

Natural Help 4...

Environmental Toxicity



What is Environmental Toxicity?

To live in the 21st century means to live in a toxic world, where **we are exposed daily to numerous environmental toxins and pollutants**. Environmental toxins are on the rise, and pose a problem in the form of very serious health risks. Thousands of toxic substances find their way into our air, water, and the soil in which we grow our food.

We spend our days inhaling pollutants such as **car fumes and cigarette smoke**. We drink water that has been thoroughly treated with chemicals, and eat food that is grown in toxic soil, pumped with hormones, and packaged with preservatives.

While our livers, kidneys, skin and lymphatic systems work around the clock to **eliminate these dangerous toxins from our body**, they very often just cannot keep up. The result is a build up of poisons in the system which destroy body tissue, damage organs, depress the immune system, and leave the door open to a number of serious illnesses.

What is Multiple Chemical Sensitivity (MCS)?

When environmental factors cause an array of troubling symptoms, they can also be attributed to a condition termed '**multiple chemical sensitivity**' or MCS (also known as chemical injury, chemical sensitivity, environmental illness (E.I.), and multiple allergy). In broad terms, this means an **extreme and severe sensitivity to different kinds of pollutants** including solvents, perfumes, petrol, diesel, smoke (often any kind of 'chemical'). Individuals may also experience problems with regard to pollen, house dust mites, pet fur and dander. This can be particularly bothersome for children, as most of these pollutants are found in the home or in schools, offices or shops. This **condition is difficult to diagnose**, and sufferers may find themselves going from doctor to doctor trying to find the cause of their problems. Some doctors question the existence of MCS – making it even more frustrating and difficult for the person struggling to find help for this condition.

Multiple chemical sensitivity is suspected when the individual:

- Exhibits problems often similar to an allergy-like reaction to extremely low levels of toxicants or triggers
- Has ongoing problems (not an isolated incident)
- Experiences the same symptoms with repeated exposure to the same triggers
- Is affected by many different triggers

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- Improves when triggers are removed

Diseases and Conditions Linked to Environmental Toxicity

- Certain cancers (especially breast cancer and various childhood cancers)
- Immune deficiency and auto-immune diseases
- Neurological disorders such as Parkinson's Disease
- Hormonal imbalances
- Chemical imbalances in the brain
- Alterations of systemic enzymes
- Changes in metabolism
- Sleep disturbances
- Thyroid problems
- Fertility problems
- Arthritis
- Asthma
- Eczema
- Depression
- Chronic Fatigue

What Causes Environmental Toxicity?

Environmental toxins and **pollutants** are all around us, and there are a number of different ways it can affect us. **Multiple chemical sensitivity**, which is also known as toxic injury, can cause asthma, chest pains, and hives among other symptoms. Knowing the **causes and sources of toxicity** can also help us to find alternatives to conventional methods and resources in order to avoid **multiple chemical sensitivity**.

Sources of Environmental Toxins

- A sample of average city **tap water** contains more than 500 chemicals.
- Today's **fertilizers** often contain excessive amounts of toxic heavy metals, which are then absorbed into what ever grows in that fertilized soil.
- **Preservatives and hormones** added to our food
- **Packaging and plastic wrapping** of food for storage
- **Household cleaning products**, such as some dish washing liquids, and surface cleaners
- **Personal care products** such as antiperspirants, hair sprays, lotions and nail polish removers (which can be absorbed through the nails)
- Some **household products release unhealthy chemicals into the air**, such as styrene from plastics, benzene from solvents, and formaldehyde from manufactured wood products such as kitchen cabinets and pressed furniture.
- Permanent-press clothes, dry-cleaned clothes, carpeting, and **synthetic materials** emit traces of toxic vapors.
- **Smoke** from cigarettes, cigars, or pipes affect the toxic levels of both the smoker as well as those exposed to the secondhand smoke.
- **Pesticides** and insect sprays

Help for Environmental Toxicity

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

The above information is somewhat daunting, and may leave you feeling rather helpless. But there are a few ways to reduce the chances of developing **multiple chemical sensitivity caused by toxic intake as well as toxic build up in the system**. Toxic intake and build up can be reduced by implementing a few lifestyle changes and making a few healthy choices.

Ways to Avoid Environmental Toxins

- **Increase fiber intake** in the diet by eating more bran, whole grains, fruit and vegetables as fiber helps your digestive system to eliminate **toxins** from the body.
- **Drink plenty of water** (preferably filtered, distilled or bottled water.)
- **Detox regularly** to cleanse your system of unwanted **toxins**.
- Use **nontoxic cleaning products** whenever possible.
- **Ventilate your household well** to reduce your exposure to natural gas, smoke, and other chemicals in the household.
- Always **use protective gear** when scraping old paint, as many of these contain toxic lead residue.
- **Do not smoke**, and don't let anyone smoke in your home or car. If you do smoke, try to stop smoking naturally.
- **Do not use insect sprays or bug bombs**. If you need the services of an exterminator, make sure that anyone you hire is licensed.
- **Investigate what goes into your cosmetics and personal care products**. Many contain harmful petrochemicals, parabens, preservatives and artificial additives which have clear links to ill health.
- **Read the labels of all food that you buy** and avoid foods which contain artificial preservatives, colorants and flavorings.
- **Try to buy organic food**, as this will be free of pesticides, chemical fertilizers and added hormones and antibiotics.
- **Read the package inserts of prescription and OTC medication**. Many contain preservatives and other synthetic inactives in order to enhance taste, visual appeal and improve shelf life. While all of these qualities may be good for the pharmaceutical companies, they are not good for your body or for the health of your family!

Natural Remedies and Environmental Toxins

Because our modern environments have become full of harmful substances, our bodies sometimes need a bit of a spring-cleaning to get rid of the toxic build up. There are a number of **herbal ingredients** that have been well documented to do just this. Dandelion, Fennel and Pelargonium reniforme are just a few **herbs that can be used to cleanse and detoxify the system**, assist liver functioning, and support the body's natural ability to break down and eliminate fat – doing so gently and safely.

Another advantage is that natural medicines, when manufactured according to the principles of holistic medicine, are **free of artificial and synthetic additives** -- while remaining effective and gentle on your system.

Also make sure that your natural remedies **company manufactures according to the Full Spectrum Method**. Be aware that natural remedies presented as 'standardized extracts' have been manufactured using harsh solvents to extract and isolate active ingredients. It is inevitable that some of these solvents remain in the

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finished product, thereby increasing your chances of developing side effects or sensitivity to the solvent as well as negating the effects of the natural remedy. Full Spectrum Manufacturing is accepted by natural healers as the gold standard - ensuring **maximum efficacy and minimum harm**.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side



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effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

Detox Drops:To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being.**

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives.**

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight addiction, or address unhealthy weight issues.

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