

**Detox Your Daily Life:
Simple Steps You Can Take Today
to Protect Yourself and Your Family**

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Section 1: Why You Need to Reduce the Toxins in Your Life

Do you often feel tired and wish you had more energy? Do you feel like your brain is foggy and you can't think as clearly as you would like? Do you struggle with acne or skin rashes? Weight that won't come off? Digestive issues? Depression? Anxiety? Allergies?

What if I were to tell you that all of these conditions can actually be symptoms of toxic overload?!

I know, I was shocked too. To be honest, I didn't believe it until I looked into the research. Most people aren't aware, but right now, as you read this, your body is likely carrying a heavy toxic load.

My concern with toxins actually began at a young age. Since around the age of thirteen, I have been acutely aware of all of the chemicals around me from strong perfumes, hairspray, fumes from paint, car and truck exhaust, air fresheners, dry cleaning sheets that smelled up the house, strong cleaning products ... perhaps a physical chemical sensitivity but either way, it just didn't seem that it could be good for anyone to be inhaling, absorbing and ingesting these things.

But it wasn't until a few years ago when dealing with my own health issues (autoimmune issues and an emergency surgery to untwist my intestine) that I started really researching health information online and discovered there may actually be something to my concerns. I was shocked to learn that I was literally poisoning myself with familiar products that I used every day! And I'm talking about products that I thought were good for me, such as sunscreen and antibacterial soap.

As I learned more about the potential health hazards of all of the toxins in the foods we eat, the water we drink and the products we use on a daily basis, I decided to take action and change my own lifestyle and see if it made a difference – so I ditched the diet soda, plastic water bottles, and multitude of phthalate and paraben-filled personal care products lining my shelves (literally several large grocery bags full of them!) just to name a few changes — and I witnessed a dramatic improvement in my health over the course of the next few months.

At that point I began to dig even deeper and discovered the extensive library of research linking a vast array of negative health effects to repeated exposures to low-doses of the chemical toxins that are lurking in our everyday lives. As I learned more, I desperately wanted to share this information with as many people as I could (and would tell anyone who would listen). Everyone needs to know about this!!

It's not about scaring ourselves – It's about empowerment. And knowledge is power!

Sadly, chemicals contaminate every person living in modern society – they are in the air we breathe, the water we drink, the food we eat and the stuff we put on our bodies. Carpets, mattresses, water bottles, shampoo, makeup, pots and pans, furniture, computers, toys, baby bottles... you name it, most all contain toxic substances that get into our bodies and the environment. We're surrounded by more chemicals today than at any other time in

human history. Over 50,000 chemicals have entered daily use since World War II, many of them found in the products we use every day to clean and beautify our bodies and our homes.

So why should we really be concerned about all of these synthetic chemicals that surround us?

It's simple: The growing amount of scientific evidence linking these chemicals to human disease and long-term health effects has become even more convincing than ever, exposure is more widespread than ever, and just because it's legal doesn't mean it's necessarily safe.

- In 2010, the President's Cancer Panel reported that nearly 80,000 chemicals were in use in the U.S., and only a few hundred of them have ever been tested for safety.¹
- A 2010 study by the Environmental Working Group (EWG) found 232 chemical contaminants in the umbilical cord blood of 10 newborn American babies.²
- In October 2013, the American College of Obstetricians and Gynecologists and the American Society for Reproductive Medicine issued a joint statement that scientific evidence over the last 15 years shows that exposure to toxins before conception and during pregnancy can have significant and long-term effects on the baby's health.³
- The EWG and the Mount Sinai School of Medicine assessed the levels of 219 industrial chemicals in 9 adults with no known previous toxic exposure – they found 167 chemicals in their blood and urine (average of 91 per person), including 76 carcinogens, 94 neurotoxins, and 79 that can cause birth defects.⁴
- A 2010 study found that women who used multiple cleaning products in their homes were up to 110% more likely to develop breast cancer than those who rarely used them.⁵

We are bombarded by thousands of chemical toxins on a daily basis — ***so much so that children are now born pre-polluted with dangerous levels of toxins in their bodies.***² While one chemical may not hurt us in a small amount one time, we confront multiple chemicals every day of our lives. From exposure to chemicals in personal care and cleaning products, to diesel and exhaust fumes on your drive to work, chemical air fresheners in offices and public bathrooms and pesticides and heavy metals in food we eat... **after a while the body starts to feel the load.**

These Chemicals Do End Up In Our Bodies

Unfortunately, many of the chemicals, designed to improve and simplify our lives, do end up in our bodies.

When the Centers for Disease Control and Prevention (CDC) conducted the Fourth National Report on Human Exposure to Environmental Chemicals,⁶ they found some pretty shocking results.

On average, the CDC's report ***found 212 chemicals in people's blood or urine.*** The chemicals they found included:

- Acrylamide - formed when foods are baked or fried at high temperatures and as a byproduct of cigarette smoke;
- Arsenic - found in many home-building products;
- Environmental phenols - including bisphenol-A (found in plastics, food packaging and epoxy resins) and triclosan (used as an antibacterial agent in personal care products such as toothpaste and hand soap);
- Perchlorate - used in airplane fuel, explosives, and fireworks;
- Perfluorinated chemicals - used to create non-stick cookware;
- Polybrominated diphenyl ethers - used in fire retardants found in consumer products such as mattresses;
- Volatile organic compounds (VOCs) - found in paints, air fresheners, cleaning products, cosmetics, upholstery fabrics, carpets, dry-cleaned clothing, wood preservatives, and paint strippers.

The CD has found that these chemicals, when combined, can potentially present a toxic burden to the human body, accumulating in the blood, urine, and tissues and interfering with biological processes.⁶

While our bodies do have detoxification organs (the liver and kidneys) that can process a lot, our bodies were not designed to process or get rid of this multitude of synthetic chemicals. And, because these chemicals are designed to last, when we breathe, absorb and ingest them – even in tiny amounts – they can build up in our bodies over time. And research also shows that some people can withstand the toxic chemical cocktail to which we are all exposed better than others – at least partly due to their genetic makeup. But do you really want to play that kind of Russian roulette with your health and the health of your family?

Not to mention that children are exponentially more susceptible to the dangers of toxic chemicals because of their small size and rapid development.

These chemicals do have an effect on our health.

In 2010, the President's Council on Cancer released a 240 page detailed report on the link between cancers and environmental toxins.¹ It's a publication of the National Institutes of Health of the United States government, and referencing hundreds of scientific studies it how everyday chemical exposures are directly linked to cancer.

This government report has identified the following environmental threats that potentially cause cancer:

✓ Bisphenol-A (BPA) and phthalates, found in plastics and many personal care products

- ✓ Pesticides found in foods, gardens, golf courses, playgrounds
- ✓ Exhaust from traffic, cars, trucks, planes
- ✓ Pharmaceuticals contaminating the water supply
- ✓ Medical tests (chemical and radiation exposure)
- ✓ Cell phones (radiation to the head near your brain)
- ✓ Toxic Industrial chemicals (toys, food, clothing, building materials, carpets, etc.)

In addition to many of these chemicals being linked to cancer, these and others have been shown to mimic hormones and disrupt the body's delicate endocrine system and may compromise our immune system, central nervous system or respiratory system. These chemicals can cross the placenta and enter unborn babies' bodies through the umbilical cord blood, and exposure to these chemicals during fetal development has been linked to birth defects, autism, hyperactivity, learning disabilities, attention deficit disorder, early puberty, and developmental problems in children. And new research is showing their connection to many chronic diseases including diabetes, heart disease, Alzheimer's disease and autoimmune disorders among others as well as obesity, fatigue, depression, arthritis, muscular pain and short-term memory loss.

Scientists are increasingly concerned that long-term, low-level exposure to certain toxic chemicals creates a variety of health risks.^{7,8} They also worry that we do not yet know the impact of living with the cocktail of chemicals found in our daily lives. When testing is done for human health effects, it is normally done on single chemicals in isolation, but in the real world, we are all exposed to a variety of chemicals every single day.

And the scary fact is that many of these chemicals that we come into contact with on a daily basis **have never had adequate safety testing and far fewer have ever been formally tested on humans.**¹ In effect, we are all guinea pigs in this new industrial toxic soup.

And There Is A Lack of Laws to Protect Us!

I know I had assumed that surely "if it was bad for us, the government would not allow it to be sold," and that there must be laws regulating what's in our products to keep us safe, but as I researched this I was again shocked (and disappointed) to learn that *the current laws, at least in the United States, are sadly outdated and ineffective.*

The Toxic Substances Control Act of 1976 has never been updated even though it's so weak that it doesn't require safety testing of a chemical prior to it being put on the market. It essentially allows manufacturers and companies to use hazardous chemicals in many household products before proving that they are safe. And the existing federal cosmetics regulation – the Food, Drug and Cosmetics Act of 1938 – cedes decisions about ingredient safety to the cosmetics industry. Under the current law, the FDA doesn't have the power to require cosmetics companies to conduct safety assessments, and can't even require product recalls. (The FDA didn't even have the authority under the law to issue a

mandatory recall of Brazilian blowout hair straightening products after they were found to contain formaldehyde!)

Here are just a few examples of how we can't assume that just because something is legal, that it's safe... Would we ever think of allowing smoking on an airplane nowadays? Well just remember — it wasn't until 1988 that smoking was first banned on U.S. domestic flights shorter than 2 hours (in other words, up until 1988 it was allowed on every single U.S. domestic flight!); it wasn't until 1990 that it was banned on U.S. domestic flights shorter 6 hours; it wasn't until 1998 that smoking was banned on all U.S. domestic flights, and it wasn't until 2000 that a federal law was introduced to ban smoking on all flights by U.S. airlines! Similarly, although few would dispute the major health hazards related to exposure to asbestos, the U.S. does not have a comprehensive federal law addressing the issue. In fact, a number of U.S. policymakers have tried to introduce laws to ban the toxic substance, but they all have failed. And another example... although the U.S. EPA first announced regulations to limit the amount of lead in gasoline in November 1973, the United States did not fully phase out leaded gasoline until 1996.

Evaluating and regulating all the chemicals we use in our daily lives is a slow process and past experiences (regulating lead in gasoline, tobacco and pesticides to name a few) indicate that the companies that produce these products won't take attempts to limit their use quietly.

As you can see, we can't assume everything we are exposed to is safe, and toxic chemicals are pervasive and hiding (often in plain sight!), BUT in spite of the enormity of toxins that exist around us, it is not too late to make simple changes in our lives that can and will have a profound effect on our health and the health of our families.

While we can't control everything that surrounds us, the good news is that we have control over a lot of our environment and lifestyle choices. And many of the choices and things we can do to protect ourselves and our families are very simple.

You can make simple choices on a daily basis to reduce your exposure and live a healthier life. And you don't have to live like a caveman or cavewoman (I promise!). If you're ready and eager to implement changes that will limit your and your family's exposure to toxic chemicals – then now is the time!

Your Toxin-Free Action Plan

Are You Ready to Create Toxin-Free Life and Home? Then, Let's Get Started!

Trust me, I know that it may seem overwhelming -- like you truly have to be a "Toxin Detective" to be able to make good choices, BUT there are so many simple steps we can take on a daily basis to make changes for the better. And that's why I created this guide! To share some of what I have learned and some simple changes you can make to significantly reduce your and your family's exposure to toxins today. ***So breathe easier (literally!), you are on your way to better overall health, lowered risk of cancer and other disease and peace of mind when it comes to caring for your family.***

You definitely don't have to do everything all at once (unless you want to of course!) - Just pick a few things and start there! Maybe pick one thing to change each day or each week or tackle one area of your life at a time such as personal care products, kitchen, cleaning etc. or go room-by-room in your house. **Whether you make only a few changes or many, you will be making positive choices for your life.**

To make it even easier, I've divided my toxin-free tips into five key areas where we can reduce toxic exposure:

1. Personal Care Products
2. Food and Beverage: Preparation, Storage and What to Eat and Drink
3. Around the Home
4. Cleaning Products
5. Travel, Office and Daily Activities

We can easily reduce our toxic load by making better choices with respect to the products we bring into our homes, put in our bodies, slather on our skin and the things we do on a daily basis. By taking it one section at a time, we can make small changes that are easy to implement and stick to!

You have the power. And I'm so excited to have you join me in the toxin-free journey to protect yourself and your family and live your best and healthiest life!!