

Hi guys. And in this section we are going to be diving a little bit deeper into metabolic detoxification. That's a mouthful. And really what we're talking about is what most people just call "detox", getting the bad stuff out of the body.

I think that in this section it's important for us to step back and take a look at why are we toxic to begin with? This really is a plague of modern mankind. We have unleashed over 80,000 chemicals over the last few decades to humankind everywhere all across the planet. We have definitely polluted our waterways, our air and our soil with these chemicals. And the sad truth is that we don't really have any what we call longevity studies looking at the safety of this in the human system over, really, any long period of time, more than three or four years. And even then most of the chemicals fail horribly.

So, what we're going to do in this section is talk about how to get the junk out of your body, key chemicals to look at in your household cleaners, in your foods, in your cosmetics, how to make informed decisions at the grocery store and really what we can do to, again, minimize the toxic load that we're carrying and increase our detoxification pathways in our systems. So, I hope that you guys enjoy this section and I can't wait to see us all started on detoxification. Take care.