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10 Pollution Solutions

Why Is It That We Feel Sicker Not Healthier?

Could It Be The Amount of Chemicals We Are Now Exposed To On a Daily Basis?

Scientists are increasingly concerned that long term low-level exposures to chemicals can cause serious health issues.

Like most industrialised countries, together heart disease and cancer are claiming the lives of nearly seventy percent of the Australian population despite monumental advances in science.

We cannot simply remove ourselves from all pollution, but making the decision to reduce the cumulative effect of exposure to a multitude of toxic substances is a sensible choice.

Here Are 10 Pollution Solutions to Help Minimise Your Exposure to Toxic Chemicals

✓ Solution 1

Choose **organic & socially responsible produce**. Certified organic products are grown and processed without the use of synthetic chemicals, fertilisers or genetic modification. Your everyday purchasing decisions can also lead to a safer and environmentally sustainable world.

✓ Solution 2

Urban tap **water** has become a toxic cocktail. Filter your water for drinking & cooking. Use glass, polypropylene or stainless steel water bottles. Over time plastic bottles leach chemicals into the water. If you taste plastic, you are drinking it.



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✓ Solution 3

Use **cast iron or stainless steel cooking pans**. Teflon cooking utensils emit toxic particles and gases. These chemicals are known to be poisonous to birds with DuPont warning that fumes from Teflon coatings can be fatal for pet birds. In humans the fumes cause headaches, chills, backache and fever.

✓ Solution 4

Eat **low mercury fish** such as local reef fish & sardines rather than fish with higher contamination rates such as flake, orange roughy, catfish & swordfish. This advice is particularly important for pregnant women as the unborn baby is more vulnerable to the harmful effects of mercury.

✓ Solution 5

Avoid chemicals that have leached into food by buying **fresh food**. Avoid canned food, convenience foods & food stored in plastic. **Stop using your microwave**, this form of food irradiation destroys the nutritional value.

✓ Solution 6

Buy bed linen & clothing garments made from **natural fibers** such as organic cotton, hemp, silk & wool. These are safer fabrics to place against your skin, reducing absorption of chemicals such as formaldehyde resins through the skin.

✓ Solution 7

Eliminate toxic lifestyle habits such as smoking, high alcohol intake & recreational drug use. Consider a detox program to rid yourself of accumulated toxins. This is especially important if you suspect chemical sensitivities or are planning for pregnancy.



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✓ Solution 8

Consider removing silver amalgam fillings with a qualified holistic dentist if you suspect **mercury toxicity**. It was once thought that mercury was stable & did not leach out of fillings, but autopsies are finding a direct correlation between the amount of mercury in the brain and the number of fillings that a person has in their teeth.

✓ Solution 9

Choose healthier **personal care products**. Avoid perfume, cologne & other products with synthetic fragrances. Look for natural based skin care products & cosmetics that are chemical free.

✓ Solution 10

Go for **green in your home** by choosing natural building products, try non-toxic pesticide control alternatives and use environmentally safe cleaning products & air fresheners. The greatest exposure to chemicals occurs in your own home.