of silver fillings are composed of this deadly poison that creates a sort of 'Mad Hatter's Disease'. For those who get it, they seek out a dentist to remove them, BUT keep in mind, it's not just about removing them. Primarily important is to remove them with the support of a biological dentist who has used ConeBeam technology to examine the main sources of toxicity in your mouth. Mercury removal exposes us to the highest amount of mercury, which for many can be deadly or cause immediate nervous system dysfunction, brain impairment, etc. After your session, it's KEY to work with a Detox specialist to help you clear out the mercury from having been absorbing it through your teeth every time you chew. Usually takes 1-2 years depending on your Neurotoxic levels and what you scored on my Neurotoxic Quiz.

The next deadly toxin living in your mouth is: **Cavitations, like deadly bacteria & parasites, that live inside the pockets of the root canals in 86% of us who have had one or more wisdom teeth removed.** Not so wise hey? This is akin to the bad bugs that live in between breast implants and the capsule a woman's body creates around them, in the sense that NO amount of antibiotics will EVER be able to permeate these walls to kill the bugs in these pockets/dark holes, creating a perpetual state of chronic disease caused by these bad bugs that are wreaking havoc on our body. Because this is not 'mainstream medicine', chronic illness worsens, since most are not informed about these 'toxic terrorists', and are prescribed antibiotics excessively. Over time, most end up with antibiotic resistance, the #1 predicted cause for death in the next 40 years.

Is it a wonder that dentists are 1 of the top 3 highest rates of suicide, with Western doctors being #1 of 3. What's the common denominator? TOXINS. Heavy metals, specifically.

WE are waking up as a culture, yet medical professionals who are not are trapped in the sinister system that is all about profits, and it's eroding their souls. I've seen it happen and talked to them behind closed doors.

## **#7 - Plastic & Petroleum (in prescriptions & packaged food)**

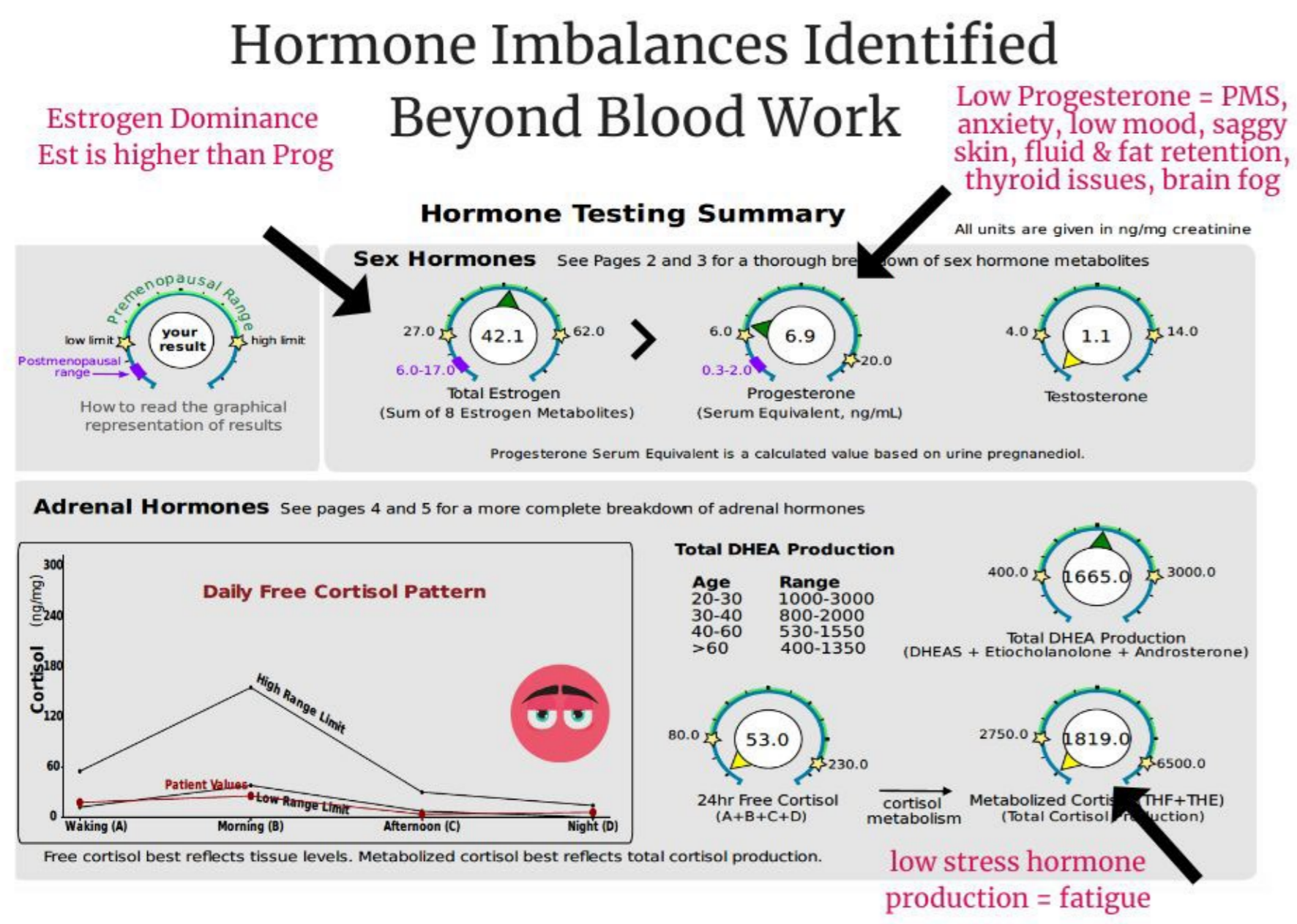
Plastic and petroleum are everywhere and insidious as they are in practically everything today from food packaging, bottled water, to personal care, lotions, beauty products and sexual lubricants. What many don't know is that they are hormone and endocrine disruptors, mimicking estrogen inside of the body. They are part of a huge class of toxins called 'Xenoestrogens' which look like estrogen to the body so can occupy the receptor site, but aren't truly self made, so it drives up levels of estrogen in the body (as seen on my lab tests).

*These aggressive petroleum based toxins can out-compete our own made estrogen and can be up to 1,000 times more powerful, hence are a major threat to us all today, because they 'grow things' such as tumors, cysts, fibroids, endometrium, cancers, lymph nodes, fat cells (including the brain) contributing to the hormone imbalance, cancer, obesity and chronic illness epidemic today. The greater our exposure, the greater the impact including what was handed down to us from our mothers.*

They are extremely powerful and are stored in our fat cells, which the brain is primarily composed of. (Hello brain fog, confusion and mental disease). What many women with breast implants don't know is that: Silicone is a Xenoestrogen, which is also in saline breast implants because they are cased in Silicone.

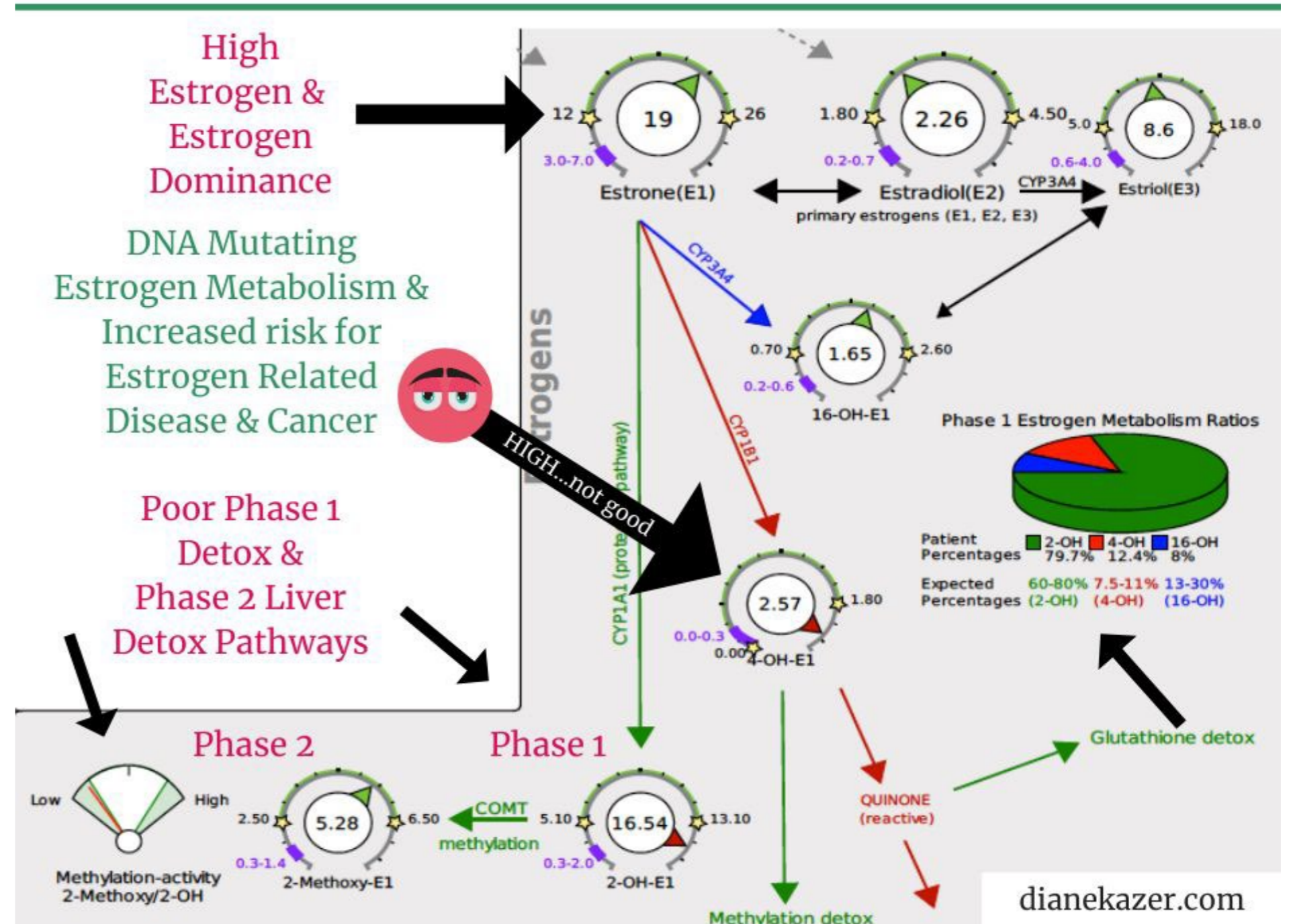
Xenoestrogens displace zinc in the body (80% of Americans are dangerously deficient), a major precursor to progesterone, so it drives that down, which can cause Estrogen Dominance and ED related conditions and symptoms. This is evident on my 'before and after' lab results you'll see on the next page which, as you can see my progesterone rose 1.27%, and I can absolutely feel it too! I have seen this with the women I have supported to and through explant in their mind, body, spirit recovery and rebuild.

**HERE ARE MY 'BEFORE' RESULTS:**



Estrogen Dominance (due to implant toxins?), Low Cortisol (stress & energy producing hormone), Low Progesterone

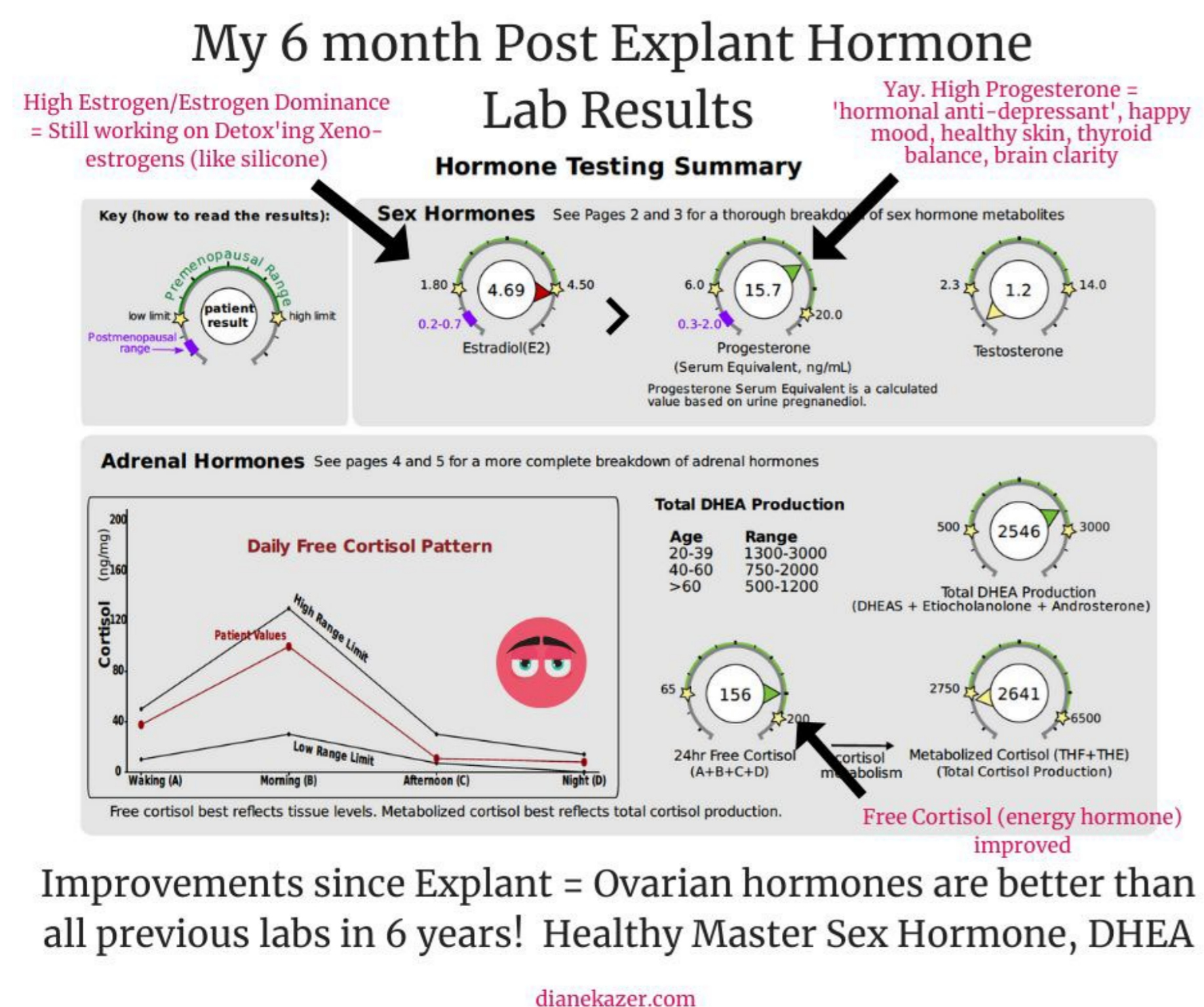
**How you're Metabolizing Hormones Matters as Much as Hormone Production**



**THE IMPROVEMENTS:**

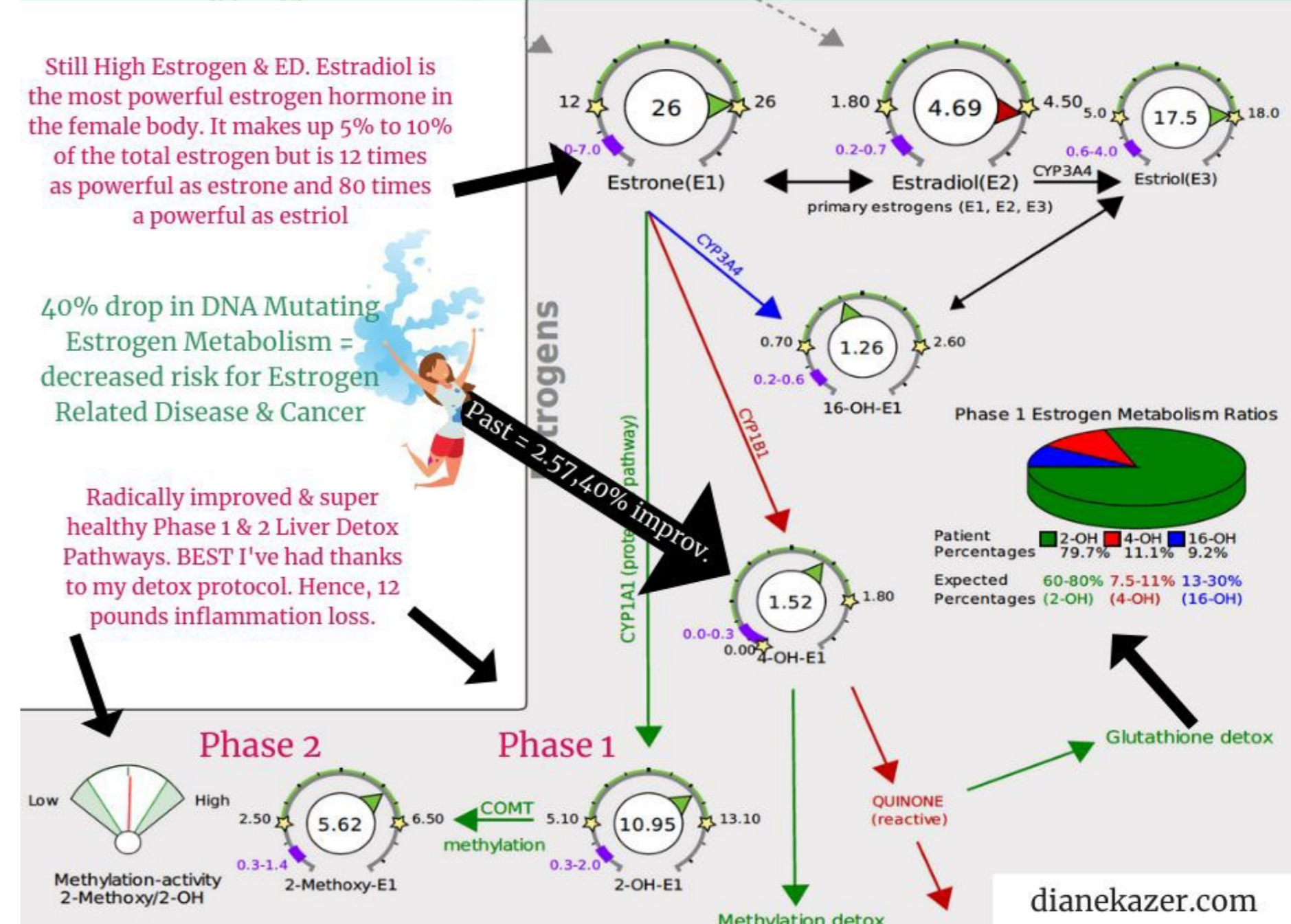
- SEX HORMONES INCREASED DRAMATICALLY
- PROGESTERONE SUPER HEALTHY LEVEL AND 227% HIGHER
- STRESS HORMONE CORTISOL PRODUCTION GREATLY IMPROVED BY 45%
- MASTER HORMONE DHEA PRODUCTION INCREASED 53%
- PHASE 1 LIVER DETOX GREATLY IMPROVED
- PHASE 2 LIVER DETOX WENT FROM LOW TO MID RANGE (AWESOME)
- STILL ESTROGEN DOMINANT (but that will improve over time as I clear the debris of Breast Implants, Botox and Toxic Beauty residue. I'm on year 2 of my post Explant Detox protocol)

**SO YOU CAN COMPARE THEM TO AND SEE THE DIFFERENCE IN MY 'AFTER' RESULTS:**



Improvements since Explant = Ovarian hormones are better than all previous labs in 6 years! Healthy Master Sex Hormone, DHEA

**My 6 month Post Explant Liver Metabolism & Detox Lab Results**



Aside from breast implants, sources of Xenoestrogens include plastics, pesticides, processed meats, packaged foods, parabens in beauty care products, phthalates in the ingredient 'fragrance', and water. The majority of filters do not adequately filter out prescription drugs such as birth control and run off from hormones used in agriculture, which is why I recommend having complete water systems at home such as Whole House and Ionized Alkaline Drinking water Filters.

The overload and malabsorption of foreign estrogens can lead to a buildup of more "aggressive" proliferative forms of estrogen in the body. And when this happens, a whole host of health complications can ensue, including Breast Cancer. A study conducted at the University of Toronto found that women who ate muffins with 5 teaspoons of flax seeds per day were able to lower their tumor markers from 30-71%, as my dear friend, Veronique Desaulniers, the Breast Cancer Conqueror advises.

Additionally, she references, "Because estrogen is involved in dozens of hormonal pathways in the body, the concern with Xeno-estrogen is also whether or not estrogen methylation in general is taking place in a healthy way. If your body is not able to metabolize or breakdown the chemical estrogens, then build-up and or estrogen dominance can occur. Another concern is how Xeno-estrogen interferes with not only the reproductive system (for both men and women - and children), but how it affects other cellular functions too.

For example, Xeno-estrogen build-up can change brain chemistry and lead to neurological conditions. It can also cause imbalance in cortisol levels and thyroid hormone deficiency." For more on this topic, and how to heal the body from it, grab my book, Killer Breasts [HERE](#), where I provide solutions on Overcoming BII, detoxing, which labs and scans are worthwhile and how to improve your hormonal and detox pathways. It's important to work with someone who has a track record and experience in helping women in this journey and has also been through the journey of explaining themselves.

These next 3 are mental, emotional and spiritual toxins that can have an even greater influence on the body than toxins themselves. It is beyond the focus of this book, however it's something I address with clients who feel 'stuck' in their healing and freedom journey, that usually is the last to budge to release the symptoms that just won't budge like chronic fatigue, weight loss, autoimmune symptoms and of course the result of that is freedom and confidence to pursue their wild dreams instead of their mild dreams.

#### **8. Disconnection from Nature & Sunlight**

#### **9. Toxic Relationships, Friendships & Partnerships**

#### **10. Shame based limiting beliefs, Fearful thoughts, self sabotaging stories, and victim oriented emotions that keep you imprisoned to your illness.**

**#10 is the most important for all of us.** And the core of it is this: If you don't understand how a PART of you benefits from your illness, you'll never achieve your wellness! Let that sink in. When my clients reach this level of awareness, they can stop hiding from the story of who they think they 'should' be (shame) and can step up into the person they came here to be. The secret recipe to move from suffering to symptom sovereignty is to purge toxins and trauma at the same time! This will probably only resonate with a smaller percentage of people, so if that's you, drop me a line and we'll talk. I help a select few with this journey and every time it sprouts miracles.

Miracle clients I have worked with like:

- 👉 She almost died of Breast Implant, Botox and the Bully within' Illness and Triple whammy.
- 👉 And helping Adam, who is on the Autism Spectrum detox and get off of all of his medications as well as thrive in school and hear again.
- 👉 Then there was Dr Patricia...we helped her drop 20 pounds and 3X her energy with ease by shifting the way she was thinking.
- 👉 Supporting Patricia to walk again without the use of her wheelchair she used to walk for 7 years since her Multiple Sclerosis diagnosis.

We have a ton of Success Stories you can read [HERE](#) if you need more inspiration and hope!

When you have toxic relationships or friendships, it's emotionally more taxing and your body will hold on to more toxins when you're holding on to more trauma, such as not forgiving yourself and freeing yourself from a lot of these negative belief patterns and self deprecating thoughts and limiting beliefs.

**Disconnection from nature and sunlight** is also a major issue, because we get about 70% of our energy FROM the sun! The more we connect to Mother Earth, the more that we have the power to release these toxins from our body. **Negative thought patterns like shame and fear** and guilt and anger and obsessive emotions can stress the adrenals and hormonal system 1,000 of times harder than toxicity. It's critical to understand that the majority of us are in 'fight or flight' chronic stress during 70% of our day. And when you're in fight or flight, you're not releasing. So if you're not in a state of calm, you cannot be in a state of detox as well. So it's really important to have your mental, emotional, spiritual. balance at the same time you're doing a detox. But sometimes when you do a detox you're able to attain a more improved and elevated mental, emotional and spiritual state as well.

In closing, recall that these toxins are cumulative. Once your toxic bucket begins to overflow, symptoms, like those listed here, are the last thing to occur as the body's breaking down, and they're our body's way of sounding an alarm to get our attention that something is really wrong. Check out this image and note all of your symptoms, you see listed.

**IS YOUR Goddess Glass OVERFLOWING?**

**TOXINS**  
**INFECTION**  
**TRAUMA**  
**SHAME**

**INFLAMMATION**

**THYROID DISEASE**  
**BREAST IMPLANT ILLNESS**  
**DEPRESSION/ANXIETY & MOOD ISSUES**  
**ADRENAL INSUFFICIENCY**  
**BRAIN FOG**  
**CHRONIC FATIGUE**  
**PAINFUL PERIODS & PMS**  
**IRRITABILITY**  
**INABILITY TO HANDLE STRESS**  
**DIZZINESS & NAUSEA**  
**HEADACHES & MIGRAINES**  
**MUSCLE & JOINT PAIN**  
**RAPID AGING**

**HAIR LOSS**  
**SKIN ISSUES (ACNE, RASH, CELLULITE)**  
**IMPAIRED IMMUNITY (SICK OFTEN)**  
**UTI'S & YEAST INFECTIONS**  
**DIGESTION CHALLENGES (BLOAT, CONSTIPATION, ETC)**  
**NIGHT SWEATS**  
**COLD EXTREMITIES**  
**SLEEP ISSUES**  
**INFERTILITY**  
**DIFFICULTY GAINING MUSCLE**  
**STUBBORN WEIGHT LOSS**  
**ENDO, FIBROIDS, PCOS**

Discover your Toxic Score & Custom Detox Protocol  
[dianekazer.com](http://dianekazer.com)

# CHI Pyramid Supplement Recommendations

This is the private advice I give to clients, who pay me thousands to work with them, that I am including in here for you FREE.

Now that you get why supplements are important, one of the top questions I am asked that I would like to answer for you, that I'm sure you are wondering by now is 'What Supplements should I take for \_\_\_\_?' and my answer is always 'it depends'.

When I first started my FDN Health Practitioner training and journey, 20+ supplements were recommended to me, based on the Functional Medicine labs I ran for my certification. Then, when I embarked on my Breast Implant Illness journey and researched this question, I found a list of over 125 suggested supplements, which blew my mind. I thought "My clients are overwhelmed when I recommend ten supplements, let alone 125". That was when one of the voices in my head said "I have to help my friends, family and followers. They need a simplified version of this as well as a customized option".

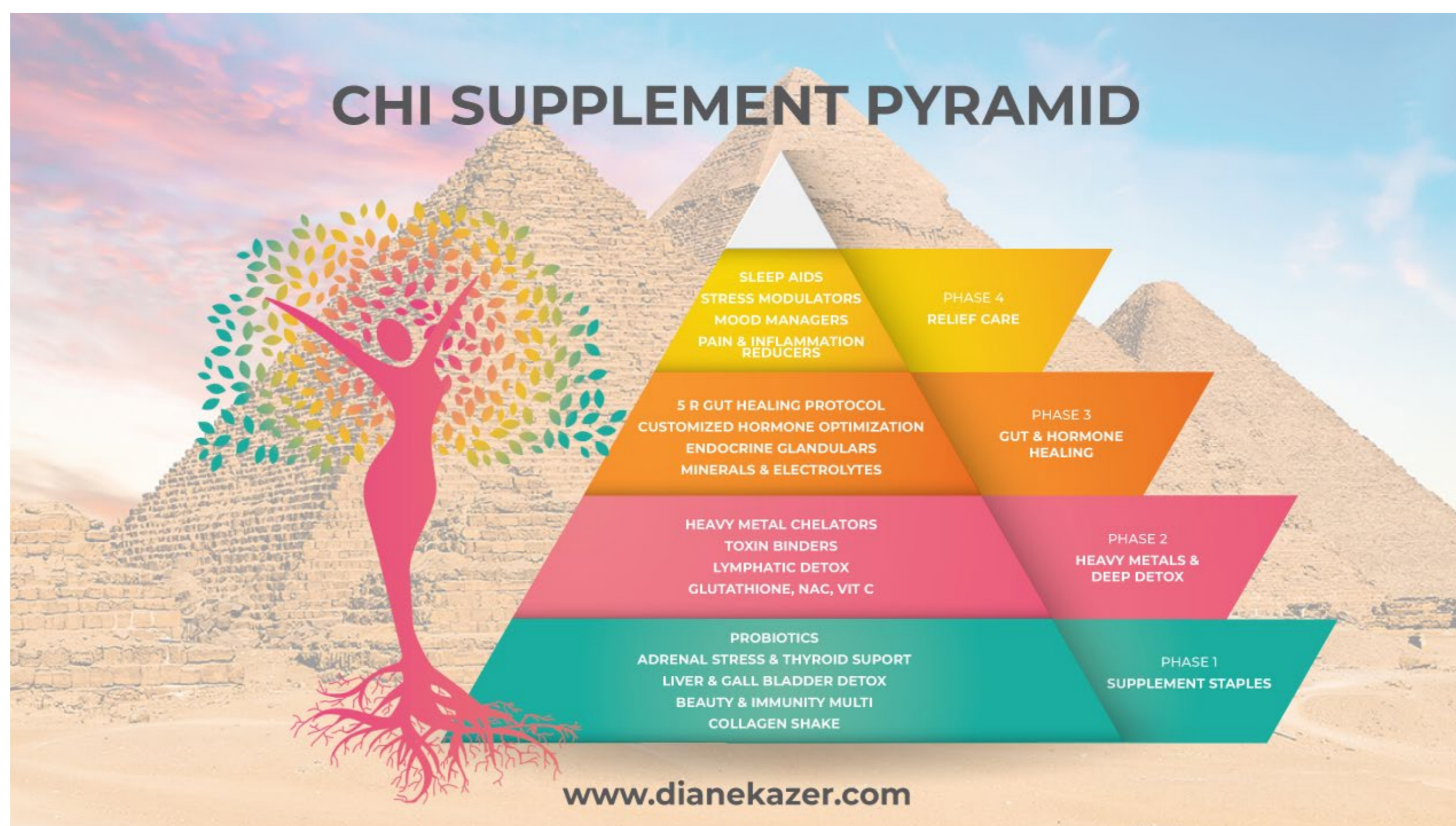
So here we are!

CHI warriors, I'm really excited to present this creation I have been working on for years. Organizing the order, priority and method for supplemental healing is an art, and so I pass on my loving intentions through these formulas, for you to Cleanse, Heal, Ignite in ways you need specifically.

My goal with this is for you to see that when you begin here in CHI, how the phases play out based on what your body is ready for as we roll through each level of the Pyramid.

- **Phase 1** = PAL - Probiotics, Adrenal & Stress Support, Liver & GB Detox Foundations + Multi + Collagen Protein Powder.
- **Phase 2** = Heavy Metal Chelators & Carbon Cleanse Binders (2 Part detox approach - one pulls the toxins out of the cells and the other binds to & excretes them).
- **Phase 3** = Further customization of your Hormone, Gut and Brain protocol. (with glandulars, the 5 R gut healing protocol, etc).
- **Phase 4** = If at any time you are in discomfort, I recommend these on occasion to help you achieve rest, peace and calm until we get to the root of why you are unwell.

Without further ado, behold the Cleanse, Heal, Ignite supplement line I have been working hard and heart on behind the scenes. This is the CHI pyramid of supplement hierarchy, from Staples to Specialty support.



As you can see, there are various levels, which like a pyramid, I based on building your health from the ground up. Unfortunately, most people start supplementing **upside down**, in Phase 4, which is Relief care, only taking herbs, vitamins or worse off, taking prescriptions to alleviate discomfort, which only numbs out symptoms, rather than addressing the roots of them.

In my one on one [CHI Hormone Warrior Transformation Tribe](#), I teach my clients how to listen to the language of their body, and explore their symptoms, by learning how the body speaks to us, so they can ask questions, listen, feel and heal. When this is done compassionately and consciously, it can alleviate symptoms permanently without the use of any 'Relief Care' formulas.

Not that relief care is bad, it's just that when the first phases are addressed properly, it's less needed because when the body is in balance, there are less symptoms and less discomfort to relieve.



# Start it from the Bottom, Now We're Healed!

These protocols should be done in phases, usually in months, so as not to take too many pills at once, nor overwhelm the body.

**The Phase 1 Foundational Five** are 'Ground level Staples' that I highly recommend you consider supplementing with for the rest of your life (at least in this current toxic and traumatic environment). I recommend mastering this phase and getting your body used to these, which open up detox pathways, 'turn on the lights' and ramp up your energy levels so you are ready for Phase 2: Detox, which takes energy. **5 supplements**, with 1 being 'food' (Collagen Powder), so technically 4.

**The Phase 2 Deep Detox & Binders** should be taken daily, which for most should take around 6 months to 2 years depending on your Neurotoxic Score. Beyond that, doing a one month round of these 2, twice per year is ideal and highly recommended considering the amount of toxicity we are exposed to today! **2 supplements**.

**The Phase 3 Customized Gut & Hormone Protocol** - This phase should be created based on the support of a health practitioner, who examines your Functional Medicine labs such as GI health, Hormone function and toxicity so that they can completely customize it to you.

*Hormone support supplements depend on what level of support you need: Estrogen Dominance Detox, extra Methylation due to MTHFR genetic mutations, sluggish metabolism, Sex hormone replacement, adrenal insufficiency, thyroid support, etc. Unfortunately, most are guided to start here with birth control, bioidentical hormones, testosterone injections, and Synthroid, to name a few...rather than exploring how toxicity drains hormones (hence, is why I suggest addressing Detox'ing toxins that impact hormones in Phase 2).*


You may have heard of the 5R Gut Healing protocol, which is a supplement protocol, depending on inflammation, gut imbalances, insufficiencies, infection and immune system support needed. This is best explored with a full Gastro Intestinal stool analysis. This is another health approach that I recommend you approach after you've worked through Phase 1 and 2 alongside Gut healing because most bugs contain multiple times their weight in toxins, such as parasites. Most clients we recommend **3-4 supplements** to temporarily to heal their gut, where unfortunately many people end up on multiple year bug killing formulas like Oregano that should only be taken for 7-14 days at a time rather than ALL time. This is the most common protocol I see clients on, that only addresses the 'Removal' part of the 5R healing protocol, which is the 'first' R to Remove bag bugs. This is why most people's Candida Cleanse or Parasite protocol doesn't resolve long term, because the other 4R's are not addressed to Replace, Repair, Reinoculate and Rebalance.


**The Phase 4 Relief Care** is to help you with sleep challenges, pain, calming 'fight or flight', energy issues and more. (the idea for these is that they are temporary supplement needs to help relief your symptoms until we can get to the root of why they are there).

Ultimately, the goal is to follow this schedule:

 **Phase 1** = 4 supplements + Collagen (always).

 **Phase 2** = 2 supplements (6 months to 2 years then every other 6 months for a month thereafter).

 **Phase 3** = 4-10 supplements (Gut healing takes about 6 months on average, hormone healing can take 3. Usually women thrive on 2 supplements in each category thereafter, plus more if you are missing organs such as your Gallbladder...which we need something to replace the lost function of).

 **Phase 4** = As needed.

Beyond these phases of healing, my recommendation to clients I work with is that every year, they return to me for a CHI-Boot check up to explore the same labs - Gut, Hormone and Brain health (and hence your total body wellness).

At that point we will recommend an updated Phase 3 and 4 protocol, because you are ALWAYS exposed to new bugs & viruses, toxins, hormonal changes, mental/emotional stressors, spiritual crisis and just aging in general (which if you wish to keep your results, I recommend supplementing what we lose as we age. Those things are enzymes, HCL, collagen and micronutrients.)

I completely understand it may feel overwhelming at times, but it is simply unavoidable in this day and toxic, stressful age to feel the effects of the body breaking down, so if you want to keep your Cleanse, Heal, Ignite, I recommend you follow this formula!

I did my very best to simplify this as much as possible for you so that you can THRIVE and focus with your FULL BEING and HIGHEST SELF into everything you pour your Heart and Soul Goal into!

# Supplements AF - Maximizing your Approach

It is absolutely imperative before you embark on any supplement journey that you calm your Central Nervous system, balance your brain and strengthen your Vagus Nerve such that you reduce any fight or flight, that way your body does not reject these supplements, but rather receives them. This is the starting point we help our clients create and it makes a HUGE difference.

## **A few rules of thumb on supplements:**

1. Be sure to titrate up to tolerance. I.e. if the bottle says take two twice per day, start with one pill, one time, then work up to four total.
2. Take only high quality supplements that ensure testing so that you know you are getting that you are paying for.
3. Purchase supplements that maximize absorption rate, such as Methylfolate vs Folic Acid as Vitamin B9. Extremely important for someone with MTHFR genetic SNP's (I am one of them) who lack the 'methyl' groups to break down vitamins into their absorbable form. Cheap supplements will carry Folic Acid, which can do more damage to the body.
4. I wouldn't waste your time buying supplements at the store. First off, the clerk at the store, as well intended and informed as they may be, has not seen your medical history, nor labs, nor is a health practitioner/functional medicine expert. Second, stores are only able to sell the low doses levels of supplements. This may not suit your nutritional needs.
5. Your best bet is to have your supplement protocol customized to you considering everything in this book to ensure you don't waste any more money than you need to on things you don't need. Explant surgery is expensive enough.

I see women who are on \$500 per month protocols all the time, recommended by their functional medicine doctor. The supplements are usually high quality, but are not getting to the root of cellular toxicity, gut dysbiosis, hormonal chaos and lymphatic congestion in the proper order.

# The Specific Supplements I Recommend (& How to Order)

While I cannot advise on Phase 3 - Hormone and Gut Healing nor Phase 4 - Relief Care, unless I saw your lab results, full medical history and I get to know your physical, emotional and chemical stressors, here is the foundation I believe everyone needs to thrive to the top of their full potential:

## STAPLES:

- **Spore Based Probiotics** (species that seed the gut, no refrigeration needed).
- **Adrenal and Thyroid Stress formula** (with ingredients such as B6 as P5P, ashwagandha, licorice root, rhodiola).
- **Liver and Gallbladder Detox support** (Preferably containing high levels of NAC, Lipoic Acid, Vitamin C).
- **Beauty and Immunity MultiVitamin** to provide key nutrients for energy, mental health and vitality (with Zinc, minerals, MSM, Vitamin A, C, D, B vitamins, as well as Amino Acids such as Glycine, Lysine and Proline).
- **Collagen Peptides Powder** to add to smoothies or coffee to strengthen and repair internal tissues, skin, hair.

For the PAL Trio  
(Probiotics, Adrenal  
support and Liver Detox)

[CLICK HERE](#)

OR all 5 of these can all be  
purchased in a  
bundle to save \$ on a kit

[CLICK HERE](#)

And if you put it on AutoShip you'll save even more :)

## CLEANSING: (some of these are listed in 'Cleansing Phase' in my Supplement Store)

In addition to the liver formula 'Detox Diva', you'll need deeper detox for:

- Magnesium (go [HERE](#) to login to my Supplement store).
- Systemic Enzymes for Lymphatic Decongestant and inflammation reduction, a MAJOR must for women with Breast Implants, experiencing Breast Implant Illness symptoms or have/plan to explant. (go [HERE](#) to login to my Supplement store).
- **Cellular Detoxification with Clinoptilolite Zeolites**, phosphatidylcholine, fulvates and if you're working with a BII specific practitioner, EDTA (use 'CHIwarrior' for 10% off your 1st order).
- **Strong Binders** with Magnesium Oxide, various fibers, Activated Carbon, Fulvic acid and Zeolites. (use 'CHIwarrior' for 10% off your 1st order... I would order the CytoDetox & Carbon Cleanse at the same time - these second 2 bullets).

**HEAL GUT & HORMONES:** some of these are listed in 'Heal Gut & Hormones Phase' in my Supplement Store but like I mentioned, I am cautious to recommend anything here unless I am working with someone and their full health picture. If you'd like to explore working with me and my team as a client, [GO HERE](#) to book a time for us to connect.

Regardless of where you are on your supplement journey, I recommend you always stay on the Total Beauty & Body CHI Kit every month which you can grab [HERE](#) or at least the Supplement Staple Transformation Trio [HERE](#).

Remember, proper heavy metal detox protocols, when done right, take one to two years. Proper gut healing protocols, considering all phases take at least six months. Hormone balancing protocols take three to six months.

There are also formulas to detox pesticides such as glyphosate from your body, and that's something I usually bring in after a client has been through a few phases of Heavy Metal cleansing and the hormones are optimized and stabilized, but definitely something to consider as well!

The least overwhelming and most specific thing you can do is work with an expert practitioner who has extensive experience supporting clients from start to finish, to support you with this and monitor your progress.

Remember: Healing begins in the mind and Detox is blocked with mental stress. And 60% of any pills efficacy is predicated on your thoughts about what it will do for you (placebo).

**“Toxins trapped in the physical body are reflections of thoughts, fears, beliefs, stories and emotions that are held in the mental and emotional bodies. When you free the fear, surrender the stories and clear the mind from thoughts that traumatize you, your body automatically frees the toxins that create symptoms, sickness and suffering.”**

The important thing is to tell yourself a life story in which you, the hero, are the problem solver rather than the helpless victim. This is well within your power, whatever fate might have dealt you, and will be the master supplement to your supplement journey to FLY (First Love Yourself).



# Final Words of Empowerment

When it comes to living your life full out, what is the most important thing to you? For most people, including myself, they would say money and their health. Well, money. We know this that comes and goes, but you can't buy your health. Your health is usually the pathway to earn your wealth. In fact, most women who come to me say, I can't work anymore and so therefore my finances are suffering because my health is suffering.

Truly, what do you have if you don't have your health, toxins impact everything that defines your wellness, your physical health, your emotional health and your chemical makeup. In other words, your immune health, your hormonal health and your mental health. So all of these things are all related, the more toxic that you are, the less hormonally healthy that you are, the more that your gut is destroyed, and the more that your beauty is impacted, as well as your energy as well as your vitality. toxins are the root cause of so much suffering today.

So let's start by supporting your body based on your customized Neurotoxic Score. Alongside this ebook, I sent you an email with some tips on exactly what to do from here. And I know much of this sounds crazy, but I promise you that you're not alone. You don't have to do this alone. You're not going crazy. And yes, there is a way out. I'm really excited for you on this journey, based on the results of this quiz for you to learn just how toxic that you are, and the exact protocol that I suggest that you follow, so that you can begin to heal so that you can begin to cleanse your body, heal your hormones and ignite your life.

**Instead of setting fire to your body,  
let's set fire to your dreams so you can  
get out there and live your best life.**

I hope you enjoyed this guide, that you take action and follow the recommendations customized to you based on your Toxic Load score. If you want to dive deeper, watch my 5 Secret Shifts to Cleanse, Heal, Ignite [HERE](#), after which you can schedule a call if you are inspired and irrationally passionate about transforming yourself into the greatest version of yourself possible.

If you shall need any support along the way, please reach out. Never forget, you are perfect as you are!

Warrior love and CHI light,

