



Body Ecology's Detoxification Training: Handout #1

Toxins are found in:

- Air
- Food
- Water
- Personal care and beauty products
- Your home
- Other:

Two categories of toxins are:

1. **Endogenous toxins** (found within the human body) are:
2. **Exogenous toxins** (found outside the human body) are:

Types of toxins are:

- Sodium laurel sulfate, sodium laureth sulfate, triclosan (found in antibacterial products), Parabens (Methylparaben, Ethylparaben, p-Propylparaben, Isobutylparaben, n-Butylparaben and Benzylparaben), mineral oil, petroleum, Diethanolamine DEA, Cocamide DEA, Lauramide DEA, alpha and beta hydroxy acids, talc, lanolin and phthalates.
- **Heavy Metals** – Aluminum, Mercury, lead, cadmium, arsenic
 1. **Aluminum** is found in antacids, antiperspirant, baked goods and paint.
 2. **Mercury** – dental amalgams, fish, vaccines, batteries, fluorescent light bulbs, electrical wiring
 3. **Lead** – old lead pipes, lead paint, unglazed ceramic pottery
 4. **Cadmium** – industrial processes, mining, cadmium batteries
 5. **Arsenic** – rodent poison, arsenic-laced pressure treated lumber (pre-2004), water, industrial processes, insecticides, pesticides

Common mistakes people make when detoxifying:

Signs of cleansing are:

- Your major organs of detoxification are: your liver, kidneys, intestines, skin and lungs.
- The Body Ecology principle that is important to understand for detoxification is the principle of cleansing.
- Seasons that are great for natural detoxification are: spring and summer.

Toxins exit your body through your:

1. Eyes-tear glands
2. Nose – mucus, runny nose
3. Lungs -cough
4. Mouth
5. Skin/pores
6. Other:

The top 3 things you took away from class today are:

- 1.
- 2.
- 3.

Action

What one action would you like to take in the next week, based on what you learned today?