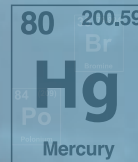
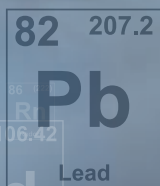
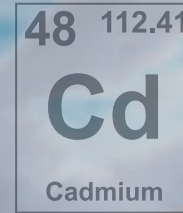
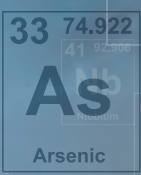
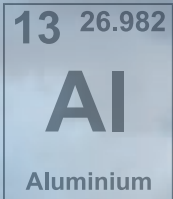




How Heavy Metals Can Harm the Brain



Every time you breathe, eat, drink, and touch certain materials, you are exposed to tiny amounts of toxic heavy metals. Over time, these heavy metals can accumulate in your body and cause substantial damage to your health, including to your brain. Heavy metals can affect learning ability, your everyday mood, and even your memory. There are several ways these toxins cause harm to the brain.

Heavy Metals are Neurotoxins

While the blood-brain barrier normally prevents dangerous compounds from getting to your brain, heavy metals such as mercury can break through this protective wall. Once mercury gets into the brain, it causes oxidative stress and inflammation which can kill off healthy brain cells. Other neurotoxic heavy metals include lead, cadmium, and arsenic.

Lead Lowers Intelligence

Your IQ (intelligence quotient) can be a significant factor in your ability to succeed, and just a few points can mean the difference between a normal or above average level. One way your IQ can be negatively impacted is through chronic heavy metal exposure, especially in childhood. A 2018 study published in the journal *Environmental Pollution* found that children with higher levels of lead in their blood had significantly lower IQ scores compared to children with lower levels of exposure.

Heavy Metals Impact Memory

Whether it's retaining vital data related to your job or holding on to precious family moments, your memory affects all aspects of your life. Several studies have found that exposure to heavy metals can damage your memory. Exposure to lead is associated with lower learning and memory scores, while arsenic exposure is linked to deficits in verbal intelligence and long-term memory.

Toxins Impact How You Feel

While external events often drive your mood, researchers have found that heavy metals can have a surprising impact on how you feel. According to the Environmental Protection Agency, mercury exposure can cause mood swings, irritability, nervousness, and excessive shyness. Scientists have also discovered that higher levels of lead or cadmium in the blood are associated with depression and anxiety.

Heavy Metals Affect Attention Span

Executive function is a term used by scientists to describe several important cognitive functions in the brain. If your executive function is weak, you likely have a hard time paying attention, organizing, controlling your emotions, and resisting distractions. Research has revealed that even low levels of arsenic or lead exposure can compromise your executive function, affecting your ability to focus and stay on task.

Mercury and Developmental Delays

Activities such as writing, playing musical instruments, or texting all require strong fine motor skills. Research shows that with mercury exposure, adults may experience muscle weakness and a loss of fine motor skills. But when children are exposed to mercury, it becomes much more problematic. Studies have shown that children and unborn babies can experience developmental delays in fine motor skills when exposed to mercury.

Reducing your exposure to heavy metals can help to protect your cognitive health. But given how pervasive heavy metals are, it's critical to detoxify heavy metals too. Otherwise, heavy metals can remain in your body for exceptionally long periods of time, even decades.

The best way to target accumulated heavy metals is with the natural mineral zeolite. The zeolite Clinoptilolite is renowned for its ability to selectively bind to toxic heavy metals as it quickly passes through the body. This can provide a simple, effective and affordable way to support your health and well-being. ■

8 Common Dietary Sources of Heavy Metals

What you eat and drink can expose you to a variety of heavy metals. Here are common sources to watch out for so you can reduce your risk:



1. Drinking Water

Research shows over 2,000 water systems with high levels of toxic lead.



2. Processed Fruit Juices

Tests on apple and grape juices reveal high levels of arsenic.



3. Baby Food

One study found that 95% of samples tested had heavy metals.



4. Non-Organic Foods

Many pesticides used on conventional foods have been found to contain heavy metals.



5. Brown Rice

The bran (outer shell) of brown rice retains arsenic from the growing soil.



6. Large Fish

Mercury builds up in the bodies of big, oily fish such as swordfish and tuna.



7. Cheap Spices

Some turmeric brands have been found to have high levels of lead.



8. Brewed Tea

Testing shows some brewed teas were found to have lead and aluminum.

New Packaging
Coming Soon!



9 Super Reasons to Drink Super Green Juice

1. Alkalize the Body

Alkalizing greens support the ideal pH for a balanced and efficient metabolism.

2. Anti-Aging Antioxidants

Organic berries and veggies support heart and brain health.

3. Detoxification Support

Spirulina and chlorella for detox, while organic herbs support liver health.

4. Digestive Enzymes

Added enzymes means you get more nutrition and less bloat.

5. Heart-Healthy Fiber

Every scoop serves up 3g of fiber for heart and digestive support.

6. Immune Support

Natural vitamin C and 5 types of medicinal mushrooms support immunity.

7. Natural Energy

Get a near-instant lift from organic ginseng, matcha green tea and adaptogen herbs.

8. Probiotic & Prebiotic

Helpful bacteria cultivate gut health, while prebiotics support the microbiome.

9. Vitamins & Minerals

100% natural vitamins and minerals from organic superfoods for optimal uptake.



Save time and money by getting all your healthy superfoods in one tasty scoop. Super Green Juice has 44 organic superfoods and no added sugar in a light refreshing green juice that blends well on its own or in any smoothie recipe!

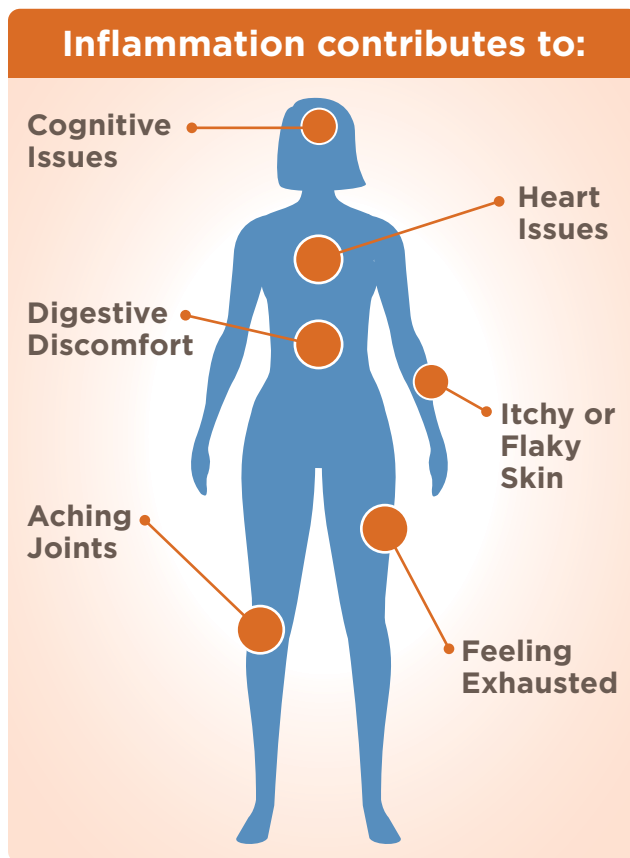
PRO-INFLAMMATORY FOODS TO AVOID



Inflammation plays a hidden role in almost every disease imaginable. Chronic inflammation can also magnify pain, damage healthy cells, cause joints to ache, cripple your digestive system, and even make you gain weight. That makes calming inflammation one of your top priorities when it comes to taking care of your body.

There are a variety of strategies to help fight inflammation. These include detoxing the body, eating anti-inflammatory superfoods, and generally following a healthy, active lifestyle.

But what most people tend to forget is that it's just as important to avoid things that promote inflammation. Since food can be one of the biggest triggers of inflammation, here are six of the most pro-inflammatory foods to cut back on or eliminate from your diet.



1. Refined Vegetable Oils

Refined vegetable oils like canola are among the worst things to eat. The caustic refining process of vegetable oils involves high heat, solvents, deodorization, and chemicals of questionable safety.

This processing converts many of the naturally occurring omega-3 fatty acids into trans fats. It also causes some of the omega-3 fats to oxidize or go rancid. Many of these oils are GMO and are heavily sprayed with pesticides.

So, what does this have to do with inflammation? Trans fats and oxidized oils are capable of producing significant inflammation. These oils are everywhere, especially in fried fast food, because the oils are cheap. Common culprits include oils from canola, corn, soybean, cottonseed, and sunflower. A healthier alternative is organic extra-virgin olive oil.

2. Processed Meats

Hold the pepperoni. They might taste good, but processed meats are not good for you. Numerous studies

have found that eating processed meat can increase your risk of heart disease, diabetes, and several different forms of cancer.

One landmark study published in the journal *BMC Medicine* found that those who ate the most processed meats, such as sausages or ham, were 44% more likely to die than those who ate small amounts. Many of these grim effects are due to the fact that processed meats contain pro-inflammatory compounds.

3. Processed Sugar

Small amounts of sugar are fine, but most people consume far more than is recommended through soda, juice, energy drinks, candy or the countless foods that have hidden sugar.

With the exception of raw honey, almost every form of sugar is processed, including cane sugar, high-fructose corn syrup, brown rice syrup, fructose, and sucrose.

Several animal and human studies have found that consuming too much processed sugar can cause inflammation and oxidative stress. So, it makes a lot of sense to do everything you can to reduce your sugar intake.

4. Dairy Products

Upwards of 65% of people lose their ability to digest lactose (in dairy) over the course of their lifetime. If you are lactose intolerant, you may experience considerable digestive discomfort when you eat cheese or drink milk. And when you consume foods that your body cannot properly digest, it can cause the immune system to go haywire and get stuck in a chronic pro-inflammatory state.

5. Artificial Sweeteners

Not so sweet after all. It turns out that artificial sweeteners may indirectly promote inflammation by increasing your body's intolerance to glucose (sugar). A study published in *Nature* discovered that artificial sweeteners increase the risk of glucose intolerance by negatively affecting the bacteria in your gut.

6. Artificial Colors

Big Food has hacked our innate preference for brightly colored foods by adding artificial colors to candy, snacks, and a variety of foods. Research has shown that artificial dyes are linked to several health issues, including hyperactive behavior in children.

So why are artificial dyes still in products that are marketed to children? Mostly because they are cheap and no warning label is required in the US. After the British government required candy makers to add a warning about food dyes and hyperactivity, manufacturers switched to natural food colors for European versions, while keeping artificial dyes in US candy.

Since chronic inflammation is linked to almost every disease, it makes sense to try and reduce inflammation. By eliminating or reducing your consumption of these problematic foods, you may find yourself with more energy, less joint discomfort, and a healthier heart. ■

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Zeolite Detox for Whole-Body Health

Paints. Glues. Building materials. Drinkware. Pesticides. Flame retardants. Even the air you breathe. What do they all have in common? Well, for starters, they're loaded with toxins and synthetic chemicals that can wreak havoc on everyday health.

Unfortunately, exposure to toxins starts even before we're born. From the womb onwards we're surrounded by chemicals, over 80,000 by most counts. Many of these toxins are stored in cells in the body, causing damage over time.

Even in small amounts, toxins can store in fat cells, making it hard to lose weight. Since many heavy metals are neurotoxins, they can mess with your memory, clarity, and focus, creating what people describe as "brain fog."

Toxins also interfere with your immune system and disrupt the endocrine (hormonal) system, affecting your energy, sleep, and quality of life. Research shows that heavy metals may also significantly increase the risk of developing cardiovascular disease (CVD).

Every minute of every day, your body heals, repairs, and regenerates you from the inside out. Yet, chronic exposure to heavy metals and toxins builds up and overwhelms your body's natural abilities. That's why detoxification is so important.

Essentially, detoxification supports your body's natural detox systems by aiding in the removal of heavy metals and toxins to allow for regeneration and optimal health.

Although there are many detox protocols available today, only one features a natural mineral that can detoxify a wide range of environmental pollutants. Hundreds of studies listed on PubMed.gov show the beneficial properties of the natural zeolite Clinoptilolite for its ability to trap toxins and heavy metals.

Touchstone Essentials' natural zeolite undergoes a proprietary cleansing process that activates the zeolite particles for optimum detoxification. Pure Body is sized to target detox in the gut and body systems, while Pure Body Extra is sized in the nanometer range to access hard-to-reach toxins that are stored in organ systems, even cleansing the cells themselves. Together, they provide a whole-body detox.

Pure Body drops can be added to any drink and the zeolite gets to work in the gut fast, where it can help to prevent the uptake of toxins and heavy metals from the food and drink we consume each day. Zeolite may also have protective effects against a leaky gut. One study, in the *Journal of the International Society of Sports Nutrition* found that, "Twelve weeks of zeolite supplementation exerted beneficial effects on intestinal wall integrity."

Pure Body Extra comes in an easy-to-use spray. Sized in the nanometer range, the natural zeolite particles are invisible to the naked eye. Breakthrough soundwave technology suspends these nanometer particles in water molecule clusters, creating a colloidal zeolite and liquid detox that goes wherever water goes in the body.

On a cellular level, Pure Body Extra works to help the body remove accumulated heavy metals and toxins, support a healthy immune system, balance the body's pH, and support natural energy processes. It's a deep clean that helps you to feel like new.

Another benefit of zeolite over other detoxification strategies is its speed of action. When properly sized, zeolite passes through the circulatory system, picking up toxins as it goes, acting like a magnet, using ionic exchange. And since your body doesn't store zeolite, you excrete it once it's bound to a toxin, a process that takes just 4 to 6 hours.

Zeolite is exceptionally effective at removing built-up toxins in the body. For gut and body detox, use Pure Body drops daily, and for a cellular detox, use Pure Body Extra spray. Use them together for an even more powerful detox. When you do, you may notice yourself experiencing a new level of clarity, focus, and sustained energy. ■

TOUCHING LIVES *with Goodness!*

Touchstone Essentials was born with the idea to celebrate the good inside all of us. Our goal is to deliver all the good of nature right to your door. It's why our nutritional supplements read like a recipe for good health, full of organic fruits and veggies.

With food fundamental to life, we're committed to giving back to help feed families in need. That's why we've teamed up with World Central Kitchen (WCK.org), a global relief organization that uses the power of food to heal communities.

WCK is often the first to reach areas touched by hardship, and are usually the last to leave, long after the headlines have faded. WCK has provided more than 200 million chef-prepared meals worldwide. In the past year, WCK has brought comfort and nourishment to communities in the wake of floods, hurricanes, earthquakes, and the war in Ukraine.

This past holiday season, we donated over \$50,000 in support of World Central Kitchen's efforts to feed the hungry. Thanks to you, in the past three years, we've donated over \$110,000 to this worthy cause, making a difference at home and around the world.

A focus on community health is part of our larger effort to be good stewards of the planet. It starts with supporting organic farmers, their families, and their communities when we source certified organic superfoods for use in our wellness supplements.

It continues through to our eco-friendly packaging. We've committed to being plastic neutral by enabling the removal of as much nature-bound plastic waste as we create, through impactful projects with rePurpose Global. And we're replacing the plastic canister packaging for our organic superfood powders with plant-based, bioplastic pouches over the course of 2023.

Our mission to touch the lives of five million families with goodness goes on. Thanks for being part of our community. ■

Together, we can make a difference!



World Central Kitchen



Blueberries

FOR HEALTHY BLOOD PRESSURE



According to the World Health Organization, 40% of the world's population is estimated to have high blood pressure, also known as hypertension. It's an often-undetected issue that can significantly increase your chance of developing cardiovascular disease or having a stroke.

There are dietary and lifestyle factors that can help you achieve a healthy blood pressure, such as exercise, avoiding processed foods, and eating plenty of greens. Now, recent research shows that eating blueberries may also make a difference.

A study published in the *Journal of the Academy of Nutrition & Dietetics* revealed that regular consumption of blueberries can lower blood pressure. In the eight-week study, women with hypertension who consumed blueberry powder

experienced a significant decline in both systolic and diastolic blood pressure, while the placebo group had no reduction in blood pressure.

Researchers also noted that the blueberry group had increased nitric oxide levels—a beneficial compound that allows your blood vessels to stay flexible and relax. A study by researchers from King's College London echoed these findings when they found that consuming blueberries improved blood vessel function, reduced blood pressure, and improved endothelial function.

To get the benefit, it's important to consume plant-based antioxidants, and not vitamin isolates or synthetics. In the blueberry study, a control drink that contained isolated vitamins had no effect. So, just taking a standard multivitamin won't work. Why is that?

Blueberries (and other colorful berries) contain natural compounds called anthocyanins. It's these plant pigments that seem to be the source of the health benefits. Scientists found that anthocyanins lower blood pressure by fighting oxidative stress and boosting the body's production of nitric oxide.

That means simply eating a cup of blueberries every day as a snack could dramatically cut down your risk of heart disease and stroke. Improving your health doesn't get much easier than that.

When eating berries, choose organic to avoid toxic pesticides, and eat up to a cup a day to get health benefits without overdoing it on sugar. To get plenty of plant-based antioxidants in your diet without a spike in sugar intake, consider an organic green juice powder for a daily health boost. ■

A community rooted in goodness!



We're changing lives for good. Backed by thousands of five-star reviews, Touchstone Essentials' products are loved by people of all ages, athletes, and all activity levels.

If you'd like to grow your love of our products into building a good life, discover how you can partner with us as an Affiliate or Visionary Business Owner.

Our vision is to touch the lives of five million families with goodness. Let's do it together.

Learn more at TheGoodInside.com/collaborate/



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Touchstone Essentials



Blueberry Vanilla Protein Smoothie

INGREDIENTS

- 1 cup cashew milk (or your favorite milk)
- ½ banana (can be sliced and frozen)
- Handful of raw organic cashews
- Dash of organic vanilla extract
- ½ cup frozen organic blueberries
- 2 scoops Organic Super Protein

DIRECTIONS

Blend all ingredients (except blueberries) until smooth. Set aside half the shake, and then blend the blueberries with the remaining mixture. Pour the two blends alternately and garnish with a few frozen blueberries.

Enjoy!



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