

# HPT 21-Day Metabolic Detoxification Program

- Sleep Better
- Feel Better
- Think Better
- Look Better
- LIVE BETTER**

## Are You Toxic?

1. Do you get bloated easily or have gastrointestinal distress?
2. Do you have difficulty losing weight?
3. Do you lack energy?
4. Do you have trouble sleeping?
5. Do you have headaches often?
6. Do you have skin abnormalities?
7. Do you have unexplained joint pain?

**If you answered yes to one or more of the above, you may benefit from our 21-day metabolic detoxification program.**



## Metabolic Detoxification Program



10360 West 70th Street  
Eden Prairie, MN 55344  
952-942-6320  
[www.higherpowertraining.com](http://www.higherpowertraining.com)  
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## HOW DO TOXINS GET INTO MY BODY?

There are now 85,000 chemicals created this century. We pump 4 billion pounds of chemicals into the environment every year. These chemicals make it into our body three different ways: we ingest them (fast food-food additives- non organic food), we inhale them (carpet fumes, asbestos, perfume), and we absorb them (through our skin- perfumes, lotions, makeup). Since women tend to use more product on their bodies, they typically tend to have more toxicity than men.



## IS THERE EVIDENCE FOR TOXINS IN HUMANS – DOESN'T MY LIVER CLEAN ME OUT?

- A CDC study of 116 chemicals found 100% of these in samples of human blood or urine.
- EPA study of human fat tissue found 5 of the most toxic chemicals in 100% of samples.
- Michigan study found DDT in 70% of four year olds.
- Test for 200 chemicals in baby's cord blood found 100% of them.
- In the 1950's a woman's chance of breast cancer was 1 in 22- now it's 1 in 7 (Mark Schuass)

## WHAT IMPACT DO TOXINS HAVE ON MY BODY?

- Toxins can decrease your metabolism on average 7%, leading to weight gain. This means that the average male burns 131 less calories a day and can gain up to 13.66 pounds per year, just from having toxins.
- Phalates (chemicals in plastics) decrease sperm quality, drop testosterone, increase insulin resistance, increase waist size in men, and lower thyroid function.

- Toulene (found in nail polish, cosmetics, and gas) is a neurotoxin, negatively affects the hypothalamus, and may damage the liver and kidneys.
- Parabens (in many shampoos, lotions, etc.) have been found in high amounts in cancerous breast tissue.

**Since we can't live in a bubble, the goal is to become a good detoxifier**

## HOW DO I DETOX?

Metabolic detoxification is an ongoing process whereby the body rids itself of harmful compounds. Although your body's systems (liver, gall bladder, intestines) are in a constant state of detox, due to the now overwhelming number of toxins, and due to sub-par diets, the toxic burden becomes so great that people store far more toxins than they can excrete.

The body has different phases of detox, each distinctly fueled by specific amino acids found in proteins, vitamins and minerals.

## WHY DO THE HPT DETOX — WHAT IS DIFFERENT?

Since our detox is a combination of organic food combined with science based nutraceuticals, you won't be starving yourself as you do on many of the popular "pseudo" detoxification programs. Yes we use a special juice and shakes, but you will be eating organic lean meat and healthy fats. You will also be getting plenty of fruits and vegetables, probably more than you eat now.

Accountability and great coaching is the key to success when embarking upon any type of behavior change. You will meet with us twice a week for measures and coaching, which will allow us to continually customize your detox.

Unlike other programs that are only focused on weight loss instead of fat loss, expect to even add a few pounds of lean mass if you're strength training.

But don't worry, you will still lose weight. The average scale weight loss for a male is 14.3 pounds and for a female, is 10.6 pounds.

Most detox diets on the market are simply "elimination diets" and not true detox diets. Whereas many elimination diets are based on simply eliminating all foods and only drinking juice, or eliminating all bad foods- often lean proteins and healthy fats get bundled into this "bad food mix". The problem is that the body utilizes protein as a primary detoxification nutrient. Without protein, the body cannot go through the most important phase of detox (phase II). Furthermore, a diet rich in vegetables (lot's of greens) and fruits will play a synergistic role in helping your body rid itself of toxins. The combination of protein, vitamins and minerals is what drive's detoxification. This is what distinguishes our detox from other's on the market. Our detox is based on science, not hype.



## WHAT BENEFITS WILL I RECEIVE FROM A NUTRITIONAL DETOX?

- Detoxify my body
- Lose body fat
- Increase lean muscle
- Create the habit of a healthy lifestyle
- Decrease congestion & other allergy symptoms
- Improve cholesterol & triglycerides
- Improve Sleep
- Eliminate headaches
- Decrease joint pain
- Clear up my skin