

## Essential # 2 – Reduce Your Toxic Exposure

According to the University of Columbia School of Public health, "95% of all cancer is due to diet and the accumulation of toxins."

Let's walk through a typical morning in the life of Toxic Tammy versus Clean Jean.

Toxic Tammy wakes up and brushes her teeth with toxic, fluoridated toothpaste that says in fine print "if swallowed, call the Poison Control Center". The lining of the mouth immediately absorbs the chemicals and that goes straight to the blood stream.



Then she spends several minutes in the shower and bathes with soap that has carcinogenic ingredients in it. These chemicals are immediately absorbed through the skin into the blood stream. She dries off and uses a deodorant that contains aluminum and other chemicals that block the pores and the lymph ducts in the arm pit. "Sweating is gross", she thinks as she applies the roll on.



Next comes the makeup, foundation, and hair products....again....loaded with cancer-causing chemicals that are absorbed through the skin.

She heads for the kitchen and brews some coffee that was cultivated in deficient soil and sprayed with pesticides and herbicides. The creamer she uses is artificially flavored, full of indigestible fat and lots of sugar.

The cereal or bread she eats is refined and full of chemical additives, sweeteners and preservatives. The milk she pours on the cereal is from cows that have been injected with growth hormones, antibiotics and have rarely seen sunlight.

While she is eating breakfast, she is in front of the TV and is on her computer and cell phone. Tammy does not realize that she is surrounded by the deadliest toxin on the planet...electro-pollution. She has not protected her environment or her body from this insidious radiation. Before she has left the house, her body is already in a flight or fight mode, trying to detox and repair damage from the environment.



"I'm exhausted", whispers Toxic Tammy as she heads out the door.

Briefly, Clean Jean is aware and conscious of her body and what she puts on it and in it. The products she uses to brush her teeth and bathe are chemical free and organic. She uses a deodorant that has a base of baking soda or minerals.

Although she does drink coffee occasionally, she makes sure it is organic. She sweetens it with Stevia and uses organic creamer with no added chemicals. Her warm morning drink of choice is usually Matcha Green Tea because it is 10 times more powerful than regular green tea.



She makes herself a green smoothie with organic Kale and a few organic berries.



She has protected her environment with patented and scientifically validated products that reduce or eliminate the effects of Electro-pollution. Her cell phone is equipped with a small guard that neutralizes the effect of the microwave radiation. She even wears a pendant that strengthens her bio-field so her body is resistant to the effects of the radiation from her neighbors' WI FI and the multiple cell towers that loom in the distance.

She reads a few motivational thoughts for the day, stretches, breathes slowly and does a few Yoga poses. She feels calm and ready to take on the day.

"I love my life! I am thankful for all the blessings in my life", whispers Clean Jean.

The moral of the story is to make conscious choices about what you put IN your body and ON your body. Slowly start replacing toxic household and personal care products with cleaner, organic ones.



Tomorrow I will discuss **Essential # 3 - how to Balance Your Energy**, including your hormones.