

Essential Oil Therapies

Living Green to Reduce Cancer Risk Factors

The Link Between Environmental Toxins and Cancer

In the United States an estimated 80,000 synthetic chemicals have been registered for use in the last 40 years. However, fewer than 10 percent of them have been fully tested for their effects on our health. About 600 of these synthetic chemicals are known to cause cancer.

Our Homes May Have Higher Concentrations of Toxic Chemicals

Because indoor pollutants are not as easily dispersed or diluted as outdoor pollutants, concentrations of toxic chemicals may be much greater indoors than outdoors. One



Environmental Protection Agency (EPA) study showed peak concentrations of twenty toxic compounds—some linked with cancer and birth defects—were 200 to 500 times higher inside some homes than outdoors. One reason many household chemicals are dangerous is that they are volatile, which means they become gaseous at room temperature, are sprayed from an

aerosol can or hand pump and thus take the form of microscopic particles which are easily inhaled. These particles can cause damage to the lungs or other organs as they are taken into the bloodstream.

Our Bodies Absorb and Store Synthetic Chemicals

Further, because these chemicals accumulate in the human body and remain for decades, every woman, man, and child now carries synthetic chemicals in their tissues—including some that have been found to cause mammary tumors. One study found residues of more than 400 toxic chemicals—some found in household products and foods—in human blood and fat tissue.

Remove Toxic Household Products

Instead of the dozen or so bottles and cans of toxic cleaners under our kitchen and bathroom sinks, a handful of versatile, nontoxic cleaning products is all we need. Many effective cleaners can be made from common grocery and health store items such as distilled white vinegar, baking soda, borax, etc. Not only are these safe to use, they're more economical.

Reducing Risk Factors by Going Green



Exposure to toxic substances at home and on the job is just one of 30+ risk factors for cancer. But because we control—for the most part—the quality of the air, water and food in our home environment, limiting our exposure is a perfect step. Our staying healthy mantra should be Recognize, Remove, Replace.

Recognize: Learn which products and home conditions are health hazards

Remove: Remove toxic products from your home

Replace: Replace with non-toxic options and Young Living products

Recognize Health Hazards

The Cancer Prevention Coalition lists common household products that have ingredients linked with breast and other cancers. Here are just a few:

- * Household Cleaners
- * Air Fresheners
- * Chlorine and Bleach
- * Home and garden pesticides
- * Spray paint propellant, stripper
- * Dry cleaning solvents
- * Certain plastics



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Radiant Health News

Author Cord Udall Publisher Sound Concepts
Email ylwellness@soundconcepts.com
Phone 800.524.4195 Online <http://ylwellness.com>
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Start Living Green Today

Thieves Spray

When you're away from home or traveling, Thieves Spray is indispensable for protecting you from undesirable microorganisms. Spray it on surfaces—door handles, toilet seats—any spot that needs cleansing. The small bottle fits anywhere and lasts a long time.

Thieves Foaming Hand Soap

Dermatologist-tested, Thieves Foaming Hand Soap is an effective germ-buster cloaked in a creamy, emollient lather.

Thieves Waterless Hand Purifier

Waterless hand cleansers are an excellent alternative to hand washing, particularly when soap and water aren't available. According to the Mayo Clinic, they're actually more effective than soap and water in killing the bacteria and viruses that cause disease. Thieves Waterless Hand Purifier can be used by adults and children to keep hands clean and promote good hygiene without the use of water. Best of all, it has safe ingredients.

Replace with Non-Toxic Thieves Product Line

Replacing toxic cleaners with Young Living's Thieves Household Cleaner is a great way to reduce unnecessary risk. It is remarkably effective and replaces several other products. Thieves Household Cleaner is a highly concentrated formula that can be used to clean and sanitize everything from the kitchen and bath surfaces, pots and pans to floors and carpet. Once you've seen how well it works, you'll never use another cleaner.

As with all Thieves products, the "muscle" is provided by Young Living's proprietary Thieves essential oil blend. Its antiseptic and antimicrobial properties have made it one of Young Living's top sellers and inspired an entire line of Thieves products. These products have made it possible for us to live green at home and on the go.



			
Thieves Spray #3265 Pref Cust: \$9.26 Cust Price: \$10.53	Thieves Foaming Hand Soap #3674 Pref Cust: \$11.29 Cust Price: \$12.83	Thieves Household Cleaner #3743 Pref Cust: \$24.89 Cust Price: \$28.29	Thieves Waterless Hand Purifier #3621 Pref Cust: \$5.79 Cust Price: \$6.58



James Niederland, LCSW Psychotherapist/Wellness Consultant

PHONE **201.906.2994**

EMAIL oilman@essentialoiltherapies.com

www.essentialoiltherapies.com

Young Living Member #: 290271