



July: Toxic Free Health Month

Every day we are exposed to toxins hidden in our food, water, air, beauty and cleaning products, clothing, infrastructures, medicines and the list goes on! Therefore, our body's built in efficient detoxification system is working 24/7 through our liver, gut, skin, kidneys and lungs. Research has shown that toxin overload is a leading cause for many diseases, as well as a wide variety of other health problems. For example, processed refined foods in general will destroy healthy microflora, feed bad bacteria and increase chronic inflammation, which slows down the detoxification process found in the gut. Even though you cannot completely control your toxic exposure, you can minimize it by being aware and implementing the simple strategies listed below.



Simple Strategies to Reduce Toxins Every Day

- Stop eating canned food
- Avoid plastic water bottles and non stick pans/pots/utensils
- Use non-toxic make-up and body products
- Use natural household cleaners or make your own
- Eat organic
- Get a water filter
- Don't use pesticides
- Try alternative medicine when possible
- Reduce stress levels
- Lose excess fat
- Exercise regularly
- Make sure your Gut is healthy
- Sleep

Health Tip: Eliminating Plastic

Plastic is a substance found in almost everything around us. Not only is it obviously the primary component in water bottles, storage containers, and pieces of daily equipment, but also is hidden in the lining of cans, medical equipment, air fresheners, perfumes and beauty products. The Journal of the Yale School of Environmental Studies, has proven through research that BPA and Phthalate exposure is linked to many health concerns such as hormonal changes, breast and prostate cancer, infertility, obesity, type 2 diabetes, allergies, endocrine-disrupting effects, neurological problems, as well as many other serious diseases and health problems. In our modern lifestyle it is impossible to live completely plastic free because it is in the air we breath, on the food and in the water we intake, and makes up the things we come in contact with daily. But there are ways you can reduce your exposure by incorporating some of the tips listed below.

1. Start using a glass or stainless steel water bottles
2. Switch to reusable grocery bags
3. Stop buying processed foods that are packaged in plastics
4. Replace plastic bags and food storage containers with safer reusable options (silicon or glass)
5. Buy wooden or metal toys for children instead of plastic
6. Try to buy clothing made with natural fibers (cotton, wool, hemp, linen, etc) over synthetics like polyester
7. Recycle whatever you can

Exercise of the Month

The Lymphatic System is often overlooked, yet it plays a vital roll in your body's sanitation department. It assists the liver and the spleen in cleaning up all the debris, which are created by the other systems in the body, in addition to all of the toxins we come into contact with each and every moment. Exercise is crucial in helping the body's organs eliminate and purify by increasing the circulation of blood and lymphatic fluid, as well as initiating the cleansing process of perspiration.

- Aerobic Movement- Walking, biking, swimming, running
- Stretching
- Yoga
- Rebounding on a mini trampoline
- Ankle Circles
- Ball squeezes with your hand
- Standing or Sitting Hamstring Curls and Knee Extensions
- Calf Raises
- Arm Circles



Recipe of the Month

ALL PURPOSE CLEANER

Ingredients

- 3 drops of liquid castile soap
- 1 cup of white vinegar
- 1 ½ cups water (or distilled water)
- 10 drops of tea tree oil (melaluca)
- ¼ cup washing soda (not baking soda)
- 8 drops of essential oil for scent (optional-lemon, orange or lavender)

Directions: Heat up the vinegar and water on the stove until boiling. Add washing soda and stir until totally dissolved. Once mixture is cooled place in a spray bottle. Lastly, add castile soap, tea tree oil and essential oil. Then shake.



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