


Sunshine Sharing Hour
February 24, 2011

**Spring Cleaning:
Detoxifying
Our Body and
Our Home**



Cleansing: A Controversial Idea

The idea of detoxifying the body is not accepted by mainstream medicine


It is, however, a concept found in all traditional systems of medicine

Cleansing is really a "metaphorical" explanation for therapies that help the body eliminate toxins

The therapy works, but our explanations may or many not be accurate

Two Parts to "Cleansing"

1. Reducing our exposure to toxins is the most important part of cleansing and includes:
 - Eating foods that are as chemical-free as possible
 - Cleaning up our water and air
 - Avoiding chemicals in our home
 - Supporting care for the environment
2. Using diet, fasting, herbs and hydrotherapy to help our bodies get rid of toxins



Environmental Health is Essential

We are part of the environment

We cannot poison the air, water and soil without poisoning ourselves

Our civilization is destroying the environment and poisoning it for future generations

We need to think about what kind of world we are leaving for future generations



Environmental Pollution Starts in the Home



A Few Unpleasant Facts

Prior to the 20th century, only 1 out of 8,000 people in the United States were stricken with cancer, according to the American Cancer Society.

With the myriad of chemicals introduced since the industrial revolution, the incidence of cancer has increased to 1 out of 3 people

Since World War II, we have developed more than 80,000 chemicals for use in cleaners, pesticides, plastics, personal care products, industrial products and other modern day conveniences.

80% of people's exposure to chemicals occurs in the home.

A five year study completed by the EPA concluded that many homes had chemical levels 70 times higher than that of outside air.

More Unpleasant Facts

EPA reports that cleaning products commonly found in the home are 3 times more likely to cause cancer than outdoor air pollution.

Pesticide concentration inside the home is greater than can be explained by in-home pesticide use

Pesticides may be carried in from outdoors, where they collect and remain on household surfaces such as carpets and countertops

The average American home today uses more chemicals than were found in a typical chemistry lab in the early 1900's

- The labs had strict health and safety codes for these chemicals, but we use them in the home?

Understand the Labels

When it states on a label:

CAUTION – between 2 Tbs. and 2 cups can be lethal to an adult when ingested

WARNING – as little as 1 tsp.

DANGER – just a few drops



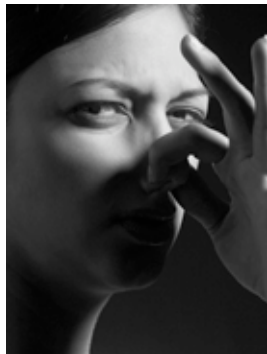
Laundry Detergents

Commercial laundry detergents often contain harmful chemicals such as:

- Alkylphenol ethoxylates are endocrine disrupters and POPs
- Phosphates over-fertilize algae in lakes which kills fish and aquatic animals
- Fragrances and perfumes may affect allergies and asthma



Synthetic Fragrances



Synthetic fragrances can contain dozens chemicals typically from petroleum products. They cause allergic sensitivity in a large number of people. One-third of the substances used in the fragrance industry are toxic, according to The National Institute of Occupational Safety.

Ammonia

Ammonia is highly toxic:

- Inhalation can cause cough, labored breathing, shortness of breath, sore throat – displaces oxygen in the blood.
- Topically it can cause serious skin burns, pain, blisters. It is corrosive to the eyes.
- Ingestion causes corrosion, abdominal cramps and pain, sore throat, vomiting.
- Requires medical attention



Flame Retardants

Americans have 20x the amount of fire retardant toxins in their bodies than Europeans

– Disrupt brain growth, affect male fertility and ovary development

Amount of flame retardant in people and wildlife are doubling every four to six years.



Commercial Glass Cleaners

Commercial glass cleaners can contain organic solvents, naphtha, and petroleum-based waxes which are neurotoxins and central nervous system depressants. These chemicals can cause confusion, headaches, lack of concentration, respiratory irritation and symptoms of mental illness.

These products may also contain phosphoric acid and ammonia, which are highly corrosive.



Commercial Spot Removers

Commercial spot removers contain substances that are carcinogenic, suspected of being carcinogenic, neurotoxic, central nervous system depressants, respiratory irritants, liver and kidney poisons and corrosive. They are typically fat soluble toxins.



Antimicrobial Soaps

Antimicrobial soaps may contain toxic compounds such as the pesticide triclocarban (TTC). It is known to cause cancer and reproductive problems in mammals and is another POP. 60% of US streams contain this chemical.

Another popular antiseptic — triclosan — is known to promote the growth of antiseptic-resistant bacteria, including E. coli.



Oven Cleaners

Oven cleaners are very dangerous, corrosive chemicals. They can cause severe burns and respiratory distress. They typically contain ingredients that are neurotoxic and central nervous system depressants, which can cause headaches, depression, and a loss of concentration.



Toilet Bowl Cleaners

Commercial toilet bowl cleaners may contain sodium acid oxalate, chlorinated phenols, and o-or-p-Dichlorobenzene, all of which are highly toxic. Sodium acid sulfate is highly corrosive. O-or-p-Dichlorobenzene is a liver and kidney poison, as well as being a powerful central nervous system depressant which can cause confusion, headaches, lack of concentration, and symptoms of mental illness.



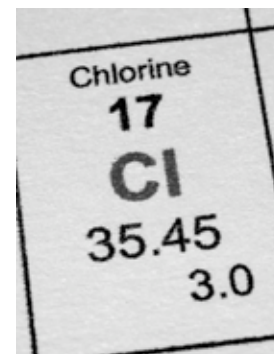
Air Fresheners

Many air fresheners are banned in California because they contain dichlorobenzene, a carcinogenic chemical that is extremely toxic, a central nervous system depressant, a kidney and liver poison. This compound is a chlorinated hydrocarbon that is stored in fat and is a POP.



Bleach

The chlorine in chlorine bleach is corrosive and can damage skin, eyes, and mucus membranes. Chlorine was listed as a hazardous air pollutant in the 1990 Clean Air Act.



PCFs

PCFs are chemicals are used to make products stain and stick resistant. Two examples are:

- PFOA or perfluorooctanoic acid, used to make Teflon products.
- PFOS or perfluorooctane sulfonate, a breakdown product of chemicals formerly used to make Scotchgard products.

PCFs are persistent organic pollutants

Sources of PCF Exposure

- Grease resistant packaging (microwave popcorn bags and pizza boxes)
- Scotchgard products used PFOS until 2002
- Non-stick cookware
- Water resistant clothing
- Shampoo, dental floss and denture cleaners with ingredients that include the words "fluoro" or "perfluoro."

Health Hazards with PCFs

Carcinogenic: cause liver, pancreatic, testicular, thyroid and mammary gland tumors in laboratory animals
Also causes reproductive problems and liver and kidney damage in animals

PFOAs have a half-life in the body of 4 years. PFOSs half-life is estimated at 8 years.



Agricultural Chemicals

Many pesticides and herbicides are endocrine disruptors (xenoestrogens)

Many of these chemicals were originally created for chemical warfare (that is to kill human beings)

Farmers often use several of these chemicals and combining them can make the more toxic



Is Your Home *Really* Clean? A Quiz.

1. Do you buy your cleaning products from supermarkets, hardware stores or other mainstream retail outlets?
2. Do you spray or hang commercial air fresheners in your home?
3. Do you use laundry products that contain fragrance?
4. Do you use bleach in your home or laundry?
5. Do you use disinfectant cleaners to clean your home?
6. Do you use disinfectant hand soaps?
7. Do you use a commercial oven cleaner?
8. Do you use commercial carpet cleaners?
9. Do you dry-clean clothes?

Cleaning Quiz, Continued

10. Do you use mainstream-type commercial tub, tile and bathroom cleaners?
11. Do you use a mainstream commercial product as an all-purpose cleaner?
12. Does your furniture polish say "flammable"?
13. Do you spray commercial dusting products?
14. Do you have stain-resistant carpeting and/or upholstery?
15. Do you use commercial pesticides to control household and yard pests?
16. Do you use commercial personal care products and cosmetics?

Cleaning Quiz, Continued

17. Do you have a number of partially-used commercial cleaning products under your kitchen sink?
18. Do your cleaning products have a "chemical" smell?
19. Do you get a headache, feel dizzy, get rashes or sinus congestion when you clean?
20. Do you heat food or beverages in a microwave oven?
21. Do you put hot food into plastic containers?
22. Do you use a commercial "lawn care" service?
23. Do you buy food, personal care products, cleaning products and other supplies for your home without reading the labels carefully?

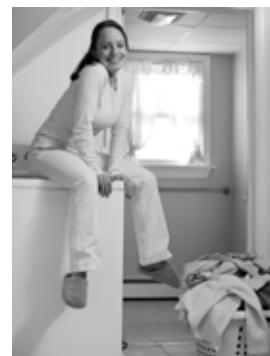
Scoring Your Results

- Score one point for each "yes" answer
- 0-4 points - Congratulations you have a fairly non-toxic home!
- 5-9 points - You need to do some "cleaning up"
- 10+ points - You've got a serious indoor pollution problem



The Goal

Don't just keep your home clean, also keep it poison-free!



7 Steps to "Detoxifying" Your Home

1. Look at the labels of all your cleaning supplies dispose of anything that is poisonous
 2. Replace your supplies with non-toxic, biodegradable cleaning products
 3. Don't overuse disinfectants
 4. Use non-toxic solutions to pest problems
 5. Examine your personal care products and replace with organic and natural products
 6. Clean your indoor air with houseplants
 7. Don't trust labels — trust your own senses — if a product doesn't smell or "feel" right, don't use it
- Bonus Step:**
Eat a healthy diet and use supplements that protect the body against pollutants you can't avoid

Nature's Fresh Cleaning Products

Use natural surfactants and cleaning agents derived from plants
 Use 100% recyclable plastics & packaging
 pH neutral (non-corrosive & non-caustic)
 Chemical-free
 Dioxane-free
 Phosphate-free
 Biodegradable



Nature's Fresh Laundry Soap

100% natural anionic coconut kernel oil based surfactant
Has a neutral pH balance
2x concentrated, low-sudsing
Safe & effective in all temperatures
Can be used in h-e (High Efficiency) washers
Scent-free



Fabric Brightener

Sodium Percarbonate
 • A dry, crystallized form of peroxide
Sodium Carbonate
 • Also called washing soda
 • Used as a softening agent
 • Neutralizes minerals that would form scum and stain laundered clothes
Uses oxygen to:
 • Brighten fabric
 • Eliminate odors
 • Remove stains
Color-safe
Can be used in h-e (High Efficiency) washers



Citrus Surface Cleaner

Plant-based biodegradable surfactants (from coconut)
Mandarin Orange essential oil
 • Effective solvent to remove stains and clean surfaces
For use on any washable non-porous surface
 • Countertops
 • Stovetops
 • Bathroom fixtures



Nature's Fresh Dish Soap

Coconut Oil Derived Surfactants
100% pure Sunshine Essential Oil Blend (lemon, lime, mandarin orange, grapefruit)
All natural plant-based ingredients and surfactants
Cleans and breaks down grease; low-sudsing
Phosphate and chlorine-free
Fresh citrus scent from New Sunshine Essential Oil Blend



Automatic Dishwasher Gel

All natural plant-based ingredients and surfactants
Sodium Citrate – keeps fat globules from sticking together
Xanthan Gum – thickening agent
Enzymes
Cleans and breaks down grease
2x Concentrated, low-sudsing
100% Biodegradable
New Sunshine Essential Oil Blend



Dryer Sheets

Remove static electricity
Naturally softens fabrics
Chemical-free
100% Biodegradable
Made from Bamboo!
New Sunshine Essential Oil Blend
 • Lemon, lime, mandarin orange, and grapefruit oils



Nature's Fresh Enzyme Spray

Breaks down stains and odors using enzymes

- Oxidoreductases
- Transferases
- Lyases
- Hydrolases
- Isomerases
- Ligases

Unscented

Hypoallergenic

Was the inspiration for the rest of the Nature's Fresh product line



Uses for Nature's Fresh

Cleaning and Household

- Stains
- Odors
- Windows
- Carpets
- Air freshener
- Dish Washer Rinse Aid
- Clogged Drains
- Pet odors and stains
- Plants

First Aid

- Sunburn
- Insect Bites and Stings
- Back pain and disk problems
- Breast health

Personal Care

- Mouthwash
- Underarm Deodorant

Other

- Gardening

Sunshine Concentrate



Biodegradable
Non-toxic
Surfactant (not a soap or detergent)
Economical

Use for:

- General Cleaning
- Walls and Floors
- Dishes
- Laundry
- Fruit and vegetable wash
- Bathing
- Soil Conditioner
- Plants
- Windows
- Shaving

Cleansing Your Body



Daily Housekeeping Cleanse

1-2 tea. of Fiber

- Psyllium Hulls Combination
- LOCLO
- Nature's Three
- Everybody's Fiber

Water or Organic Juice

Supplements to Consider

- Enzymes (Proactazyme, etc.)
- Cleansing Formula
 - All Cell Detox
 - Enviro Detox
 - Liver Balance
- Milk Thistle Combination (if you work around chemicals)
- Herbal Laxative (if needed)
 - LBS II, Cascara or Gentle Move



3-Day Radiator Flush

Juice-fast for 3 days

- Freshly made fruit or vegetable juice
- Water with lemon and maple syrup

Take fiber every day

Also consider taking

- Lymphatic Drainage in water (sipped throughout the day)
- Chinese Kidney Activator 3 capsules 3 times daily
- LBS II (2-4 capsules) at bedtime with 2 Magnesium Complex 3 times a day



The Liver "Scrubbing" Cleanse

Tiao He Cleanse

- Chinese Liver Balance TCM
- All Cell Detox
- LBS II
- Psyllium Hulls
- Burdock Root
- ATC Black Walnut hulls


Add extra fiber

Drink plenty of water

- 1/2 oz. per pound of body weight per day

Options


- Milk Thistle Combination
- Enzymes



Making a Clean Start

CleanStart

- Fiber Packet (psyllium and bentonite)
- Enviro-Detox
- LBS II



Comments, Questions and Answers

Type your questions into the chat box

You can also "raise your hand" if you have a microphone on your computer and I can unmute you so you can ask your question or make a comment

