



ELIMINATE YOUR TOXINS

WE GIVE YOU THE
KEYS TO EXPEL THEM
FROM YOUR BODY IN A
NATURAL WAY

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Toxins, how to get rid of them?

With seasonal changes, or at certain times influenced by our own life experiences, we can feel fatigued, lacking in energy, apathetic... Did you know that most of the time we can improve these feelings by simply eliminating the toxins we accumulate in our bodies?

When toxins accumulate, they cause oxidative stress. This means that the excretory and purifying organs in the human body have to work hard to get rid of them, and it is up to us to help them. In this guide, we tell you what toxins are, how we

accumulate them in the body, and how we can eliminate them naturally.

We anticipate that diet is a determining factor, but we can also help our body to detoxify with other healthy habits. For example:

- **Sweat it out.** A good sauna session will help to eliminate toxins through the pores.
- **Exercise.** Sport causes an internal cleansing of all organs, muscles, and the lymphatic system.

Just make sure you are well hydrated.

- **Breathing.** Oxygenating your cells is a great way to detoxify. Use techniques such as yoga, relaxation, or meditation. Keeping your mind healthy is also essential for feeling good.
- **Eating well.** The jewel in the crown. What we eat determines our mood and our overall health. To eliminate toxins, it is necessary to have a balanced diet and avoid foods that make it difficult to eliminate toxins. Stay away from processed foods, saturated fats, excess salt and sugar, fried foods, refined flours, and alcohol.
- **Supplementing the diet.** Eating foods, drinks, and/or supplements containing silica can help. This mineral has proven to be a great ally for our liver.

In this ebook, we tell you the secrets to naturally eliminating toxins and, at the same time, contributing to the good health of our organism. Let's start!



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Where toxins come from?

Toxins are substances that are harmful to our bodies. They are produced by cells, whether in plants, animals, or bacteria. They can be produced by the body itself or come from outside.

Toxins are present in the air we breathe; in **tobacco and alcohol**; in the **preservatives and chemical additives** in many of the food products we consume; in **medicines**, and even in the air we breathe, or in the **cosmetic products** we use every day.

The real problem with toxins lies in the fact that when we accumulate a significant amount of toxins, we cause damage to our bodies. As already

mentioned, toxins can also be manufactured by the body itself. This is because the body carries out metabolic processes necessary for survival that result in the generation of toxins.

One example is the mechanism by which cells obtain energy and generate **free radicals** as a by-product. These unstable molecules are considered toxins because, if they accumulate, they can cause damage. Another example of the body's generation of toxins occurs when we are exposed to substances such as tobacco.

On the other hand, we can also accumulate toxins in the digestive tract - such as when we

consume certain foods or alcohol. In this case, the accumulation of toxins can hinder the transfer of nutrients into the bloodstream. If this happens on a one-off basis, the organs responsible for purifying the body, such as the kidneys, detect the foreign substances and filter them out. However, if this situation is repeated on a more or less constant basis, the organs will no longer be as accurate in ignoring or filtering out toxins, which can result in chronic disease.

high in saturated fats or sugars, when we sleep badly, feel stressed, drink alcohol or smoke, and when we come into contact with environmental pollution. When these situations are repeated, the purifying organs such as the kidneys and liver stop eliminating toxins properly, so they accumulate.

How we accumulate them in the body?

When we expose ourselves to substances containing toxins and allow them to accumulate in the body, we cause unnecessary stress inside the cells, causing them to work less efficiently. In such situations, it is normal to feel a lack of energy. To avoid this, it is important to stay away from bad habits.

We accumulate toxins in our bodies when we eat foods



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The liver and its cleansing function

The liver is one of the most important organs in the human body. After the skin, it is the largest organ. It is **responsible for carrying out several basic health processes**. For example, it filters the blood to find and remove toxins and cells that the body does not need. The liver is also a storehouse of vitamins - A, D, E, and K - and is responsible for synthesizing lipids and carbohydrates.

All blood that passes through the intestines and stomach also passes through the liver. This is where it is processed, broken down, and balanced so that it has to eliminate many of the substances that are harmful to the body. In addition, the liver creates nutrients and metabolizes medicines so

that they are not harmful to the body. Some of the **liver's vital functions include the** following:

- It makes some of the proteins needed for blood plasma.
- It balances and manufactures glucose as the body needs it.
- It produces cholesterol and special proteins that allow it to deliver fats throughout the body.
- It secretes bile, which transports waste and breaks down fats in the intestine during the process of digestion.

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- It can regulate the levels of amino acids needed to form proteins.
- It converts toxic ammonia into urea, which the body excretes in the urine.
- It processes hemoglobin to use the iron it stores.
- Regulates blood clotting.
- Helps resist infection by building immune factors and removing them from the bloodstream.

When the liver has broken down substances that are harmful to the body, it secretes the by-products through the bile or blood. Bile by-products enter the intestine to be passed into the feces; blood by-products are filtered in the kidneys and leave the body in the urine.

Silica and how it helps the liver

In recent years, there has been a considerable increase in interest in studying and analyzing the **therapeutic potential of silica in the body**. Although many of the mechanisms involved are unknown, it has been shown that silica has positive effects. On the one hand, bone **mineralization, the reduction of the risk of cardiovascular diseases and also of neurodegenerative diseases**. On the other hand, silica has also been found to have implications for the prevention of skin aging.

Specifically, **silica is a great ally of our liver**, which is the organ with the greatest **regenerative capacity**. It is the body's main detoxification organ but is also the most sensitive to toxic substances - such as drugs or alcohol. To help it reverse inflammatory processes and regenerate liver tissue, a diet rich in silica is recommended. This mineral is a **powerful**

hepatoprotection that prevents tissue degenerative processes. In other words, it promotes good liver health so that this organ cleanses the body in the best possible way.

Hepatoprotectants are substances that protect the liver by blocking the entry of harmful substances, improving liver function, and helping prevent disorders of the liver, gall bladder, and stomach.

In addition, the functions of silica that improve certain pathologies are as follows:

- In **connective tissue** it helps bone mineralization, collagen, elastin synthesis, and the extracellular matrix. This improves patients with osteoporosis.
- In the **immune system**, silica stimulates lymphocyte proliferation and regulates the inflammatory response.
- In the **brain**, it reduces the absorption of aluminum and facilitates its

excretion, and prevents it from accumulating. This helps neurodegenerative diseases such as Alzheimer's and multiple sclerosis.

- It has a protective effect on the **arteries** by inhibiting the build-up of cholesterol. This helps prevent arteriosclerosis and high blood pressure.



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The diet to eliminate toxins

Taking care of your diet is the best way to ensure a beneficial intake of silica. A diet rich in this mineral helps eliminate toxins and improves the body's overall function. **For sportsmen and women, silica is also a great ally when it comes to recovering muscle tone after a tough workout.** Given that we can increase silica levels through diet, we explain below which foods and drinks are rich in silica and how you can incorporate them into your diet.

Although silica has been shown to have multiple health benefits, no reference intake has yet been defined. For the time being, specialists suggest a daily dose of more than 20-30 mg for an adult weighing 70 kg. It should also be borne in mind

that from the **age of 40 onwards, the body's silica reserves begin to dwindle**, so it is necessary to compensate for the loss by eating foods containing this mineral.

We can therefore incorporate silica into our diet to help us eliminate toxins. There are three different sources of silica:

1. Solid food
2. Drinks
3. Silica-based food supplements

Silica in food

The foods richest in silica are those of vegetable origin. We find silica in whole grains - rice, wheat, barley, maize, oats -, in vegetables such as green beans, radish, and carrots; tubers such as potatoes, and in fruits such as bananas, mango, pineapple, and grapes. Seeds and spices are also important sources of silica.

In general, a diet rich in fruits, vegetables, and legumes helps fight free radicals and other substances that can oxidize the body and are responsible for oxidative stress.

It is a good idea to avoid saturated fats and excessive consumption of animal protein. For one thing, fats slow down digestion and proteins produce a lot of waste during digestion. Detox shakes or smoothies can be a great help in supporting organs such as the liver to improve their function. We'll look at how to prepare them later.

Silica in beverages

Silica can be found in water, coffee, and beer. Non-alcoholic beer, given the

silica concentrations in barley and hops, is one of the richest beverages in this mineral.

Water is also an important source of silica, but its concentration depends on where we are, as it varies according to the presence of silica in the soil through which the water flows.

We can also benefit from many plants with which to prepare silica-rich infusions. One example is horsetail (*Equisetum arvense*), a plant considered to be a diuretic that promotes tissue repair thanks to its silica content.



For sportsmen and women, silica is also a great ally when it comes to recovering muscle tone after a tough workout

Silica supplements

They are an alternative source containing **orthosilicic acid** or other forms that are readily soluble in water and this improves absorption. This is important because **the silica in food and drink is not so easily absorbed by the body**. Therefore, it is worth considering including a silica supplement in your diet to ensure you receive the recommended intake to maintain good health.

We recommend two silica-rich supplements that have multiple benefits for your body, as well as help with the elimination of toxins:

- **G7 Original** —of mineral origin - will also help you with joint wellness.
- **G7 Siliplant**, on the other hand, is extracted from plant sources - horsetail and rosemary - and will help rejuvenate your skin and strengthen your hair.

Green smoothies

Green smoothies are perfect **for cleansing the body**. In addition, they provide many nutrients and have the advantage of keeping us satiated. Therefore, they can also help in weight loss diets. However, this time we will focus on their potential

to eliminate toxins from the body **and improve the immune system**.

Although they can be drunk at any time of the day, given their cleansing properties, we recommend that you drink them at the start of the day. With a green smoothie, you will give your body an **extra boost of energy full of vitamins and nutrients**. Another good option is to drink the green smoothie as a snack. The idea is to drink only the green smoothie at a certain meal time, so it won't be mixed with other foods and the body will better absorb the nutrients from the fruits and vegetables you have chosen for your smoothie.

When making them, it is important to know that, to maintain the fiber, vitamins, and minerals, you **should blend them and not use a juice extractor**. By including this type of smoothies in the diet, we ensure that we make an important contribution to fruits, vegetables, seeds, and other foods that are essential for maintaining health.

By choosing to eat fruit and vegetables in the form of a smoothie, we ingest more food and, in addition, as they are raw, the supply of vitamins and minerals is also greater. Here are some combinations that are not only healthy but also delicious:

We give you the keys to expel them from your body in a natural way



- **Lettuce, apple, and coriander.** You can use oak leaf lettuce, about 6 leaves. Add a large Golden apple and a sprig of coriander. Squeeze half a lime and blend well.
- **Lettuce, mint, and kiwi.** For this smoothie, you can try the lettuce of your choice. A good option is Trocadero lettuce. Select 6 leaves and blend them with a skinless kiwi, a pear, and a sprig of mint.
- **Broccoli, mango, and orange.** Blend 100 grams of broccoli, one mango, and the juice of two oranges.
- **Spinach, grapefruit, and strawberries.** To

prepare this smoothie, simply blend 75 grams of spinach, the juice of a grapefruit, a bunch of parsley, and 250 grams of strawberries.

In addition to these recipes, if you want to achieve more specific goals through your green smoothie, you can choose from these other recipes, depending on your purpose::

- **Green smoothie to cleanse the body:** celery, cucumber, apple, spinach, lemon juice, ginger, and parsley.
- **Green smoothie to eliminate liquids:** pineapple, cucumber, celery, and water.

- **Green smoothie with antioxidant effect:** apple, celery, spinach, and lemon juice.
- **Green smoothie for maximum nutrition:** lettuce leaves, spinach, raspberries, orange juice, vegetable drink (rice, oat or almond, whatever you like).

Finally, we would like to share with you food that will make your green smoothies take on a different color, but increase the benefits for your body. We are referring to beetroot, a **vegetable rich in antioxidants and vitamins that you can consume in different ways**, including in your green smoothies, even if they turn purple.

Beetroot has many benefits. It contains a lot of water and fiber, which improves intestinal transit. It is also rich in potassium and folates, substances that contribute to good liver health. It is also rich in **beta-carotene, carotenoids, flavonoids**, and antioxidants that give it its beautiful color.

Try drinking it in a green smoothie. To do this, blend a green apple, a glass of water, two small carrots, and a medium-sized beetroot. You can add more or less water depending on how thick you like your smoothie. Ideally, it should be

drunk on its own, so a good time to drink it is a mid-morning snack. This way you will get all the benefits of beetroot.

Of course, in addition to green smoothies, you can also use fruit and vegetables in other types of preparations, such as **salads**. In addition to the basic ingredients, try enriching your salads with coriander, artichokes, dandelion, rocket, and endive... **Did you know that vegetables with a bitter taste are great allies of the liver?** They help to purify and eliminate toxins naturally.



A person is shown from the chest up, wearing a white shirt, holding the lid of a blender. The blender is filled with a green smoothie. The background is blurred, showing a kitchen setting with a wooden cutting board and some vegetables. The image is overlaid with a large, semi-transparent blue shape that contains the main text.

GREEN
SMOOTHIES ARE
PERFECT **FOR**
CLEANSING THE
BODY

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Other natural methods to eliminate toxins

In addition to a diet based on low-processed foods, some other therapies or methods can complement a cleansing diet. For example:

- **Take care of the emotional side**

Stress is not good for your mind or your body. Recurrent episodes of stress and anxiety can inflame, oxidize and deplete the body's defenses. In an **acutely stressful** situation,

your body secretes adrenaline to cope with the situation. This, in turn, leads to an increase in heart rate, blood pressure, and respiratory rate. In addition, gastric secretion decreases, the liver releases glucose, and the pancreas release insulin.

However, **if stress episodes are recurrent**, all these reactions and substances released by the body can become very harmful. If

we continuously secrete cortisol, **the body becomes inflamed, oxidizes, and ages**. To counteract all these effects, it is best to take care of one's emotional world with some psychophysical technique.

Some examples of these techniques are **relaxation, mind control techniques**, and creative visualization. Yoga, tai chi, meditation... these are practices that will help you to balance body and mind and to relieve stress.

- **Exercising**

Nous avons déjà noté que la transpiration est l'un des moyens utilisés par le corps pour éliminer les déchets. En plus de transpirer dans le sauna ou le hammam, vous pouvez également faire de l'exercice. Au-delà de la transpiration, vous allez parvenir à:

- Activate and oxygenate the lungs.
- Improve blood and lymphatic circulation,

making organs such as the liver more efficient.

- Improve intestinal transit and combat constipation.
- Improving mood. A study by the Karolinska Institute in Sweden found that exercise activates a detoxification mechanism that protects against depression.



In addition to addressing these physical and emotional factors, you can help your detox plan with some supplements:

Organic silica

This essential trace element is a mineral that can naturally generate collagen. Collagen is necessary to maintain connective tissue, so it has a regenerative action that helps to keep the skin looking young. On the other hand, it also contributes to the proper functioning of bones and joints.



- You can find all these benefits by taking [G7 Neuro Health](#), which contains orthosilicic acid capable of trapping toxins and eliminating them in the urine. This is because silica **accelerates the elimination of heavy metals** - such as aluminum - from the body. Did you know that aluminum is responsible for oxidative stress in the brain? With G7 Neuro Health you make sure it is eliminated



- Another option is [G7 Siliplant](#). This product formulated with organic silica from plants, especially horsetail and rosemary, **contributes to the formation of collagen and helps eliminate toxins**. It is also very effective for the care of joints, skin, hair, and nails. To help your body's cells digest silica better, Siliplant is obtained with an innovative high-pressure system that increases the speed of assimilation and accelerates results.



- Last but not least, we cannot forget [G7 Original](#). It also contains collagen, so it improves the appearance of the skin and has an anti-aging effect. As in the case of **Siliplant**, its presentation is liquid so it can be a fantastic ingredient for your green smoothies.

As you can see, eliminating toxins naturally is possible if we focus on choosing the right sources of silica. Diet is important, but don't just focus on diet. And if you need extra silica for cleansing, don't hesitate to supplement your diet. Discuss all decisions with your GP, and remember live life to the fullest!

