



## What's In Your Body Is Affecting Your Mind

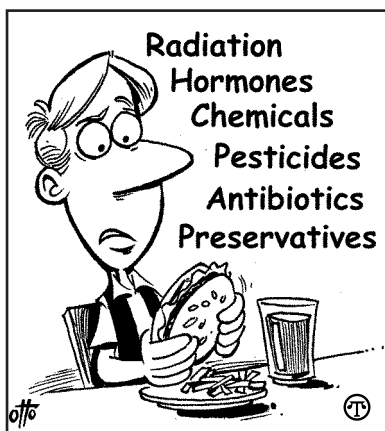
(NAPSA)—What do those afflicted with the World Trade Center cough, children with chronic bronchitis and Native Americans suffering from depression have in common? They all may be suffering from environmental pollutions that affect the body.

A new book, *Clear Body Clear Mind* by L. Ron Hubbard, reveals we have toxic residues trapped in the fatty tissues of our bodies that affect our ability to think clearly. Over the last 50 years, man-made chemicals, medications and street drugs have spread at almost inconceivable rates. We're exposed to pesticides, fertilizers and toxic chemicals daily.

The food we eat may have been exposed to pesticides, herbicides, preservatives, antibiotics, hormones and radiation. Combinations of over 3,000 chemicals are almost routinely added to our food. Densely populated and rapidly growing cities create excessive air pollution levels. The toxic buildup can take its debilitating toll—even leading to cancer and premature, painful death.

One survey found that 100 percent of Americans have xylene, styrene and other known carcinogens in their fat. The detoxification program detailed in *Clear Body Clear Mind* offers a method that can not only reduce these toxins from fatty tissues, but may reverse many of the physical and mental symptoms they induce.

The detoxification program described in *Clear Body Clear Mind* is a balanced combination of vitamins, nutrition, exercise and sauna that includes daily doses of immediate-release niacin to help dislodge the trapped fatty acids into the bloodstream, moderate aerobic exercise to increase circu-



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lation and sauna, alternated with showers, to assist the elimination of toxins through sweating.

Organizations ranging from the World Health Organization's International Agency for Research on Cancer to the Society for Occupational and Environmental Health have published papers concerning the efficacy of this detoxification technique.

In one study, for example, 22 workers from the Southern California Paint Workers Union, with high levels of toxins in their bodies, underwent the program. In every case, lead, mercury and solvent levels were lowered and symptoms either disappeared or were greatly reduced.

*Clear Body Clear Mind* will be available in paperback at bookstores for \$14.95 in the U.S. and \$22.95 in Canada and is published by Bridge Publications. Visit [www.clearbodyclearmind.com](http://www.clearbodyclearmind.com) for further information. As with any program, consult your doctor before starting.