



Guidelines and Insights for Healthier Living



Ebook

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DISCLAIMER

These notes have grown over the years to incorporate all the things I'd like my clients to know but don't have time to discuss inside a consultation. These notes are for your eyes only, please don't distribute this book. It is not a published work and is really just a collection of resources for my direct clients.

These notes are not intended to be prescriptive; they are not intended to take the place of individualised recommendations or medical care. Please use your intuition and undertake own research when you choose to make a change to your diet or lifestyle. I am not a doctor, and do not prescribe as doctors would, I am merely providing informaton for educative purposes. Your health is your responsibility. Make wise, informed choices.

Healthier By Choice Guidelines & Insights

The healing process is one of softening, opening up and letting go. It occurs when the vital force increases and body fluids and pressures are equalised, facilitating optimal function on all levels. Areas of stress, congestion or depletion are relieved and balanced. Health is a dynamic process of being in the present and allowing life to flow in and out on all levels. There is neither obsession with the past nor with the future. We let go to make space for what is coming next.

To make way for the healing process we want to let go of negative, toxic, destructive and unassimilated residues on all levels and make way for positive, cleansing and regenerative forces. Treatment provides and releases the level of positivity needed to overthrow the accumulated resistant negativity. This timing is different for everyone. Each person's cycle of healing is unique.¹

Preventive proactive healthcare is vital for not just the aging adult, but for everyone. Recovery after a heart attack, stroke, cancer or other degenerative disease is slow, costly, debilitating and depressing. Unfortunately because we take our health so much for granted, we don't realise what we have until it is taken from us.

Getting conscious about the value of your health is important. Don't let time or money restrictions prevent you from being the healthiest you can possibly be, and don't wait till you are in crisis to start looking after yourself. You will never be as young as you are today - now is the time to start.

It is good to realise that an MRI will cost you between \$100-500 out-of-pocket, a CT scan, around \$350. Seeing a medical specialist costs between \$300-400 per 20 minutes, cancer treatment costs thousands of dollars out of pocket, and then add loss of income and loss of quality of life. Prevention is actually cheaper than life crisis medical treatment.

If you aren't sure how you're faring in your health, have a Naturopathic assessment. Together we can build into your life practices that make you feel amazing, every day, and ward off potential risks and health issues down the track.

Commit yourself to your Health - undertake regular detoxification programs, get exercising, avoid foods you aren't digesting or managing well, eat more vegetables, take out the processed grains, ditch the non-foods, cut out sugar, resuscitate your nutritional deficiencies, get out of relationships that are toxic and making you miserable. Start somewhere.

Your health is the most precious and profound thing you will ever possess.

Value it, care for it, invest in it. You only have one body and you can't do *anything* without it. Start simply by :

- restoring optimal nutrient levels and nutrition
- eating a healthy, clean, real food diet based on your body's individual needs
- avoid foods, substances, environments and relationships that cause your body stress
- aim to keep your body's pH within the healing range (urine 6.8-7.2, saliva 7-7.5)
- detoxify regularly from toxin accumulation both past and present
- have your health retested with us at the start of each season

What to expect as we get started

Herrings Law Of Cure - It is good to know that generally for most people, healing happens :-

- from the head down (so you feel better mentally before your leg heals)
- from the inside out (so organ function will improve before a skin condition)
- and in the reverse order of symptoms appearing (so expect some recurrence of symptoms before they completely disappear)

Lag Time - as much as we'd all prefer instant results, it's not realistic as it takes time for what you do today to be integrated into your body's physiology and functioning.

Your major organs and glands function fairly silently, your liver, kidneys, pancreas, heart, lymphatics, lungs, adrenals, and all the systems that work together to keep us functioning. We don't even have to even think about the processes our body is busily engaged in 24 hours a day to keep us alive. Change usually isn't noticed in how we feel until energy builds enough to be at a point of surplus, and function improves over time to become more efficient. Until such time, it's your choices and actions that will be influencing your health on a daily basis so don't give up, if you're on the right track and can keep at it until you see the results you're seeking, then wellness is inevitable.

While the body is in the process of change, it's not unusual to get a bit worse before you get better, or get better, then regress, then improve again. **Don't mistake the symptoms of healing for symptoms of dysfunction.** Often you need to move back through the symptoms you've had as they are moved out of your system. (This is especially true of skin issues.)

Keep with it. It takes time to set the ground for healing and health recovery. Be mindful to give your body enough time to respond to what you are doing. We are aiming for deep and lasting change which takes a lot longer than just masking a symptom or two. For the body to fully heal itself it may take months, in some cases years, for the full effects of healthy cell replacement and tissue regeneration to be complete. Most conditions require **four to six months**, at the very least, before a progress evaluation can be made. For endocrine or hormonal issues, four months at least are especially needed, so what you are doing today will give you the most notable benefit then. For chronic disease, years and ongoing support are needed.

Remember that if nothing changes, nothing changes. Your body and mind are the most valuable things in your possession. Actively working on your health can transform your life experience. It's worth the effort.

Vitalism - Don't "shoot the messenger".

Vitalism is rooted in the early 19th Century and is the foundation upon which Naturopathy began. It is the concept that there is an "innate" impulse in living creatures toward self-development and self-healing, and life cannot be explained fully in terms of chemical and physical forces alone as there is a third, separate and distinct, "vital force" necessary to life, which differs from all physical, biochemical and electrical forces. This vital force is considered the very source not only of life, but health and healing, as well.

To heal 'holistically' is to recognize that the body as a whole is composed of interdependent and interrelated parts, and includes the emotional body (the limbic system and related structures) and spiritual body (the chakras, energy centres and pathways/meridians). When the 'Wisdom Within' signals the emotional body via physical or mental symptoms to initiate change, and the "message" goes unheeded, we experience signals of physical symptoms of pain and discomfort to encourage us on a path to healing ourselves.

Since the body has an inherent (or inborn) intelligence which animates, motivates, heals, coordinates and inspires living beings this Wisdom Within guides and directs our lives on our individual paths of healing, to be restored to wholeness in mind, body and spirit, and when you recognise this as part of your journey to health, your outcomes will be whole-heartedly more effective.

Healing is a process of not only physical improvements, but it is also a process of personal evolution, growth, self-development and self-discovery. As a person heals, his mind, body and spirit forge a closer connection. Healing gives us the opportunity to see ourselves more clearly, and get more in touch with what we need on all levels. True healing is a process of feeling more, by increasing our awareness of what we're feeling in the present moment, and becoming more aware of the life we are creating around us through our choices, our relationships, work, home environment, thoughts and activities.

Symptoms are viewed as agents of change and a communication from the Inner Wisdom. A symptom, whether physical or mental-emotional, is an awareness that change is needed at some level in your life. Judging the symptom

as good or bad is a subjective interpretation rather than an objective fact. Symptoms are neither good nor bad—they are simply information, and possibly an indication change is required.

Change is an integral part of the healing process. In order to heal, we must be open to change. This willingness to change enables us to become free of past behaviours, attitudes and belief systems that are obstacles to personal development and spiritual growth. If we do what we've always done, we will be what we've always been, and get what we've always gotten. Resisting change means we will continue to be who we are not, which keeps us from the freedom inherent in becoming who we truly are: pure, unconditional love.

True healing involves a willingness to transform our lives physically, emotionally and spiritually. The process of healing and transformation are guided by our Inner Wisdom, which communicates to the mind via the body's energy systems. When this communication is unimpeded, we can choose to listen, and thereby transform our life. In order for this healing transformation to take place, the body's energy systems must be clear of interference so that the Inner Wisdom can fully express itself.

In a Vitalistic healing model, symptoms may indicate an impediment to the flow of energy. Severe impedance of the flow can result in an imbalance in our energy systems, which can express as a physical, mental or emotional condition 'diagnosable' by Western Medical screening. Once this stage is reached, the imbalance has often been in place for some time.

The symptom or condition can be a wake-up call, communicating a need to initiate the change necessary to heal. To intervene in the symptom also intervenes in the awareness the symptom is trying to create. An attempt to stimulate or inhibit the body to achieve a specific symptomatic change could interfere with the process of healing. Inhibiting the innate healing process in an attempt to change feelings of awareness by "curing" ourselves of our symptoms is impossible. There is no cure for healing.ⁱⁱ

While it is often physical discomfort that drives us to seek help, it is important not to 'shoot the messenger' in a tunnel vision attempt to take away the symptoms as quickly as possible.

The first two weeks

The first week or two after you start a Naturopathic program and make changes to your old habits, your body begins a process of elimination, rebalancing and change. As you withdraw from caffeine, sugar and the addictive nature of the foods you are sensitive to, or as your body rejoices in a bit of liberated energy to seize the opportunity to embark on a much needed cleanout, symptoms can be stirred up as a result.

Typical symptoms may include : *headache, nausea, irritability or fatigue*. It is clear if you feel these things that what you are doing isn't placebo! Stuff is happening!!

Drink plenty of water, eat lightly and rest more. As the body clears out accumulated waste, rebalances blood sugar, and starts the process of healing, symptoms will improve and clear. It's impossible to predict how this process will affect you specifically, so expect some disruption and you may just be pleasantly surprised. (Call me if you have any concerns.)

- **Caffeine withdrawal can give you a three day headache**, you can bear it through, take paracetamol, or wean yourself down over the week. The worse you feel, the more you have developed dependence on it - good to let it go.
- **Artificial Sweeteners** are neurotoxins that can have a seriously detrimental effects on your brain chemistry and nervous system. Drug withdrawal symptoms are not uncommon if you have been consuming it regularly. Symptoms may include : anxiety, mood swings, appetite changes, mental fog, cravings, attention deficit, hyper or hypo activity, depression, dizziness, fatigue, headaches, weight changes, sleep changes, restlessness, panic attacks. Symptoms usually clear after a week, but if your symptoms are intense, then it may be kinder to yourself to wean down over a week.
- **Wheat, Gluten and Casein** - Wheat is very high on the glycemic index and is akin to eating sugar. Withdrawal symptoms can be similar to sugar withdrawals, but wheat, gluten and dairy can also produces substances that can cross the blood-brain barrier and have a drug-like effect on your brain chemistry, mimicking the effects of heroine and morphine on your body. If these are foods you 'can't live without' then chances are good you're hooked on them like a drug. Withdrawal symptoms may include : flu symptoms, nausea, sweats, trembling, stomach cramps, diarrhea, constipation, headache, anxiety, panic, migraine. These symptoms should subside in three to five days.

Your body communicates with you in different ways to let you know what is going on with your body and being. The tricky part is listening, and tuning in with the intention of understanding your body's language. Digestive health is expressed in the health of your excretions, so keep an eye on them! What happens in the gut impacts every cell in

your body right into your brain. Fixing the gut is tantamount to treating all human illness and disease. It is the primary place to start.

Bowel - Healthy stools are well formed, easy to pass, non-odorous, clean, quick, a decent size, compete. Healthy stools are NOT urgent, loose, unformed, pellets, dry, constipated, bitty, odorous, sticky, messy, many undigested food particles present, with lots of wind / flatulence, a sense of incompleteness, pressure, pain or hemorrhoids. These symptoms reflect an issue in the process that occurs between mouth and anus. Digestion, assimilation and excretion need to be working well for health to be achieved and sustained. This is a priority in any health program, so it is important keep us informed with your experience in this department.

Urinary function – When you start taking vitamins, you may be fascinated to see your wee become **fluorescent yellow**. This means you are absorbing your B vitamins and eliminating the carrier molecule which is a yellow pigment on B2. Don't worry – it's good. If you are drinking the right amount of water you will urinate almost clear (with a fluro tinge perhaps). If your urine is concentrated and dark, you are very dehydrated. Focus on spreading your water quota over the day away from meals. A good general guide is 30ml per kg of body weight. If you are drinking closer to three litres of water you will need electrolyte support. Electrolytes are potassium, sodium and magnesium.

Digestion - Healthy – you feel good after meals, energized with no discomfort or other problems after meals. Unhealthy – you may suffer fatigue after eating, have indigestion, reflux, bloating, abdominal distension, belching / burping, have gurgling noises for hours after meals, noisy digestion, gut pains, nausea / tummy aches, feel as though food sits for hours in your stomach, no desire to eat, no appetite or overwhelming insatiable appetite, you may have an urgent bowel motion after eating.

Mood - Healthy = resilient, happy, coping, buoyant, sleeping well, energetic, stable.

Unhealthy = more often than not feeling : moody, grumpy, melancholic, anxious, jumpy, jittery, overwhelming sense of stress / tension, up and down, un-centred, out of sorts, euphoric, depressed, flat, unemotional, numb, sleep problems, irrational reactions to small things, irritated easily, impatient, angry, flying off the handle, losing control, perfectionistic, over-controlling, obsessive, tense; teary , addicted to substances to feel 'normal' or good (coffee, tea, alcohol, sugar, chocolate, drugs) etc.

All of these are indications that your body needs help to get well. The better you do your diet and take your remedies, the more stable and buoyant your mood will be. It is reflective of biochemical and hormone balance. It may not happen overnight, but it will happen!

Food Sensitivities – initially there will be some foods that we will remove from your diet while digestive repair and proper elimination is established. Some of these foods might never test up well for you, but most will come back as your digestive system is repaired and better able to digest them.

The wisdom of your body's secretions - Keeping an eye on the exit materials of the body can bring awareness to what is going on inside. As the body tries to clear toxins and retained wastes, while responding to the foods and nutrient status of the present condition, it will use these modes of removal as rubbish removal opportunities, if possible.

Many people have become disconnected from the distinction of what is healthy and what is not. I have had clients tell me that their Type 6-7 stool with mucus three to six times a day was 'healthy'. Stool types outside type 4 are signs that something between mouth and anus.

Part of working with you to regain optimal health will be to raise awareness and monitor these secretions. The body tells us every day what is going on, the trick is to listen and interpret the meaning.

Take notice your habits and write down what you eat, drink and feel every day, along with your stool type, and other secretions as a record of progress. Become aware of what comes in – food, drink, feelings, emotions, air, skin – and what goes out – skin, breath, snot, wee, poo, saliva, and body fluids. Once you know what it is like to be healthy on all levels, you will notice the signals when things are not right early and you will be able to take action long before imbalances can take hold. The very act of 'noticing' could one day be lifesaving.

The body is wise. Working with it, rather than against it, will move you into a level of being you may never have known before. You will notice your skin becomes smooth, your eyes bright, your mood buoyant, your sleep refreshing, your tummy quiet and light, your bowel type 4 with no wind or bloating, and your energy will become stable and reliable. From here, everything in life is better. It may not be easy in the face of a hectic, stressful, demanding lifestyle, but the hard part is starting, and sticking with it long enough to make it a habit. Always do the best you can, and keep your intention to be the healthiest you can be at the forefront of your mind. Respect your body, and it will reward you with loyalty and lightness.

General Guidelines for Healthier Living

“The cure of the part should not be attempted without treatment of the whole” ~ Plato

Good Health is the normal, natural state for the human body and, under normal conditions, should continue from birth until death. The primary factors which drive us away from this natural state can be said to be the result of our every-day exposures, choices, and experiences – modern diet, excessive stress, vaccinations, medications, infections, inadequate exercise, pollutants on the air, chemical absorption through the skin, electromagnetic radiation and ingestion of additives, pesticides, herbicides, toxins and parasites; there really are many obstructions to good health. It takes a lot of focus and awareness to dodge these bullets, achieve vibrant health and remain there.

Infusing good health practices into daily life is important, but **without knowing the what and why, it’s hard to know how**. For most people change starts with a health crisis. Others just need some insight and understanding to spearhead the necessary changes, and once that is clear the rest is easy.

Herein you will find a mountain of information about what health supportive practices can include, and why their counterparts are not so desirable. It seems that because the mainstream media is where we get much of our information on lifestyle, diet and food, we often base our choices on misinformation promoted by parties with a financial vested interest in product sales.

The lifestyle suggestions outlined here are based on years of clinical experience, training, client results and feedback. We know that even by applying just some of these principles, you can effect a positive impact on your health, energy and zest for life. Start with the ones that sing to you first, then revisit the guidelines when you are ready to implement the next thing. Listen to your intuition, and go from there.

The Modern Day Diet

The food you eat is fueling your life. Nourishment determines your health, genetic expression, mood, hormones, addictions, brain function, memory, skin quality, hair, metabolism, motivation and all factors which contribute your overall wellness. How you eat has an impact too. When your diet is working, you look and feel sensational. Your weight is ideal for your height and easy to maintain. Your skin glows, your eyes shine, and you jump out of bed after a restful deep sleep, ready to power through the day with energy, motivation, resiliency, and clarity.

The human body was not designed for the modern diet, the typical **Standard Australian Diet (SAD)** will eventually cause the human body to fail.

The SAD diet is very concentrated - it supplies excesses of fat, sugar, salt and carbohydrate, yet it is deficient in fibre, vitamins, minerals, enzymes, essential fatty acids and cofactors. It is heavy in flavourings, colourings, additives, preservatives, herbicides and pesticides. Our food chain is poisoned and corrupted, and our bodies need help to keep safe from the fallout of it.

We have to be even more conscious of what we are putting into our mouths now because many of these toxins are hidden and often appear on the label, yet they can bioactive effects on your physiology, drug-like in fact.

As a population we are overfed yet undernourished. As a result of feeling so mediocre we have become a culture addicted to stimulants and mood altering substances, with each day punctuated with much needed uppers and downers – sugar, coffee, tea, energy drinks, soft drinks, sweets, “sugar-free” artificial sweeteners, alcohol, paracetamol, ibuprofen, anti-inflammatories, antidepressants and hormones. It’s no surprise that we all look and feel tired, wired, worn out and miserable.

The food you put into your body is a vital fuel of healing and health. When you’re eating to regain or maintain health it is important that the food you eat is of the highest quality. A healthy, clean diet is fundamental. Your body needs good nourishment to cleanse, repair, rebuild, remodel, function and heal with adequate, appropriate resources.

Clean Eating & Clean Living

Clean eating is a deceptively simple concept. The idea is more about being mindful of the food's pathway between its origin and your plate. At its simplest, clean eating is about eating whole, "real" foods — those that are un- or minimally processed, refined, and handled, so they are as close to their natural form as possible. Unfortunately, the big business of modern food production has become so deceptively sophisticated. Simply eating whole foods can be a challenging proposition unless you are actively aware of what you are buying and what you are actually eating.

Diets based on real foods, heavy in vegetables, protein, fruits, sprouts, seeds and nuts has the effect of not only giving you energy, making your eyes shine, your skin clear and your sleep deep and refreshing, it can also curb and prevent certain life-threatening conditions and diseases, common as we age.

The Standard Australian Diet is not a clean eating plan, in fact it is a great way to nourish less than optimal health, in fact, it can create dis-ease in the body and mind.

The difference between Traditional & Modern Diets.ⁱⁱⁱ

Since the introduction of seed oils, low fat, high sugar eating, we as a population have never been so fat, nor so sick. There is a great push to return to the diet principles of our ancestors.

Ultimately, diet titles aside, the more natural the food, the better it is for you.

Summary of Dietary Principles

Traditional diets *maximized* nutrients while
modern diets *minimize* nutrients

TRADITIONAL DIETS

Foods from fertile soil
Organ meats over muscle meats
Animal fats
Animals on pasture
Dairy products raw and/or fermented
Grains and legumes soaked/fermented
Bone broths
Unrefined sweeteners (honey, maple syrup)
Lacto-fermented vegetables
Lacto-fermented beverages
Unrefined salt
Natural vitamins in foods
Traditional Cooking
Traditional seeds/Open pollination

MODERN DIETS

Foods from depleted soil
Muscle meats, few organs
Vegetable oils
Animals in confinement
Dairy products pasteurized
Grains refined, extruded
MSG, artificial flavorings
Refined sweeteners
Canned vegetables
Modern soft drinks
Refined salt
Synthetic vitamins added
Microwave, Irradiation
Hybrid seeds, GMO seeds

Food Intolerances :

When the body can't digest a food properly, or if its composition is not conducive to health (as with processed foods), your body will manifest a state known as 'food intolerance' or sensitivity.

Bloating	Fatigue & Lethargy	Headaches	<p><i>These may be signs that your digestive system needs help, or that the foods you are putting in are wrong for you.</i></p> <p><i>If you suspect you, or someone you know, may have an issue, come in for testing.</i></p>
Sleep Disturbance	Weight gain	Puffiness	
Fluid retention	Bad breath	Noisy tummy	
Indigestion Reflux	Burping	Mood changes	
Sinus problems	Poor memory	Skin conditions	
Flatulence	Constipation	Diarrhoea	
Loose Stools	Wind Flatulence	Bowel Frequency	

Foods high in agricultural chemicals are not clean foods, even if they look 'perfect'.

Choose foods low in pesticides.

12 Most Contaminated

Peaches Pears Nectarines
Apples
Capsicum
Celery
Strawberries
Cherries
Grapes
Spinach Lettuce
Potatoes

12 Least Contaminated

Onions
Avocado
Sweet Corn (Frozen)
Pineapple Mango
Asparagus
Peas (Frozen)
Kiwi Fruit Banana
Cabbage Broccoli
Papaya



Organic Food - Void of agricultural chemicals, fertilizers and other undesirable residues, the nourishment quality of organic food is much better than conventional produce. The vitamin, mineral and enzyme content of organic food is higher because farmers are conscious of monitoring their soils. Also, in the absence of herbicides, pesticides and genetic engineering, what you *aren't* getting is of immense value.

Kirlian photography (a photographic technique that captures the energy field around living things) shows that there is a considerable difference in the intensity of the energy field around and emanating from organic foods, than of convention produce.

Organic food has a naturally balanced vitamin, mineral and enzyme content, and a healthy plant is less likely to absorb and store toxic elements from the environment. The importance of organic food as part of a health improvement program cannot be over-emphasized. **Consume it as much as you can.**

The Dirty Dozen : If you can't buy everything organic, then at least get the 'dirty dozen' organic when you can. These contain the highest amount of pesticides and toxic agricultural compounds.

Sugar - You would be eating a lot more sugar than you realize because **all** carbohydrates break down to sugar. Complex carbs do this more slowly and carry nutritional benefits. Simple carbohydrates break down quickly and usually create a nutrient debt alongside a large blood sugar swing requiring insulin secretion to reduce it.

Grains - Grains have become problematic to health these days thanks to mass, chemical driven agriculture, genetic engineering, processing, bleaching, preserving and refining to remove all the good reasons to eat them. Grains are also refined into the base material for processed foods.

A simple way to lose weight is to remove grains and sugars from the diet, and support pH to become more alkaline. Results are quicker and benefit health and energy significantly. If you are having a grain/flour based diet, at least make sure it is as unrefined, unprocessed, organic and as natural as possible.

Proteins - The body is built on protein. Neurotransmitters (regulate mood) rely on it, muscles built on it, tissue repaired and energy stabilized by it.

As a species we have evolved with basic 'cave man' / Paleolithic / hunter-gatherer diet. This means natural foods, not processed or manufactured versions of natural foods.

We are genetically attuned to a diet based on low or no grain, high vegetable, meat, fish, fowl, game, eggs, nuts, seeds, sprouts and seasonal fruits.

Nuts, seeds, legumes and pulses contain enzyme inhibitors which stop them from going off quickly. To deactivate these enzymes for digestion, soak them for half an hour, overnight is even better. This makes the nutritional components available for absorption. 'Activated' nuts are already done for you.

What You Don't Eat Is Just As Important As What You Do Eat - A healthy rejuvenating diet needs to start with replacing everything of poor nutritional value and fresh vegetables, fruits, proteins and a few pulses, legumes and whole grains. This is really the essence of a healthy diet.

Sugar is a drug eight times more addictive than cocaine.



Sugar alters our biochemical pathways and whether we realize it or not, many of us use food — and in particular, sugar, like a drug — to alter our brain chemistry.

If it has grown and is in a natural and unprocessed state, eat it. If it has been processed or manufactured and is unrecognisable from its original form, don't put it in your body.

Healthier Dietary Tips & Tricks

Variety is key. It is important to eat a wide variety of foods and not just restrict your diet to favourite or convenient foods. A balanced diet takes all food groups into account in adequate but not excessive quantities.

Have five to seven serves of vegetables a day, especially green leafy ones. This may include five salad vegies at lunch (lettuce, avocado, tomato, capsicum, cucumber, raw cabbage, and raw beetroot) and four steamed vegies at dinner (broccoli, pumpkin, cauliflower, beans, artichokes, asparagus, and sweet potato).

Steam rather than microwave/boil to retain the food's goodness and integrity. This amount of vegetables, along with a little fruit, will help your body be more naturally alkaline, which equates to better health and vitality.

Have one to two seasonal fruits per day, organically grown if available, if tolerated. If you have sluggish bowels and you are okay with fructose, eating two apples a day between meals can work wonders. Choose low glycaemic or low fructose fruits if you are sensitive.

Choose organic wherever possible. If you don't want to buy everything organic, these are the most sprayed ones to aim for: grapes, strawberries, peaches, apricots, apples, cherries, nectarines, pears, raspberries, capsicum, potatoes, spinach, lettuce, tomatoes. Meat is also worth buying organic.

Eat three small balanced meals per day with two healthy snacks in between. Try and have something nutritious every 3-4 hours. Regular intake of healthy foods before you actually get too hungry can avert high calorie snack-attacks. It helps keep your blood sugar balanced and stable, supporting energy, thinking and stamina.

Eat slowly, chew your food thoroughly, and ENJOY. Be in a relaxed state (never at your desk or at the computer!). Being relaxed while eating and preparing your food very well before swallowing, is vital for proper digestion, nutrition, assimilation and elimination.

Chew really well - Ideally chew each mouthful 10-20 times before you swallow, it's the first phase of digestion. Someone famous once said we should drink our foods and chew your drinks.

Try to have no more than one serve of bread per day only (2 slices) if any at all. Choose sourdough 100% rye bread such as or other yeast-free, wheat-free or gluten-free varieties (available from health food shops. All supermarket/bakery branded rye bread has wheat in it). If you have bowel or weight problems omit wheat or gluten products, milk, cheese and pasta completely for eight weeks.

Stop eating before you actually feel full. There is a delay of around twenty minutes between when your stomach is full and when your brain registers satiety. This time delay is usually why people over-eat. Aim to feel light after a meal.

Don't eat after 8pm at night and avoid eating at least two hours prior to going to bed.

If you eat grains, aim to have a variety of different grains over the day. Rotation is important for nutrient diversity and to avoid food intolerances. Rather than having two to four serves of wheat, use Rye, Barley, Oats, Millet, Quinoa, Buckwheat, Rice, and Polenta. Try to minimise the intake of wheat products (couscous, burghal, semolina, bread, pasta, breakfast cereals, biscuits, cakes, etc.) as they are particularly hard to digest.

Reduce or eliminate commercial wheat intake : The wheat today is not the same grain as the one grown in our grandparent's day. It is 'franken wheat' now, a genetically modified, high glycemic, next to impossible to digest, high gluten grain. An over-reliance on wheat in the diet can contribute to all manner of health issues. Some of these include : *allergies, sinus problems, mucus congestion, bowel complaints, digestive issues, weight gain, fluid retention, foggy-headedness, poor memory and fatigue.* Wheat is an all-pervasive ingredient in many processed foods including corn flour (thickener), gravies, etc. Read the ingredients of packaging carefully so you know exactly what you are eating.

Be conscious of wheat- based breakfast cereals. If you are choosing to keep grains in your diet, then non-franken-wheat cereals include: *Freedom Foods Rice Flakes & Psyllium, Oatmeal porridge, millet porridge, Puffed rice / buckwheat / corn /millet, Bircher / Carmen's untoasted muesli (soak overnight), gluten-free or 100% rye sourdough*

bread with macadamia butter and fresh tomato. Spelt, Kamut & Pharaoh are ancient wheat grains which are usually better tolerated and digested, but are wheat nonetheless.

Have two complete proteins per day in the form of meat (*beef, free range/organic chicken, fish, pork, lamb*), or a combination of grains and legumes (*eg: kidney beans &/or lentils / tofu with rice or another grain*). Keep **eggs** (soft yolk) to around three or four per week, and always choose organic (antibiotic free) eggs wherever possible. Although eggs contain some cholesterol, if you keep the yolks soft, their natural lecithin content antidotes it.

Have Essential Fatty Acids every day – these must be supplied by the diet, as the body can't make them. EFA-rich foods include fish, raw nuts (almonds, pecans, brazil, hazelnuts, walnuts) and seeds (pumpkin, sunflower, sesame), avocado, and cold pressed oils as salad dressings (virgin olive oil, safflower, flaxseed, almond, sunflower). These oils are easily damaged so avoid over-heating them, and store in a cool place or in the fridge. Include saturated fats in your diet - they are essential for cell membrane and brain health and support hormone synthesis. Basically everything we have been told about saturated fats and cholesterol is A LIE! See further on for the Skinny on Fat.

Herbal teas offer a therapeutic opportunity and are good substitutes for tea and coffee. Green tea, chamomile, peppermint, ginger, or herbal blends are excellent choices. Coffee substitutes include dandelion coffee bags (Bonvita), Ecco cereal beverage.

Freshly extracted Fruit / Vegetable juices are great revitalisers between meals. Don't drink too many fruit juices or bottled juices as they contain concentrated sugar, dilute 40-50% with water. Don't buy juices in tins and avoid anything less than 100% fruit juice.

If you do buy juice then opaque / Cloudy Juices (eg: organic cloudy Apple) are the best choices as the fibre is present and not filtered out.

Start the day with one to two glasses of purified water, warm or at room temperature, to cleanse and flush the system before food is taken. 1-2 teaspoons of apple cider vinegar or the juice of half a fresh lemon in warm water is great to flush the liver, cleanse the digestive system and prevent constipation. Start every day this way if you can.

Drink purified water. Invest in a tap-connected resin & charcoal filtration water purifier to be sure that all adverse chemicals, chlorine, fluoride and bugs are filtered out (we can recommend one). If you don't have a filter, *Pureux* is a good water to buy from the supermarket.

Chlorinated, Fluoridated Tap Water. It is also very helpful to avoid drinking water medicated with fluoride, chlorine and chemical compounds. Water with fluoride compounds added often has a much higher lead content. In addition, the fluoride builds up in the tissues, organs, and bones, causing slow damage to the bones, inhibiting key enzymes, and contributing to 'arthritic-like symptoms'. It has recently been shown to be neurotoxic (potentially lowering a children's IQ), and may increase the incidence tumours. Fluoride also impairs vitamin D synthesis. There appears to be no scientific evidence to prove that systemic fluoride strengthens teeth in children or adults, rather local application is more appropriate.

Drink 1-2 litres of purified water per day – preferably BETWEEN meals. You may need more if the weather is hot or if you have been exercising / sweating. The funny thing about water is the more dehydrated you are, the less of a thirst you have (weird, right?!). As you become more hydrated you'll notice when you're thirsty and need to drink more. Watch the colour and frequency of your urine. Dark urine means you were dehydrated a long time earlier, as does an absence of urinating regularly.

What To Minimise or Avoid

Avoid drinking too much with meals as it will dilute your digestive enzymes and disrupt digestion. Water passes through stomach first and can take most of your precious digestive enzymes with it. Ideally, drink up to half an hour before you eat, and then wait one to one and a half hours after, for maximum enzyme activity.

Avoid convenience & 'junk' foods, as they tend to be low in nutrients, high in calories, and depleting to your nutrient stores. These foods leave you vulnerable to nutritional deficiency and weight gain.

DAIRY - Avoid drinking Milk by the glass. Humans are the only creatures to drink milk after they are weaned; it is a practice out of harmony with nature. Lots of milk and dairy can contribute to ear infections, sinus problems, bowel problems, mucus congestion, bone degradation and other issues.

Try to keep dairy intake to around one serve per day or less, unless fermented (eg: kefir / quality yogurt).

Eat a diet low in sugar, and as natural as possible. **Better Dairy Choices:** White dairy produce such as plain yoghurt, cottage, fetta, ricotta, sheep or goat's cheeses are best. Use Biodynamic cow's milk / A2 or lactose free milk / Diluted plain yogurt in place of full milk (*if you are not intolerant.*) **Non-dairy milk substitutes include** Rice milk, Oatmilk, coconut milk or Almond milk.

Avoid artificial sweeteners (the '900' numbers),

Sugar and refined carbohydrates - This includes sucrose, table sugar, white or brown sugar, glucose, honey & sorbitol. Read labels, most foods are infused with sugar, even tinned foods such as beans, vegetables, legumes, cured meats and other tinned produce contain sugar - avoid it as much as possible.



Flour and refined grains - if it's white it's been processed beyond being of value as most of the nutrients have been refined out. Try to make every food choice a nutritional opportunity.

Salt - White salt is NOT good for you. Mineralised salts are, so instead choose the not so white varieties, like Himalayan Pink Salt, 'Celtic Sea Salt' or Vogel 'Herbamere' as seasonings. Foods can also be flavoured with miso or tamari. Celtic or Macrobiotic Sea Salt is unrefined salt that has all minerals in seawater intact.

Salt is a nutritionally beneficial product - if you use the right salt. Too much purified salt (sodium chloride on its own) is toxic, so watch the sodium content of foods. Children should have no more than 1000mg per day.

MSG (otherwise known as the 600 numbers – 621, 625 etc) & **other additive NUMBERS.** Read labels well, some stock brands state "no added MSG" but contain 625, MSG! *Maissel Ultracubes* are a brand which does not. Always check the label as ingredients may change.

Toxic Seed oils – such as *canola, vegetable, sunflower, safflower, flaxseed or grapeseed oil*, are damaging once they have been heated, processed or over-exposed to the oxidising effects of light and heat. Do not fry with these oils – rather use Ghee', coconut oil or lard to fry with as they are less likely to damage at high temperature.



Margarine - During the many chemical processes used to manufacture this product, *hexane* and *carbon tetrachloride* are used as solvents to process the oils in margarine, and traces remain in the end product. To achieve a butter-like consistency, *hydrogen gas* is bubbled over a nickel catalyst, saturating the fat and rendering it more artery-damaging than butter. Eating these toxic oils is akin to injecting liquid plastic into your veins. For the sake of your health, avoid it!

Alcohol - is quite a toxic substance to the body's delicate cell cycles, so best to keep it to a minimum. Binging drinking is not safe. Men and women who are planning to become pregnant should avoid all alcohol at least four months prior to the desired conception time. There is no safe level of alcohol intake during pregnancy because it is teratogenic – toxic to cells.

Caffeine – is found in coffee, tea, chocolate, cola, energy drinks, medicines and some foods. One cup of coffee per day is considered relatively safe if you are not pregnant or considering conceiving. More than this has the ability to cause addiction, and causes a vast array of metabolic changes. Coffee inhibits the absorption of nutrients, has an adverse effect on fertility, raises blood pressure, increases insulin, cholesterol & triglycerides in the blood, increases the incidence of fibrocystic breast disease, endometriosis, bladder cancer, birth defects, pancreatic & ovarian cancer, adrenal exhaustion, fatigue, restless legs, hypoglycaemia, sleep disturbance, dysmenorrhoea and more. Avoid caffeine if you are unwell. You really need to be metabolically 'healthy' to metabolise coffee and its constituents.

Soft drinks and fruit juices are laden with sugar and/or artificial sweeteners, and are high in phosphates which are detrimental to calcium absorption and take the place of purified water. Soft drinks also provide an overabundance of empty calories which contribute to weight gain, overeating, fatigue and tooth decay. There are links between sugar overload, artificial sweeteners and cancer, and many people experience adverse symptoms from a high sugar diet and the consumption of diet foods and drinks. Both are the antithesis health. One soft drink per day for a child will cause a 7kg weight gain every year. Dental bills will rise alongside their risk of osteoporosis, obesity and diabetes. Fruit juice contains almost as much sugar as soft drinks. Also high in sulphates, they are a no-no for asthma, eczema and atopic sufferers.

Soy – If not processed properly and supplemented with iodine, soy may pose a problem in many people. Due to its phytic acid content soy may increase calcium excretion. Soy suppresses the thyroid gland, leading to serious problems over time. Soy may contribute to joint pain in some people. A baby fed soy will receive through the intake of strong phytoestrogens, the equivalent of approximately five birth control pills per day. The British government is considering legislation to control the sale of soy-based baby formula – soy is not healthy.

Artificial sweeteners (Additive numbers 950-957) – are toxic lab-made chemicals. They can cause a vast array of symptoms and ailments that would be untraceable as the culprit to most people. Chemical sweeteners (and MSG) are ‘**excitotoxins**’ & as such can **cause cumulative damage to brain and nerve cells** – being particularly toxic in high doses, especially to children, infants & developing babies. **These sweeteners release formaldehyde and methyl alcohol in the brain which directly poisons and kills brain cells.** Ironically they induce sugar and carb cravings, and studies show that they make you “fat and dumb” – literally. Their use has reached endemic proportions and is spearheading an increase in numerous neurological and auto-immune diseases. Since their introduction in 1983, brain tumour rates have exploded. Never put this poison into your body. Sugar is not great but it is safer than this neurotoxin. (Google ‘Hungry for Change’ for info.)

Ham, deli meats, bacon, smoked meats, and other processed meats contain nitrates (which can become carcinogenic after digestion), preservatives and a host of other ingredients. Avoid them as much as possible. Rather have wholesome home cooked meats that you have prepared yourself. Deli meats contain moulds, preservatives and toxins.

Nitrates & nitrites (Additive #251, 250)– found in processed meats such as bacon, frankfurts, ham, cured and processed meats, are damaging and linked to cancer. In children consuming up to a dozen beef frankfurts a month there is a four-fold increase in the risk of brain cancer, and a seven-fold risk of leukaemia. And to think the **ONLY** reason this additive is used, is to make meat **PINK!** (Ask your butcher for nitrate free meats, you might get lucky.) Avoid these processed foods and most definitely **do not feed them to children, pregnant or breastfeeding women.** Replace ham on school lunches with sliced, home-cooked chicken breast, lamb or beef roast, or give them wholesome soup or real food in a thermos. Sandwiches (and pasta) are lost opportunities for nourishment unless loaded with salad/veg.

Additives, colourings & flavourings - It is almost impossible to avoid additives these days. Everything that is even remotely processed has a list of numbers on the label, and this alone is the perfect reason to ‘go natural’! Many are suspected carcinogens, and many are **known** carcinogens and are still on the market! Avoid all numbers in foods; it’s the safest way to protect yourself and your children from harm. (See www.fedup.com.au for more info.)

Practical Guidelines for the Kitchen

The kitchen is the pivotal hub of everyone’s home. It is the source of nourishment and connection for everyone in your household, through the marvelously social medium of food. Whoever is king/queen of the kitchen holds their hands the health and wellness of everyone who gathers there. Here are some practical thoughts for the home-economics department.

- Be conscious not to kill food the vitality held in food by over-cooking or microwaving it. Foods should still have a high level of nutritional (and energetic) after it is cooked.
- Avoid cross-contamination of your cutting board – have a separate board for meat and vegetables / fruit, it’s important kitchen hygiene.
- Be cautious with leftovers – cover and refrigerate food **within two hours** of preparation and **use leftover meats or grains within three days** (sauces within one or two days.).



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Equipment:

- ✓ **Stainless steel** is the very best choice for cookware and utensils.
- ✓ **Steaming** is the best way to cook vegetables; it softens the cellulose for digestion, and retains more nutrients than boiling or microwaving.
- ✓ **Glass** – is the best to store and heat food and liquids.
- ✗ **At all costs avoid the use TEFLON** lined pans - they emit harmful gasses and the ingestion of Teflon is highly carcinogenic. Per-fluorinated compounds emit from over-heated frying pans and have actually been found in the blood of over 95 per cent of Americans.

It takes a long time for Teflon compounds to break down and the more exposure a person has, the greater the levels in the body. The fumes from non-stick frying pans in Australian households have been linked to flu symptoms, infertility, thyroid and immune problems and they have even been documented to kill pet birds that were in the room with a heating pan. The longer the chemicals from Teflon stay in the blood, the greater the detrimental effect on

organs and health. Teflon was even found in umbilical cord blood, along with over 200 other environmental and household chemicals! (Article referenced in: **Science in the Triangle 22.9.10** www.scienceinthetriangle.org)

- ✦ **Aluminum** pans and utensils have long been associated with the onset of dementia and Alzheimer's later in life.
- ✦ **Microwaving** damages food molecules and destroys nutrients and antioxidants (the very reasons we should be eating the food!). *Never* heat children's food or milk in the microwave, and **NEVER EVER HEAT FOOD IN PLASTIC** (that includes covering with plastic wrap – use paper towel instead).
- ✦ **Plastics** – don't store food in plastic or heat foods in plastic containers. Don't cover your food with plastic wrap, and never cover food in the microwave with it. Plastic is an unstable chemical cocktail to avoid.

Plastic

I have been trying to go low-plastic-free for years now, and it's no easy task! Absolutely everything we ingest has been exposed to plastic at some point, especially our food. This is from the bodyunburdened.com website -

10 ways to end your relationship with plastic:

1. Stop buying bottled water: it is not worth the monetary or health costs. Instead, invest in a glass water bottle and water filter (check out EWG's Water Filter Buying Guide for help making the choice that's right for you). The upfront costs will pay off the in long run.
2. Always choose a glass baby bottle. Always.
3. Limit processed foods as much as possible. Processed foods can become contaminated with plasticizers during any part of the preparation process, both before packaging and also as a result of packaging.
4. When provided the option of purchasing a processed/prepared grocery item in a can, plastic bottle or glass jar, always choose glass. While avoiding the plastic bottle may be obvious here, what is not so obvious is the fact that cans are lined with plasticizers to keep from rusting. Studies have shown that cans leach more than double the BPA than plastic baby or drinking water bottles, though far fewer of the former tout the "BPA-free" label in comparison to the latter.
5. Invest in a quality set of glass food storage containers. For kids, consider using a stainless steel lunch box.
6. If you frequent a coffee shop, use a reusable ceramic or stainless steel travel mug, which will not only decrease your environmental footprint, but also your body burden as you will be avoiding the plasticizers used to coat the paper coffee cup as well as those in the plastic lid.
7. Make your own cleaning products and store them in an up-cycled glass bottle turned spray bottle. Harsh chemicals readily leech petrochemicals found in plastics, adding to their chemical cornucopia. However, the same can go for vinegar and lemon (common in DIY household cleaners) so clean up your act completely by going glass.
8. Immediately tear down that PVC shower curtain and buy a non-PVC curtain! Even if you choose a PEVA curtain, it off-gasses far fewer VOCs than that nasty PVC curtain.
9. Invest in quality reusable grocery bags and reusable produce bags. Many people have made the switch to the former but not the latter, but it's time to make the break completely! Just remember to wash your bags fairly often.
10. Choose loose tea over bagged tea. Tea bags – whether a plastic mesh or paper bag – are coated with plasticizers that break down after coming in contact with boiling water, which is, what tea is supposed to do.

The list could really be endless but I need to draw the line somewhere! Go with your intuition when in doubt.

<http://bodyunburdened.com/end-your-relationship-with-plastic/>

Healthier Lifestyle Guidelines

Western society is saturated with convenient appliances, gadgets and entertainment all designed to make life “easier”. With the incidence of obesity fast approaching epidemic proportions, it is clear that the human body is not designed for a sedentary environment. Physiologically and energetically, we need to be active to keep our body balanced and to expend the abundance of energy stored by the western high carb, high sugar and high processed diet.



Here are some tips to help you balance a healthier diet with beneficial lifestyle practices.

- **Participate in regular mental exercises** such as reading, writing, creative activity, hobbies, chess and anything else that stimulates the mind.
- **Focus on your goals with purpose and conviction**, meditate on who you are and what you want to achieve in your life, and construct a clear plan for becoming the very best you can be. (Incorporate home interests, work, outside interests and activities, spirituality, personal growth and achievements in your life plan.)
- **Complete any responsibilities that you have taken on.** Failure to complete something you have started can lead to frustration and despondency, exacerbating stress.
- **Keep your environment tidy.** A chaotic atmosphere reflects a chaotic life. Keep your surrounds calm, clean and tidy. Pleasant surroundings are greatly stress-relieving.
- **Don't smoke** or spend time around people smoking. It's a poison.
- **Take medical drugs only if necessary.** Seek natural alternatives to pharmaceuticals wherever possible (there are many).
- **Maintain a wide range of activities.** Family, friends, work, social group activities; establish a caring relationship with people, animals, plants, your environment, as well as with physical and spiritual aspects of your own life.
- **Remember to enjoy your life and have fun on a daily basis.** You are the author of your life so live it with conviction, awareness, creativity, joy, integrity. Do things you love.
- **Undergo one to three detox and cleansing programs a year.** It is the build-up of metabolic waste and toxins in the body that contributes to low vitality, illness and disease. An accumulation of metabolic, environmental and absorbed wastes in the body can rob you of vitality, health and optimum body function. Cellular regeneration can become compromised causing illness and accelerated aging. You clean your car regularly; you should also spring clean your body periodically.
- **Get regular physical exercise.** Thirty to sixty minutes of exercise that makes you huff and puff three times or more per week is amazing for its benefit to general health, wellbeing, energy and stamina. Exercise stimulates circulation of blood and oxygen, moves lymphatic fluid to improve the elimination of body wastes, and benefits organ function and muscle tone.

By building muscle, cleansing tissues and burning excess fat you are slowing down the aging rate of your body, and enhancing your outer beauty, good company for your 'inner beauty'.

- **Reduce Stress** – Stress devours vital nerve energy and nutrients leaving a person depleted or wired. Make sure you support your body with at least a strong B complex or multivitamin – no thinking person can be without it in this day and age.
- **Get good quality sleep.** Sleep often improves after a detox, change in diet for the better, and when the body's response to stress is supported and balanced with the support of herbs, diet and relaxation practices. A detox / cleansing regime with the removal of indigestible foods, stimulants and intolerances is beneficial to good sleep.
- **Think Happy, be Happy. It just follows. When it all gets too much, remember all you have to do is take a breath, pause and 'Just Be'.**

Food is not the only source of absorbable toxins....

Healthier Gut Guidelines

Whatever initiated or caused your particular health issue, if there is a gut problem, it will need to be addressed as part of your recovery program, the digestive system will be implicated in some way.

Cleaning up the digestive environment, balancing flora populations, sealing and healing the intestinal junctions, and improving digestive secretions are paramount to restoring health to the whole body.

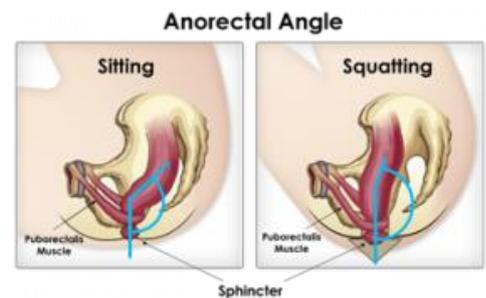
Bowel Health – A regular, healthy colon is vital for the effective removal of waste. The colon is also important to nutrient synthesis, serotonin levels, immune function and brain health.

Bowel movements should be easy, regular, daily, clean and non-odorous. Bowel frequency, urgency, loose stools, colicky pain, flatulence, odour, mucus, blood, soiling and constipation indicate digestive problems and food intolerance of various seriousness.

Start by sitting right. When we sit on the toilet, our bodies are turned into what's known as the anorectal angle. In this position, our rectums get "kinked," making it difficult for us to poop. Squatting helps relax the puborectalis muscle and takes out that kink, allowing us to properly eliminate all of our waste without straining. This method also helps us keep hemorrhoids and urinary tract infections from developing because we're not straining.^{iv}(Google "Squatty Potty Australia" for more information)

Recognising Constipation - everyone is different, but a 'normal' bowel habit is passing a stool that is soft and formed, with a frequency of between three times per day and once per day. Most people should be able to go without delay, straining or urgency, and have a sense of complete evacuation. A normal bowel movement is normally passed within a minute of sitting down on the tool and there should be no discomfort.

We are supposed to consume a minimum of 30g of fibre every day to maintain bowel health and general wellbeing. This is actually quite a feat! The best way to come close to this is to base your diet on fruits, vegetables and whole grains, whilst also adding some high fibre



nourishment to breakfast. 1-2 tablespoons of **Rice bran, Oat bran** (not wheat bran) or **LSA** (Linseed, sunflower & almond meal) is nice to add to your breakfast, or you can take a psyllium supplement drink on rising or in the evening (don't take vitamins with psyllium as it will inhibit their absorption).

'**Dysbiosis**' is the state where pathogenic bacteria outnumber beneficial bacteria in the gut. This will adversely influence bowel health, immunity and all body systems (since all are reliant on a clean blood stream for nourishment). Few people know that it is a natural sign of completion for your body to follow a bowel movement with urination, and you are advised to wait for this as a sign that you are finished.

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

'Leaky Gut' - The term leaky gut is shorthand for increased mucosal permeability in the small intestine, the six metre tube that connects your stomach to your colon and sits folded in your abdomen. The small intestine absorbs nutrients from food and passes them to the blood stream as amino acids, sugars and fats. If the lining of the small intestine is damaged, it may become "leakier" – or have increased permeability – meaning larger particulates, toxins and substances can pass through to the blood stream where they shouldn't be. These larger particles (including undigested food, bacterial toxins and germs) pass through the lining of the small intestine, setting off the immune system to drive inflammation in an effort to clean up. Once the condition becomes chronic it can trigger a range of health problems, including food allergies, auto-immunity, migraines, inflammatory disorders and chronic fatigue.^v

Healthier Body Care

Skin Care & Perfume Awareness

What you are putting on your skin and inhaling from your personal care products?

The skin is a highly absorbent interface and the things you put on your skin are absorbed directly into your body.

Beware of ingredients such as: *Sodium Laurel Sulfate (SLS)*- harsh to skin, stripping the essential oil layer from it and altering skin pH, irritating and damaging the skin surface, damages hair follicles, toxic to children. In shampoo & soap products. Degreasing agents such as *Sodium Lauryl Sulfate (SLS)* & *Sodium Laureth Sulfate (SLES)* may be contaminated with extremely harmful compound 1,4-dioxane (a hormone disruptor implicated in a host of cancers as well as lowered sperm counts).

Propylene glycol (a component in brake fluid, paints, anti-freeze etc.) – can cause rashes, dryness, dermatitis, surface damage, and is a cell toxin. *Dioxins, formaldehyde, mineral oil, petrolatum, aluminium, diethanolamine (DEA), Cocamide DEA, Lauramide DEA, Fluorides* and the list goes on!

Avoid Toxic Beauty Products, creams and perfumes.

Did you know red lipstick contains lead? Perfume contains a gamut of toxic chemicals and compounds directly inhaled into the lungs. It's ironic that the Breast Cancer society has a 'perfume' - there is evidence to show that these inhaled toxic chemicals are implicated in cancerous tumours, and often found contained in them.

Fragrance Facts

- 95% of chemicals used in fragrances are synthetic compounds derived from petroleum. They include benzene derivatives, aldehydes and many other known toxics and sensitizers - capable of causing cancer, birth defects, central nervous system disorders and allergic reactions. Neurotoxins: At Home and the Workplace, Report by the Committee on Science & Technology, U.S. House of Representatives, Sept. 16, 1986. (Report 99-827)
- Chloroform was found in tests of fabric softeners: EPA's 1991 study.
- A room containing an air freshener had high levels of p-dichlorobenzene (a carcinogen) and ethanol: EPA's 1991 study.
- An FDA analysis (1968-1972) of 138 compounds used in cosmetics that most frequently involved adverse reactions, identified five chemicals (alpha-terpineol, benzyl acetate, benzyl alcohol, limonene and linalool) that are among the 20 most commonly used in the 31 fragrance products tested by the EPA in 1991.

"If we poison and pollute our earth, we poison and pollute ourselves. Food colorings and additives can cause a range of health problems in adults and children; hydrogenated fats and unhealthy diets are linked to heart disease and – frighteningly – the residue from pesticides used in conventional farming methods can remain in our bodies for years." ~ Prince Charles at the Fifty-ninth World Health Assembly 23 May 2006



What are you inhaling and absorbing?





www.thetruthaboutbeauty.co.uk

- NEVER use spray deoderants, you inhale the aluminium and toxin into your blood.
- Encourage boys to stay away from Lynx and spray deoderants and aftershaves.
- Girls and women are best to avoid perfumes and spray cologne, it has been linked with breast cancer, cycle disruption and other issues.

Healthier Air

Unseen Air Contaminants

The indoor air quality in your home may be affecting your health and the health of your family members. Because of the confined space, indoor air quality can be worse than outdoor air quality. Perennial (year-long) allergens are 10- to 100-fold higher indoors than out. There are potential sources of air pollution in every room of your house, but there are easy, and affordable, solutions for most of them.

The pollutants that lurk outdoors can be found indoors as well, where they can join forces with other irritants. Those can include fumes from combustion devices and gas-fired appliances, not to mention allergens such as pet dander, house dust mites, and mould.

Space heaters, ranges, ovens, stoves, furnaces, fireplaces, and water heaters release gases and particulates into the air. Bad air can trigger symptoms such as

coughing	sore throat, watery or itchy eyes	Frequent headaches
chest tightness	asthma	long lasting colds
shortness of breath	sinusitis	bronchitis
chronic immune issues	hayfever	post nasal drip
		fatigue

Improving Indoor Air Quality

Increase ventilation in your house. Use trickle ventilation, which is a 10-inch high screen with extra filters if you live on a busy road. It adjusts to most windows and allows fresh air in, helps escort indoor pollutants out.

If you have issues with your health, consider installing a HEPA (high-efficiency particulate air) filter. You can make the air conditioner even more effective with a disposable HEPA filter. Stand-alone HEPA air cleaners are another option for cleaning the air in a single room.. Negative ionisers can help as well.

Indoor Air Pollution: Irritating Gasses

Do you cook with a natural gas or propane stove? "Get the gas jets cleaned and serviced annually by a technician who can adjust the metering so that the gas burns cleanly," Calhoun says. This is important for all gas-run appliances. In the kitchen, the stove emits nitrogen dioxide, one of the most irritating gases, and when combined with sunlight, produces ozone, which can be irritating that at higher levels, causing wheezing in people who don't have asthma. If you have a gas stove, keep the kitchen window open a bit or turn on the fan to avoid nitrogen dioxide buildup.

Particles in the Air - Choose your cleaning products wisely. Some cleaning products, including those with chlorine and ammonia, contain volatile organic compounds (VOCs). Some paints and floor polishes may also contain VOCs. The compounds then go into the air as gases.

You can cut down on VOCs by choosing products that say "low VOC" or "no VOC" or buying fragrance-free cleaners. Use liquids or pastes instead of sprays for cleaning because they disperse fewer particles into the air. Better still, make your own cleaners based on vinegar and water.

Pet Allergies - If you have pets that you love, but you also have pet allergies, there are some ways to improve the air you breathe. Keep the pet outside or at the very least outside of your bedroom can reduce the allergen burden in the bedroom at least. Bathing your pet regularly can also reduce allergen burden also. ^{vi}

Leave the outside, outside - Taking your shoes off at the door has been shown to improve indoor floor cleanliness, and by association, the air also.'

Outgassing of plastic - Electricals and products made of plastic, including carpets and floor coverings, outgas chemicals associated with their composition. Make a 'no landfill' pact with your family and minimise the amount of plastic you buy. For computers and televisions, keep them out of the sun and unplug them when not in use.

Moulds and Mould Spores

Moulds are common allergens, with an estimated 40 per cent of people having some sensitivity to breathing in mould spores. These are the microscopic "seeds" which mould colonies produce, and one colony can produce millions a day, which are then expelled into the air. Growing research into mould has found its impact on health is far more wide reaching than just triggering asthma attacks, respiratory irritation, runny noses and allergic reactions.



A 2007 US study found a link between damp, mouldy homes and depression, while Harvard University researchers found babies growing up in damp homes where mould and mildew are present develop more respiratory illnesses such as pneumonia, croup and bronchitis.

Be awake to the symptoms associated with mycotoxin inhalation / ingestion if you have lung or inflammatory issues in your body.

Symptoms that mould allergies cause include:

- ⊗ Cold or flu like symptoms
- ⊗ Blocked nose
- ⊗ Difficulty breathing
- ⊗ Watery eyes
- ⊗ Coughing
- ⊗ Itchy nose
- ⊗ Shortness of breath
- ⊗ Red, bloodshot eyes
- ⊗ Sneezing
- ⊗ Runny nose
- ⊗ Wheezing
- ⊗ Hay fever symptoms
- ⊗ Sore throat
- ⊗ Sinus congestion
- ⊗ Irritated, itchy skin
- ⊗ Itchy eyes
- ⊗ Irritated, itchy throat
- ⊗ Sinus headaches
- ⊗ Skin rash, hives

Toxic Symptoms from Exposure to Toxic Mould

There are about 16 mould species which are toxic to humans. These moulds put out highly toxic chemicals called *mycotoxins*. Mycotoxins cause toxic symptoms which are much worse than the allergic symptoms caused by ordinary moulds. The symptoms caused by the most notorious toxic mould, *Stachybotrys chartarum* (often called toxic black mould or just black mould).



Mould Infections - Sometimes mould spores that are breathed into a person's lungs begin to grow inside them. Mould infections like this can also grow in the sinuses, skin or digestive system. These mould infections usually don't occur in healthy people. Elderly people or those who are sick with compromised or **suppressed immune systems can suffer these infections though**, since their immune systems might not be strong enough to fight off the mould. Sometimes these mould infections can even cause death. Mould species that can opportunistically infect people include *Trichoderma*, *Penicillium marneffeii* and *Aspergillus fumigatus*.

Types of Toxic Black Mould Symptoms - Toxic black mould causes serious symptoms and health problems such as mental impairment, breathing problems, damage to internal organs and sometimes even death. The main groups of symptoms toxic black mould causes are:

- ⊗ Mental and neurological symptoms
- ⊗ Respiratory symptoms
- ⊗ Circulatory symptoms
- ⊗ Vision and eye problems
- ⊗ Skin problems
- ⊗ Immune system problems
- ⊗ Reproductive system problems
- ⊗ Tiredness and discomfort
- ⊗ Other illnesses and health effects



Mould Removal.

According to mycologists [scientists who study mould], 98 per cent of the effective removal of mould is mechanical – that is, physical action, with cloths, vacuum cleaners, brushes and high-pressure cleaners. Avoid using chemicals such

as bleach or ammonia because they won't work against mould. Bleach merely bleaches mould so you can't see it, but it's still there, and it doesn't kill the root system so the mould will grow back in weeks.

Basic mould is best removed with seven parts naturally brewed vinegar and three parts water applied with a micro-fibre cloth.

A formulation of **oil of cloves and water** is an effective way to remove mould once and for all.

- To kill mould on hard surfaces, fabrics and upholstery: Use ¼ teaspoon oil of cloves mixed with one litre of water, then lightly spray on to the mould.
- To kill mould on leather: A quarter teaspoon oil of cloves mixed with 250ml baby oil. Apply two drops and wipe over leather.
- To prevent mould in cupboards: Hang six sticks of chalk tied with a ribbon in the cupboard to absorb moisture. When they become damp, hang them outside to dry, then reuse.
- To prevent mould on books: Lay a line of chalk sticks behind the books to absorb the moisture.
- Buy a rubber backed mat and cut into squares that will amply **cover the drain holes in the bathroom**, laundry and toilet.
- Clean pipes regularly where they are open to the household air and are visibly dirty / mouldy.
- Close bathroom doors so the toilet and bathroom microbes don't fill the bedroom or house.
- Clean off all visible mould from walls, ceilings, windows and floors.

Supermarket aisles are filled with cleaning products which profess to kill 99.9 per cent of germs and mould. But any chemical which could permanently kill household mould would be too high in toxic concentrations for safe human habitation.

Mould is like cat hair – you can kill it as much as you like, but unless you remove the source, it will still be there, and it will still make you sneeze and sick if you are sensitive to it.

If mould is entrenched, it's best to get professional help.

<http://blackmold.awardspace.com/black-mold-toxic-stachybotrys-mycotoxins.html>

Reducing Radiation Exposure

Electromagnetic Radiation is everywhere now. We spend every day of our lives surrounded by the frequencies emitted from mobile phones, smart meters, cordless phones, power lines, televisions, computers – we receive the neighbour's internet service in our home whether we want it or not. We sleep beside digital clocks which give off a huge radiation field, leave the power on the TV in sleep mode, and we microwave almost everything we eat. The human body actually functions via a micro-electrical current, the blood carries a charge, the nervous system operates via electrical conduction. There is no way of knowing the bio-accumulative effective of a lifetime lived with exogenous electromagnetic radiation. Studies also show that fungi thrive in an environment perfused with EMR. This will not only make the mould in your home worse, but also any in-host populations of candida, mycotoxin, bacteria and other infections. It therefore makes sense to actively reduce our exposure as much as possible.

Simple ways to reduce EMR exposure :

- avoid sleeping against the wall that the power box is on
- keep all forms of electronic screens out of the bedroom
- keep your mobile phone off your body – don't use it next to your ear – use speaker or an ear-cord
- and never sleep with your mobile phone near you (put it on aeroplane mode if you won't turn it off)
- put the digital clock on the other side of the room away from your head while you're sleeping
- avoid microwaving food - heat up in a saucepan or steam hot rather, you'll get more nourishment from your food
- turn off the WIFI at night
- unplug electricals when they aren't in use
- don't put your laptop or ipad on your lap – create space between you and your device
- use the iPad in aeroplane mode if you aren't on the net – and most especially never let children use a device that isn't on aeroplane mode.

Because we are on the phone numerous times a day, it is important that we keep both mobile phones and cordless phones as far away from our heads as possible. Brain tumours are endemic now, yet no-one will own up to the phone and radiation connection that is so obviously instrumental in the process.

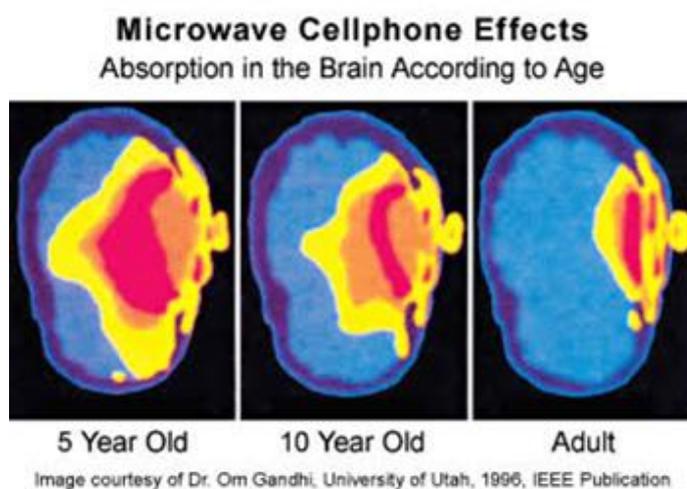


Excerpt from Wi-fried – Catalyst Feb 2016 :

Today, there's over 6 billion phone subscriptions worldwide - many of them smartphones with apps that frequently receive and transmit electromagnetic signals. In a similar way, the human body has electromagnetic fields. Electrical currents flow through nerve fibres and muscle tissue and external interference can disrupt those signals.

Dr Debra Davis : Our heart and our brain are electric. We need to understand that exposing our electric body to mobile phone radiation for thousands of minutes a month, for hundreds of hours over a lifetime, it's going to have a biological effect on you. In fact, the Blackberry comes with a warning. It says, 'If you have a pacemaker implanted in your chest, keep the mobile device at least 20cm away. Well, your heart is a pacemaker whether you have a machine in it or not. So obviously you want to protect your heart and the rest of your body.'

Children today are growing up in a sea of radiofrequency microwave radiation that did not exist five years ago. A child's skull is thinner, its brain contains more fluid. Things cook in a microwave oven if they have more fluid and more fat in them, so because the skull is thinner and the brain contains more fluid, a child will absorb more radiation relative to that of an adult. Children's heads absorb radiation more than adults. (The red closest to the phone in this picture is the reach of the heat and radiation from the phone.) WATCH CATALYST EPISODE FEB 2016 : WI-FRIED



ⁱ <http://soilandhealth.org/wp-content/uploads/02/0201hyglibcat/020164.irdology.sharan.pdf>

ⁱⁱ <http://pathwaystofamilywellness.org/Holistic-Healthcare/the-vitalistic-healing-model.html>

ⁱⁱⁱ Diagram - modern vs traditional diets - <http://mideats.com/review-of-michael-pollans-talk-on-food-reviving-traditional-real-food/>

^{iv} <http://www.sheknows.com/health-and-wellness/articles/1040269/have-you-adopted-the-proper-pooing-position-yet>

^v Leaky gut Carmel Sparke - <http://www.bodyandsoul.com.au/health/health+news/leaky+gut,26356>

^{vi} EDITED <http://www.webmd.com/women/home-health-and-safety-9/indoor-air?page=3>