

## Crossing The Toxic Threshold

Everyone is exposed to thousands of toxic chemicals on a daily basis. Some people appear to handle the exposures without demonstrating any negative health effects; and yet other people experience a lot of negative health effects upon exposure. Why is there a difference between the two groups of people being exposed to the exact same toxic chemicals? The basic, simple answer is that one group hasn't yet crossed their toxic threshold, and the other group has crossed their toxic threshold. It boils down to simply time and life experiences.

First, let's state the fact that the word "toxic" means poison, and therefore toxic chemicals are chemicals that are poison to the human body. Consequently, stating that everyone has a "daily exposure to a wide variety of toxic chemicals" is equal to saying that everyone has a "daily exposure to a wide variety of poison mixtures".

Poison is poison to everyone. However, some people are more able than others to process and eliminate poisons from their body. A person's ability to process and eliminate poison from their body will depend on many factors, such as: the person's general health, energy level, stress level, age, as well as the degree of exposure to the poison mixtures, their potency, and so on.

If the person can successfully process and eliminate the poison mixture from their bodies, then there may have been no noticeable negative health effects. If negative health effects were noticed, it may have been only minimal effects such as a headache, while the body was trying to eliminate the poison. However, when the person is unable to process and eliminate the poison mixture, it then becomes stored in the tissues and organs of the person's body. Since the vast majority of mankind are unable to process and eliminate all of the poisons all of the time, almost all humans have some degree of poisons stored in the tissues and organs of their bodies.

Yet the vast majority of people won't initially demonstrate any negative health effects from the stored poisons. The reason is that negative health effects are only experienced when the body hits and crosses its toxic threshold. The stored poisons will continue to accumulate in the body until finally the body hits a toxic threshold. Then, the poison begins to overpower the body's defence mechanisms and begins to change the functionality of the body's systems.

This is the stage at which exposures to poison mixtures will start to cause negative health effects, which are called toxic reactions. Those who have toxic reactions upon exposure to toxic chemicals are called Chemically Injured or Chemically Sensitive. Therefore, the only difference between someone who is chemically injured and someone who is not chemically injured is that the chemically injured individuals have hit and crossed their toxic threshold and the others haven't hit their threshold yet.

At this point in time, there is no way of knowing how close a person is to their toxic threshold. Hitting and crossing the toxic threshold is almost always a shock and a surprise to the person. After crossing the toxic threshold, a person's life is never the same. Toxic reactions begin happening upon exposures to things they had once considered as part of their normal life. Therefore, they must make a lot of difficult life style changes in order to prevent exposures and toxic reactions, or to at least try to minimize them. Recovery usually depends on the degree the person can live in a low-toxicity home environment and lead a low-toxicity life style.