

7 SIGNS OF TOXIN OVERLOAD

A body, which has too many toxins to process will make new fat cells and store those toxins along with fat in them. This is first a form of self-defense against being poisoned and to get toxins out of the circulation and away from major organs. **This means that some people will not be able to lose any weight at all, regardless of how little they eat, until the acute nature of their toxicity are addressed.**

1. Consistent fatigue

Even if you are sleeping well? This could be a sign that your body is working too hard to get rid of the toxins you're pouring into it. Fatigue could also be in response to hormone disruptors that are zapping your immune system.

2. Stubborn weight gain

It's never easy to lose weight, but if you're exercising daily and cutting back on calories and you're still putting on the pounds, you could be looking at a hormonal problem. Strangely enough, our natural hormone function can be greatly affected by the toxins in our foods and personal care products. You need a complete detox of your diet and personal care routine to give your body a fighting chance.

3. Bad breath

You brush and brush, chew gum, rinse, and swallow breath mints, and still, you can't get rid of it. Bad breath is often related to digestive problems, but it can also mean that your liver is struggling to get rid of the toxins in your body.

4. Constipation

The intestines get rid of a lot of toxins every day of our lives. When we're constipated, we're storing up all those toxins, allowing them to negatively affect our bodies. In addition to stomach upset, **constipation can cause headaches, aches and pains, and tiredness.** It can also be related to the toxins in your life, especially if you're consuming a lot of processed foods filled with chemicals, pesticides, and preservatives.

5. Sensitivity to scents


Particularly if you suffer headaches or stomach upset simply from scents. Strong reactions to smells might mean that you're simply sensitive to chemicals, **or** it can mean that your body is fighting toxic overload.

6. Muscle aches and pains

If you experience muscle aches on a regular basis it could be that the toxins in your life are working away at your muscles and joints.

7. Skin reactions

Acne, rashes, and other skin problems may signal a toxic overload. Acne, in particular, can be related to the toxins in our diet or skin care products. Puffy eyes and eczema or psoriasis outbreaks can also be signs that you've just reached your toxic limit.



**IF YOU ARE TOXIC
YOU WILL STRUGGLE
TO GET INTO
SHAPE FOR
SUMMER**

BOOK AN APPOINTMENT