

# How Much Nourishment Is In Our Food?

People constantly tell us they have a good diet but...

Did you know how much food value losses there are in the processing of our foods?

Early Harvesting	Up to 25%
Transporting	Up to 25%
Storage	Up to 50%
Cooking	Up to 50%
Freezing	Up to 83%
Canning	Up to 83%
Overprocessing	Up to 100%
Refining	Up to 100%
Pasteurisation	Up to 50%



# Antioxidants Protecting Your Whole Family

Our body is soaking up a constant bombardment of cell damaging substances known as free radicals, generated by such things as chemicals, solvents, car exhaust fumes, pesticides, drugs, smoking, fried foods, alcohol, radiation and even sunlight.

## 1st Generation Anti-Oxidants:

Vitamin A, Vitamin C, Vitamin D, Vitamin E.

Commonly known anti-oxidants, and used by most individuals to combat sickness

**EFFECTIVE FOR UP TO 3 HOURS**

## 2nd and 3rd Generation Anti-Oxidants:

Grape Seed-Oil Soluble, Pine Bark-Water

Soluble Curcuminoids, Ginko Biloba.

When combined, these anti-oxidants seem to have a powerful ability to reduce the effects

of Free Radical damage.

**EFFECTIVE FOR 3 DAYS**



# How Safe Is Your Bathroom?

Of the **2,983** CHEMICALS (*used in Cosmetics*) analysed by the National Institute of Occupational Safety and Health (*NIOSH-USA*), the results showed that:

**884** of the ingredients were found to be toxic.

Of these:

\*314 can cause biological mutation (change in cells)

\*218 can cause reproductive complications

\*778 can cause acute toxicity

\*146 can cause tumors, and

\*376 can cause skin and eye irritations

Propylene Glycol and Sodium Lauryl Sulfate are just two of the many harmful ingredients in your bathroom



# Removing Dangerous Ingredients

## Propylene Glycol:

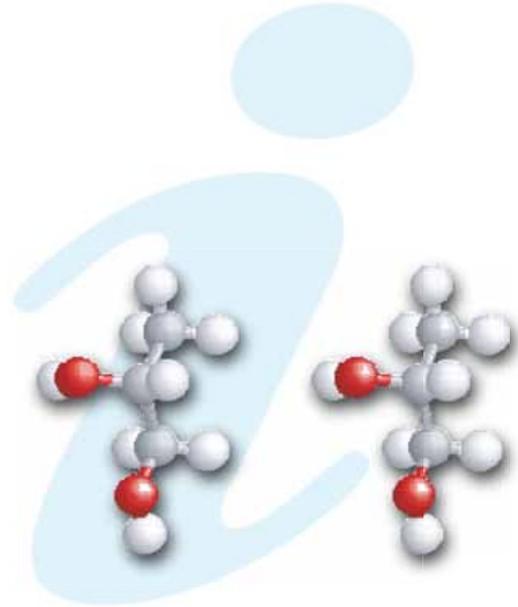
Industrial anti-freeze, major ingredient in brake and hydraulic fluid. Also used in cosmetics, toothpaste and lotions. Implicated in contact dermatitis, kidney damage and liver abnormalities.

## Sodium Lauryl Sulfate (SLS) (SLES):

Found in most brands of shampoo, conditioner, lotion and toothpaste, is also a major ingredient in car wash, soap, engine degreaser and garage floor cleaner. Exposure to SLS may lead to hair loss, eye damage, skin irritations, and kidney damage. A burning sensation, coughing, wheezing, laryngitis, shortness of breath, headache, nausea and vomiting are also possible side effects, according to this compounds MSDS.

**WATCH OUT** for these dangerous ingredients as well:

Alcohol, Aluminium, Coal Tar, Fluorine, Formaldehyde, Lanolin, Mineral Oil, Talc.



If you mark 3 or more in any group, you may have the indicated deficiency.

*\* (The following is meant to be used as a guide ONLY.)*

## Group 1 ~ Deficiency: Calcium

Achy Joints

Kidney Stones

Heel or Bone Spurs

Gingivitis

Insomnia

Spinal Curvature

PMS

Osteoporosis

Paget's Disease

Painful Tendons

Leg or Menstrual Cramps

High Blood Pressure

Hormonal Imbalance

Arthritis (Rheumatoid)



## Group 2 ~ Deficiency: Magnesium

Irregular Heartbeats

Cold Extremities, or just cold a lot

Constipation

Heart Disease

Hyperactivity



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## Group 3 ~ Deficiency: Chromium and/or Vanadium

Always or Never Thirsty

Chronic Tiredness

Frequent Urination

Infertility

Liver Problems

Menstrual Distress

Digestive Difficulty

Alcoholism

Alzheimers

Diabetes

Kidney Failure

Dizziness Upon Standing or Getting Up



## Group 4 ~ Deficiency: Copper

Wrinkles

Premature Greying of Hair

Anaemia

Sagging Skin

Thin Skin



# Our Daily Toxic Exposure

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- These ingredients have been linked to cancer in animals and/or humans, or are often contaminated with carcinogens, or readily form carcinogen nitrosamines when mixed with other ingredients.
- Skin/eye irritant, may cause allergic reaction.
- Accumulates in organs.
- Can cause Asthma.
- Neurotoxin, damages the central nervous system or Teratogen, affecting the embryo.

CODE	NAME	COMMON USES
● ● ●	<b>Aluminium</b> - Links to Alzheimer's disease and breast cancer.	Antiperspirants, spray types are very dangerous as they are absorbed through the nasal passages.
● ●	<b>BHA (Butylated hydroxyanisole)</b> - Absorbed through the skin, metabolised, and also stored in various body tissues.	Preservative, Cosmetics, makeup, lip balm, lip gloss, lipstick.
● ●	<b>Coal Tar Dyes/D&amp;C, FD&amp;C colours</b> - Also contain the hidden carcinogens, arsenic and lead.	Medicated shampoo, hand & body lotion, facial cosmetics, toothpaste hair and eyelash dye, lipsticks, psoriasis, medication.
● ● ● ●	<b>DEA (Diethanolamine)</b> - The most common chemical in the cosmetic and personal care business. In Nov. 1997 the National Toxicology Program (USA) was still reporting that DEA was a carcinogen, readily absorbed, is an eye and skin irritant, can cause impaired vision, accumulating in organs, such as the brain ~ where it induces chronic toxic effects.	Cosmetics, shampoo, hair conditioner, detergent, soap, baby products, bubble bath, moisturizers, shaving cream.
● ●	<b>Fluoride</b> - This is especially dangerous to children, as they often tend to swallow after brushing.	Toothpaste, cosmetics, dental treatments, and some water supplies.
● ● ●	<b>Formaldehyde (Formalin)</b> - It can also be a hidden carcinogen in 7 other ingredients, released as they break down.	A preservative and anti-microbial, Mascara, nail hardener, nail polish, soap, hair restorer, shampoo, anti-aging cream, bubble bath, deodorant.
● ● ●	<b>Isopropanol (Isopropyl Alcohol)</b> - Large amounts can cause renal failure. Stays on the hair long after it has been rinsed off.	Solvent in many hair products, spray type room deodoriser, nail enamel, hand lotion, aftershave.
● ● ●	<b>Lanolin</b> - A natural oil from the wool of sheep, lanolin can be highly contaminated with hidden carcinogens such as DDT, Dieldren, Endrin, and other organochlorine pesticides from sheep dips etc.	Moisturiser, skin and hair conditioner, soap, eye shadow, detergent, hand cream, lipstick, mascara, nail polish remover.

# Our Daily Toxic Exposure

CHECK YOUR BATHROOM NOW!

LEGEND

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CODE	NAME	COMMON USES
●●	<b>Mineral Oil</b> - often a carrier of carcinogenic impurities. Blocks the pores and suffocates the skin.	Detergent/soap, liquid foundation make-up, lip gloss, baby cream/lotion, suntan creams, cleansing cream, hair conditioner, hand cream, mascara, rouge, shaving cream, compact powder.
●●●	<b>PEG LAURETH (Ethoxylated)</b> - May contain dioxane which is potentially cancer causing, oestrogen mimic & endocrine disrupter.	Shampoo, hair tonic, baby products, antiperspirant, lipstick, ointments.
●●●●	<b>Propylene Glycol</b> - Long term exposure may cause liver abnormalities and kidney damage.	In many Skin lotions, baby wipes, deodorants, foundations, shaving creams, shampoos, conditioners, toothpastes, antifreeze, brake and hydraulic fluid, liquid laundry detergent, floor wax, paint and varnish.
●●	<b>Sodium Lauryl/Laureth Sulfate</b> - Extremely common. Coconut derivative & not natural. MSDS says; strong sensitiser, skin irritant, can damage the eyes. SLS is also harmful to the oral mucosa ( <i>in the mouth</i> ), studies have shown it increases the occurrence of mouth ulcers ( <i>this is disturbing considering SLS is often an ingredient in toothpaste</i> ).	Toothpaste, hand & body wash, shampoo, bubble bath, hair conditioner, moisturiser, emollient cream, mascara, industrial cleaners, antibiotics.shaving cream.
●●●●	<b>Toluene</b> - readily absorbed into the body via inhalation, ingestion, and somewhat by the skin.	Solvent in spray cans, hair spray, hair gel, nail products, perfumes and fragrances.
●●●	<b>Triclosan</b> - It is a mutagen containing hidden carcinogenic toxins.	Anti-bacterial and anti-microbial handwashes, acne lotions, some toothpastes and deodorants.
●●	<b>TEA (Triethenolamine)</b> - Very similar properties and potentially harmful effects as DEA.	Hand and body lotion, shaving cream, shampoo, hair conditioner, soap, foundation.