

**NATURE'S WAY HERBAL HEALTH INSTITUTE
INC Kathy Deane Health Educator**
www.herbalistprograms.com



Toxins in the Home

Have you ever thought about how many toxins are attacking us in our homes, chemicals emitting dangerous gases and more? Did you know that one of the most toxic places is your own home? Chemicals are everywhere in the home and cause significant damage to health. And who are the most affected? In general, women and children who spend far more time in the home.

Recent studies show a greatly increased cancer rate in women who stay at home versus those who work! Invisible killers are pervasive, you most often can't see them, smell them or taste them, but you are ingesting, drinking and inhaling them with every breath.

They are found in everyday products and escape during normal use and through wear and tear overtime. For example:

- Cosmetics, shampoos and personal care products can contain synthetic musks. These substances can accumulate in our bodies and could disrupt hormone systems.
- Your computer can contain fire-retardant brominated chemicals, which exhibit developmental toxicity and may mimic hormones produced by the thyroid gland.
- PVC products such as flooring can contain organotin chemicals. They're used to stabilize the plastic but are toxic to the immune system.
- Soft PVC, used in many products - such as shower curtains or soft plastic case for your mobile - contains phthalates, which can be toxic to reproduction.
- Waterproof jackets and other rain-gear could contain perfluorinated chemicals (PFCs), chemicals, which are also used and released during the manufacture of non-stick coatings for pans and other cookware. These are now of increasing concern because of their links to hormone disruption and promotion of cancer.

With evidence growing that these types of chemicals could be storing up long-term problems for human health and the environment, it makes sense to reduce or, ideally, eliminate our exposure to them. How can we achieve it? Simple - By substituting hazardous chemicals wherever there are available alternatives. Take the time to read the labels and purchase only environmentally friendly products.

If someone came into your house, mixed you a cocktail of unknown chemicals - and offered you to drink it - would you take it? You wouldn't want untested chemicals in your home, your drink, or your body. So what can we do about chemicals when they are already in our body from long time exposure? CLEANSING THE BODY is one TOOL we can use.

You can fight back by cleansing your body of toxins. I recommend taking the N/S one month Bod E Klenz if it has been a while since you have cleansed. Another popular favorite is the 10 day Tiao He Pak. It is suggested we cleanse our body daily to significantly reduce the body burdened with unwanted pathogens and toxins. A very simple cleanse would be 6 a day of Marshmallow and Pepsin to soften the feces from the wall and 1 tsp a day of Psyllium Hulls Combination in a glass of water and followed with another glass of water.

For the month of July if you buy a Nature's Sunshine Cleanse you get a Silver Shield Gel Free. How AWESOME IS THAT????

Blessings Kathy Deane