

Sustainable Wellness!

Toxins and poor nutrition are scientifically established to be the leading cause of most illnesses and diseases including cancer. Remove toxins and eat nutritious foods for "Sustainable Wellness"!

Detoxination™, unlike detoxification, targets the type of toxins that juices, cleanses, chelation, and similar methods cannot: lipophilic, or fat-soluble, toxins.

Most detox methods assist your body's natural elimination pathways, such as the liver, kidneys, and colon; however the lipophilic toxins, which are locked up in fat — including your brain — to protect your organs, remain and bioaccumulate until you become sick, fatigued, obese and dependent on pharmaceuticals.



Reported Benefits

These are just a few of the amazing benefits our clients have reported:

- ◆ Feel Better, Renewed
- ◆ Optimal Health
- ◆ Greater Energy
- ◆ Improved Cognition and IQ
- ◆ More Restful Sleep
- ◆ Increased Weight Loss*
- ◆ Reduced Aches and Pains
- ◆ Prepregnancy Peace of Mind
- ◆ Better Skin and Body Scent
- ◆ Higher Nutrient Absorption
- ◆ Happier Attitude
- ◆ Enhanced Physique, Stamina

*Any weight loss is a function of the combination of lifestyle and nutrition choices, the reduction of toxins from fat and adipose tissues, and cardio exercise during the protocol. Weight loss is not a goal of our Detoxination™ program.

Detoxination Wellness Centers

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Sauna Detoxification For Sustainable Wellness



DETOXINATION
WELLNESS CENTERS



Toxins Are Everywhere

The toxic environment we live in, the air that we breathe, the food and water we consume, and the products we buy (especially new clothing, flooring, furniture, cosmetics, fragrances, antiperspirants, cleaning supplies, herbicides and pesticides) all contain varying amounts of toxic chemicals and/or heavy metals that our bodies are not well equipped to handle.

Compounding this is the fluoride we are forced to bio-filter for the phosphate fertilizer, aluminum smelting, and nuclear industries, as well as the Genetically Modified Organisms (GMOs) that are banned in most civilized nations, and mercury in amalgam dental fillings and contaminated seafood.

Is it any wonder then that Americans are the sickest, most obese citizens of this planet even though we are said to have the best medical system in the world?!

To learn more, visit www.GetDetoxinated.com

Health Concerns of Body Burden

Although every major function of the body is affected by toxic body burden, the bioaccumulation of heavy metals, Persistent Organic Pollutants, and man-made chemicals can lead to neurodegenerative diseases, such as Alzheimer's, autism, and dementia. The brain is 70% fat, and most toxins easily pass the blood-brain barrier thereby lowering cognitive ability and reducing I.Q. points.



Prepregnancy Peace-of-Mind

Toxic chemicals, such as pesticides, are found in mothers' breast milk and fed to nursing babies. Chemicals and heavy metals are passed through the placenta to fetuses leading to endocrine disruption, immune suppression, reproductive failure, and birth defects.

Detoxination™ effectively reduces the chances of contaminating your developing baby when both parents **Get Detoxinated!**™ prior to conception.

How Does Detoxination™ Work?

Our proprietary 2-week† Detoxination™ protocols, perfected over 35 years by Dr. David E. Root, use increasing doses of niacin, Far Infrared saunas, cardio exercise, and proper nutrition to induce lipolysis — the release of fatty acids via hydrolysis — to mobilize toxins for elimination through sebaceous sweat. Some toxins re-enter the bloodstream, therefore to prevent enterohepatic recirculation of the mobilized toxic materials clients are given cold-pressed, polyunsaturated oils which bind with, and help excrete, those toxins.

Vitamins and minerals are portioned according to the level of niacin to replenish those lost to sweat during the 2-hour sessions of mixed exercise and sauna.

Each day clients are weighed in, blood pressure checked, BMI is recorded, and core temperature is monitored. At the end of each session, weight is compared to determine how much fluid to replace for optimal health.

† Our wellness program averages 2 weeks; however, chemical exposures vary and may need medical supervision and/or extended time on program.



First Responders of 9/11 being treated during the "New York Rescue Workers Detoxification Project"