

THE ALPHA TONIC HIGH
TESTOSTERONE SHORTCUTS

Toxin Free Blueprint



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SUMMARY

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INTRO

Exposure to toxins can lead to you experiencing various health complications. These complications include resistance to weight loss, premature ageing, fatigue, frequent headaches and a reduction in your ability to concentrate. Complete avoidance of toxins is not possible; we can however greatly reduce our exposure to them.

The purpose of this book is to lay down a simple 5-step method, which if followed correctly, can greatly reduce your exposure to toxins. The changes you will notice after implementing the steps are a slimmer and fitter body, improved muscle tone, improved skin tone, a reduction in any skin conditions or diseases you may have, and an improvement in your concentration as well as an increase in energy levels.

Let's get started...

Step 1: Replace Your Cosmetics

It is worth being aware that the cosmetics industry uses thousands of synthetic chemicals in their beauty products. Many of the same toxins used in cosmetics are also used in industrial manufacturing processes. It's probably safe to assume that you don't want to wash your face with a chemical capable of cleaning industrial equipment.

Here is a list of some of the most common toxins that are found in cosmetics.

BHA and BHT

BHA and BHT mainly found on the ingredients list of moisturizers. The European Commission on Endocrine Disruption has listed BHA as a Category 1 priority substance, suggesting that it interferes with hormone function. As well as being harmful to humans, it is also harmful to fish and other wildlife.

Coal Tar Dyes

P-phenylenediamine and colors listed in the ingredients as "CI" followed by a five-digit number.

These are often found in hair color products and are usually listed in the ingredients by "CI" followed by a five-digit number. Research has shown that these unnatural color pigments have the potential to cause cancer. They are also often contaminated with heavy metals, which may be toxic to the brain.

DEA-related ingredients

These are often found in creamy and foaming products, moisturizers and shampoos for example. They have the ability to react and to form nitrosamines, which are known to be a cause of cancer. As well as humans they can also harm fish and other wildlife. Watch out for chemicals MEA and TEA in the ingredients also, they are related to DEA and pose similar dangers.

Dibutyl phthalate

This is found in many nail care products in which it is used as a plasticizer. Dibutyl phthalate is also a suspected endocrine disrupter as well as a reproductive toxicant. Like many of the toxins listed, it also is harmful to fish and other wildlife.

PEG compounds

PEG compounds are used in many cosmetics that have a cream base. They are often contaminated with 1,4-dioxane, which is believed to cause cancer. Look out for the related chemical propylene glycol and other ingredients with the letters "eth" which are known to have similar effects to PEG compounds.

Formaldehyde-releasing preservatives

These include DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quarternium-15. These preservatives are used in many different cosmetic products. They are known to release small amounts of a toxin known as formaldehyde. Formaldehyde is a cancer causing toxin.

Parfum

This includes any mixture of fragrance used in cosmetics. Even products that are described as "unscented" may actually contain fragrance. Some of these ingredients are often known to trigger allergies and asthma. Some are also linked to neurotoxicity and are even believed to cause cancer.

Parabens

Parabens are used as a preservative in many different cosmetic products. They are suspected endocrine disrupters and are also believed to interfere with the reproductive functions of males.

Siloxanes

These are ingredients that end in "-siloxane" or "-methicone." Siloxanes are found in many cosmetics whose purpose is to soften, smooth or moisten. Siloxanes are a suspected endocrine disrupter as well as a reproductive toxicant.

Petrolatum

Petrolatum is most often used as a moisture barrier in lip balms and moisturizers but can also be found in hair products. Petroleum based products can be contaminated with polycyclic aromatic hydrocarbons, which are known to cause cancer.

Triclosan

Triclosan is found in cosmetics that are antibacterial, including toothpastes and antiperspirants. Triclosan is a suspected endocrine disrupter. It is also believed to contribute to the antibiotic resistance of bacteria.

Sodium laureth sulfate

These are often found in foaming cosmetics, such as shampoos and bubble bath. They can be contaminated with 1,4-dioxane, which is believed to cause cancer. Watch out also for the chemical sodium lauryl sulfate, which is related and has similar effects to sodium laureth sulfate.

Oxybenzone

This is a hormone disruptor often found in sunscreen. It is added in order to stabilize avobenzene, which is a UVA-blocker. Mineral-based sunscreens containing titanium dioxide or zinc oxide are a better choice for UV protection.

Retinyl palmitate, a form of vitamin A

Retinyl palmitate has been linked to skin tumors on skin, which is exposed to the sun. It is also found in sunscreen.

Q&A

Here are some suggestions in order to try and reduce the amount of toxins you are exposed to by your cosmetics.

Can I still use perfume?

If you use perfume, you should get into the habit of spraying it on your clothing instead of directly onto your skin. If possible, you should ideally purchase a perfume that is made with essential oils. These natural fragrances, which are far better for you, can usually be easily sourced on Amazon, Ebay, Whole Foods and other similar natural markets or health stores.

Do men need to be concerned too?

In any given day, the average adult male uses approximately 6 different cosmetic products, while the average adult female uses on average 12 different products.

The six used by men contain approximately 85 different chemicals. There are many safer cosmetic products on the market. However, it is important to keep in mind that not every product will work for everybody's individual body chemistry. You should try as much as possible to swap your conventionally produced products for natural products that are made with cocoa butter, olive oil, coconut oil and shea butter.

How to recognize these harmful products?

You should always look at the ingredients list before you buy any cosmetic product. As a general rule, the shorter the ingredients list the better.

Some companies even go one step further by using food grade ingredients. This means that their products are actually safe enough to eat.

Any product that has an ingredient that you would struggle to say three times fast doesn't belong in your bathroom, never mind on your skin. These products often contain endocrine disruptors. Not only are these capable of causing serious harm to your body, they can also harm fish and other wildlife when they get into the water stream after you wash them down the sink. If you can't say it, don't use it.

How about sunscreen and after-sun cream?

When choosing a sunscreen you should pick one that is a cream as opposed to a spray or a powder. Nanoparticles found in sunscreen do not migrate through your skin; they can however enter your bloodstream through the lungs if they are inhaled. For this reason

cream sunscreens are safest. For the average person an SPF 30 protection is what they should use. A higher SPF can often give people a false sense of security and result in them not using it often enough.

You do not have to deny yourself your favorite cosmetic products. The next time you are out shopping, take some time to read the ingredients labels and choose products that are less likely to cause harm to your body. If possible, visit a store that specializes in natural products. Natural products are often more expensive but they are usually far better quality as well as being much safer for your body.

Step 2: Essential Steps To Reduce BPA Exposure

Bisphenol A has gotten a lot of attention in recent years. It is an industrial chemical that is primarily found in polycarbonate plastic and epoxy resins. It was reported by Health Canada that 95% of the Canadian and 97% of the American population have a measurable level of BPA in their blood stream.

The highest percentages were found in children. Exposure to BPA can have serious health consequences. These range from breast and prostate cancer to a wide range of hyperactivity disorders including hyperactivity disorder. For these reasons it was added to Canada's list of toxic substances. It was also banned from being used in the manufacturing of baby bottles.

Here are some suggestions in order to try and reduce the amount of BPA you are exposed to:

- 1) Swap your plastic dishes, containers and appliances for either glass, stainless steel or porcelain alternatives.
- 2) If you have to buy plastic, choose safer ones. Plastic that is marked with # 1, 2, 4 or 5 don't contain BPA. Avoid as much as possible plastic products that are manufactured with BPA.

- 3) BPA leaches from plastic at a much higher rate in extreme high or low temperatures. With this in mind it is best to avoid putting plastic containers in the freezer, microwave, or dishwasher.
- 4) Swap plastic wrap or Clingfilm for safer alternatives such as parchment paper, glass jars, or recycled aluminum foil.
- 5) Take steps to ensure that your tea or coffee is free from BPA. Avoid using a plastic kettle. Stainless steel or glass are far better alternatives to keep your boiling water BPA free.
- 6) Use powdered baby formula. BPA leaches more easily in liquid as opposed to powder. Where possible, breastfeeding is the best option for your baby. If breastfeeding it is even more important to reduce your exposure to BPA. BPA can transfer through breast milk.
- 7) Avoid using disposable cups. They are often lined with plastic in order to prevent leaks. Asides from containing BPA, they are also wasteful. Bring your own mug to work or college.
- 8) Where possible, avoid buying canned goods. Like disposable cups, cans are often lined with BPA. This also includes soda or alcohol in aluminum cans. BPA refuses to stay put and migrates out of these cans and into the food or drink contained in the can. Buy fresh or frozen foods instead of the canned alternatives. Glass jars are also a much safer option, plus they are reusable.
- 9) Talk to your dentist before you get any dental work. Some sealants used by dentists contain BPA.
- 10) Where possible, request no receipt when shopping. Thermal paper contains BPA. It can transfer onto your fingers and can even contaminate new paper products when it is recycled. It is often impossible to avoid receipts completely. Ensure you wash your hands often, especially after handling, receipts, cinema tickets etc.
- 11) When buying toys for kids, toys made out of wood or cloth are much safer than toys made out of plastic.

In our plastic-orientated world of convenience it is impossible to completely avoid BPA. But by putting in place the simple steps mentioned, you can greatly reduce your exposure to it.

Step 3: Chemicals In The Home

Formaldehyde is a colorless toxin. As well as coating pillowcases and impregnating 'no iron' shirts, it also preserves frogs.

Formaldehyde is found in clothing, bedding and curtains. The reason we find it in our home so much is because of its ability to reduce wrinkles, prevent mildew during the shipping process, increase color fastness and increase resistance to stains.

The International Agency for Research on Cancer describes formaldehyde as a human carcinogen. You will not find it listed on any product labels.

Even a low-level exposure to formaldehyde can cause sickness ranging from a headache to a runny nose. Contact with your skin can also lead to contact dermatitis. For those who have sensitivity to chemicals, formaldehyde is particularly troublesome.

Household items including Televisions, curtains and couches all shed toxic chemicals called PBDEs.

They build up in our bodies and in the environment and have been linked to serious health issues including cancer, brain development issues, and problems with both the immune system and reproductive system.

When shed, PBDEs contaminate household dust. Research has shown that household dust is now the most significant source of childhood exposure to toxic substances.

Dust is really just a combination of different chemical particles including low levels of flame-retardants, phthalates, metals such as lead and mercury, and pesticides.

Making Your Home Green

Here are some suggestions in order to try and reduce the amount of toxins, including formaldehyde that you are exposed to in your home:

Making your own cleaning products is not only economically and environmentally friendly; it also means that you know exactly what is in every product you use to clean your home.

- 1) Diluted vinegar or lemon juice works great as a surface cleaner. White vinegar also works amazingly as a lime scale and mold remover.
- 2) Mix together baking soda, castile soap and a few drops of your favorite essential oil to create a great bath or shower tub scrub.
- 3) Avoid bleach when cleaning your toilet, white vinegar is just as effective, a lot cheaper, and a lot safer. Where possible, use natural washing powder and fabric softener, and reduced chemical dishwasher powder.
- 4) Try and only use towels and linens that are made from natural substances such as organic cotton or bamboo. Conventional cotton is one of the most chemically intensive products out there. The cotton crop is also laden in pesticides and synthetic fertilizers. It is the cause of a whole range of health problems for those who apply the pesticides and also causes damage to soil and irrigation systems.
- 5) As well as being a sustainable alternative to cotton, when it is spun, bamboo is known to have antibacterial qualities.
- 6) If you have a shower in your home, avoid PVC shower curtains. PVC is a pretty nasty chemical. Once it is in your home it releases chemical gases and odors. Recycled used shower curtains are known to leach chemicals, which can eventually make their way into the water system.
- 7) Keep an eye out for plastics that are labeled as PVC free. They are widely available nowadays, even being stocked by the likes of Ikea. Materials such as hemp also offer a good alternative to PVC.
- 8) It is especially important to use non-toxic cleaning products in your bathroom. This is important because of the fact that bathrooms, as well as being particularly smelly, are not usually well ventilated.
- 9) Common household items such as baking soda and vinegar will effectively clean most areas of any bathroom. If not, invest in cleaners that are less toxic than the conventional ones found in most households.
- 10) There are also alternatives to traditional toxic air fresheners. You can fill a small spray bottle with four teaspoons of baking soda and four cups of water.

- 11) When sprayed, this solution should work to neutralize odors. You could alternatively mix some purified water along with your favorite essential oil in a spray bottle.
- 12) Washing all your clothes and linen before use gets rid of about 60% of the formaldehyde on them.
- 13) Avoid clothing which is labeled as "wrinkle-free", "iron-free", "permanent-press" or "stain-resistant", all these products contain high amounts of formaldehyde.
- 14) Trust your nose, if something smells chemical-y you're better to avoid it.
- 15) It's unlikely that you're going to get rid of your television and furniture; the simple solution is to dust often.
- 16) If you spread compost on your vegetables, don't compost dryer lint.
- 17) Leave your runners and other sports shoes at the door instead of in your closet. It's only a simple suggestion yet it can reduce lead dust in your home by as much as 60%.

Again, it's impossible to completely rid your home of toxins entirely. But by making the effort to implement either some or all of the steps mentioned, you can greatly reduce you and your family's exposure to toxins in the home.

Step 4: When To Eat Organic

By their very design, pesticides are toxic. They have been linked to a wide variety of different health issues from hormone disruption to cancer. For most people who want to make the switch to healthier and safer organic produce, it is a gradual process.

You have probably noticed that organic produce is usually more expensive than non-organic produce. You can still make smarter and more informed food choices whilst keeping in your budget and minimizing your consumption of harmful pesticides.

You should never avoid eating fresh fruit and vegetables in order to avoid pesticides in your diet. Fresh is always the healthier pick over processed food, which contains a whole other range of chemicals.

The foods most susceptible to contamination from pesticides are:

- > Apples
- > Celery
- > Sweet bell peppers
- > Peaches
- > Strawberries
- > Nectarines
- > Grapes
- > Spinach
- > Lettuce
- > Cucumbers
- > Blueberries
- > Potatoes

If you are making a gradual switch to organic produce, these are the products that you should buy organic first.

The foods least susceptible to contamination from pesticides are:

- > Onions
- > Sweet Corn
- > Pineapples
- > Avocado
- > Cabbage
- > Sweet peas
- > Asparagus
- > Mangoes
- > Eggplant

- > Kiwi
- > Cantaloupe
- > Sweet potatoes
- > Grapefruit
- > Watermelon
- > Mushrooms

If your budget does not allow a complete switch to organic produce, these products are the safest to purchase in non-organic form.

Organic products may be slightly more expensive, but remember to bear in mind the future costs of health implications resulting from eating food laden with chemicals.

There are ways to better manage the cost of cooking with organic produce. Simple steps such as starting your own home garden and making careful meal plans for the week can go a long way to ease some of the costs.

The switch to eating organic is a gradual process. Have some patience and appreciate that it takes time to make big changes. Your budget is the most important issue to bear in mind for this step.

Step 5: Drinking Clean Water

Living in a developed country, you may take it for granted that you have immediate access to safe drinking water. But just how safe is the water from your tap?

Most tap water contains chlorine and fluoride as well as other chemicals acquired through the cleaning process. Chlorine can have the effect of neutralizing oxygen. This means that it can have an oxygen-depleting effect once it enters the body.

This can disrupt your immune system and leave you vulnerable to a whole host of infections. The effects of fluoride consumption can include brittle bone disease, brittle or discolored teeth, cancer, heart disease, arthritis and premature aging.

The Associated Press conducted a study on the drinking water of 24 metropolitan areas. The results were quite shocking. Research revealed that the water contained traces of drugs including Prozac, ibuprofen, antibiotics, and even estrogen.

Whilst sewage treatments do an excellent job of removing bacteria from the water supply, they do not have a way to remove all of the chemicals. Of course, all of this varies depending on the quality of the tap water way you live.

It may seem logical to replace tap water with bottled water; this is not a good idea. Water contained in cheap plastic bottles is often contaminated with estrogenic chemicals.

Plastic bottles can also contain BPA. As mentioned earlier, if you must drink water out of a plastic bottle, keep it out of the sun. Heat will leach chemicals at a higher rate.

Water filters can generally improve the taste of your drinking water as well as removing some of the chemicals. You will need to pick a water filtration system that suits your needs.

It all depends on the nature of the drinking water in your area. For example, if lead is the problem, you'll need to buy a filtration system that has been certified to remove lead.

If you have problems with your waters taste, odor, and color, an Activated Carbon (AC) filter will probably be most effective for you. They work to remove organic contaminants from water.

When the water works its way through the filter, the particles attract and remove contaminants, even those that are dissolved. There are two types of AC filters, granular and solid block.

You can purchase a solid block filter that attaches to your tap or under the sink, or you can purchase a pitcher type filter with loose carbon such as a Brita filter.

A full reverse-osmosis filter is also an option that you can consider. It is much more expensive to install but offers a lot of security in knowing that all of the water in your home, even that you wash in, is as pure as possible.

Taking small steps at a time, such as purchasing a cheap pitcher type water filter system can be a great start to reduce the amount of toxins you ingest through your drinking water. Clean water is not solely a problem for the developing world.

SUMMARY

Don't wait; we've laid out all the steps for you so get started. Even if it's a gradual process pick one action point and make a start on it today. For example, start by replacing your cosmetic products this week, or by finding the natural cosmetics to replace the ones you currently use. Next week, make the commitment and take the steps to avoid BPA. And so on..

By introducing one new step a week, in just five weeks you could make a dramatic reduction to your exposure and ingestion of dangerous toxins.

At the end of week 5, you should notice that your home is not only cleaner, but it is also a much healthier and happier place to live. After 2 – 3 months the benefits should become far more noticeable.

You can combine this program with the diet and exercise plans for rapid and highly effective health results.