

Want a Clean Bill of Health?

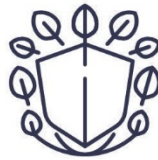
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**SAFE
WATER**



**FREEDOM
FROM CHEMICALS**



**NATURAL
PROTECTION**



**BRIGHT
FUTURE**



**HEALTH AND
WELLNESS**

In order to have a clean bill of health it is critically important to minimize exposure to synthetic chemicals and toxic poisons. What we breathe, eat and drink, along with the products we use everyday, increase or decrease the quality of our health and longevity.

It is the interstitial fluid, the largest organ in our body, that surrounds and bathes every cell, which is responsible for 80% of our symptoms, regardless of their name. When chemical toxins get into the interstitial fluid, they can travel anywhere in the body, the heart, the brain, the reproductive organs, etc. Our body cells, heart cells, brain cells, liver cells, bone cells, are only as healthy as the fluid they are bathed in.

Interstitial fluid has an ideal pH of 8.4 which is 10x more alkaline than blood. Toxic acidosis of the interstitial fluid, sometimes called sepsis, is the primary cause of ill health and death. Heart disease, cancer, diabetes, dementia etc are advanced disease labels for a severely toxic, polluted internal environment.

We are constantly being bombarded by toxins of all types and sizes, whether inhalation (ie. nano size particulates from LA fires suspended and circulating the globe), ingestion or direct contact. Do what you can to protect your body, paying special attention to your organs of elimination - lungs, large intestine, and skin. Any symptoms here can be signs of toxin overload, tissue infiltration, and impaired detoxification pathways.

Take the necessary steps to AVOID further exposure to toxic environments and chemicals. Cleanse periodically and appropriately, whether that requires drinking more clean filtered water, preparing healthy food, fasting, supplements, herbs, homeopathics, lymph drainage (this is where a nutritional consultation will help you), colonics, foot baths, saunas, air filters, body work, acupuncture, going outside to exercise, spending time in nature or restoring your mind with positive self talk.

Prioritize living as cleanly and as closely to nature, as possible, to have and maintain a clean bill of health.