



Nine Steps To Healthy Lifestyle

Step 1: Toxins & Detoxification

Let's do an health overview and check if you are experiencing any of the following symptoms that can be attributed to toxins:

Ear/Nose/Throat Conditions: Congestion, Ear fluid, Ear infections, Ear pain, Sinusitis, Tonsillitis/Adenoiditis, Upper respiratory infection

G.I./Digestive Issues: Abdominal pain, Constipation, Diarrhea, Obesity, Reflux
Immune Conditions: Allergies, Cancer, Diabetes, Inflammatory Bowels, Side effects of chronic medications

Neurological Challenges: Behavioral problems, Emotional concerns, Sleep Issues

Respiratory Condition: Asthma, Bronchiolitis, Bronchitis, Cough

Skin Conditions: Hives, Eczema, Rashes

Neurological Disorders: Parkinson, Alzheimer's, depression, ADD/ADHD, schizophrenia

Nutritional deficiencies

Hormonal deficiencies

Enzyme dysfunction

Reproductive disorders

Fatigue

Headaches

Cancer



Toxic Load Review:

Toxic load is the amount of toxins that your body comes in contact with and must try to process.

1. Do you eat conventional produce (non-organic fruits and vegetables)? YES or NO
2. Do you eat genetically modified fruits and vegetables? YES or NO
3. Do you consume fast foods? YES or NO
4. Do you consume processed foods? YES or NO
5. Do you or have you consumed artificial sweeteners? YES or NO
6. Do you or have you consumed artificial dyes or coloring? YES or NO
7. Do you drink soda? YES or NO
8. Do you charbroil or grill foods? YES or NO
9. Do you drink non-organic coffee or tea? YES or NO
10. Do you drink alcohol? YES or NO
11. Do you smoke? YES or NO
12. Do you drink tap water? YES or NO
13. Do you use the dry cleaner? If so, is it an organic cleaner?
14. Do you use any of the following products that contain the Top Most Common Toxins:
 - a. Plastic wrap, plastic bottles, plastic food storage containers
 - b. Around or use any: new carpet, conventional paints, conventional deodorants, conventional cleaning fluids, varnishes, conventional cosmetics, conventional dry cleaned clothing, conventional moth repellants, conventional air fresheners.
 - c. Use any conventional cosmetic or products that contain: Animal fats: Over 95 percent of exposure comes from eating commercial animal fats
 - d. Exposed to asbestos in home or work or following products: Insulation on floors, ceilings, water pipes and heating ducts from the 1950s to 1970s.
 - e. Exposed to: Unfiltered drinking water, consume high mercury or farm raised fish, vaccines, pesticides, preserved wood, antiperspirant, building materials, dental amalgams, chlorine plants, fluoride treatment or fluorinated water
 - f. Exposed to mold and other fungal toxins: contaminated building, basements, attics, foods containing mycotoxins such as peanuts, wheat and corn.

If majority of your answers are Yes then your food regime probably contributes significantly to your toxic load.



Step 1 Assignment:

Review the **guidelines** and **tips** to avoiding toxins from your daily life and **identify the top 3 toxic offenders currently in your life** and commit to removing them.

Let me know how you do and then love to see you commit to removing another 3 and so on until you strive to reach a low toxic zone or toxic free zone!

Guidelines that can help limit your toxic exposure:

- Use glass, cast iron, and enamel cookware.
- Both aluminum and Teflon are well known for their toxic dangers, and stainless steel can expose you to carcinogenic nickel.
- Avoid stainless steel thermoses; the glass lined kinds are best.
- Avoid cosmetics with aluminum bases, mineral powders that contain bismuth
- Avoid aluminum-laden antiperspirants, which have been shown to increase your Alzheimer's risk by as much as 300 percent!
- Avoid and remove dental amalgam fillings.
- Avoid costume jewelry if you are sensitive to metals.
- Avoid smoking and second hand smoke as it causes cadmium poisoning.
- Make sure you purchase your natural herbal remedies from a reputable source with strict quality testing. Some colloidal silvers can lead to silver poisoning, and some folk remedies can be high in mercury, lead and arsenic, either due to alleged medicinal properties or through unintentional contamination.
- Avoid conventional household cleaning products.
- Avoid conventional insecticides and herbicides in your produce.
- If you must have wine or alcohol, switch to organic brands.
- Painting? Use no or low-VOC paints and wood products.
- Look around each room in your home and check if there are any toxic products.



Tips:

- Buy and eat, as much as possible, organic produce and free-range, organic foods.
- Rather than eating fish, which is largely contaminated with PCBs and mercury, consume a high-quality purified fish or cod liver oil or only consume low-mercury fish.
- Avoid processed foods -- remember that they're processed with chemicals!
- Switch over to natural brands of toiletries, including shampoo, toothpaste, antiperspirants and cosmetics.
- Avoid spraying insect repellants that contain DEET on your body. There are safe, effective and natural alternatives out there. Look for EcoSystem brands.
- Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing.
- Avoid artificial food additives of all kind, including artificial sweeteners and MSG.
- Get plenty of safe sun exposure to boost your vitamin D levels and your immune system
- Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
- Seek to build your health up through the nutrition insights

Added Bonus:

If you want me to review your current products that you use:

Take a picture under your kitchen sink showing your cleaning products, under the bathroom sink and in laundry room and send to me for a review.

This is based off the fuller training provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-healthy-u-2015>

After registering then you can watch her video there to fully utilize and leverage this worksheet.



Basic Detoxification Supplement Protocol: Before starting any new supplement regime, always discuss with your medical practitioner.

If you take baths then add in some Epsom Salts.

Drink water with a squeezed lemon in it and you can add in Bragg's Apple Cider Vinegar (ACV).

To receive 10% discount on all products offered on EmersonEcologics.com.

Goto www.nancyguberti.com then click on Purchase Supplements page

and then click on the first link for Emerson: [10% discount on emersonecologics.com Click Here](http://www.emersonecologics.com) & use 'Health' as Access Code or <http://www.emersonecologics.com/CustomOrder.aspx>

The pass code is Health to receive the 10% discount

Choose 2 day shipping even if they tell you to choose next day - it's fine

1. **Probiotics: Take one capsule in morning with water.** Klaire Labs TherBiotic Detox **Product Code: THY25** Research indicates that low beneficial bacteria can lead to suppressed immune and detoxification system and affect focus and mood.
2. **Ecological Formulas Vitamin C-1000** Non-Corn Source **Product Code: TAPIO** **Take one capsule with a meal breakfast or lunch.** Oxidative stress and free radicals from stress can interfere with overall health. This Vitamin C is corn free and an antioxidant. Vitamin C contains diuretic properties which means that it will aid the body in removing excess fluid containing toxins.
3. **DaVinci B Complex Product Code: BCO40** **Take one capsule in morning with breakfast. B vitamins are usually low when one needs assistance with detoxification.**
4. **Vitamin D:** Product Code: VD51
5. **Chlorella** Product Code: N2632 Chlorophyll can cleanse and rebuild the blood, contains immune building properties, and chlorophyll helps to balance the blood sugar and reduce cravings for sweets while detoxifying. **Do not take same time as taking Vitamin C.**
6. **Candida** Product Code: CAN001 to remove candida
7. **Selenium** Product Code: P7861

***NOTE: You must check with your medical practitioner before starting any new supplements.

Introduce one new supplement at a time then add in the next a week later so you can monitor how you feel once starting supplement.



CONGRATULATIONS for completing Step #1!

Next is Step Two:

Healthy Eating to Nourish your Body



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