



Toxicity: What's in our Environment?

When was the last time you stopped to read a label? If you are like most people you probably do not read labels very carefully, or at all, on the food you eat and personal care products you buy. Increasingly functional medicine practitioners advise us to become more aware of what is in our environment.

Toxicity is defined as anything that will disturb our metabolic processes. Today our bodies are surrounded by synthetic chemicals. In fact, there are around 88,000 different chemicals used in the U.S. right now and only around 3,300 of them have been tested for their effects on people. Current research points to a relationship between these pollutants and many serious conditions such as diabetes, Alzheimer's and allergies.

Examples of where these toxins be found: Mercury fillings, Non-Organic Foods, Anything called "artificial", hair care products, makeup, lotion, soil, OTC and RX drugs, to name a few.

What are some keys to focus on to detoxify?

Water: Water is central to the process of detoxification as it allows the body to flush itself out.

Foods: Pomegranate, watercress, artichokes as well as an assortment of colorful fruits and vegetables are very important. The bright colors of these foods are the byproducts of the photochemicals they contain to protect them from the environment. When we eat them our bodies can then use these same compounds to help protect ourselves (Thompson, 2011).

Do yourself a favor, next time you are shopping take a look at the labels of the products you usually buy and if their ingredients list is full of words you have never heard of consider a more natural alternative.



Sources:

Thompson, Kim (2011). Kim Thompson, Healthy Transformations, Nov 17th WKTV News Talk, Toxicity.MP4. November 17, 2011 Available: http://www.youtube.com/watch?v=oDyS_xxlv4w&feature=youtu.be

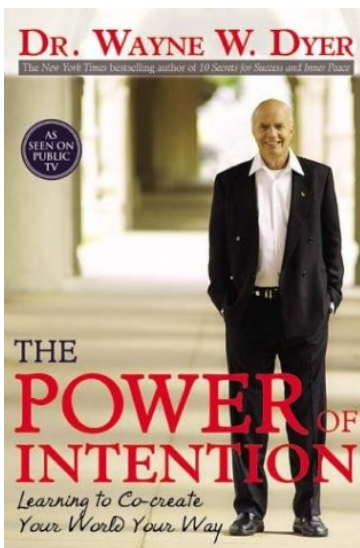
Healthy Transformations Book of the Month:

The Power of Intention

By: Dr. Wayne Dyer

This is a good time of year to take some time to plan out your goals and dreams for 2012. Having the right mindset is critical to achieving those goals. Dr Dyer's books are always inspirational.

-Kim Thompson of Healthy Transformations



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