

# PURIFICATION BENEFITS

StandardProcess.com 21-Day Purification Program

## 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 on a daily basis. These include 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 and metabolize these toxins and manage weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin that's not looking its best
- Joint discomfort

There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Some research shows that certain chemicals may affect our immune, endocrine, nervous and reproductive systems.

The following are examples of external and internal toxins:

External Toxins:

- Air and water pollutants
- Cigarette smoke
- Certain personal care products
- Heavy metals
- Certain household cleaning products
- Pesticides
- Preservatives and additives
- Trans fats

Internal Toxins:

- Ammonia
- Carbon dioxide
- Free radicals

## How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body—the liver, kidneys and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on purification. This can help you achieve optimal health by cleansing the body from the inside out.

### Liver

- Filters toxins
- Aids the body in metabolizing fat, protein and carbohydrates
- Helps transform many toxins into harmless agents

### Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus and potassium for the body to function properly

### Small Intestine

- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

### Large Intestine

- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support

## The Difference Between Allergies and Intolerance to Foods

### Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy, but some other "highly" allergenic foods are milk, eggs, soy products and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.

### Intolerance

Food intolerance is the digestive system's response to the part of a food or additive that can't be processed or that causes irritation. Intolerance could be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut. The body's response to food intolerance is usually based on portion: A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.