

## D - Detoxification

The detoxification domain of the MINDSET framework for health primarily involves decreasing or eliminating the absorption, ingestion, and injection of the thousands of toxins that invade our bodies and destroy our health every day. The MINDSET framework for Detoxification will teach you to recognize and eliminate the most common sources of toxins entering your body from sources such as lotions, makeup, water bottles, cash register receipts, and thousands of products with which we come in contact every day.

Keeping bad things out while facilitating the body's amazing ability to remove the toxins that get through is the focus of the Detoxification domain. It is also important to remove the non-tangible toxic influences in our lives such as bad relationships and negative self talk.

### MINDSET™ - Seven Key Elements of Health & Longevity

