

3 Common Sources of Toxicity at Home and How to Eliminate or Counteract the Effects

#1 Your Carpeting

PROBLEM:

Many carpets have at least 49 toxic chemicals (most have up to 1000) that continually and consistently out-gas toxic fumes, poisoning you steadily over time. Formaldehyde, benzene and toluene are just a few that can cause a host of health problems from headaches, fatigue and sore throats to cancer, birth defects and severe neurological symptoms. They are also magnets for allergens, mold and dust containing lead and pesticides.

SOLUTION:

Get rid of your carpets. If you must have carpet, try woven wool, which has relatively fewer chemicals, and invest in some rubber tree plants and other detoxifying plants such as English ivy, peace lily and chrysanthemum, which are known to remove chemical pollutants in the air that come from your carpets.

#2 Your Refrigerator

PROBLEM:

Your fridge is one of the strongest sources of electromagnetic pollution in the home. Other sources of EMFs (electromagnetic fields) are electronics, including alarm clocks, computers, radios and compact fluorescent lights. EMFs coming from cell phones, electrical wiring, and other sources are all at radiation doses even higher than the ones associated with childhood leukemia.

SOLUTION:

Sleep at least 6 feet away from your fridge (which may be nearly impossible here in NYC with studios and one bedroom apartments), try not to keep electronic equipment in the bedroom, place your bed facing north-south to align with the earth's magnetic field, purchase EMF protective devices to stick on your phone, fridge and TVs. Also, try flower essences, which have been shown to reduce your body's reaction to intense environmental stimulation/EMF stress such as those from fluorescent lights.

#3 Your Shower

PROBLEM:

There are two sources of toxicity here. One is your vinyl shower curtain which off-gasses over 108 toxic chemicals that can damage your liver, central nervous system and kidneys. The other is the chlorine in the water coming out of your shower head. Most people don't realize that the main source of chlorine exposure is not from drinking it, but inhaling it. In one brief hot shower, you inhale the chlorine equivalent of what you would drink in 8 glasses of chlorinated water. Chlorine is toxic to the body, causing respiratory ailments such as asthma and bronchitis. It also dries out hair and skin leading to rashes and irritations, and is linked to colon and bladder cancer.

SOLUTION:

Shower curtain: You can buy an \$80-90 hemp or bamboo one but who wants to spend that much on a shower curtain? Restoration Hardware sells a nylon hotel shower curtain for \$20 that will last you a lifetime, because you can toss it in the wash and it is very resistant to mold and mildew.

Shower water: You can take quick cold showers to reduce your exposure to the chlorine or you can buy a shower filter and still take nice warm steamy showers.

For more health resources, visit www.flowinghealth.org.

To make an appointment or ask any questions, email us at info@flowinghealth.org.

—FLOWING HEALTH at the Loft ~ 1476 Williamsbridge Rd ~ Bronx, NY 10461 ~ 718 . 409 . 4900

—FLOWING HEALTH in Chelsea ~ 134 W 26th St 2nd fl ~ New York, NY 10001 ~ 971 . 678 . 5291