

Are You Dying Too Soon?

“This FREE REPORT Reveals Little Known Information About The Hidden Dangers of TOXINS That Most Doctors And Even The Food & Drug Administration Will Never Ever Tell You! So Before You Swipe The Deodorant, Brush Your Teeth, Eat Another Hamburger or Drink Another Diet Soda, Read This Entire Report And Discover The Little Known TRUTH About How ‘TOXINS’ Have Ruined The Lives of Millions of Americans Just Like You!”

Keep Reading This Special Report To Find Out How Easy It Is To Live Healthier Before It's Too Late. In This Insider's Report You'll Learn:

- Why the federal food and drug administration is praying you don't read what's in this special report!
- Why so many people needlessly suffer from cancer, heart disease, diabetes, muscle aches and pains, headaches, pre-mature aging, obesity, and other bad conditions.
- Why meat, dairy, processed foods, beverages, and even fresh fruits and vegetables may be making you sick.
- The reasons why household chemicals & your personal hygiene products may increase your chances of getting cancer.
- How to end the pain and suffering and prolong your life right NOW!
- How to get the information needed to know if you have a TOXIC BODY.
- What will likely happen if you don't get the TOXINS out of your body NOW!

WARNING: *“Toxins” are sneaky, and are potentially deadly poisons that will harm and even kill millions of Americans this year...and, as a result, many of them will suffer for the rest of their lives due to misinformation and inappropriate care! That's the bad news.*

*The **GOOD NEWS** is that you don't have to continue suffering! Keep reading this report to find out the well-hidden truth you won't find anywhere else!*

Metro Atlanta Doctor and “Full Body Detoxification” Authority Says...

“You May Have Gone To The Doctor Because Of Some Crazy Symptom, And Was Told To Take A TOXIC Prescription Drug Only To Go Back Home To A TOXIC Diet, A TOXIC Environment And A TOXIC Lifestyle That’s Actually The Real Cause Of Why You May Be Dying Too Soon.”

Dear Friend,

You are exposed to so many harmful toxins that come from your diet, stuff you eat and drink, the polluted air you breathe and the stuff that you rub into your skin. These toxins accumulate in your body over the years and are documented to cause all kinds of health problems and conditions including cancer. Now I don’t know about you but cancer really scares me. It just seems to sneak up from out of now where and kill you

DEAD!

But the fact of the matter is we all have cancer cells floating around in our bodies. You actually have bad cancer cells in your body that can out number your good fighter cells at any given moment if the recipe for death is right. All you need is a dangerous mix of bad habits, bad health, bad genetics, bad diet, bad environment and a bad lifestyle.

A lot of stuff that you do, use, drink or eat on a daily basis causes cancer and other debilitating health conditions and you don’t even know it. That’s the scary part. As a doctor I have access to lots of information that allows me to make good decisions when it comes to my health and my family’s health. But there are things that I do and things that I use and even eat that put me at risk for developing cancer too. And I’m talking about everyday stuff. Most of us don’t have the truth at hand. But “THEY” do. You would be utterly surprised at what the federal government, the Food & Drug Administration, The American Dental Association, The American Medical Association, The Agricultural Department, The Environmental Protection Agency, The Dairy Industry, pharmaceutical companies, and other agencies know about what’s really going on.

There are so many “TOXIC SECRETS” that would destroy a lot of companies if the media got a hold of all of the big corporate and political lies and secrets.

Even other doctors don't know what I'm about to tell you. But there are a lot of doctors and scientists that do and these are the professionals who are just plain terrified to do anything about it because they fear harm to their professional careers, their financial stability, their family life and life itself. The people in high places who know the truth are just flat out afraid to do anything about it because they fear the repercussions of such actions. Remember when the Tobacco Company executives told boldfaced lies on national television about how little they knew in regards to the inherent dangers of cigarette smoking? Case and point. But now, you are going to have it all laid out for you. I'm not gonna talk over your head either because there's nothing to hide. I'm just going to tell you about some things that I have found out about in my search for information for the benefit of my family and I and my patients. I even invite you to do your own research so that you can see for yourself that everything you are about to read is the scary truth.

So let's talk...like I said, we're exposed on a daily basis to many toxic things in the stuff that we eat, drink, and breathe in a rub into our skin. These toxins build up in your body over the years and cause all kinds of havoc within your body. Now let me ask you a couple of questions about some typical toxic products that the average person uses everyday...stuff that you would never have considered to be toxic in a million years. Here's one right here...How many of you out there use antiperspirants or deodorants? Go ahead, raise your hand if you're sure. Most of us do. But antiperspirants contain the very common active ingredients of either **ALUMINUM ZIRCHONIUM** or **ALUMINUM CHLOROHYDRATE**. **NOT GOOD** because...

Aluminum has been linked to Alzheimer's disease and has been speculated, particularly in women, to be one of the causes of breast cyst development and breast cancer.

And you rub a dub rub that stuff under your armpits day in and day out as if life itself depended on it. Have you ever wondered why your t-shirts change color and get kind of hard around the armpit part of the shirt? It's not you! It's from the deodorant and antiperspirant. If this stuff can eat up your shirt, just imagine what it does inside of the body as it absorbs right into your open and thirsty pores as you put it on after your morning or evening shower at home or in the locker room once, twice or three times a day. You have probably even broken

out in a very bad rash from this stuff before but never really thought about why...NOT GOOD. The chemicals are doing to you what it did to the shirt...**it's destroying you swipe by swipe.** But you continue using it anyway because you can't go embarrassing yourself and offending others in public with hints of funny flavors. Seriously though, you really should think about using something else and I'm not talking about another brand of the same old thing. There is something that I use called **mineral salts**. It looks like a crystal rock. All you do is wet it and rub it all over where ever you need to rub it for odor protection. I have found that it works best if you put it on right after you get out of the shower while you are still wet. And then dab yourself dry afterwards. You don't want to dry the mineral salts off of your body after putting on so dab yourself dry. This stuff even works on your feet. What it does is stop bacterial division dead in its tracks. This prevents the odor because it's the bacteria that are the culprits in the first place. So if you take care of the bacteria then, wah la, you've got odor protection for up to 48 hours. No more discolored and destroyed shirts near the armpits and no more monkey funk. It really, really works and it's a much, much better alternative so please give it a try.

Here's some more *good* news. **Aluminum compounds are also commonly found in cheese, baking powder and hey baking powder is found in everything baked like cakes, cookies, muffins, pancakes, breads and so on.** Then you have your aluminum cans that have acidic sodas in them. The same acid in coke that can take the paint off of walls eats away at the inside of the can causing aluminum to be released into the soda or beer that you drink... then you have your aluminum foil, aluminum pots and pans, aluminum utensils. Because aluminum is such a soft metal, it easily breaks down in hot or acidic conditions. And hey this is for you vegetarian junkies out there like me...pretty sizable traces of aluminum is found in tofu, texturized vegetable protein, soymilk and other soy based products. Studies done on cadavers have shown that aluminum metal actually ends up in the brain. Food for thought!

Is soap toxic?

Now here's a stupid question about soap... How many people do you know use soap on a regular basis? Any kind of soap...antibacterial soap, dishwashing liquid, detergents, body washes...these personal hygiene and household products contain a very common chemical called **SODIUM LAURYL SULFATE** or **SODIUM**

LAURETH SULFATE. These two chemicals are known as foaming agents. They make stuff like

dishwashing liquid, hand soaps, body washes, hair mouse,

shaving creams, toothpaste, mouthwash and other stuff bubble up or foam up. That may be fine and dandy for all of your personal uses but there's just one problem: these chemicals have also been speculated to be cancer causing and linked to the cause of other conditions like psoriasis, contact dermatitis, eczema, asthma, premature balding, and on and on and on. Actual experiments on lab rats have shown that these chemical toxins cause cancer too. And then you have chemicals like **PROPYLENE, ETHYLENE, OR BUTYLENE GLYCOL**...these harmful chemicals are the same chemicals found in products like antifreeze, de-icers, hydraulic brake fluid, and they are known to be responsible for causing liver, heart and central nervous system damage according to industry standard safety data sheets and other reputable sources (the good guys). Here's some more juicy stuff...if you brushed your teeth this morning with toothpaste this has to be put on your list as a serious health risk because of the **SODIUM FLUORIDE** it contains. Yep you got it ...

Toothpaste is TOXIC too!

Have you ever noticed that there's actually a poison control notice on the back of your very own tube of toothpaste? Check it out when you get a chance. You'll see and you'll wonder why in the world poison control information is on the tube of toothpaste we let our precious innocent kids use. It's absolutely insane! The toothpaste instructions even tell us not to swallow the minty stuff. But it doesn't really tell you exactly why though. But I'll tell you why... it's because it's **TOXIC** that's why...point blank. For many years sodium fluoride was used as an industry acceptable pesticide that was able to kill big nasty rats and creepy crawlies. You can still find it today in some preparations. Somewhere along the line some smart people got together in the name of progress and decided that if this wonderful powerful killer stuff called fluoride is strong enough to kill mighty mouse then its gotta be strong enough to kill the teeny weenie microscopic bacteria that's in your mouth causing tooth decay. Again this might be fine and dandy for some people but there's a price to pay. Research shows that fluoride is extremely toxic. **All kinds of studies have shown that fluoride makes your bones more brittle and your dental enamel more porous.** Fluoride can actually serve as a transporting molecule that binds to aluminum making it able to cross the blood brain barrier and ultimately become the speculated cause of Alzheimer's. And get this... Fluoride is found in the water supplies in the communities of various states across the nation and has been implicated in dental fluorosis, a condition associated with the cause of mottled teeth in all kinds of people just like you and me. And we worry about drinking the water when we're on vacation in Cancun or Jamaica! By the way, mottled teeth are teeth that have that pointy look caused by the breakdown of the enamel that protects

the tooth. You can even find fluoridated bottled water for those who just can't get enough of the stuff. In fact, there are companies that target unsuspecting mothers who are concerned that if their poor little fluoride deprived children don't get enough of the stuff by putting fluoride in little midget sized bottles of water all of their teeth will fall out because of decay. Pardon the sarcasm but it is actually pretty sad if you think about all of the marketing tactics used to make a quick buck at the expense of **YOU** and your health...and get this...fluoride has been said to be one of the actual causes of why you wake up every morning with a mouth full of blood. Studies also implicate fluoride as being one of the factors that causes bleeding gums. And hey about that swallowing business... you've heard of nitro glycerin...it's the potent drug that people with the potential for heart attacks are given to take just in case they feel a heart attack coming on. You basically put the nitro glycerin under your tongue and in seconds it does the trick by stopping the full-blown heart attack dead in its tracks. Pretty much concentrations of everything that you put into your mouth when it boils down to it can readily be absorbed under the tongue just like nitro glycerin. And the same is true with the toothpaste. You are going to get daily doses of the stuff into your body through the membranes in your mouth every single day whether you swallow it or not and hey lets be for real... your child has probably purposely swallowed toothpaste many, many times especially the delicious fruity grape or bubblegum flavored kiddy stuff only to complain later on at school of a stomach ache or a headache. And by the way...

...It only takes half of a small tube of yummy bubblegum flavored toothpaste to **kill** your innocent son or daughter.

I haven't even started talking about food yet...I'm telling you it's crazy, really, really crazy out there! I bet you didn't know that ***some food manufacturers irradiate food with ionizing radiation***. They do it to try to kill off the high amounts of the very mean bacteria called E-coli, which may be found in the meat you eat. You may have seen a stamp on a cut of beef that basically promises you that this piece of meat has not been exposed to radiation. They radiate potatoes and onions too because they know that the average consumer will not buy potatoes that have roots coming out of them or onions that are starting to sprout out like a tulip in the garden. The radiation supposedly helps to prevent the roots or sprouts from coming out. I don't have to tell you that radiation therapy is extremely toxic. But tell that to the FDA. In the 1960's the FDA approved the irradiation of wheat and wheat flour to stop insects from throwing house parties in the wheat. Later on in the 1980's the FDA allowed manufacturers to irradiate pork to kill trichina organisms, herbs, spices and various vegetable based seasonings along with animal and pet food to eliminate insect and bacterial contamination, fruits and vegetables to slow down the ripening and growth process and for increased shelf life,

and to stop the bugs from having a fruit feast. In the 90's they started to allow the poultry and beef industries to expose poultry and fresh and frozen red meat to radiation to help eliminate microbial contamination. Now perhaps all of this *is* necessary. But there is a price to pay. We may not know the cost until years from now in regards to how it may affect our evolution as a human race. I guess I can ask you about what your great grandparents did. Did they x-ray their meat and potatoes before Sunday dinner? Would you do it if you were in charge of exposing your food even if it was only for a fraction of a second? If you research this further you will find people for it and people against it. The people for it will tell you that the amounts of ionizing radiation used are harmless. I'm exposed to radiation in my clinic on an almost daily basis because I take x-rays of my patients. Exposure to any amount of radiation when it comes to my patients, my staff, and myself is something we take very seriously because radiation causes cancer...it causes DNA damage too. Radiation is very harmful to the body. People who go through radiation therapy to fight cancer know this all so well. Just think about...

Now here's the flip side...**new studies are showing that there's actually a brand new category of chemicals that are formed when food is subjected to ionizing**

radiation. These new chemicals are called **CYCLOBUTANONES**. Scientist didn't see these chemicals until they started putting our food through radiation chambers. The food and drug administration knows all about this biggie too. Cyclobutanones have been found to be capable of damaging human cells and genetic material. Who knows what these new kids on the block are up to and what implications they will have in our lives in the days, months or years to come. They could be responsible for a disease process that is brewing in your body right now as we speak. Look it up...you'll see what I mean. These are very real dangers to not only your health but your family's health too...your kids, your husband, your mother, your father all the people you love and everybody else in between. There is not a day that goes by that I don't think about the consequences of all of the chemical poisons I'm exposed too. At one point I was even depressed about it. You would be too if you did all of the research I done over the last twelve years.

Anyway, you are probably wondering how you can tell if the food you eat has been irradiated? It will be hard to find it because:

Under federal law, irradiation is considered a food additive.

It has been mandated that food that has been through this irradiation process must have this symbol on the packaging either stamped on or put on with a sticker or label.

The irradiated food symbol looks like this:



If you see this symbol you'll know the truth. But here's something pretty disturbing. You are probably saying to yourself that you have never seen this symbol. Well the truth of the matter is that the symbol is only required on labels on meat products. And get this; the only people that are required to tell you that your food is irradiated are food stores. There are no federal requirements for your kid's schools, the restaurants you go to, hospitals, nursing homes or other public places to inform you about what they are feeding you. Isn't that something? And it's not like they tell you things that you as the consumer should know, you just have to wait around for special reports like this one to fall into your hands! Most people don't even read the labels. But hopefully you'll start after you read the rest of this report. What about frozen stuff...think about it lets say you cook yourself your absolute favorite meal from scratch using the best ingredients, you heart and soul. Would you turn around and put your masterpiece of a meal in a card board box with out even wrapping it up in some aluminum foil or putting it in a zip loc bag? Would you just put your naked food in that cardboard box into the freezer for a week take it out, nuke it then eat it? How about after a month or a year? Well think about those frozen pizzas, the frozen onion rings, the frozen fish sticks, frozen French fries, and so many other things that we eat that are just put right into a flimsy cardboard box ...a box that certainly is useless for keeping things air tight or fresh for that matter. In fact when you take that frozen food out of the box you see a bunch of water crystals.... It kind of makes you want to say hmmmmm.... Has this stuff been thawed out before I got to it? Well it very well could've thawed out a few times before you got it...even just a little bit. Not good. The only way they can get away with the shabby packaging is by using massive amounts of preservatives, colors, additives and you guessed it most of the stuff they use to preserve this tasty stuff is bad for you in many ways. Even the packaging itself can have very TOXIC preservative agents added to it help to help preserve the freshness of the product.

THE EXPERIMENT

Here's something pretty interesting I gotta tell you. I know a lady by the name of Linda who showed me a bag of food from Mickey D's. It was bought at a drive through window more than a year before. She ordered a little happy meal with just the bun and the meat, no mayo, no mustard, no ketchup or pickles, just a plain hamburger with nothing and a small fries. She made sure she got the receipt so she could prove the date that she got it. Now here we are more than a year later and I'm looking dead at this dried up piece of meat and bun. Now get this...the meat didn't stink at all. It was still pretty much the same color just a little bit darker and a little bit harder. It was pretty much the same size too, maybe just a little bit smaller than it used to be. There was no mold or anything like that on it either. It was just kind of rubbery kind of like beef jerky I guess. Now you would think the buns would be a mess but the buns didn't have any mold on it whatsoever. They even still had that toasted color and everything. It was just stale and that's it. The burger actually looked like a fake replica of the real thing. You could probably fool anybody who had a couple of drinks and get them to eat it. It

was in relatively really good shape to be around after a year. You just had to see it. I shouldn't have to tell you about the fries because I know that you've probably dropped a few fries in your life between your seats in the car while talking on the cell phone in traffic only to find them months later under the seat looking pretty much the same as they did when you brought them, just a little hard, with no mold or anything. Linda's fries looked exactly the same. They were just hard. When Linda showed me her experiment I couldn't believe that the stuff was more than a year old. Bugs didn't even get to it because the bugs didn't want it. I asked her if she had put it in the refrigerator and she said that she had never once put it in the fridge or the freezer for that matter. But then I thought about it and yeah it all makes sense especially when a lot of fast food fries actually have formaldehyde or formaldehyde forming agents as preservatives in them along with so many other chemical additives and preservatives. I've wanted to try the experiment out for myself just so that I can pass a bag around at my Detox talks...I guess I'll get around to it someday.... But anyway, most of your plastic containers are toxic too. Plastic is unstable and leeches chemicals like dioxin right into your water or food. It's better to use glass. Polycarbonate plastic containers are a good choice for you to use because this type of plastic is a more stable plastic and is less likely to leech chemicals into your food or water. It's the plastic that looks kind of like glass because it's clear. I can go on and on and on and on and on with this TOXIC mumbo jumbo. But I want to get into a little bit on what this stuff does to you and your health.

YOUR LYMPHATIC SYSTEM VERSUS CANCER

Have you ever felt a pea-sized bally thing around the neck area or under your armpit that kind of rolls around under your finger when you press on it. Well, these little pea-sized balls that I'm talking about are called lymph nodes and sometimes they get enlarged and they sometimes get a little tender to the touch especially when you are coming down with a cold or something. Well anyway, these lymph nodes are found all over the body. You have them around your lungs, your colon, in the genital area, near the kidneys, the liver, behind the knees; they are everywhere. In fact you have thousands of these little nodes all over the body. Their job is to act like little filters just like the oil filter in your car or the air conditioning filter at your house. If you were to look in an anatomy book you would see these little lymph nodes attached to a huge network of vessels called lymphatic vessels. The lymphatic vessels travel throughout the body just like arteries and veins. The lymphatic vessels carry toxins, bacteria, bad cells, and so on, to the lymph nodes. The lymph nodes and the lymphatic vessels make up what's known as the lymphatic system. The lymphatic system works hand in hand with the Immune system. It protects the body from the dangerous stuff like foreign invaders, pre-cancerous cells, bacterial infections and other things that could be harmful to the body. Our lymphatic system works very hard protecting us from the toxins we are exposed to on a daily basis. The liver is the major organ of detoxification in your body...it along with the lymphatic and immune system is responsible for keeping you safe from the toxins you put into your body. It's a great team effort. Your body works 24/7 at keeping you alive

despite your attempts at what your body probably thinks are numerous attempts at suicide. But at some point your body becomes extremely overwhelmed by the increasing levels of toxins that continue to accumulate in your body over days, months and years. The toxins basically start to overflow into your surrounding fat and muscles. Fat does an awesome job at storing the TOXINS you put into your body. Many of the toxins that enter into the body are what are called fat-soluble toxins, which basically means that the fat and the toxins mix very well. If the toxins end up in your fat it will stay there for years. So you go ahead and make the resolution to go to the gym. You're ashamed of the way you look because of all the hard bodies flaunting around in tank tops, thongs, and leotards. So you try out the treadmill only to realize that it's a lot harder than you thought it would be. It's hard to get moving and keep moving. But you try and try and finally leave the gym somewhat discouraged and defeated because you feel worse than you did before you even started working out. You feel like you are about to literally die or something...you feel nauseous, headachy, dizzy, just plain sick to death. It was so much better on the couch. One of the reasons why you feel worse is because you literally shake the fat up as you strut your stuff on the treadmill. You get what I call toxic release of years of toxic buildup out of your fat right back into the surrounding tissues. This is on top of what toxins are already there from your current lifestyle. Now you have all of this extra toxic waste floating around in your body. This makes you feel sick and weak. You also have lactic acid buildup from your poor little muscles, which causes pain too. These are the main reasons why most people who start a workout regimen quits their work out regimen within a month or two only to make another New Years Resolution to do it all over again next time around. Some people can't even hack it after one day because they feel so bad. You know what I'm talking about. It's a vicious cycle because you can't go diet alone, you need exercise too. When the toxins end up in your muscles it causes the muscles to tighten up. But this adds to your stress, pain and discomfort because this chronic tightness of muscle causes joint pain, headaches, burning between your shoulder blades, cramping, tightness and stiffness, in your neck and back, a lack of energy, insomnia, crankiness, muscle spasms, and so on. So you have all of this toxic build up and the body just doesn't know what to do with it anymore so it just continues to accumulate. Now everything that I have told you about so far is nothing compared to what I'm about to tell you right now.

OXIDATIVE BREAKDOWN

In nature oxidation is what causes wood to rot and metal to rust. This is what I call oxidative breakdown and what others have called oxidative stress. In our body oxidative breakdown happens too. Oxidation can breakdown the very cells, tissues, organs and organ systems that keep us alive. When you have a build up of toxins these toxins in the body cause oxidation to occur which is damaging to your body. Toxins act as free radicals. Free radicals are not friendly at all. They rob the body of electrons causing instability at the microscopic level to huge numbers of atoms and molecules throughout the body. Remember the antiperspirant we rub a dub rub under our armpits day after day? Well that stuff absorbs right into our body and eventually

into the lymph nodes under the arms. These lymph nodes basically become overwhelmed and before you know it you've got toxins in the breast tissue. The breast tissues are made up of breast cells and every cell in the body has DNA inside of it. DNA is the genetic blueprint that allows every cell the ability to make an identical copy of its self. DNA is like a recipe book. If you tear a page out of the recipe book you might be able to still bake the cake but you won't have all of the necessary instructions to make a good cake. The same is true with the DNA. Toxins cause free radicals to form. Remember, many toxins are free radicals themselves. Free radicals cause oxidative break down. Oxidative breakdown causes damage to the DNA and if DNA is damaged then it's just like the recipe book scenario. The cell won't be able to make another good copy of its self because it won't have all of the instructions to do it right. There's a page torn out of the DNA recipe book and Mr. Oxidation tore it out. So now a bad cell is formed with a bad copy of DNA and when that cell goes on to duplicate itself it forms another bad cell too and the process goes on and on until you have a large conglomeration of all of these faulty cells. And this group of bad cells is eventually called a tumor when you go to the doctor because of a lump you felt around your left breast or around your right testicle. I have made this discussion as simple as possible so that anybody can understand it but please know that the series of events that occur when cancer forms in the body is much more involved than what I've outlined here. But for the purposes of this discussion I hope you the gist of it. If you look at a lymphatic system chart there seems to be a direct correlation to the location of the lymph nodes, the organs they are around and the types of cancers there are. We've talked briefly about breast cancer, but what about lung cancer? We all know that second hand smoke and cigarette smoking causes lung cancer but what about those little fruity smelling electric plug in thingies, hair sprays, citronella candles, bug sprays, smell goods for the body and the house like perfumes and aerosols, hair salons, nail salons, asphalt fumes, gasoline fumes, paint fumes or just pollution in general. What about all of that stuff outside called smog that we breathe in day in and day out? And then we hear about Grandma who never smoked a day in her life but dies of lung cancer and we wonder why. Here's another common product that has been linked to cancer of the cervix: Are you ready for this one? It's talc...the stuff found in baby powder or feminine after shower powders. It's really something out there! I'm sure you've heard about meat being a culprit in colon cancer but what about all the other crappy stuff we eat; the stuff that's full of all of those preservatives, additives, colors, fillers, expanders, modifiers, anti-caking agents, stabilizers and so on.

WARNING!

ATTENTION LOW CARB FANATICS!!!!!!!!!!!!

Full Body Detox Clinic 170 Bastille Way, Suite A, Fayetteville 770-460-1911 www.thedetoxfactor.com
It's actually LEGAL for food manufacturers to add extremely harmful and even cancer causing stuff to our food! You may think that a lot of those low carb options are healthy but BEWARE!! It's not just the low carb stuff. It's the high carb, fat, salt and sugar stuff too.

Let's take the chemical aspartame for example. Aspartame is an artificial sweetener found in Equal and NutraSweet which is found in hundreds of different low calorie, low carb foods including breakfast cereals, yogurt, diet sodas, gum, candy bars, all kinds of diet shakes and powders and so on. There's actually a condition called aspartame poisoning that's characterized by symptoms that mimic lupus and multiple sclerosis. There's people out there that have been wrongly diagnosed as having multiple sclerosis Alzheimer's, chronic fatigue syndrome, fibromyalgia, and, like I said, even lupus when all they actually had was too much diet soda, gum or other low calorie or low carb products that contained aspartame. It's reported that there are close to a hundred different symptoms associated with high levels of aspartame in the brain and body. When aspartame and other harmful chemicals like MSG, which is short for monosodium glutamate, enter the brain they act in a very bad way. They cause brain cells to become hyperactive and when brain cells get overexcited they die. Chemicals that do this are called excitotoxins. Excitotoxins can be called neurotoxins too. There are hundreds of chemicals that are excitotoxins in our body. And they are found in thousands of tasty foods that we eat each and every day. Foods that contain excitotoxins are addictive. This is part of the reason these dangerous chemicals are put into our food. If you get addicted you'll buy more. It's legal too. And guess what...all of this is absolutely intentional because the manufacturers of all of this processed food want you to keep on buying the stuff so that you make them rich. They actually put many of the chemicals in your food to trick you into thinking that the food actually tastes good but the fact of the matter is that the toxins overly excite the brain and cause death to the brain cells in huge numbers. The many excitotoxins that you eat compete with naturally occurring neurotransmitters and amino acids in your body. Many of the excitotoxins take the place of neurotransmitters in the body by becoming the key, so to speak, for the lock that needs to be unlocked for a particular function to take place in the body. So when you have a very high concentration of these excitotoxins fitting into the locks and turning on various actions in the body the body starts to expect these wrong keys on a regular basis. This is the basis for addiction. Many of your naturally occurring neurotransmitters are very important for starting up very important reactions in your body that are vitally important but the bad stuff in your food...those excitotoxins are taking the place of these important chemicals in your body. This tricks the body into feeling like you gotta have this and you gotta have that. Feel good foods really do make your body feel good in a very bad ways. So the biochemists and food chemists really do bet you can't eat just one or two. It's all about who can make the most money out there.

Not only do we have cancer to worry about we have conditions like stroke or hardening of the arteries to worry about too... and believe it or not toxins play a role in these conditions too, in fact toxins play a role in every health problem you can think of. Toxins are devastating to the body. But I don't want you to ball yourself up into a little ball and crawl into the corner to call it quits. You can do what you do for your car. Every three thousand miles you should change your oil. It's kind of sad that we actually take better care of our cars than we do ourselves...it's pretty pathetic. **CHANGE YOUR OIL!**

Introducing

Dr. Thomas' Full Body Detoxification Program

If you are the slightest bit interested in detoxifying your body from a full body perspective **here's what you get and how it all works...**

- **FREE CONSULTATION**

First you schedule an appointment with one of my lovely staff members to come into my office. The number is on the top of this report (770-460-1911). There's no strings attached!

OR if you are out of state you call our office to set up a phone conference with me personally or one of my Detox Network Doctors. If you would like to fly in from out of town we have information for the closest hotel accommodations near us. Simply call us or go online: **www.DetoxFactor.com**

- **A DETAILED HEALTH HISTORY**

Once in my office you fill out a questionnaire that consists of over 350 questions that probe into your current state of health and your family health history. If you are out of state we do everything online, through e-mail, via Fed Ex, and by telephone. It's easy to get started!

- **OPTIONAL TESTING AVAILABLE**

A percent body fat analysis, a urine sample and cholesterol screening may be taken or recommended to further investigate your state of health (ALL OPTIONAL and only available if in person)

- **LIFESTYLE ANALYSIS AND REPORT**

The data is compiled with the aid of computer software to generate a comprehensive report that reveals possible areas of deficiency and organ malfunction.

- **A TAILOR-MADE PROGRAM**

Your program may be tailored to your specific needs. If there is a need to consider the tailor made approach the program is tailor made based on the findings from the questionnaire, the urinalysis and a one on one medical history gathering consultation. I need to know whether or not you have any health problems such as diabetes, high blood pressure, a history of breast or ovarian cysts, high cholesterol, allergies, asthma, eczema, liver or kidney problems, blood disorders, parasites, heart disease, or any other illness. (For tailor-made option, you must be seen in person.)

- **DOCTOR SUPERVISION.**

A program such as this will enable you to reduce your toxicity levels to levels that are not as harmful to your body. It's really all about PREVENTION. Just like your car...you change the oil in your car so that it will last as long as possible. If you don't change the oil regularly you will shorten the life expectancy of your car. It's that simple. Maybe you have investigated this thing called detox in the past by going online or checking out a detox kit or tea of some sort from Wal-mart or GNC but ask yourself this: Are the manufacturers of those products going to come to you and ask you one on one whether or not you have high blood pressure, diabetes, or whether or not you have been diagnosed with kidney failure or cancer? So how do they know whether or not the products they have for sale for you are going to work for you like they should. They don't. You are just basically out there in the dark hoping that the product will work for you like it's supposed to work. I am available to answer your questions.

- **DIET MODIFICATION PLAN**

There is also a **Diet Modification Component** called **Dr. Thomas' Detox Diet**. It only makes sense that during the full body detox you wouldn't want to be eating stuff like donuts and coffee, hamburgers and fries, or hotdogs and sausage biscuits. This part of the program provides you with a step-by-step diet plan to follow that is complimentary to the full body detoxification of your body. I teach you what to eat and what to avoid. This even includes a list of household chemicals to avoid and some alternatives to the common toxic toiletries.

- **FREE WEEKLY VISITS**

You are entitled to weekly visits either in person, by phone consult or e-mail. This allows you the ability to communicate one on one with me, or a qualified member of my staff, about your progress. It allows us to give you the extra support you may need to get through the program. We strive to answer all of your questions and keep you extremely motivated and focused.

- **Dr. Thomas' DETOXFACTOR PRODUCTS**

Included in the cost of the program is an approximate one-month supply of products for your full body detoxification plan. You get everything you need to get started from our office or at our website.

TO GET STARTED...

- You may call our office directly to set up an appointment for a **FREE CONSULTATION** with Dr. Thomas, or a qualified member of his staff.
- There is no obligation to get started on the program until you are ready.
- Ask us about any discounts that may be going on at the time. Payment plans are available.

The cost of the program is only \$325.00.

This cost includes:

1. One-on-one Detox Sessions With The Developer of Detox Factor, Dr. John Thomas
2. A Lifestyle and Health Evaluation with over three hundred and fifty questions
3. A Detailed Health History
4. A Urinalysis
5. Brief Physical Exam
6. % Body Fat Analysis
7. Personalized Diet Modification Plan
8. Free Weekly Office Visit (to monitor vitals and overall progress)
9. One Month Supply of Products
10. Referral to DETOX NETWORK DOCTOR (if necessary)

BONUSES JUST FOR YOU:

- **If you start this program on, or before _____ you will receive a \$50.00 discount off of the regular price of Dr. Thomas' Full Body Detoxification Program!***
- **If you bring in someone with you who starts Dr. Thomas's Full Body Detoxification Program with you, you will receive an additional \$25 discount.** (This bonus cannot be used in conjunction with any other specials or discounts. Only one bonus benefit per household.)

**If you received this special report from someone and the redemption date has expired please visit one of the websites on the next page to get your very own copy of the report.*

...Still not sure?

Visit our websites:

www.thedetoxfactor.com

This is the official website of **Dr. Thomas' Detox Factor™** products. Refer people here for their free report.

www.runningpainfree.com

Learn more about Dr. John N. Thomas and his natural and drug free methods of treating his patients by visiting his wonderful website.

PLEASE HELP SPREAD THE WORD...

This should be enough to get you started...If you have any questions please call me. It will be my pleasure to assist you personally. Once again, my name is Dr. John Thomas and I want to thank you for taking the time to read this special report. Please help me to help others. Pass this special report along to anyone who may be suffering from ill health or wants to live a healthier, longer, pain free life. Please don't hesitate...at least call me to set up a free consultation. Call now. I just want to help. Thank you for you interest and thanks in advance for sharing this information with others.

Yours truly,

Dr. Thomas 770-460-1911

www.thedetoxfactor.com