

## How To Avoid Toxins In Daily Life

- Buy only organic fruits and vegetables that are free of pesticide residues
- Buy hormone and antibiotic free meats and dairy products. Animals that are happier are healthier to eat
- Buy fresh or frozen foods, and avoid canned foods lined with plastic
- Eat wild caught fish low in mercury, such as wild Alaskan salmon, blue crab, flounder, haddock, pollock, and trout.
- Store and heat food in glass rather than plastic and avoid heating food in the microwave
- Buy in bulk; it decreases plastic packaging
- Store food in glass jars when you get it home
- Drink water out of glass containers rather than plastic
- Filter your own water
- Use a home air filter
- Use earth-friendly detergents, cleaners and soaps
- Try to rework your conception of what looks beautiful, and avoid herbicides and pesticides
- Use natural pest control instead of insecticides
- Replace vinyl mini blinds, shower curtains, and placemats with fabric ones
- If you're building a home or remodeling, use earth friendly, non-toxic materials
- Use nontoxic dry-cleaner, or air out dry-cleaning before bringing it in the house
- Use natural, organic, unbleached tampons without a plastic applicator
- Avoid synthetic fragrances, and remember that unscented is not fragrance free. Essential oils are a great alternative
- Use only nontoxic cosmetics, lotions, shampoos, deodorants, and other personal care products
- Remove your shoes when you enter your home.

## Healthy Cookware & Food Storage

### Cookware

Buy only the magnetically-attractive type of stainless steel, which has very low nickel content and does not leach nickel into food.

Only use teflon coated cookware at low temperatures and should be discarded after one year of use to limit aluminum from leaching out. Discard if scratches develop.

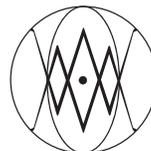
Best cookware would be ceramic coated metal, since ceramic is virtually inert and will not transfer metal ions into the food you cook.

### Food Storage

Store your food and water in glass, not plastic. Plastic containers leach Biphenyl A (BPA) which exhibits hormone-like properties and imitates the effects of estrogens.

These fake estrogens are highly toxic chemicals. They are major disruptors to the body's chemistry affecting its ability to regulate, potentially leading to a whole host of problems.

Research has shown that this chemical interferes with cell division in the eggs of female mice, resulting in an abnormal number of chromosomes in the eggs. This is the leading cause of mental retardation, neurological problems, and birth defects.



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## Designed *for* Thriving

Tips to help you reduce toxic load & stress  
and increase nutrients & joy in your daily life

### The Best Medicine Is Free

#### Water

Divide your weight in half and drink that many ounces of healthy, live (not distilled) water each day.

#### Air/Breath

Oxygen is synonymous with good health. Notice your breath often throughout the day taking good, long breaths in and out when you do.

#### Sleep/Rest

Nighttime chemistry is when your body repairs and heals itself. One hour of sleep before midnight is the value of two hours of sleep after midnight.

#### Joy/Laughter/Fun

Laughter has been proven to strengthen the immune system. Everything will benefit from a light heart.

#### Passion/Imagination/Anticipation

Healing power lies in doing things you love. Your imagination is a must. Plan something to look forward to each day in order to creatively connect yourself to the world around you.

#### Exercise

Your body is designed to move every day. Find a fun level of exercise that you can't find an excuse not to do. Exercise is necessary to prevent stagnation and degeneration in the body.

#### Posture

Look at a tree each day and emulate its magnificent posture. Correct posture helps your nervous system, spine, digestion, elimination, and your attitude.

#### Elimination

When food goes into the body, feces should come out. Your bowels need to move at least twice a day to keep toxins from accumulating. You should avoid white flour since it works like glue in the body and has very little nutrient value.

## Healthy Shopping

- Avoid hybrid fruits (seedless fruit is a tell) which contain more sugar than regular varieties.
- Avoid processed foods because they often contain GMO ingredients and offer little nutritional value.
- Choose organic foods whenever possible. Research has shown that organic food contains on average 83% more nutrients than conventionally grown produce.

Highest Level of Pesticides		Lowest Level of Pesticides	
Fruits	Vegetables	Fruits	Vegetables
Peaches	Spinach	Pineapples	Cauliflower
Apples	Bell Peppers	Plantains	Brussels Sprouts
Strawberries	Celery	Mangoes	Asparagus
Nectarines	Potatoes	Bananas	Radishes
Pears	Hot Peppers	Watermelon	Broccoli
Cherries		Plums	Onions
Red Raspberries		Kiwi Fruit	Okra
Imported Grapes		Blueberries	Cabbage
		Papaya	Eggplant
		Grapefruit	
		Avocado	

### Why Avoid Genetically Modified Foods?

Genetic Engineering is altering or disrupting genetic blueprints of living organisms, then patenting and selling the resulting gene food for profit. Our bodies are innately intelligent. When we take food in and begin chewing, the parotid gland in our mouths identifies the food and tags it for use in various areas of the body. What is a body to do with genetically altered foods? It isn't set up to utilize them, so much of this altered food isn't tagged. These foods clog the metabolic pathways and can result in allergies, degenerative disease and cancer.

# Toxins in Your Personal Care Products

## 4 Most Important Chemicals to Avoid

### 1. Parabens

(methyl, propyl, butyl & ethyl)

- Banned in the Japan & Sweden and under review in the UK
- It's used as a preservative or germicide
- It's found in conditioners, hair gels, nail creams, foundations, mascara, facial masks, skin creams, deodorants, sunscreen and hair coloring.
- It's a hormone disrupter- mimics natural estrogens that lead to cancer; linked to breast cancer, skin rashes

### 2. Formaldehyde Family

(Diazolidinyl urea, 3-diol Imidazolidinyl urea, DMDM Hydantion, Quaternium-15, Nitropropane-1, Formalin, Methanal, Methyl aldehyde, Methylene oxide etc.)

- Banned in Europe
- It's used because it's a disinfectant, fungicide, germicide, defoamer and preservative
- It's found in shampoo, conditioner, show gel, liquid hand wash, skin lotions, bubble bath, hair care products, antiperspirants, nail polishes, talcs, mouthwash etc.
- It can cause allergic reactions, dermatitis headaches; it irritates mucous membranes, is linked to joint and chest pain, fatigue, dizziness and immune dysfunction

*This information is lovingly sited from a great resource: International College of Bioenergetic Medicine, Phase II Manual.*

### 3. Sodium Laureth Sulphate

- Banned in Europe and Central America
- It's used because it makes things foam
- It's found in toothpaste, shampoo, body and shower gels etc.
- It's a suspected carcinogen linked to kidney and liver damage, nervous system disruption, eczema and dermatitis

### 4. Phthalates

- Banned in Europe
- It's used because it makes plastic soft
- It's found in nail polish, hair-straighteners and sprays, body lotions and deodorants
- It's a carcinogen linked to birth defects, lowered sperm counts, damage to reproductive organs, lung, liver and kidney cancer

## The reality of what you put on your face and body...

- Many beauty products are not well regulated & tested on innocent animals unnecessarily
- Many use varying mixtures of synthetically produced chemicals into products and onto shelves through loopholes in regulations
- As much as a third of personal care products contain at least 1 chemical linked to cancer
- Mineral oil and petroleum are the basic ingredients in many cosmetic products- these have their origins in fossil fuels