

Mindful



Health

Newsletter

Vol. 3 • Issue #1

Toxins in the Body

Are you worried about toxins in your body? Do you hear people talk about liver cleanses and detox diets and wonder if your body needs this too? Well, think about “detoxing” from everyday stressors first. Here are five tips to get you started.

- 1) Get rid of plastics.** Many of you heard about the controversy involving plastics and baby bottles. A chemical known as BPA, found in many plastic products, has been shown to leak when heated or exposed to acidic foods. This chemical can cause hormonal imbalances and add extra stress to your body. **Tip:** Try glass containers with the plastic tops. This is much safer than the plastic containers because the base of it will not react to temperature changes. Eliminate plastic water bottles and try getting a Brita water filter.
- 2) Stop bleaching your teeth.** Bleaching agents use peroxide, which can cause damage to the tooth and gum. Many of my clients have severe reactions to the light enhanced treatments including hair loss, and flu-like symptoms. In addition, many report pain and sensitivity from the bleaching kits. **Tip:** Try an electric toothbrush and check your mineral levels. Oftentimes a mineral imbalance can cause discoloration in the teeth.
- 3) Eliminate artificial sweeteners.** This seems to be a given, however many are still ingesting saccharin, splenda and aspartame on a daily basis. These sweeteners are adding extra toxicity for the liver and splenda has been shown to put pressure on the thymus,

a major part of the body's immune system. **Tip:** Try agave nectar, stevia or xylitol. These are safe sweeteners and can be found at the health food stores.

- 4) Get a shower filter.** Chlorine and other chemicals are rampant in tap water. Chlorine can cause cancer, thyroid issues, dry skin and an increase in allergies. **Tip:** Rainshower has a great shower filter and it can attach to your current shower head or you can purchase a new showerhead from them. They are sold in many health food stores but if you cannot find them, ask me because I also offer them.
- 5) Check your deodorant for aluminum.** This is also old news, but many people are still using traditional antiperspirants. There is a lot of evidence that the antiperspirants can contribute to breast cancer, congested lymph node glands and nervous system disorders due to the aluminum found in many of the products. **Tip:** Switch to a natural deodorant. A good one is Crystal Body Deodorant Stick.

Want to learn more about how you can make changes to your life? Call me for a consultation where we use cutting-edge technology and personalized health plans to help you to achieve your goals!

**Come visit my website at
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for more information.**

Confused about all of the health theories that are out there? Looking for some answers?
Do you want to have a unique program tailored to your lifestyle and needs? Why not consider
a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129
for a free consultation or e-mail her at Nicole@mindfulhealth.biz