

WAKE UP AND TAKE CONTROL OF YOUR HEALTH!

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Everyone wants to look their best and be at their optimal health! Premature aging is a combination of many factors; lifestyle, air quality, lack of exercise, stress, nutritional deficiencies, negative thought process, cigarette smoke, alcohol consumption, food choices, personal and home care products. Genetics play only a small part in our aging process and the diseases we get. Environmental factors influence how our genes communicate to every cell in our body. We must control our environment in order to stay healthy and prevent premature aging.

As we live in a fast paced and stressful world, most of us rely on prepackaged foods, and the decisions about our meals and product choices are already made for us by the media. Advertisements on television, magazines, and the Internet about what we should be eating, drinking, and using on our bodies are bombarding us from every angle. Only we have the power to break free of this greed driven mind control, and choose what's best for us: a healthy way of life!

The first step to taking control of your health is to always read ingredient labels in food and personal care products. Artificial sweeteners, such as aspartame, splenda, sweet'n'low, high fructose corn syrup or corn syrup, soft drinks, fast food, color additives in foods, genetically modified foods (corn, soy), canned foods must be avoided. Refer to EWG, ewg.org, dirty dozen shopping list of fruits and vegetables.

When we eat food the stomach digests it and then delivers the nutrients as well as toxic substances to every cell in the body. When the product is applied topically, it bypasses the stomach, goes into the bloodstream faster reaching most of the important organs and getting stored in fatty tissue.

Food should be refrigerated in glass containers because plastic leaches into food when exposed to extreme temperatures. In addition, microwaving in plastic is responsible for seeping toxic substances into food. Microwaving also destroys the nutrients in food and creates new compounds that are not found in humans or in nature, called radiolytic compounds.

America is at an all time high public health crisis with obesity. We are one of the fattest industrialized societies in the world. During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. In 2010, no state

had a prevalence of obesity less than 20%. Thirty-six states had a prevalence of 25% or more; 12 of these states (Alabama, Arkansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas, and West Virginia) had a prevalence of 30% or more. Food choices, lack of exercise and personal product choices play a huge role in this matter. Many ingredients found in personal care products are hormone disruptors or endocrine disruptors. Hormone disruptors are defined as certain substances that mimic hormones in our body and influence body's own metabolism. Early puberty in girls and boys, weight gain, insulin resistance, thyroid problems, breast cancer, infertility in women and men are just some of the major problems with Hormone or Endocrine disruptors.

Eating certain food or applying toxic beauty and personal care products could significantly contribute to the cause of our declining health, as long term effects of daily use of toxic ingredients, even if used in small quantities, have not been established. About 90% of cosmetic ingredients have never been analyzed for health impact.

Has anyone asked themselves this question, "Is it profitable for the healthcare industry to keep me healthy?" Imagine the benefits of healthy eating, breathing clean air, drinking pure water, using only pure products on your skin and in your home, exercising regularly, and practicing a healthy lifestyle in every way. The need to take medications, in many cases, would be minimal and the entire health care industry, as we know it, may just collapse.

Toxic products are linked to poor health! Most of these toxic substances and endocrine disruptors are stored in our fatty tissue.

Pregnant women detoxify substances into their unborn babies. One of the studies, by Environmental Working Group, July 14, 2005, Body Burden — The Pollution in Newborns, found that newborns' umbilical cord blood contained over 287 chemicals, including 180 chemicals that cause cancer in humans and animals, 217 that are toxic to the brain and nervous system, 208 cause birth defects or abnormal development in animal tests. The problem with environmental toxins is very real and has been researched extensively by EWG, Endocrine Society, Breast Cancer Fund, A California Health and Environment along with many other organizations.

What are some of the synthetic ingredients that must be avoided at all costs?

Parabens (methyl, propyl, butyl, isobutyl and ethyl) used as inhibitors of microbial growth

and to extend the shelf life of products. Has been assessed as hormonally active by the Cosmetic Ingredients Review. Appears to mimic estrogen in our bodies and has been found in breast tissue. Could lead to impaired fertility or fetal development, skin sensitizer and organ toxicant.

Recent research showed methylparaben to convert healthy breast cells to cancerous breast cells. Also, inhibit the effects of Tamoxifen.

Phthalates, known reproductive toxin. Phthalates are all around us, in toys, personal care products, shower curtain liners, nail polishes, perfumes and much more. Linked to many medical conditions: PCOS, infertility and breast cancer, abdominal obesity in women, IR in men, low sperm count, sexual dysfunction, hormonal imbalances, testicular cancer, linked to early puberty in girls.

Bisphenol A - a component of polycarbonate plastic(7#), used in baby bottles and water coolers, food and personal care product packaging. It is a synthetic chemicals that can mimic estrogen or disrupt hormones in the body.

BHT is found in many cosmetics and personal care products, food. Used as an antioxidant. Endocrine disruptor, probable human carcinogen. Banned in EU.

DEA, MEA, TEA are hormone disrupting chemicals and form cancer – causing agents. Commonly found in bubble bath, shampoos, soaps and facial cleansers. Easily absorbed by the skin.

Fragrance could indicate the presence of any number of up to 4000 different ingredients. The majority of these are synthetic and are either cancer causing or otherwise toxic. Essential oils are the healthful alternative!

Sodium Lauryl Sulfate and **Sodium Laureth Sulfate** used as detergents and surfactants in car wash soaps, garage floor cleaners and engine degreasers. Most widely used in cosmetics, toothpaste, hair conditioners, shampoos and other foaming products. When used in combination with other toxic chemicals, can form nitrosamines, a potent class of carcinogen.

Formaldehyde is a known carcinogen.

Propylene Glycol and **Butylene Glycol** - active ingredient in antifreeze. Commonly used

in body care products, toothpaste, make up and deodorants. EPA requires workers to wear protective gloves, clothing and goggles when working with it.

PEG (Polyethylene Glycol) thickening agent. Used in skin care and hair care products.

EWG has done extensive, unbiased, 7 year research, into personal care product companies. EWG has the largest database (linked to Canadian and European systems) of ingredients and products to choose from. For more information visit ewg.org. EWG has recognized certain companies as "Champions in Safe Cosmetics". I am proud to say that my company, Wholistic Inc., has been acknowledged as one of these companies for choosing to take a firm stand and not use hazardous ingredients in our products.

We live in a difficult time. The water supply and air quality are no longer pure. Our soil is depleted of many nutrients. We must supplement with good nutrients to stay at our optimal health.

My recommendations for great health:

Pro-biotic, Omega-3 Fatty acid, Vitamin D3, Astaxanthin, Multi-Vitamin. Very important to purchase GMP certified, pharmaceutical grade supplements. Yearly testing for nutritional deficiencies is necessary to avoid taking unnecessary vitamins.

Healthy and fresh food choices, drinking (at least 1/2 body weight in ounces) pure water daily, regular exercise regiment, sweating, laughing, positive thought process, love, compassion and meditation should all be a part of everyday healthy lifestyle!

Make an appointment with an Integrative, Board Certified Anti-Aging Practitioner!

We must not look for medications and other substances to fix our health. Everything starts with prevention and every one of us is responsible for our health and the health of our children and planet! ■ ■ ■

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