What are Toxins?

Toxins are substances that have harmful effects on the body. They come from food, water, air, chemicals used to grow and process food, chemicals on our clothing & cleaning supplies, coffee, sugar, pre-packaged foods, junk foods, electronics, lifestyle and stress. The human body is not equipped to withstand so much toxicity and be able to function to its optimum capacity, as is evidenced by the increase of Cancer and other types of disease, in our otherwise, scientific and technologically advanced society.

Our bodies were not meant to be toxic dumps!

The number of toxins entering our body is simply reaching unprecedented levels and their cumulative effect on our health, is just now starting to be disclosed by many healthcare activists.
Toxins also originate from within the bodies regular metabolism and are produced by the mind in the form of unhealthy emotions, such as fear, anxiety, low self esteem, and stress to name a few.

Chances are that in the course of your everyday life, you're surrounded by toxins and you don't even know it!

Normally, a person can process these toxins in the liver, kidneys, skin and other organs, and eliminate them in the feces, urine, and sweat. However, our fast paced and fast food lifestyle choices in our society today, makes that very difficult for the average person. Also, dehydration, lack of exercise and dietary fiber, stress, anxiety, insufficient consumption of fresh organic fruits and vegetables, often cause constipation and other elimination blockages. Many manifest as weight gain or problem skin, lack of energy, fatigue, and headaches. Ayurveda contends that the cumulative effect of such a lifestyle, without regular cleansing and detoxification, can eventually manifest as disorders, and eventually disease. And, as we grow older, the body's inbuilt mechanisms for eliminating impurities tend to be less efficient, thus stressing the organs, and the basis for the need for a periodic internal cleansing therapy.

If you've ever felt run-down, depressed or ill, and modern medicine has done nothing to help you, just take a look around you. Cleansing, yoga and meditation is growing rapidly as a tool to exceptional health!

Some quick solutions… Have an Ayurveda Consultation and get to know your digestive constitution, in order to take the guess work out and get real tools for optimum health for a long, healthy and vital life!

Take one of Yoga Rays' Cleanses to redress the balance and restore your body to health.
You will feeeel simply marvelous!

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