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DETOX SYSTEM

HOW TO APPROACH A COMPLETE BODY DETOX?

Lots of information and products about body cleansing are made available these days and it may get very complex and confusing.

Let's untangle this by explaining the logic behind a proper detox.



CLEANSE



NOURISH



HEAL

To strip off toxic matters out of cells and tissues is surely an important step but we need to make sure that those toxins we move will find their way out of the body.

Otherwise they may just land elsewhere and create problems that may be even worse than the ones that were experienced in the first place.

The body has a built-in sewage system, “the 6 Excretory Organs”, which have the role to expel out of the body useless and harmful matters.

Let me display the order in which detox should be done.

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3. LUNGS

The lungs feed our blood with oxygen and free it from carbon dioxide and other toxic gases. Clogged lungs would weaken the system which would not find enough power to optimize your detox processes. Oxygen is one of the most important element for detox, one of its functions is to bind some toxic materials and wash it away from the blood. Moreover oxygen plays a front line role in cell repair that takes place all along the cleansing process.

4. LYMPHATIC SYSTEM & SKIN

The lymphatic system that is a network of vessels parallel to the bloodstream is the sewage system of the blood that is composed of the spleen and lymph nodes. The skin is one of the main doorway through which the waste materials from the lymphatic system will take to complete their way out through sweat the other being the kidneys and bladder through urine. Note that there is no need to wait to cleanse the lymphatic system because as we detox there will constantly be toxins directed towards that direction. So let's say that the colon and the lymph needs to be constantly maintained all along the journey for a deep detox.

5. KIDNEYS

The kidneys are other filters of the blood. They remove metabolic wastes such as urea and creatinine, chemicals from food additives, drugs, pesticides per example. They also balance the body's fluids, and play an important role in regulating blood pressure and pH.

The nephrons are the countless small tubes inside the kidneys that are the filterers - each kidney has more than one million! Once the blood is purified and the correct amounts of mineral salts, such as sodium, potassium and calcium has been retained, it returns to the body. The waste and the excess of water are concentrated and then form the urine, which will be sent into the bladder through the ureter and eliminated through the urine. These toxic wastes slowly gather in the kidneys and interfere with their optimal functioning. It is very important to cleanse the kidneys before engaging in a formal heavy metal cleanse as it is one of the pathways that they will use to find their way out of the body.

2. LIVER

The liver is an organs and a gland as it also secretes many metabolic compounds, it is also the first filter that our blood comes across after being fed by the small intestine and oxygenated by the lungs. It is where the first filtering is happening so also where the biggest load of toxins from the outer environment is being stopped to prevent it from penetrating in the deeper layers of our body. Considering the extra toxic loads that have been added to our environment, the liver needs support so the toxicity doesn't spread any further through the bloodstream. That is why the liver needs to be cleansed prior to the blood and lymphatic system.

6. DEEP TISSUES

Once we have properly cleansed the previous excretory pathways we can keep digging. With the enzymes it will occur naturally. We accumulate lots of various toxic matters through an inadequate diet and lifestyle but also simply by the byproducts of even a healthy lifestyle that includes a healthy diet and proper exercise program. Fire creates ashes just as food creates feces, exercises lactic acid and breathing oxygen generates CO2. Yes healthy living also generates toxic wastes ... even more with an unhealthy mucus forming diet! We got to clear this out!

1. DIGESTIVE SYSTEM

This is where it should start and for 2 reasons. First the colon is the main element of the sewage system of the body. If this one clogs it backs up in your system, pollutes your body fluids and will exhaust your immune system that will be in constant alert. Then the small intestine - even if this part of the digestive tract has nothing to do with excretion keep in mind that detoxing requires power which is fueled by nutrient. A clean and healthy small intestine will assure a good absorption of nutrients and power up your metabolism.

8. CELLULAR DETOX & NUTRITION

Once you've reach that level, without knowing you've already detoxed most of your cells and you must keep all you've done as a lifestyle. The more you will maintain healthy habits in the 5 Pillars of Health (Clean Nutrition, Deep Rest, Sustained Exercises, Detox Awareness and a Close Connection with Mother Nature) a clear vibrant enthusiastic force will emerge from your core, reconnect you with the Universe without.

7. NERVOUS SYSTEM & BONES (HEAVY METAL)

Heavy metals like cadmium, lead, aluminum, mercury and fluoride's harmful effects are too numerous to mention them all here. They mainly tend to hide deep in the body around the bones and nervous system but can also get stuck pretty much anywhere in the body. They are at the root of many cancers, kidney failure, dementia, Alzheimer's, MS, ALS, and Parkinson's disease and has been linked to has been linked with learning and developmental disabilities including lower IQ, and ADD on kids. Enough said to justify a proper approach to clear them out of the body.

One thing that you need to know is that when you decide to move heavy metals you want to make sure that they will reach the exit. So a too early heavy metal detox is not recommended. Make sure that the previous pathways have been open when you decide to address heavy metals.



- **Note 1:** Know that the detox reality when we work with super-enzymes is not linear as it is presented here. Enzymes are compounds that we ingest, goes down the digestive system, penetrate the bloodstream, go through organs and tissues. All along they will be active with the detoxing and nutrition power that they hold. What determines the specific action of the enzymes on an organ are the properties of the ingredients put in the blends.
- **Note 2:** We are coming shortly with information about complementary means of detox for every steps listed above.

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REMEMBER THAT TOXICITY IS A JAIL THAT WE HAVE BUILT WITHIN OUR BODY AND THAT DISCONNECT US
FROM EXPERIENCING THE POWER OF OUR TRUE SELF..

CLEANSE DEEPLY, HOLISTICALLY AND IT IS YOUR WHOLE POWERFUL SELF THAT IS AWAITING AT THE END OF THE ROAD.
- Zuman Rev

