

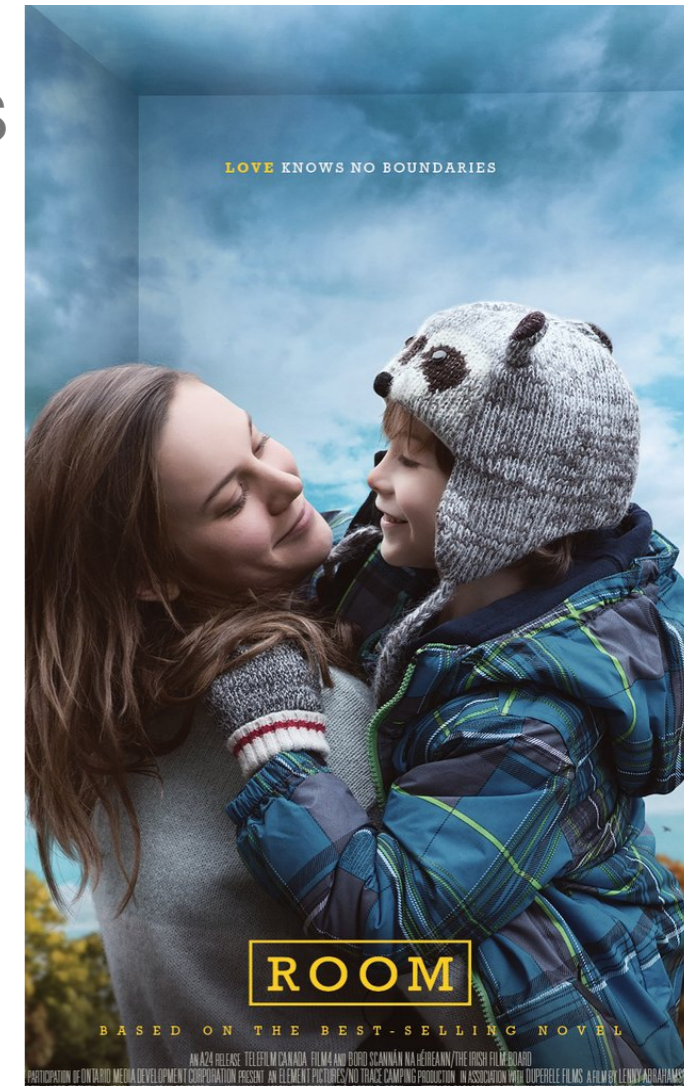


Class 3 : Week 2 Detox

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We spend as much as 90% of our lives indoors

- According to the EPA our indoor environment is two to five times more toxic than our outdoor environment
- Sometimes the air quality inside is found to be 100x more polluted than the outdoors
- In 2009 study done on 52 ordinary homes in Arizona. Scientist found 586 chemicals in the homes and 120 of them the scientist couldn't even identify. All the homes were FAR more toxic than the outdoor air.



- The average American home contains 10 gallons of synthetic chemical products
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- Pesticides
- Cleaners
- Paints
- Varnishes
- Air fresheners
- Candles
- Foam in furniture
- Backing to carpet
- Solvents
- Soaps/detergents
- Perfumes
- Body care

Mold

- Water damage - leaks, windows
- High humidity areas
- Humid climates
- Basements and attics
- Showers, sinks, refrigerators
- Doors, windows, roofs

A toxic and hazardous problem

Flooding and humidity have been ideal breeding grounds for mold growth. Molds produce allergens, irritants and at times potentially toxic substances called mycotoxins.

Asthma attacks can be triggered in those allergic to molds, may worsen asthma in non-allergic people.

Irritant Effects in the eyes, skin, nose, throat and lungs can feel like a burning sensation.

Hypersensitivity Pneumonitis – resembles bacterial pneumonia, may develop from exposure to molds.

Opportunistic Infections – people with weak immune systems may be vulnerable to lung infections.

Allergic reactions – mold or spores touched or inhaled may cause sneezing, runny nose, red eyes and skin rash.

Infections – athlete's foot, yeast infections.

Wear protective clothing – avoid breathing or touching mold.



N-95 mask keeps mold spores from being inhaled.



Gloves



Goggles

Get rid of moisture – use fans, dehumidifiers or air conditioners to circulate out moist air.



Combustion By-products

- Unvented kerosene and gas heaters
- Gas appliances
- Fireplaces
- Furnaces
- Tobacco smoke
- Automobile exhaust

Formaldehyde

- Pressed wood products (hardwood, plywood, fiberboard)
- Some foam insulation
- Mattresses
- Glue and adhesives
- Stoves
- Nail polish

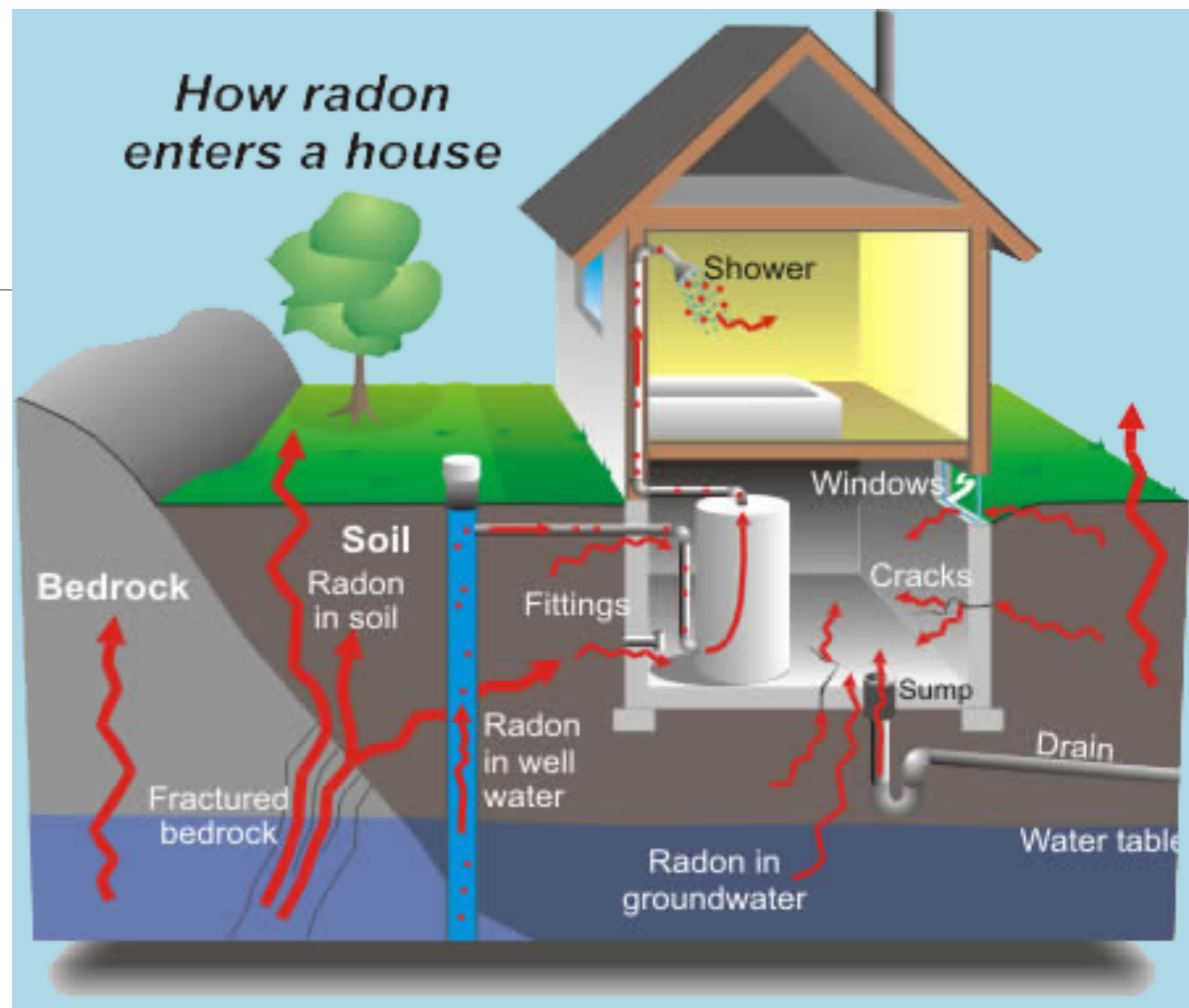
- Causes dizziness, fatigue,
Headaches, nausea
- Irritates mucous membranes:
eyes and respiratory tract
- Breathing difficulties
- Impairs nervous system

Volatile Organic Compounds (VOCs)

- Paints
 - Linked to cancer
 - Can lead to heart disease
 - Known to cause lung disease
- Solvents
- Aerosol sprays
- Cleaners and Disinfectants
- Air fresheners
- Dry cleaned clothes
- Glue that holds carpet in place

Radon

- Granite
- Well water
- Soil
- Smoke detectors
- Clocks and watches



- Radioactive gas that comes from uranium
- Respiratory problems
- Cancer/ chromosomal changes

Cars



- Off gassing from seats, steering wheel, dashboard, & carpets
- Jeff Gearhart, research director at the Ecology Center
"Research shows that vehicle interiors contain a unique cocktail of hundreds of toxic chemicals that off gas in small, confined spaces."
- Many of the toxins are carcinogens and endocrine disrupters

Melaleuca

- 1.5 million cases accidental ingestion of poisons reported to the U.S. Poison Control Centers annually
- 1 squared centimeter of skin (smaller than a dime) has 3 million cells, 4 yards of nerves, and 1 yard of blood vessels



- 15 year study found women who work in homes have a 54% increased death rate from cancer

Bleach

- Associated with "clean" smell
- Toxic gas if mixed with other cleaning products
- Average of 109 calls per DAY to Poison Control
- A person with asthma who uses bleach 2x/day has 28% more asthma attacks
- Acrid fumes burns nose, drop burns skin, splatter changes color on clothes

Everyone plays a part

Everything we pour or flush down our pipes ends up in our communities sewage then in our streams then in our oceans. Please do your part!

What about your body's pipes (food/air) streams (lymph system) and ocean (body tissue)?

3 Day Cleanse

- Digestion a break
- Drop weight
- Change metabolism, jumpstart detox
- Don't do this if:
 - Intense workout
 - Stressful time
 - Too low of energy

Tues	Wed	Thur	Fri	Sat	Sun	Mon
Burger Blueberry Bar	Smoothie	Smoothie	Smoothie	Sweet Potato Hash	Cuban Skillet	Cuban Skillet
Zucchini Noodles	Chicken Soup	Chicken Soup Cabbage	Chicken Soup	Antipasto	Chicken Salad w/ Quinoa Salad	Chicken Salad w/ Quinoa Salad
Lemon Chicken Cabbage	Curry Stir Fry with Cauliflower	Veggie Taco Salad Cauliflower	Stir Fry with Kelp Noodles	Roasted Chicken Greens	Baked Haddock Asparagus	Shep. Pie Broccoli