Health and Environment

HEALTH & ENVIRONMENT

- Healthy Homes
- All Diseases Begin in the Gut
- Arthritis
- Other useful info

Healthy Homes

Harmful Ingredients

- Sodium Lauryl Sulphate
- Sodium Laureth Sulphate
- Alcohol
- Tallow
- Bentonite
- Collagen
- Aluminium
- Mineral Oil
- Talc
- Propylene Glycol
- Lactic Acid
- Propylene Glycol
- Butylated Hydroxytoluene (BHT)
- Propylene Glycol
- Phthalates
- Toxins / Carcinogens

Healthy Homes

Top 10 “Killer” Household Chemicals

- AIR REFRESHERS
- CARPET & UPHOLSTERY SHAMPOO
- DISHWASHER DETERGENTS
- DRAIN CLEANERS
- FURNITURE POLISH
- OVEN CLEANERS
- DISHWASHING LIQUID & ANTIBACTERIAL CLEANERS
- LAUNDRY ROOM PRODUCTS
- TOILET BOWL CLEANERS
- WOOD / LINO FLOOR POLISH
All Diseases Begin in the Gut

What can damage Gut Flora

- Antibiotics
- Steroids, The Pill
- Other Drugs
- Stress
- Poor Diet
- Infections
- Disease
- Alcohol
- Toxic Chemicals
- Dental Work

Roles of Gut Flora

- Health and Integrity of the Gut
- Protection from Invaders
- Immune System Modulation
- Appropriate Digestion and Absorption
- Vitamin Production
- Detoxification

Gut Dysbiosis - The Unhealthy Gut
The healthy Gut

Food comes in

Food is split unto nutrients by good bacteria

Vitamins released

Bacteria keep the intestinal wall clean

Arthritis

• What it is
  Osteo- and Rheumatiod-

• How it happens

What you can do
• Vitamins
• Minerals
• Antioxidants
• Glucosamine Hydrochloride
• Cetyl Myristolerate
• Methylsulfonymethane (MSM)

Other useful info

A surgeon who links the sweetner aspartamine to Multiple Sclerosis and many other conditions.

Why even a couple of paracetamol can push the toxin level in your body over the limit and allow liver damage to start setting in.

Why our overworked livers can’t handle any more toxins and why you’re much more likely to be experiencing reactions than you think.

**Prevention is better than cure!**