

THE HOLISTIC DETOX

DETOX GUIDE

RECLAIM YOUR HEALTH WITH WELLHISTIC SUPPLEMENTS

HEAVY METALS & FERTILITY



SOURCE

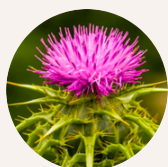
Mercury from seafood like tuna and aluminum from cookware.

IMPACT

Heavy metals disrupt reproductive health, impacting fertility, and causing hormonal imbalances.

Mercury, found in seafood such as tuna, disrupts hormone function, leading to imbalances that make conception more difficult. Even more concerning is the link between mercury and miscarriage—studies suggest women with elevated mercury levels are at three times the risk. Add to this aluminum from cookware, which can affect both male and female reproductive health, and it becomes clear why detoxification is so crucial. Fertility treatments, like IVF, have increased dramatically as a result, yet up to 40% of IVF cycles fail, often due to underlying toxicities that have not been addressed.

HOW TO DETOX



- **Milk Thistle (found in PMS Support and Menopause Support):**

This herb is well-known for supporting the liver, the body's detox powerhouse. It helps flush out heavy metals like mercury, allowing your body to rebalance and optimize reproductive health.



- **Dandelion Root/Leaf (in PMS Support and Menopause**

Support): Dandelion works alongside Milk Thistle to boost liver and kidney function, the organs responsible for clearing out toxins. This duo can be a game changer for anyone looking to improve fertility naturally.



- **Magnesium Dimagnesium Malate (in PMS Support and**

Menopause Support): Magnesium Malate is particularly adept at binding to heavy metals like aluminum, helping your body remove these harmful substances, which may reduce the risk of infertility and miscarriage.

HEAVY METALS & CHRONIC FATIGUE



SOURCE

Aluminum in cookware, lead in paints, exposure to industrial toxins.

IMPACT

Heavy metals can accumulate in the body, leading to fatigue and brain fog.

HOW TO DETOX



- **Magnesium Dimagnesium Malate in PMS Support and Menopause Support):** Facilitates the removal of heavy metals, particularly aluminum, from the body while reducing fatigue and supporting energy levels.



- **Licorice Root:** Supports liver function and helps the body in clearing heavy metals.



- **Banaba Leaf (in CALM and BOOST):** Helps regulate blood sugar, which can be impacted by heavy metal exposure, and supports detoxification.

PLASTICS & WEIGHT GAIN



SOURCE

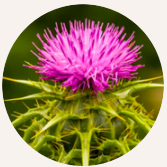
BPA in plastic bottles and containers.

IMPACT

BPA mimics estrogen, contributing to weight gain, especially around the abdominal area.

BPA mimics estrogen in the body, leading to hormonal imbalances that can increase fat storage, especially around the abdominal area. This, in turn, can lead to insulin resistance, a precursor to diabetes. Avoiding BPA is key, but detoxifying from past exposure is just as important.

HOW TO DETOX



- **Milk Thistle:** As a premier liver-supporting herb, Milk Thistle enhances the body's ability to detoxify BPA and other plastic-related chemicals. By supporting healthy liver function, it helps clear these compounds from your system and reduce their impact on your metabolism.



- **Licorice Root:** Licorice helps balance hormones, particularly estrogen, making it an ideal ally for anyone looking to combat the effects of BPA exposure.



- **Sage Leaf Powder (in Menopause Support):** Sage supports healthy hormone levels, helping mitigate the disruptive effects of BPA on the endocrine system, particularly in relation to weight gain and metabolism.

ENDOCRINE DISRUPTORS & HORMONAL IMBALANCES



SOURCE

Chemicals in cosmetics, plastics (BPA), and pesticides.

IMPACT

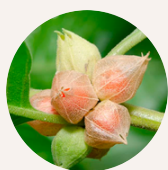
These disrupt hormones, contributing to infertility, thyroid issues, and other hormonal imbalances.

Endocrine disruptors can also play a hidden role in pregnancy loss. With 15-20% of pregnancies ending in miscarriage, it's essential to be aware of these toxic compounds. They disrupt your body's delicate hormone balance, and the earlier you take action, the better your chances of preventing long-term health impacts.

HOW TO DETOX



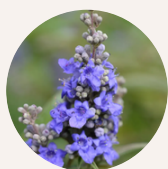
- **Licorice Root (in PMS Support, Menopause Support, and CALM):** Licorice is a powerful ally for hormonal health. It helps balance your hormones while supporting the liver's ability to break down and eliminate endocrine disruptors.



- **Ashwagandha (in CALM):** This adaptogen supports adrenal health, helping your body cope with stress-induced hormonal fluctuations. It's a natural way to regain balance, especially when your hormones are under constant attack from environmental toxins.



- **Zinc (in Thyroid Support):** Zinc is a key mineral for hormone regulation and immune function. It plays a critical role in combating the effects of endocrine disruptors, particularly those that target the thyroid and reproductive system.



- **Chaste Tree Berry (in PMS Support):** Naturally balances reproductive hormones and counters the effects of endocrine disruptors.

MOLD & RESPIRATORY ISSUES



SOURCE

Damp environments, mold exposure in homes or offices.

IMPACT

Mold exposure can result in chronic respiratory issues, asthma, and weakened immune function.

Exposure to mold doesn't just impact the lungs. It can weaken your immune system, leaving you more vulnerable to infections. Studies show that individuals exposed to mold are three times more likely to develop chronic respiratory illnesses.

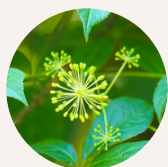
HOW TO DETOX



- **Reishi Mushroom (in CALM):** Reishi is known for its immune-modulating effects, helping the body recover from mold exposure by boosting respiratory health and reducing inflammation.



- **Holy Basil (in CALM):** This herb is celebrated for its ability to reduce inflammation and support respiratory function, making it ideal for those suffering from mold exposure.



- **Eleuthero (in BOOST):** Also known as Siberian ginseng, Eleuthero strengthens immune resilience, helping the body fight off infections and recover from the impact of mold on the respiratory system.

PESTICIDES & NEUROLOGICAL HEALTH



SOURCE

Non-organic produce, processed foods.

IMPACT

Long-term pesticide exposure may lead to cognitive issues, brain fog, and neurological disorders.

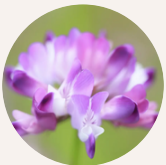
HOW TO DETOX



- **Dandelion Leaf/Root:** Supports liver function, aiding in the breakdown and elimination of pesticides.



- **Sulforaphane (in PMS Support and Menopause Support):** A powerful compound that activates detoxifying enzymes in the liver, helping the body process and eliminate pesticides.



- **Astragalus (in Thyroid Support, CALM, and BOOST):** Known for its ability to boost immunity and support the body in detoxifying environmental toxins.



- **Schizandra (in BOOST):** A potent antioxidant that supports liver detoxification, particularly effective in reducing pesticide toxicity.

ARTIFICIAL SWEETENERS & GUT HEALTH



SOURCE

Diet sodas, sugar-free snacks.

IMPACT

These disrupt the gut microbiome, leading to bloating, digestive issues, and inflammation.

HOW TO DETOX



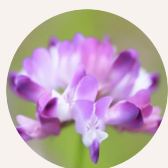
- **Curcumin Turmeric (in PMS Support and Menopause Support):** Acts as a natural anti-inflammatory and supports gut health by reducing inflammation in the digestive tract.



- **Dandelion Leaf/Root:** Supports the digestive system and aids in detoxifying the liver and colon.



- **Probiotics:** Help restore healthy gut bacteria after exposure to artificial sweeteners.



- **Astragalus (in BOOST, Thyroid Support, and CALM):** Supports the immune system and promotes a healthy gut environment.

WHY WELLHISTIC SUPPLEMENTS ARE YOUR DETOX ALLIES?

By incorporating Wellhistic supplements into your routine, you gain access to a variety of natural detoxifiers:

- **Milk Thistle and Dandelion Root/Leaf in PMS Support and Menopause Support:** Aid liver detoxification and support the elimination of harmful chemicals.
- **Sulforaphane in PMS Support and Menopause Support:** Activates the body's detox pathways, particularly for pesticides.
- **Ashwagandha in CALM:** Helps the body restore balance and counter stress-induced damage from toxins.
- **Astragalus in Thyroid Support, CALM, and BOOST:** Boosts immunity and supports the detox process.
- **Magnesium Dimagnesium Malate in PMS Support and Menopause Support:** Assists in the removal of heavy metals, including aluminum.



LET'S GET STARTED!

By taking Wellhistic supplements, you're not only giving your body access to these powerful herbs but also ensuring that your detox journey is comprehensive and effective.





THE
H O L I S T I C
D E T O X