Essential # 2: Reduce Your Toxic Exposure
“Take care of your body. It’s the only place you have to live.”
– Jim Rohn
What is a Toxin?

A toxin is a poisonous substance, produced in living cells and organisms and by man-made chemicals.
5 Main Categories

1. Environmental Toxins
2. Electro-pollution
3. Household Toxins
4. Cosmetic Toxins
5. Internal Toxins
Small Changes = BIG Results
Environmental Toxins
• Over 4 billion pounds of toxic chemicals, including 72 million pounds of carcinogens, are released into the United States environment each year, according to Scorecard, the pollution information site.
• This magnitude of pollution has been going on for many decades.
• 1980 Time Magazine
Outside Your Home

- Commercial pesticides and herbicides
- Very estrogenic and toxic
- Replace with non toxic solutions like vinegar
Outside Your Home

- Heavy metals from industrial pollutants
- Lead, arsenic, mercury, cadmium
- Simple urine test to check levels
- Chlorella binds heavy metals
- Homeopathics
Xeno-Estrogens

- Plastics
- Pesticides, insecticides, herbicides, fungicides
- Industrial chemicals such as dioxins and PCBs
- Estrogenic drugs in the water supply
- Chemicals in the water from detergents and surfactants
Stop Buying Bottled Water

Problem
• Estrogenic
• Environmental Working Group
  10 Major Brands - 38 pollutants found in bottled water
• Plastic bottles pollute environment

One Solution
• Berkey Water Purifier – removes 99.99% of impurities including parasites, bacteria and viruses.
Stop Buying Bottled Water

- ECHO Hydrogen Enriched Water
  Free radical scavenger
  Anti-Inflammatory
- Powerful filter and energetic frequencies
Electro Pollution
Electro-Pollution

"Electromagnetic pollution (EMF) may be the most significant form of pollution human activity has produced in this century!"

~Dr. Andrew Weil
Class II Toxin

- The World Health organization (WHO) has classified cell phone and cordless phone radiation as a possible human carcinogen
- Same category as lead and DDT – Class IIB
More than 1800 new studies report (Updated March 2014)

- Abnormal gene transcription
- Genotoxicity & single/double strand DNA damage
- Reduction in free-radical scavengers – particularly melatonin
- Neurotoxicity in humans and animals
- Carcinogenicity in humans
- Stress proteins
- And more

Some of Their Conclusions:

- Bioeffects are clearly established
- Human Sperm & their DNA are damaged
- Children are more vulnerable
- Blood brain barrier is at risk
- Risk of Brain Cancers
- Melatonin and Breast Cancer

There is sufficient evidence to conclude that long-term relatively high ELF MF exposure can result in a decrease in melatonin production.
Has WiFi Become a New Public Health Issue?

- Daily long term exposure is the concern
- Creates Oxidative Stress
- Human DNA does not repair or adapt to EMF exposure
So, Who Do You Believe? What Do You Do?

- Mainstream Medical - no link between EMF’s and Cancer BUT state that we need to learn more
- Non-Mainstream publications such as the BioInitiative 2012 (updated 2014)
  - “Bioeffects are clearly established and occur at very low levels of exposure to electromagnetic fields and radiofrequency radiation.”

Personally, I have decided to be Pro-Active and not wait another generation for undisputed answers.
What Can You do?

- Turn off Wi Fi at night
- Hard wire your router to computer
- Use wired cell phone headsets
- Don’t use Laptop on your lap
- Protect electronics with guards
- Wear a protective pendant
Do NOT Use Your Bra as a Cell Phone Carrier
My EMF Protection Source

Universal Guard

Personal Energy Pendant

GIA Wellness

Cell Guard

Cell Guard Case

Patented and Proprietary Technology that I wear and utilize everyday
Household Toxins
Indoor Pollutants

- New building material
- New furniture, New carpeting
- Volatile Organic Compounds
- Formaldehyde, acetaldehyde, benzene
Indoor Pollutants

Commercial Cleaning Products

Pesticides
Indoor Pollutants

- Artificial sprays
- Artificial candles
- Plug ins
- Phthalates – hormone disrupters
CDC and EPA Mold Warnings

- Mold – spores cause the allergic reaction
- Can suppress Immune System
- *Cladosporium, Penicillium, Aspergillus, Stachybotrys*
Detox Your Home

Light Bulbs
- Avoid Mercury & LED
- Use Full Spectrum - Verilux

Cookware
- Non stick emit PFC's
- Ceramic is best
Detox Your Home

- Non Toxic Cleaning products
- Pure Haven Essentials
- The Honest Company
- Grocery store brands
Lotions And Potions
You Are What You Eat...

1 tablespoon of Lotion
Every Day for 5 Years
= 7 Gallons of Toxic GOO!

167 chemicals per day!
Antiperspirants and Deodorants

Aluminum is a Metallo-Estrogen
Perfumes, Parabens and Sunscreens

• **Perfumes** – avg. fragrance product tested contained 14 secret chemicals not on the label. Among them are chemicals associated with hormone disruption. (EWG.org)

• **Oxybenzone**: Sunscreen agent that disrupts the hormone system

• **Parabens**: these are estrogen mimicking chemicals that have been found in Breast Cancer tumors.
Toothpaste

- Sodium lauryl sulphate - pesticide
- Fluoride – lowers IQ, affects thyroid
- Triclosan – pesticide
- Sodium saccharin
- Artificial colors and flavorings
- Call Poison Control Center if swallowed!
Alternatives

- Natural, non-toxic body care products
- Read the ingredients
- EWG.org – Cosmetic data base – over 65,000 products
Internal Toxins
The Colon

- Constipation can increase your risk of Breast Cancer
- It leads to reabsorption of toxins by the colon and their recirculation through the blood stream
We have Squatted Since Adam and Eve

Squatting stool – Squatty Potty

- Humans are designed to squat when eliminating
- The idea to be in the sit-down position for eliminating came long after humans walked the earth
Cleanse Your Colon

• Colonic irrigation – closed and open systems
• Colema Board
• 27 toxic poisons from a constipated colon
Coffee Enemas

- Increase Glutathione production
- Opens up the bile ducts and flushes liver
- Phytochemicals – stimulate Phase 2 Detoxification
- Use gold roasted Coffee – S. A. Wilson
Parasites

• Stress the immune system
• Infection through unclean food, other people, inhalation, and skin
• “Guess What Came to Dinner”
  – Anne Gittleman
Chronic Infections

Underlying Causes of Cancer:

- Viral infections – EBV, CMV, Herpes
- Bacterial infections – Lyme’s
- Parasitic infections
Detoxification Guidelines

• Drink water – ½ ounce per pound of body weight
• Lemon water every morning
• Dry skin brush
• Hot castor oil packs
• Fasting
Lymphatic Cleanse - Sweat!

- Far Infrared penetrates and stimulates lymph
- Great for heavy metal and environmental chemicals
Bio Mat

- Cancer patients have a lower body temperature
- 1 degree increase in body temperature increases Immune System by 40%
- Stimulates Heat Shock Proteins – induces cancer cell death
Make Conscious Decisions About Everything You Put IN and ON Your Body.