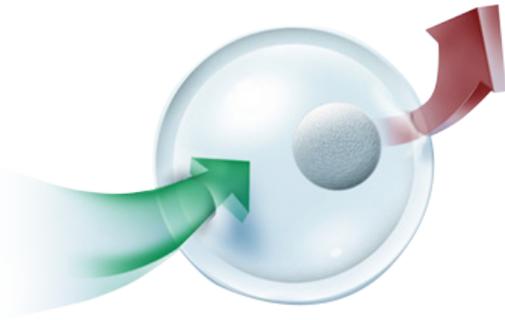


# D for DETOX

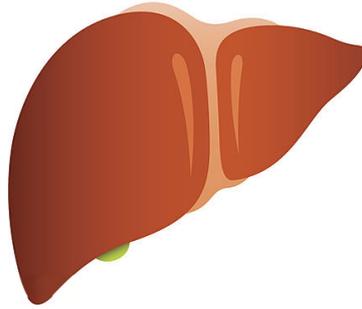
## 3 Ways to Detoxify Your Skin & Body

Detoxification is what your body does naturally to neutralize, transform or remove waste or toxins. It is an important function of all cells, and it is constantly working and interacting with all other functions of the body. So when we talk about “detox”, it is about optimizing the function of your body’s own detoxification systems. The first step is to decrease the amount of toxins we put into our bodies while at the same time supporting our body’s detoxification systems with the nutrients it needs to function properly.



### INTERNAL TOXINS ACCELERATE AGING

With aging, our bodies can become less effective at purifying and our cells begin to accumulate damage, cellular waste, and toxic byproducts from internal metabolism (breathing, converting food to energy, and so on) that happens over time and can accelerate the aging process.



### LIVER—OUR BODY’S MAIN DETOXIFYING ORGAN

Any effective detoxification must target the liver. The liver detoxifies the body by modifying toxic metabolites and foreign chemicals. There are two phases of detoxification. Phase I chemically modifies toxins. Phase II renders them less toxic and improves their ability to be excreted out of the body via the gut by bile or via the kidneys as urine.



### SKIN AS A DETOX ORGAN

When other organs (liver, kidney, gastrointestinal tract) become overwhelmed, the skin picks up the slack. The body pushes toxins through the pores to the surface of the skin, where they do less harm to the body. These toxins can clog pores and cause irritation, leading to breakouts, redness, and inflammation.

## HOW CAN YOU HELP YOUR BODY REMOVE WASTE & TOXINS?



**ageLOC® R<sup>2</sup> NIGHT** optimizes each cell’s natural purification process, helping you start each day feeling refreshed and renewed, while **ageLOC® R<sup>2</sup> DAY** optimizes cellular energy production to help you recharge for a new day.



Improve your liver function with **ReishiMax GLP®**. It uses the red reishi which yield the highest quality extract and has been subjected to extensive scientific evaluation under the [6S Quality Process](#).



Revive your skin with **Epoch® Glacial Marine Mud**. Its extremely fine mud particles with marine botanicals draw out dirt and impurities from the skin to provide a deep cleansing effect.