

The Benefits of Purification

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Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins every day, including pollutants, pesticides, and chemicals. Internally, our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel

natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- **Stuffy head and headaches**
- **Fatigue or difficulty sleeping**
- **Digestion and other gastrointestinal problems**
- **Food cravings and weight gain**
- **Reduced mental clarity**
- **Low libido**

What is Your Toxic Load?

Your toxic load is the amount of toxins that your body needs to process. By answering the following questions, you may gain some insight as to your current toxic load.

- Yes / No** Do you or have you eaten processed foods?
- Yes / No** Do you eat non-organic fruits and vegetables?
- Yes / No** Do you eat meat and poultry that are not free range?
- Yes / No** Do you consume genetically altered food?
- Yes / No** Do you or have you ever used artificial sweeteners?
- Yes / No** Do you drink soda?
- Yes / No** Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Yes / No** Do you eat fast foods and/or eat out regularly?
- Yes / No** Do you charbroil or grill foods?
- Yes / No** Do you drink coffee regularly?
- Yes / No** Do you drink alcohol?
- Yes / No** Do you drink tap water?

If the majority of your answers are "yes", then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as perfumes, cleaners, and pollution, add to your load. Your health care professional can help you assess your toxic load.

Benefits of Purification

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. By participating in a purification program, you may notice the following:

- Improved weight management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Disappearance or lessening of past conditions

The Standard Process Purification Program

The Standard Process Purification Program is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

This purification program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Sunlighten Infrared Sauna

Infrared saunas are an effective tool for natural healing and prevention. Infrared light has the ability to penetrate human tissue which in turn produces a host of anti-aging health benefits. If you want to get yourself back into balance, an infrared sauna may be the ticket to achieving your wellness goals. An infrared sauna can help with many different facets of overall wellness, such as detoxification, anti-aging and skin purification, pain relief, relaxation, cell health, improved circulation, lower blood pressure, weight loss, and wound healing. By increasing the body's core temperature, an infrared sauna brings on a deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed. Unlike conventional hot rock/steam saunas, which will cause you to only sweat at the surface and the steam also makes the air more difficult to breathe, an infrared sauna is well ventilated and relaxing.