

God gave the Israelites very specific rules about hygiene

Germes don't fly, they hitchhike!

There are 5 ways germs enter our bodies:

The number one way is by the hands. Having physical contact with germs through our hands then transferring those germs through our eyes, nose, ears, and mouth.

Hand washing is critical in keeping germs to a minimum and preventing illness, especially under the fingernails. Do not use nail brushes however as they can actually break the skin and cause the germs to enter. Do not over use "Antibacterial" products either. God designed our bodies with a coating of "good bacteria" on our skin to fight off the bad bacteria. Just like the antibiotics, the antibacterial soaps and hand sanitizers can destroy the good bacteria leaving us more vulnerable to germs entering in.

We also absorb toxins through our environment. The air we breathe, foods we eat, water we drink as well as shower in and also the thoughts we take in.

Open the doors and windows whenever possible where we work and live. Change filters regularly in our heating and air conditioning units and get your air ducts cleaned at least every 3 years as well. The soot that collects in the chimney after burning wood is carcinogenic.

Cleaning products used in our home are extremely toxic and can be replaced with products using natural ingredients that we probably already have at home.

Do you know the largest organ in the human body??

THE SKIN !!!

What goes on the body goes into the body. Have you ever heard of a transdermal patch?

Use natural products on your skin:

Aubrey Organics - anything by this company is wonderful. For lips use their Sea buckthorn Oil.

Larenim (that's mineral spelled backwards!) is a great make-up line that is all natural. Available at Mothers, Henry's and online at larenim.com

Dr. Haushka - also great organic and biodynamic ingredients used in all their products.

DermaE skincare line - includes many of the ingredients listed below. Other excellent topical ingredients include:

Alpha lipoic Acid - decreases puffiness, swelling, and inflammation.

Ester C - fat soluble vitamin C, good for healing and antiinflammatory, redness

DMAE - antioxidant that tightens skin in 20 min. Lasts for 24 hrs. Hyaluronic Acid - pulls water into the skin, plumping up wrinkles, smoothing skin.

Vitamin E - use tocotrienol type for max benefit to skin.

COQ10 - for fine lines, healing, protective to skin.

Our largest organ, the skin, absorbs what we put on it and pulls it into the bloodstream. The healthier your skincare products, the better for your overall health.

Stay away from "Sodium Laurel Sulfates" (cheap detergent and "Propylene Glycol" (this is antifreeze).

Read Labels!



100% Pure Cosmetics are made with All Natural, Organic, Vegan and Fruit Pigmented Ingredients!



Cancerous Beauty ☠

Just pick up any bottle of shampoo, facial cream, body lotion or any other beauty products and you're likely to find an incredibly long list of synthetic chemicals — many of them even toxic and cancer causing. These chemicals enter our bodies – through ingestion (toothpaste, lipstick), skin absorption (lotions, deodorant, makeup) and even inhalation (perfumes, fumes, etc..). Multiply this seemingly small amount by the number of products you use throughout the day, on a daily basis, and over your entire lifetime and you will see how your body is bound to accumulate these toxins over time. The following chemicals are very often found in cosmetic and personal care products:

PARABENS (CHEMICAL PRESERVATIVES)

- On cosmetic product labels, you will most likely see the following parabens listed: **methylparaben, ethylparaben, propylparaben, butylparaben**. The concern with parabens is their known effect to disrupt hormone function, which is linked to an increased risk of breast cancer and reproductive toxicity. Parabens on the skin surface (via lotions, for example) may react with the sun's UVB rays, aging the skin and causing DNA damage.

PETROCHEMICALS

- Extremely commonplace in cosmetic products, petrochemicals (by-products of petroleum) are often found in: fragrances, lip gloss (petroleum oil is often used as a base), nail polish, soaps, body lotions. Petrochemicals are known to cause numerous health issues, ranging from skin rashes to cancer and liver, kidney, and nervous system toxicity. **DBP (Dibutyl Phthalate)** in particular has been linked with birth defects and lifelong reproductive impairments.

HEAVY METALS

- **Lead** is a proven neurotoxin linked to troubles in learning, language, and behavior, as well as miscarriage and reduced fertility in both men and women. **Mercury**, a toxin readily absorbed by the skin, is linked to nervous system, reproductive, immune and respiratory toxicity, and is especially dangerous during fetal development. **Nanoparticles** of zinc and titanium dioxide are potentially dangerous when inhaled or absorbed.

FORMALDEHYDE RELEASING PRESERVATIVES

- **DMDM Hydantoin, Urea, and Quaternium-15**: these toxins can cause allergic skin reactions, rashes, and are probable carcinogens. Cosmetic products containing formaldehyde releasing preservatives can leak formaldehyde into your body via skin absorption, ingestion, or by releasing formaldehyde into the air you breathe. Studies have linked formaldehyde to leukemia

100% Pure formulas are **truly 100% Pure** and never contain any of the above mentioned chemicals or any other toxins. Additionally, 100% Pure also tests every raw ingredient and packaging to ensure purity. All formulas, raw ingredients and packaging (BPA & Phthalate free) never contain any harmful toxins.

What is in your laundry detergent? If you are using traditional laundry soap, most likely toxic chemicals may be entering into your body through your skin as you sleep and take on your chores of the day.

- **Laundry soap:** Detergent is responsible for more household poisonings than any other substance.
- **Fabric Softeners:** Softeners create a toxic film on clothes that can be absorbed into your system through the skin.
- **Bleaches:** Any ammonia product, when mixed with bleach, produces a deadly chlorine gas.
- **Scouring Agents:** Scouring agents contain ammonia, toxic fumes (remember, chlorine fumes often cause fatigue and headaches), and phosphates.
- **Germicides:** Most disinfectants contain ammonia, chlorine and formaldehyde. The most popular- Lysol-is flammable. Lysol spray contains fluorocarbons, is heavily scented and is effective for only 2 hours.
- **Automatic Dishwashing Soaps:** These soaps contain dangerous chemicals that adhere to your dishes and are absorbed into food. The "spotless" variety is especially toxic. We end up eating the transparent film.
- **All-purpose cleaners:** Cleaners are very toxic, especially to children; they destroy the environment and are very expensive.

Now that you are giving greater focus to what goes into you body. I encourage you to give greater thought to what goes on your body.

Laundry Soap is an easy switch! Seventh Generation, Ecover or Trader Joe's are all excellent choices. Ecover and Seventh Generation have wonderful softeners as well.

For extra softness and freshness in your laundry add 1 cup of baking soda in the wash cycle. You will not believe how soft your sheets and towels can be!

Baking soda is also wonderful scouring agent for both your sink and your teeth!

Distilled white vinegar works as a rinse agent for the automatic dishwasher.

For laundry stains, mix equal parts of distilled white vinegar and water and spray on your stains.

A great all purpose cleaner is 2 parts distilled white vinegar, 1 part water and 10 drops of both lavender and tea tree oil. Add 20 drops of grapefruit seed extract for a powerful germicide.

Why you need to use Softer Than Soft Fabric Softener...

The following information is from the U.S. Environmental Protection Agency (EPA)

FABRIC SOFTENERS... HEALTH RISKS FROM DRYER EXHAUST & TREATED FABRIC

Fabric softeners, like other fragrant products, contain petrochemicals used in untested combinations. These chemicals can adversely affect the central nervous system (CNS)... your brain and spine.

These chemicals affect the CNS with the following symptoms: blurred vision, disorientation, dizziness, headaches, hunger, memory loss, numbness in face, pain in neck & spine, autism, Alzheimer's disease, attention deficit disorder, dementia, multiple chemical sensitivity, multiple sclerosis, Parkinson's disease, seizures, strokes, sudden infant death syndrome (SIDS)

The most common chemicals found in Fabric Softeners and their health risks are listed below:

| <u>Ingredient</u> | <u>Side Effects</u> |
|-------------------|---|
| Alpha-Terpineol | Central nervous system disorders, highly irritating to lungs; pneumonitis, fatal edema, ataxia (loss of muscle coordination), headaches, respiratory depression |
| Benzyl Acetate | pancreatic cancer, irritating to eyes and lungs, respiratory coughs and lung irritation |
| Benzyl Alcohol | headache, nausea, vomiting, dizziness, drop in blood pressure, upper respiratory tract problems, nervous system depression, and death in severe respiratory responses |
| Camphor | Central nervous system disorders, irritates eyes, nose and throat, dizziness, confusion, nausea, twitching muscles & convulsions |
| Chloroform | headache, nausea, vomiting, dizziness, irritation of respiratory tract, loss of consciousness, kidney disorders, liver disorders, skin disorders, inhalation can be fatal |
| Ethyl Acetate | headache, stupor, anemia, leukocytosis, liver damage, kidney damage, irritating to eyes and respiratory tract |
| Limonene | human carcinogen |
| Linalool | respiratory disturbances, depression, CNS disorders |
| Pentane | headache, nausea, vomiting, dizziness, drowsiness, irritation of respiratory tract, loss of consciousness, depression, dermatitis, CNS disorders |

RESOURCES

WWW.BIBLICALHEALTHINSTITUTE.COM

(Jordon Rubin, author “Makers Diet”)

WWW.KNOWTHECAUSE.COM

(Christian author, teacher, tv host on fungus etc.)

WWW.BODYPRO.COM

(Christian Nutritionist in Costa Mesa)

WWW.TROPICALTRADITIONS.COM

(Great source for anything coconut and other organics)

WWW.CREATED4HEALTH.COM

(Great Christian resource for articles and health material)

WWW.MERCOLA.COM

(Health and wellness information)

WWW.VALERIEHALLNUTRITION.COM

(Speaker and radio show host on nutrition)

Free download of articles, local speaking schedule

WWW.BODYECOLOGY.COM

(Articles and nutrition info and products)

WWW.5BARBEEF.COM

(Local grass-fed beef)

WWW.DANIELPLAN.COM/HEALTHYHABITS/BURSTTRAINING

(Christian advice on “Burst Training” exercises)

WWW.100PERCENTPURE.COM

(Pure body products and cosmetics)

WWW.SANCTIFYEDEN.COM

(Pure body and face products etc.)

WWW.PALEODIET.COM and WHOLE9LIFE.COM

(For recipes and guides to gluten, dairy, and sugar free foods
with an emphasis on healthy protein and vegetables)

VIDEOS

Food, Inc.

The Future of Food

Forks over Knives

MENU IDEAS – ALL ORGANIC INGREDIENTS

BREAKFAST

Omelet with onion, bell pepper, zucchini, spinach

Protein shake – coconut milk, pea protein, spinach, banana, raspberries

Hot cereal like cream of Buckwheat with walnuts, chia seeds and fruit

LUNCH

Sliced turkey, cucumber, sprouts, avocado wrapped in lettuce leaf

Homemade soups

(Chicken broth, carrots, celery, onion, green beans, red bell pepper, zucchini, yellow squash, peas, sauté all chopped veggies in coconut oil until they begin to soften then add the broth and pull apart organic rotisserie chicken from Sprouts)

Quinoa salad

(Cook one cup quinoa, let cool. Chop up veggies of your choice and add to cool quinoa. Drizzle olive oil and lemon juice, sea salt and pepper to taste)

DINNER

Grilled salmon on top of mixed green salad

Grass fed steak, grilled asparagus, cabbage salad

Grilled lemon pepper chicken, spinach salad with toasted pine nuts and fresh berries, brown rice

SNACKS

Celery or sliced green apple with almond butter

Almonds and fresh fruit

Cashews and dried cranberries

Cut up veggies with hummus

Homemade trail mix (nuts, unsweetened coconut flakes, sunflower seeds, pepitas, raisins)

Cucumber slices in lemon juice

DRINKS

Pure clean water

Herbal teas (hot or iced)

Lemonade made with water, lemon juice, stevia or “Just Like Sugar”

CARROT BANANA MUFFINS

This recipe makes about 12 muffins, but leftovers can be frozen for quick use at another time. Serving size is for breakfast, or 1 muffin for a snack.

Approximate cooking and prep time: 60 minutes

Ingredients

2 cups almond flour
2 tsp baking soda
1 tsp sea salt
1 Tbs cinnamon
1 cup dates, pitted
3 ripe bananas
3 eggs
1 tsp apple cider vinegar
1/4 cup coconut oil
1 1/2 cups carrots, shredded
3/4 cup walnuts, finely chopped
muffin paper liners

Instructions

1. Preheat oven to 350°.
2. In a small bowl, combine almond flour, baking soda, salt and cinnamon.
3. In a food processor, combine dates, bananas, eggs, vinegar and oil.
4. Transfer mixture to a large bowl and blend until completely combined.
5. Fold in carrots and walnuts.
6. Spoon mixture into paper lined muffin tins.
7. Bake at 350° for 25 minutes.