



Environmental Challenges

Our environment has changed dramatically since the industrial revolution and one of the biggest changes has come about in the area of man-made elements. We can accumulate many influences which are not well tolerated by the body and which we should get rid of through the body's natural elimination processes. However, these processes were not designed to cope with the amount and variety of man-made elements which they are now required to. This requires extra support from your diet.

To help support and maintain a clean and optimised system, we require foods which support this process.

There are many foods which can support your body's daily cleansing needs and which will help to maintain the systems at their optimum function. Typical cleaning foods are green foods, nuts, seeds, wholefoods and herbs. But there are many and it's important to get good selection of different foods which have this ability into your nutritional food intake.

Balancing environmental exposures	Cleansing support foods
The body has systems which are designed to help it cleanse itself of accumulated waste. Certain foods can support the systems which carry out this function and ensure that they do not get over burdened. You have organs and systems which can assist with your help. You need a wide variety of foods to help support and maintain the myriad of underlying cleansing mechanisms which will in turn support optimized wellness.	<ul style="list-style-type: none">• Beets• Sweet potatoes• Lemon• Green leafy vegetables• Apple• Garlic• Onions• Nuts and seeds• Probiotics <p>*There are many other environmental support foods, these are some of the common examples.</p>

We recommend that you get your epigenetics tested regularly to prevent environmental and wellbeing challenges.