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Below is an approximation of this video's audio content. To see any graphs, charts, graphics, images, and quotes to which Dr. Greger may be referring, watch the above video. **SIDEBARS. YOU ARE ONLY AS YOUNG AS YOUR DETOXIFICATION SYSTEM.** The body detoxifies chemicals and substances that occur naturally, such as alcohol, cigarette smoke, cholesterol, steroids, bile acids, and lipids, or those that are synthetic, such as drugs, food additives, agricultural chemicals, chemical products, parabens and phthalates, in a two-step balanced process called biotransformation ...As mentioned below, "Astaxanthin is oil based and is impossible to isolate from the oil. You either need to put it in its own capsule, or use it as a component in a large volume food. Andrew Thomas Weil (/ w a? 1 /, born June 8, 1942) is an American celebrity doctor who is a physician, author, spokesperson, and broadly described "guru" of the alternative medical brands: holistic health and integrative medicine, whose name also constitutes an emerging brand of healthcare services and products in these fields.. Weil became interested in the ideas and practices of ...