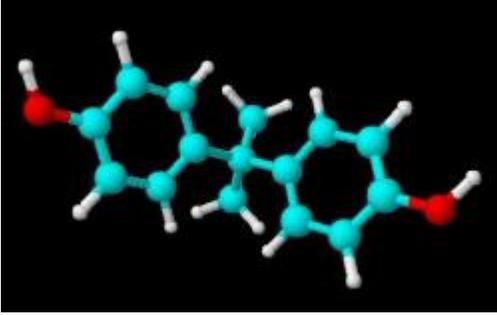


Toxic Products Surround You



In 1998, a laboratory accident in Dr. Pat Hunt's lab alerted her and many other scientists to the dangers of even tiny amounts of certain chemicals present in many of the products we use.

When a temporary employee mistakenly used a harsh alkaline floor detergent to clean the cages of the mice she was studying, the animals' eggs began to develop serious chromosomal problems. The detergent caused the plastic in the cages to begin to disintegrate, which allowed a chemical called bisphenol A -- an endocrine disruptor -- to leach into the animals' food and water.

Dangerous to Children

Endocrine disruptors are present in many household products. These man-made chemicals affect the hormones that control development and function in our bodies. There is mounting evidence that they can cause harm in the development of fetuses and children, who are particularly sensitive to the chemicals because they have not yet developed the protective mechanisms present in adult bodies.

Disruptors Everywhere

Endocrine disruptors come from many sources: (here is just a few examples)

- Bisphenol A, a common ingredient in many plastics, including those in reusable water bottles and resins lining some food cans and dental sealants, can change the course of fetal development in a way that increases the risk of breast cancer.
- Exposure to phthalates can lead to incomplete testicular descent in fetuses. Phthalates are found in vinyl flooring, detergents, automotive plastics, soap, shampoo, deodorants, fragrances, hair spray, nail polish, plastic bags, food packaging, garden hoses, inflatable toys, blood-storage bags, and intravenous medical tubing.
- Perfluorooctanoic acid (PFOA), found in grease- and water-resistant coatings like Teflon and Gore-Tex, is a likely carcinogen.
- Runoff from parking lot sealant is a source of polycyclic aromatic hydrocarbons, which are likely carcinogens and possibly reproductive toxicants.
- An insecticide called methoxychlor and a fungicide called vinclozolin caused changes to male mice born for as many as four subsequent generations after the initial exposure.

You Have Been Exposed

Only in the past five years or so have scientists developed tests sensitive enough to measure the very low doses of these chemicals present in our bodies and the environment. They found that phthalates and PFOA are present in nearly everyone.

"They're all around us," said Dr. Shanna Swan, a phthalate researcher. "In food, in household dust, and in products, but they're invisible. People don't know when they're exposed."

The technology currently exists to make products such as plastics that do not contain endocrine disruptors. However, it may be difficult to convince industry manufacturers to make the switch.

[USA Today](#)

The dangers of toxic chemicals like bisphenol A, PFOA and phthalates are real and should not be taken lightly. The dangers they present are the inevitable result of flooding our environment and your body with synthetic chemicals with unknown effects.

So many products contain endocrine disruptors that trying to avoid them may seem like a hopeless struggle. But, in fact, there are a number of practical techniques you can use to limit your exposure to these and other common toxins.

First of all "Switch your brands from unhealthy, toxin loaded to safer brands, like Sunrider of course"! Sunrider not only is safer but helps regenerate the body!

Avoiding Toxins in Your Food and Drinking Water

- As much as possible, buy and eat organic produce and free-range, organic foods. At the very least, use free-range organic eggs.
- Wash all fruits & produce with Sunrider "**Fruit & Veggie Rinse**"-even the organic foods.
- Avoid artificial food additives of all kind, including artificial sweeteners and MSG. I use **SunnyDew** to sweeten my beverages!
- Avoid processed foods -- remember that they're processed with chemicals! If you want something quick-use VitaShake or NuPlus and make a smoothie!
- Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
- Avoid chemicals from cookware like aluminum and Teflon pans.



Avoiding Toxins in Your Personal Care Products

- Only use natural cleaning products in your home. I love the Sunrider SunSmile Cleaning products. Chemical free, p.h. balanced and works great. Very cost effective!
- Similarly, switch over to natural brands of toiletries such as shampoo, toothpaste, antiperspirants to the Sunrider SunSmile Dental & deodorant products.
- Many lipsticks contain lead and other harmful ingredients-use Kandesn cosmetics and natural Skin Care.
- Avoid the metal (mercury) fillings when going to the dentist.
- Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances, as they can pollute the air you are breathing. I have air filters in almost every room!