



## DETOX

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “Detox” video reposted on April 27, 2016. It's a short and sweet bite of mental nourishment to help you get to your personal greatness and optimal health.

What is detox?

Detoxification is a process to neutralize, or get rid of unwanted toxins and materials. It is a primary function of the body, constantly interacting and working with all other functions of the body.

What organs are involved in detox?

The organ systems involved include the lungs, the skin, and the gastrointestinal tract, but two organs are especially important: the liver and the kidneys.

What are the benefits of detox ?

The most noticeable benefits from detoxification are the physical ones. Since the toxins store up in major organs, detoxification will help these areas the most. Benefits may include: improve sleep, enhance concentration, improve immune system, better feeling, and improve sense of well being.

*How will you transform your life with this new knowledge?*

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