

# How Toxic Burden Impacts Your Health

## And What You Can Do About It

Our bodies are designed to process and excrete toxins at the same rate at which they are encountered. However, poor dietary habits and lifestyle choices, combined with the high toxin load of the modern world, contribute to an increased total toxic burden.



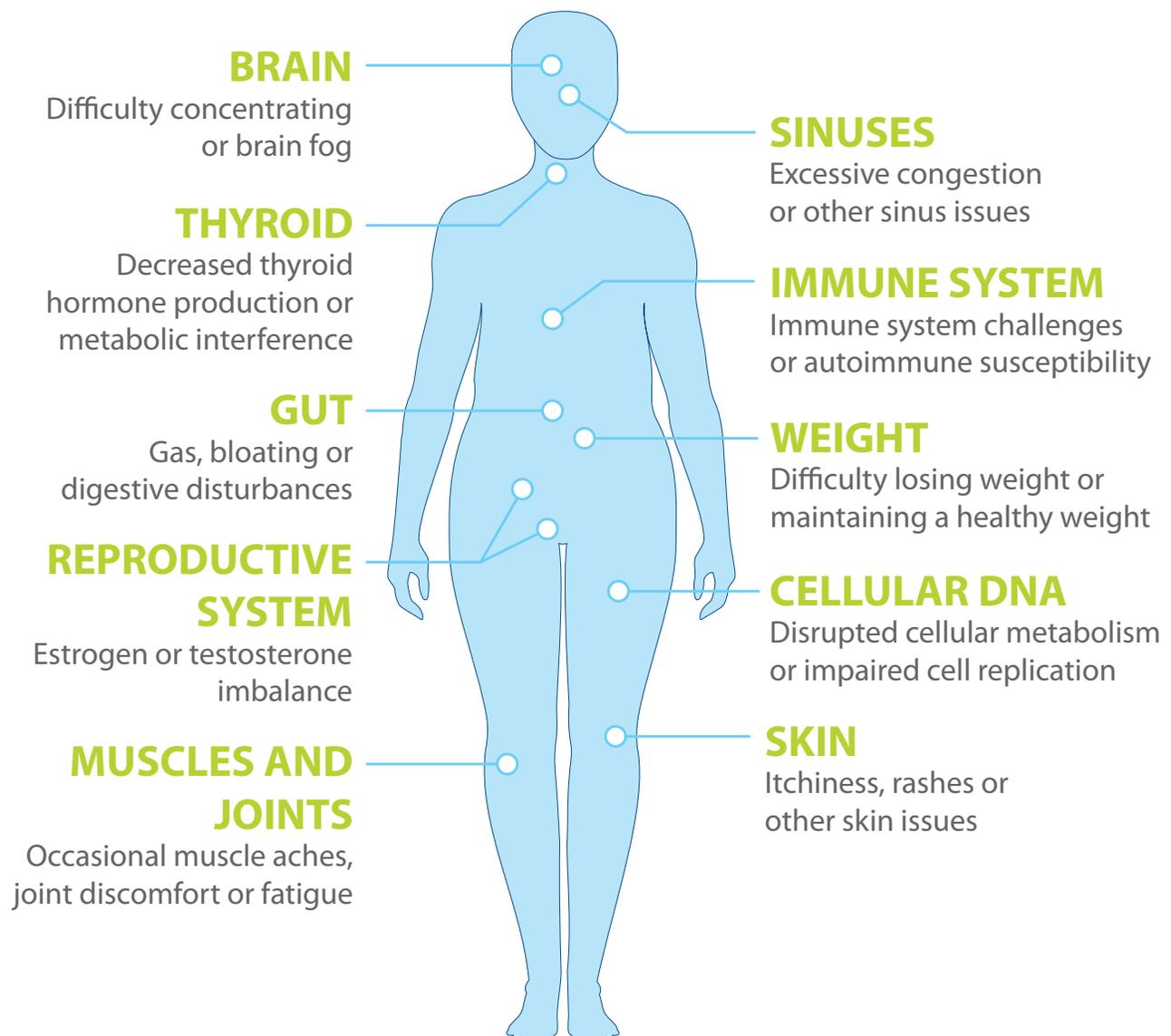
Toxins can be broadly categorized into two main groups: **internal** and **external**. Regardless of their origin, both types contribute to overall toxic burden. Internal toxins include byproducts from daily cellular metabolism, hormone metabolic byproducts, elevated levels of stress hormones and imbalances that may also occur within your gut microbiome. External toxins are substances that enter the body through ingestion, inhalation or dermal contact.

No need to be overwhelmed by this information—while it might not be possible to avoid all toxins, you can take steps to reduce toxic exposures and increase your body's ability to detoxify. Giving your body the support it needs, through nutrition and lifestyle choices, will make an incredible impact on toxic burden and your overall health.

# What is Your Body's Toxic Burden?

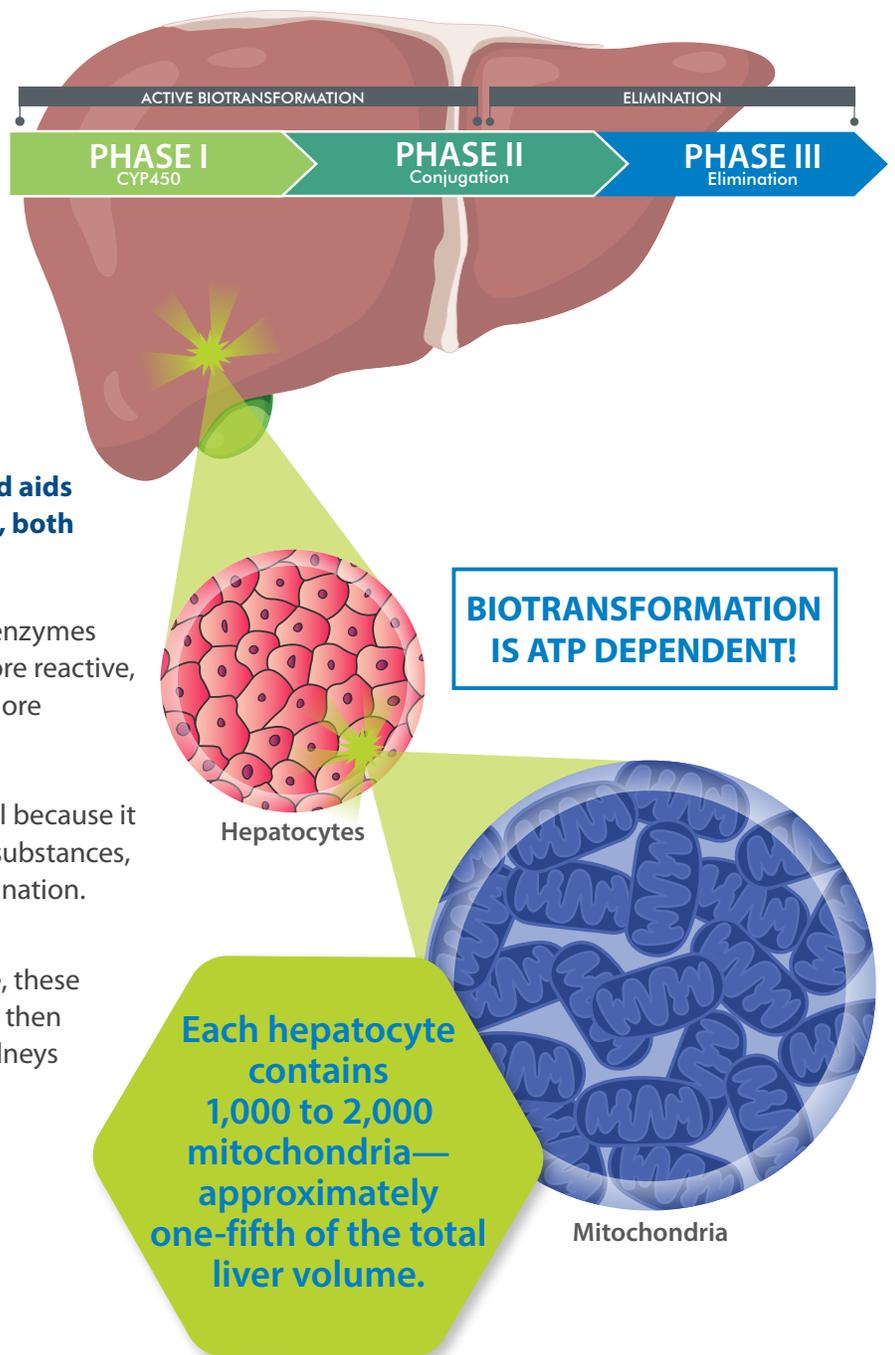
Think of your total toxic burden as a bucket being filled and drained. Ideally, as toxic exposures "fill up" the bucket, your body's detoxification pathways, which include the liver, kidneys and gastrointestinal tract, "drain" or eliminate them. When your detoxification system is not functioning optimally and not given the proper support,

the bucket can "overflow," resulting in a variety of symptoms. These include fatigue, brain fog, muscle aches, digestive disturbances, skin issues and stubborn weight gain. Your health care provider can help you identify which toxins are most affecting your health.



# How Does the Body Detoxify?

Your liver is the primary organ for detoxification, also known as **active biotransformation**. This process requires significant cellular energy produced by **mitochondria**. Because of the high energy demand of this process, it is important to support your body with key nutrients that boost cellular energy production. In addition, increasing fiber and antioxidants in your diet will support elimination and liver and digestive health.



**Biotransformation occurs in three phases and aids in the body's elimination of toxic substances, both internal and external.**

## PHASE I

In the first phase, specific enzymes make these substances more reactive, which makes them even more harmful to the body.

## PHASE II

The second phase is crucial because it neutralizes these harmful substances, making them safe for elimination.

## PHASE III

In the third and final phase, these neutralized substances are then eliminated through the kidneys and intestinal tract.

# Active Biotransformation Support

Core Restore® is a convenient, comprehensive detoxification program based on the latest science that helps reduce toxic burden. The formula delivers the targeted nutrient and energy supply needed to support the biotransformation of toxins in the liver, gently restoring your body's natural detoxification function.

Core Restore® provides three active formulas—Core Support, MitoCORE® and PhytoCore—with targeted nutrients that work synergistically to enhance all phases of biotransformation and elimination.



## Core Support

- Available in two great-tasting flavors, Chocolate and French Vanilla
- Supplies 15 g of hypoallergenic brown rice protein
- Includes 8 g of fiber to support elimination while also promoting digestive health
- Provides an antioxidant-rich vegetable extract blend and polyphenols to support all three phases of detoxification



## MitoCORE®

- Scientifically formulated to boost mitochondrial reserves and recharge cellular energy production
- Delivers comprehensive micronutrient support and key phytonutrients for all phases of detoxification

## PhytoCore

- Provides key phytonutrients to support and protect the liver
- Supports Phase I and II liver detoxification and healthy bile acid production

Core Restore® provides step-by-step guidance throughout the program with a Patient Handbook. The handbook includes helpful tools and resources:

- Chef-inspired, nutritious recipes
- Convenient shopping lists
- Updated, easy-to-follow menu plans
- Tips for reducing toxic burden through diet and lifestyle changes

