

The Truth about TOXINS

A Safe Guide to protect
yourself from toxins,
chemicals and more

*Discover why toxins are the reason
for many undiscovered symptoms
and illness today*

And how we can protect ourselves
and our loves ones



Cleanse with Zoë

www.cleansewithzoe.com

Why We Should Protect Ourselves



Every day many of us are faced with threats that have become a well known and accepted part of our lives. Threats like falling off your bike, slipping on ice, or catching a cold or flu. While these can indeed be real threats, there are other dangers that are unknown, or their true nature and gravity are not understood enough

You and I, and every single person on this planet, faces these threats today, as we should spride awareness over how serious these threats are and how dangers and the destruction they are causing are.

It's your right to know about them, so you can have the freedom to heal or thrive at your Highest Vibration. We deserve to know the Truth.



Have you been suffering or struggling with an illness, disease, or symptom? Or a friend, family member, work colleague, or someone else you know? We all need to know about toxins that are now more than ever surrounding us on a daily basis.

Wouldn't you like to know for you own safety what could potentially be hurting you?

So many of us are struggling with mystery symptoms and illnesses today because of the secret viral explosion.

My mission is to inform you, based on the information that I've learned about the viruses that create so many of our symptoms and illnesses today.

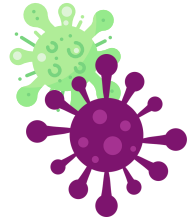
We must understand what we are really dealing with in order to know how to effectively recover our health and thrive in our High Vibrational Selves,

Hidden Toxic Exposures That Make Us Sick

Many of the toxins inside of us that can cause illness, symptoms, and conditions come from hidden sources—toxins that we often aren't even aware we are being exposed to or that cause more harm than we understand. With Radiation for example, we are more saturated with radiation today than ever before in history.

Some of the most problematic hidden toxic exposures in this time come from:

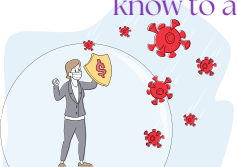
- Mercury
- Air Fresheners
- Scented Candles
- Conventional Laundry Detergent
- Fabric Softener
- Perfume, Cologne, and Aftershave
- Fungicides
- Gasoline
- Pesticides
- Insecticides
- Herbicides
- Chemical Fertilizers
- Lawn Treatments
- Radiation
- Plastics



It's impossible to avoid all of these toxins, but we can understand what we are up against so we can minimize our exposure to these toxins when possible and take the steps to heal and cleanse our bodies of the rest.

Knowing what we are up against is a critical step to being empowered to heal and support our bodies and what they need.

Sharing the importance to do what we can to avoid them when possible and to cleanse out those we can't avoid or that we didn't know to avoid in the past, is an important and healthy self-care choice we can make.



The Toxic Heavy Metal: Mercury

Did you know you could have mercury in your system? It's commonly known that there are toxic heavy metals that we are exposed to in our environment and products we use. What's not known is the extent of the damage they do to our health, and how they are also passed down through our bloodlines.

Mercury, a particularly devastating and obnoxious heavy metal, could have been mined a thousand years ago but now be sitting in our brains causing neurological conditions and diseases.

Are you experiencing brain fog, depression, or anxiety? As many of us do so in our current time.

Toxic heavy metals are responsible for some of the most troublesome diseases we are experiencing today.



Mercury in Our Environment

We live in a toxic world...



The Ocean is filled with living minerals that help create a supernatural energy force that is unmatched by any other natural force on planet earth. But every day it becomes threatened and is under attack by Toxic Heavy Metals, especially Mercury, and has been industrialized along the last few centuries.

Industrialized Metals disturb the very life-giving Minerals in the ocean and create constant friction between each other that over time has weakened the oceans lifeforce and slowly poisoned and intoxicated the living species within the ocean such as the fish: Not just any fish—the fish we eat...

When Mercury enters into a fish (or fish oil supplementation), it changes the chemical and physical nature of the fish and alters the oils within the fish, and even changes other aspects that have an effect on our physical, emotional and mental bodies.

Besides our ocean, toxic heavy metals like Mercury are throwing at us at a daily basis, present in the sky, our drinking water, make-up, aluminum foil (aluminium is a toxic heavy metal too) and more

I know this information can seem heavy, as I discovered this with the Information I found but ignoring it and pretending everything is great and positive seems like the wrong way for our health nowadays

Herbs like Cilantro, Spirulina or the most healthy fruit: The Wild Blueberry are luckily tools for great Cleansing Benefits





The Truth about Air Fresheners, Scented Candles, Colognes & Perfumes

And Why these are Highly Toxic



Chemical fragrance products such as air fresheners, scented candles, perfumes, and colognes, are popular in most households today. What started as an easy way for families to cover bad smells in the home, has quickly become an almost constant exposure to potentially toxic chemicals, without getting the truthfull sources that warn us is about these chemicals. People today have adapted and acclimated to these potentially disrupting, and toxic chemicals...



There is still to little awareness that the substances in chemical fragrances can be highly toxic and have the potential to negatively affect your lungs, liver, immune system, and nervous system.

Many people think that they are creating a more pleasing environment in their homes, stores, or workplaces, by using air fresheners, scented candles, and other chemical fragrances. In truth, these chemicals are disabling your ability to smell and releasing vaporized toxins into the air you breathe. These vaporized toxins then burden the lungs, building up a waxy, oily, chemical residue in your lung sacs and this may potentially reduce oxygen capacity.

Remember, the beautiful flowers like lavender and rose mentioned on the cover from these products are not the truth of how these products really are made...these products are made in labs, with harmful, hidden and toxic ingredients.

Again, it's impossible to avoid all of these toxins, but we can understand what we are up against so we can minimize our exposure to these toxins when possible and take the steps to heal and cleanse our bodies of the rest





How We Can Protect Ourselves

Healing is possible!

We just have to learn how to step ourselves out into the light once again and learn new information coming from a Higher Source, that is not on the internet, books, and other places.



One reason chemical toxins and poisons stay in your body is chronic dehydration (see caffeine for example) When you're dehydrated, the chemical toxins in your body don't stand a chance at getting out. To stay hydrated, consuming and filling your body more of the healing, nourishing following foods:



Did you know that Wild Blueberry, which is the smaller variant of the regular berry, is one of the most healthiest fruits?



Did you know that the taste of the Cilantro herb depends on how many toxic heavy metals we have inside the body? The more you'll eat them, the better they will taste!

- Fresh fruit
- Leafy greens
- Fresh herbs
- Wild foods
- Vegetables
- Lemons and Limes
- Lemon Water
- Coconut water

Other Healing Foods are:

- Potatoes
- Sweet potatoes
- Winter squash
- Raw Honey



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Does this information feels as Truth,
Aligned or Advanced to you?

Do you want to know more about the Source of this information?
And receive personalized guidance and healing tools?

Or, discovering the Healing Foods and what foods can cleanse
heavy metals out of our bodies?

Book a free online session where I will explain everything
in a detailed way to you, to receive great health benefits!

And a Kind Reminder

We should realize that it is not our fault for becoming sick
or deal with any kind of symptom in a physical, emotional or mental way,
or don't know the harmful ingredients and environments we
are surrounded by

By spreading the Information,
we can protect ourselves and our loves ones.

Let's cleanse, and bloom in to our most High Vibrational Selves

With Love & Light,

Zoë Julia



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