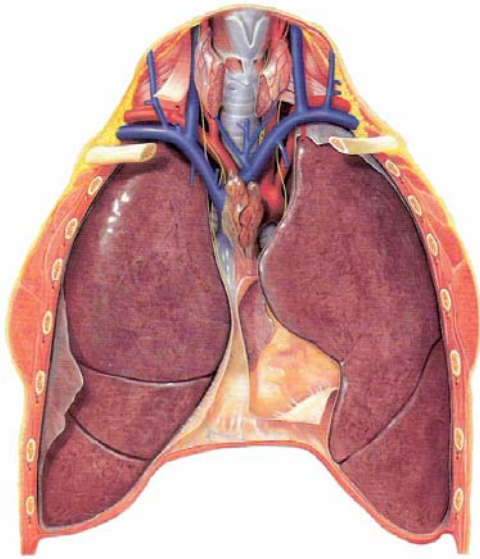
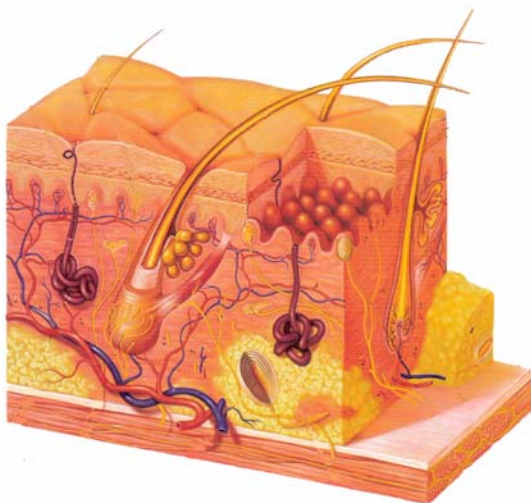
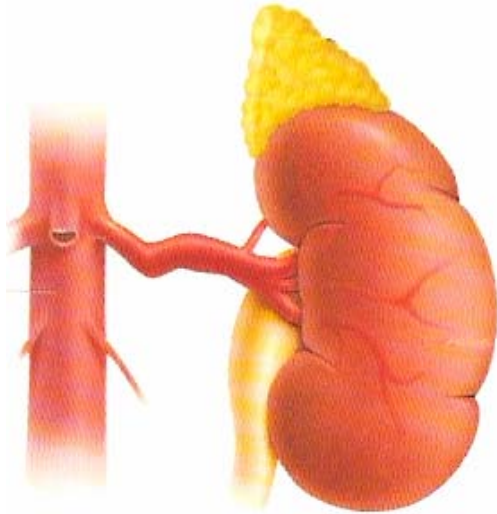


# 4 Ways Toxins Leave the Body



**Lungs** remove toxins through the exchange of air and moisture that you breathe, i.e. by coughing, bad breath, mucous, and heavy breathing.

**Kidneys & Adrenals** remove toxins via the bladder through urine. All bacteria, virus, and fungi travel through blood fluids, where a healthy set of kidneys will properly dispose of them.



**Skin** removes toxins through tissues, sebaceous glands, and follicles by way of fever, sweat, rash, hives, acne, boils, eczemas, etc.. Our largest organ protects the body from all topical pollutants and attackers.

**Colon (Large Intestine)** is where a death process starts or life begins renews through detoxification. Friendly and unfriendly bacteria (flora & fauna) balance waste in mucous that engulf toxins and transport them out of the body.

