

SCARY STUFF

What do you bring into your house?

What do you eat?

What do you put on your skin?

Toxic chemicals are in your foods, your cosmetics, shampoos, clothes, furniture, books, magazines,...

The National Institute of Occupational Safety and Health (NIOSH) analyzed 2983 chemicals used in personal care products. The results were as follows:

- ◆ 884 of the chemicals were toxic
- ◆ 314 caused biological mutation
- ◆ 218 caused reproductive complications
- ◆ 778 caused acute toxicity
- ◆ 148 caused tumors
- ◆ 376 caused skin and eye irritations

Did you Know?

- ◆ There are more than 3 million poisonings every year.
- ◆ Household cleaners are the #1 cause of poisonings in children.
- ◆ Regular shampoos often contain formaldehyde as a preservative.
- ◆ Since 1980 asthma has increased by 600%.
- ◆ Common household products have been identified as triggers of asthma.
- ◆ A 15-year study found that women who worked at home had a 54% higher death rate from cancer than women who had jobs outside the home.
- ◆ Manufacturers ARE NOT required to list the exact ingredients on a label.
- ◆ Chemical names are often disguised by using "trade names", so you may not recognize the chemical for what it truly is!
- ◆ A women's fertility has also been negatively affected by the increase use of chemicals.
- ◆ In 1934 only 21 cases of endometriosis existed in the entire world. Today over 5 million women have this condition, which causes infertility in the US alone.
- ◆ The National Cancer Institute has a list of twenty known carcinogens and over 2,200 chemicals that are probably carcinogens. Many of these chemicals are in the cleaners and personal care products you buy at your local grocery store.

Since the 1950's the volume of chemicals in widespread use has gone up 35 times. There are now more than 15,000 chemicals in circulation and many of them are in products we use every day. Friends of the Earth (FOE) believe that increases in breast, prostate and testicular cancers may be due to hormone-mimicking chemicals. Scientists suspect that these hormone disrupters have the gender-bending effects that could be responsible for the fall in the number of male to female births over the last 40 years. Researchers in the US found evidence to suggest that hormone disrupters are linked to the lower age of female puberty. Many of these common chemicals are known to accumulate in our fatty tissue. A recent study found that typically each of us is walking around with more than 300 man made compounds in our bodies. The concern is that nobody knows the long-term effects of these chemicals. As parents we should be especially concerned, unborn children, babies and toddlers are the most vulnerable to their effects.

So what are the ingredients and how are we exposed to them? Some PVC soft plastic toys contain phthalates (pronounced tha-lates), a group of chemicals which are strongly suspected to be hormone disrupters. Phthalates have been banned from baby's toys in seven European countries but not in the UK, despite the European Science Committee's advice that they are liable to cause liver, kidney and testicular damage. At present the only legal restriction on putting phthalates in toys is a rolling six month EU ban on their use in toys intended to be put into the mouths of under 3's. Ask yourself, how many of the toys the average crawling baby puts into its mouth were manufactured to be used as teeters? As we all know, babies explore the world through their mouths.

Many air fresheners contain hormone-disrupting artificial musk (sometimes disguised as 'perfume' on packaging) as do baby creams, wipes and other toiletries. Some baby toiletries also contain phthalates. Worn or scratched polycarbonate baby bottles, beakers and bowls can leak risky chemicals directly into food and milk. Residues or organophosphates and hormone disrupters from pesticides have been found in fruit and vegetables all over the world. A study in Australia found that three quarters of newborn babies tested had been exposed to pesticides before they were born. UK government figures from 2000 showed that one third of apples and nearly half of all pears tested contained residues of more than one pesticide. Recent UK legislation has limited the amount of pesticides permitted in baby food but does not protect from the pesticides in the fruit and vegetables you offer your child. It seems the only way to play safe is to pay over the odds and buy organic.

Children are more vulnerable than adults to toxic exposures because they engage in more hand-to-mouth activity and take in more air, food, and water per pound of body weight than adults, and absorb a greater proportion of some substances. Also their bodies and brains are more susceptible to damage because they are still developing.

Increased risk of birth defects, asthma, hyperactivity, and many topics of cancer may be linked to toxic exposure. Cancer incidences in children have increased by more than 10% between 1973 and 1991 in the United States. In Seattle, childhood asthma hospitalization rates are increasing at the rate of 14% per year! Very little if any consideration is given to prenatal exposures, non-cancer health effects, the vulnerability of children, and how different toxic substances interact with one another.

Thanks to new public awareness, government regulations, and a quarter century of research, we now know far more about environmental toxins and their links to health problems, including cancer, immune disorders, birth defects, and other maladies effecting children, who are most vulnerable.

What can you do?

Restore Your Body by eliminating toxins. Our bodies get loaded down with toxins from the foods we eat that have been sprayed with various poisons. The toxins go into our body and they cannot escape because the pores of our skin have been clogged from the oils that are in soap products made from animal fat. **You need to** cleanse the body from all these oils and waxy residues which will clear the pores of the face, body and scalp. **You need to** cleanse the internal and external tissue cells of toxins and residues built up over the years.

HOW can you do this? You ask!

Start by contacting Academy Health Services of NJ (AHS), we are able to advise you on several companies from which you may obtain "guaranteed all natural and safe" cleaning and personal use products that will rid your house of toxic chemicals and make for a safer environment for you and your children.

Just Because You See Something on a Store Shelf for SALE, does not mean that the manufacturer had it tested, and it is SAFE to use!

Commercially Made Products for SALE have NO Guarantee of Safety or Non-Toxicity! Buy Only From a Guaranteed Trusted Source your Natural Products! We will advise you and help educate you!

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