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## Do I need to Detox?

- According to the U.S. Environmental Protection Agency, more than 4 billion pounds of chemicals were released into the ground in 2000, threatening our natural ground water sources.
- Over 260 million pounds of chemicals were discharged into surface waters (i.e., lakes, rivers, and oceans).
- Nearly 2 billion pounds of air emissions were pumped into the atmosphere.
- Several thousand food additives are intentionally added to our food supply, and thousands more slip into our food supply unintentionally during harvesting, processing, or packaging. In fact, the average American consumes about 124 pounds of food additives a year!
- Over 400 pesticides and herbicides are currently licensed for use on food crops, and every year over 2.5 billion pounds are dumped on crop lands, forests, lawns, and fields.

### Our Exposure to Toxins is Increased

- Eating a diet high in processed foods and fat
- Drinking tap water
- Excessive consumption of caffeinated beverages
- Excessive alcohol consumption
- Tobacco use
- Recreational drug use
- Chronic use of medication(s)
- Lack of strenuous exercise
- Liver dysfunction
- Kidney problems
- Intestinal dysfunction
- Occupational exposure
- Using pesticides, herbicides, paint, and other toxic substances without adequate protective gear
- Living or working near areas of high vehicle traffic or industrial plants

Extensive research shows that it is not a question of *if* we are carrying a burden of these toxins; but rather, *how much* and to what extent do they affect our health. Common symptoms of toxin buildup (toxicity) include headaches, muscular aches and pains, and fatigue. However, there is much more to consider:

- Immunological toxicity may be a factor in the development of asthma, allergies, skin disorders, chronic infections, and cancer.
- Neurological toxicity affects cognition, mood, and overall mental functioning.

- Endocrine toxicity affects reproduction, menstruation, libido, metabolic rate, stress tolerance, glucose regulation, and more.