



If someone asked me, “Ian, if you could give me one thing that would dramatically change my life and better my health and well being, what would it be?”, how would I respond?

It’s a tough question, and before I get to the answer, it’s important that I lay down some foundational info. My health challenges have their start with exposure to toxins. In a recent study by the EPA (Environmental Protection Agency), it was found that we are exposed to over 500,000 different toxins in our environment and 50,000 enter into our atmosphere every year. We can’t see, smell or taste all of these deadly microorganisms, so we never realize how much our body is exposed to toxins.

“Health risks, put simply, are a measure of the chance that you will experience health problems. Exposure to toxic air pollutants can increase your health risks. For example, if you live near a factory that releases cancer-causing chemicals and inhale contaminated air, your risk of getting cancer can increase. Breathing air toxins could also increase your risk of non-cancer effects such as emphysema or reproductive disorders. ” (USEPA)

The above quote is solely in reference to air pollutants; it doesn’t even consider all the other toxins we encounter daily.

Detoxing harmful environmental toxins and heavy metals is crucial to anyone on a journey for optimal health and fitness. If you eat canned food, fish, packaged food, drink water from plastic bottles, wear clothes with the tags touching your skin, touch receipts, use non-stick cook wear, use fabric softener, wear perfume, wear deodorant, use main brand shampoo, breath our air, just to name a few, then you are exposing yourself to plenty of toxins every day. It is pretty safe to assume that unless you live in the Amazon, you are exposed to LOTS of toxins daily. The problem with this is that the toxins get stored in the fat and are not always processed by the

body. The truth is, at this point in time we are taking in many more toxins than our body is able to process. Detoxing is the future of health and fitness, in my opinion. It will be necessary in order to stave off diseases and cancers that are so prevalent in today's society.

Most people don't realize that fat burning is a necessary part of the detoxing process. This is why obese people are at higher risk for almost all disease. But fat burning is not the whole process for capturing and eliminating toxins. In fact, only burning the fat without the proper methods to sweat out or capture the toxins properly will cause the toxins to be released into the bloodstream. Eventually, if you gain the weight back, or don't take the right supplements, all the toxins can go right back into the fat deposits and the brain. Keep in mind: the brain is 60% fat and many of the toxins are stored there. The next time you try to detox, it will be harder and harder. This is why fad diets and yo yo diets are so harmful; along with reinforcing bad habit formation, they also release toxins back into the body.

So, as you can see, my answer would be that detoxification is the number one thing you can do for your health. The detoxing process usually consists of a good fat burning exercise program to release the toxins, then we need to sweat out the toxins, as well as bind the toxins in our intestinal tract to have them eliminated properly by the use of supplements. Also, an infrared sauna is a powerful tool for detoxing. Along with its multitude of benefits, it is also a quick, effective way to help sweat out the toxins 4.3 times faster.

When a detox program is done properly, backed by science and research, the results are truly amazing: glowing skin, increased memory, clearer thinking, more energy, increased sex drive, decreased inflammation, fewer allergies, fewer aches and pains, less depression and anxiety, better organ functions. In the end, when your body and mind are purified and you feel fit and healthy, you have more love, peace and happiness. And who doesn't want that?

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