

# Microplastics Detox Guide

A SIMPLE GUIDE TO HELP YOU DETOX PLASTICS FROM YOUR BODY

## Introduction

Microplastics are tiny particles of plastic that break down from larger plastic materials, and they can end up in our food, air, and water.

It's important to detoxify our bodies from these harmful particles, as they can lead to a variety of health issues, from hormone disruption to increased inflammation.

This guide will help you understand microplastics, how they affect the body, and actionable steps you can take to detoxify.

## Part 1: What Are Microplastics?

Microplastics are plastic particles that break down from larger plastic waste and can be inhaled or ingested by humans and animals. These particles come from a variety of sources and can be found in the environment around us.

### Types of Microplastics:

- *Fibers: Shed from clothing (e.g., polyester)*
- *Fragments: From broken plastic objects like bottles*
- *Foam: From food containers*
- *Film: Degrading plastic sheets*
- *Microbeads: Used in cosmetics and personal care products*

## Part 2: How Microplastics Affect the Body

Microplastics are not just a threat to the environment—they pose serious risks to our health as well. Studies have shown that microplastics can disrupt hormones, cause inflammation, and lead to various health conditions like cancer, obesity, and infertility.

### Health Effects:

- *Disruption of endocrine function (mimics estrogen)*

- *Inflammation and oxidative stress*
- *Accumulation in organs such as the brain, liver, and reproductive system*

### **Part 3: What You Can Do to Detox Microplastics**

#### **1. Minimize Plastic Exposure**

- Start by reducing the plastic you use daily. Look for alternatives to common items like plastic bottles, food packaging, and personal care products. Gradually reduce your exposure for better long-term results.

#### **Some examples:**

1. *Instead of drinking bottled water, use a refillable stainless steel or glass water bottle.*
2. *Look through your kitchen and notice what you use on a daily bases that is made from plastic. Plastic cooking utensils can be replaced by wood, bamboo, or stainless steel utensils. Plastic food storage containers can be replaced by glass.*
3. *When reheating food, make sure you are using glass containers or dishes instead of plastic.*
4. *Reduce plastics in your home as best as you can. Know that we will always have plastics around us and its impossible to completely avoid it.*

#### **2. Detoxing Your Body**

The best way that I have found to safely and effectively remove plastics from your body is with:

- **Chemzyme:** Helps break down plastic toxins. \$36.00  **Optimal Chemzyme**
- **Essential Fulvic Minerals:** Aids cellular detox. \$40.00  **Essential Fulvic Minerals**

Plastictox blood tests have shown that the above products have significantly reduced plastics in the body by 60%-80% in 45 days.

# Test from 1/26/2025



## PlasticTox Microplastics Screen Results

### Client Information

Name : ██████████ Date of Birth : ██████████ Age : 55  
 Address : ██████████ 24 Zip Code : ██████████ Country : United States  
 City : ██████████ Phone : ██████████ Email : c█████████@█████████.cu.com

### Test & Sample Information

PlasticTox Standard Screen  
 Sample ID : PTX10000632 Test Date : 2025-02-07  
 DOC : 2025-01-26 Report Date : 2025-02-12  
 Repeat Sample: No

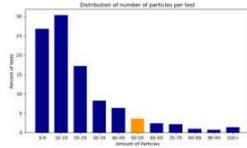
### Results

Microplastic Size	Particles Found	Presence	Total Concentration
<10 µm	29	Detected	<b>DETECTED</b> Total Particles: 51 Calculated Concentration*: 510 P/ml
10-30 µm	20	Detected	
30 -70 µm	2	Detected	

\* Calculated concentration is based upon assumed collection of a 100 µm sample.

### Results Explained

Microplastics can occur in many shapes and sizes. Our results are categorized in such a way to provide maximum insight to detect the vector of contamination. We categorize our microplastics by size, providing quantitative results for each individual subset of plastic, followed by the total amount of microplastics detected across all sizes.



While the optimal amount of plastic detected is zero, based upon our collected data, we have determined the following levels of microplastics. They are color coded as following:

Low	Low	Low	Mid	Mid	Mid	Mid	High	High	High	High
0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-99	100+

Above scale allows you to compare your results against all results generated at the time of your test.

Compared to prior results , 3.64% of tests fall in the same category, 88.77% of tests shows less microplastics and 7.58% of tests more microplastics were detected. The distribution graph is updated with every single test, for the most recent version please visit plastictox.com

### Disclaimer & Methodology

While Plastictox is peer-reviewed and clinically approved by a CLIA/COLA certified lab, Plastictox is not a diagnostic test. Always consult your physician when considering lifestyle changes.

All results are from our patented(pending) combination of kit-based collection and non-extractive manual and automated microscopy performed on dried human blood samples , dyed,prepped, and reconstituted for evaluation.

Plastictox is a research and development product by Arrow Lab Solutions.  
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PlasticTox Microplastics Screen Results

**Client Information**

Name: [Redacted] Date of Birth: [Redacted] Age: 55  
 Address: [Redacted] City: [Redacted] Zip Code: [Redacted] Country: United States  
 Phone: [Redacted] Email: [Redacted]@cu.com

**Test & Sample Information**

PlasticTox Standard Screen  
 Sample ID: PTX10000577 Test Date: 2025-03-26  
 DOC: 2025-03-13 Report Date: 2025-03-28  
 Repeat Sample: No

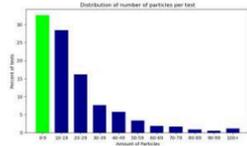
**Results**

Microplastic Size	Particles Found	Presence	Total Concentration
<10 µm	4	Detected	<b>DETECTED</b> Total Particles: 4 Calculated Concentration*: 40 P/ml
10-30 µm	0	Not Detected	
30-70 µm	0	Not Detected	

\* Calculated concentration is based upon assumed collection of a 100 µm sample.

**Results Explained**

Microplastics can occur in many shapes and sizes. Our results are categorized in such a way to provide maximum insight to detect the vector of contamination. We categorize our microplastics by size, providing quantitative results for each individual subset of plastic, followed by the total amount of microplastics detected across all sizes.



While the optimal amount of plastic detected is zero, based upon our collected data, we have determined the following levels of microplastics. They are color coded as following:



Above scale allows you to compare your results against all results generated at the time of your test.

Compared to prior results, 32.56% of tests fall in the same category, 0% of tests shows less microplastics and 67.43% of tests more microplastics were detected. The distribution graph is updated with every single test, for the most recent version please visit [plastictox.com](http://plastictox.com)

**Disclaimer & Methodology**

While PlasticTox is peer-reviewed and clinically approved by a CLIA/COLA certified lab, PlasticTox is not a diagnostic test. Always consult your physician when considering lifestyle changes.

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**Testing for Microplastics**

If you wish to measure the level of microplastics in your body, there are testing options available. Cost \$135

– PlasticTest

### Part 3: Additional Detox Tips

- Lymphatic drainage methods: Dry Brushing, Rebounding, Contrast Showers
- Hydration: Drink plenty of water with electrolytes to support detox
- Sweating: Use saunas, steam rooms, or Epsom salt baths to help remove toxins

### Conclusion:

By taking these simple steps and following the detox protocols outlined above, you can help your body clear out harmful microplastics and improve your overall health. Start small and take gradual steps toward reducing your exposure to plastics. Your body will thank you!

If you have any questions or need further assistance, feel free to reach out to me.

Tania Morris, BCNHC, CCI

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