

# WHAT IS DETOXIFICATION?

Detoxification is the process of either clearing toxins from the body or neutralizing or transforming them, and hence clearing excess mucus and congestion. Fats (especially oxidized fats and cholesterol), free radicals, and other irritating molecules act as toxins on an internal level. Functionally, poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract and skin all increase toxicity.