

Oct to
Nov
2010

Holistica

... the Newsletter of Holistica Natural Therapies

No matter how
long the winter,
spring is sure
to follow.

~Proverb~

Welcome to Spring !

Spring has Sprung !!

Hoorah ! What lovely weather we are having ! I hope you are getting out and about in this beautiful spring sunshine! What a brilliant time of year it is ... just perfect to crawl out from out winter slumber – or as Robin Williams said ... Spring is nature's way of saying, "Let's party!"



Spring is the perfect time to detox your body, especially if you can answer yes to one or more of these questions ...

Are you often tired or lethargic?

Do you regularly suffer from bloating, diarrhoea, constipation or other digestive disturbances?

Do you get recurrent headaches?

Do you regularly suffer from muscle aches and pains?

Does poor short-term memory and concentration affect your ability to function at work?

Do you have allergies or sensitivities?

Do you suffer from depression, anxiety and / or mood swings?

How did you go? If you did answer Yes to one or more of these questions, your body may be overburdened by toxicity! ☺

The modern world is full of a multitude of man-made chemicals and it seems that we are not only what we eat, but also what we drink, breathe and touch ! Even before you step outside the house in the morning, you are potentially being exposed to a myriad of toxins. Eating breakfast, washing the dishes, applying cosmetics and perfumes and even having a glass of unfiltered water, can potentially increase your exposure to harmful compounds which may compromise your health and vitality.

The good news is that your body has an amazing ability to eliminate these toxins through its inbuilt detoxification systems. However, your body can become overwhelmed with accumulated toxins over time.

If you haven't been feeling quite right or you answered Yes to any of the above questions, then perhaps you should consider a healthy step-by-step detoxification programme to give you back your bounce!

The main features of the detoxification programme are to ...

- Reduce toxin exposure through dietary and lifestyle changes;
- Remove bad bacteria and waste from your digestive system
- Renewing and rebuilding your digestive lining, as well as replacing the bad bacteria with healthy ones and improving your digestive function; and
- Helping your body release toxins more effectively.

It also guides you on good nutritional and lifestyle choices.

If you are interested in this detoxification programme, please do not hesitate to contact me or pick up a booklet next time you come in. The full programme will take approximately 8 – 12 weeks, depending on your requirements, but if you want a faster detox I can guide you on a 2 week programme.

There's some nasty stuff about !

Well, my 'bug-bear' of the moment is the use of harmful chemicals, preservatives, colourants and fragrances, used in personal care products and even used in baby products.

As mentioned above, we are constantly bombarded with a myriad of chemicals (natural and not-so) in our daily lives. Not all chemicals are baddies, of course ... in fact, I came across an interesting website which shows naturally occurring chemicals in a typical menu - here is just a sample from it ...



FRESH RELISH TRAY

Carrots

(contain) aniline, caffeic acid

Cherry Tomatoes

(contain) benzaldehyde, caffeic acid, hydrogen peroxide, quercetin glycosides

Celery

caffeic acid, furan derivatives, psoralens

Taken From:

http://www.acsh.org/publications/pubid.103/pub_detail.asp

Interesting, isn't it? So – I am not on an anti-'chemical' campaign but what I do worry about is the potentially harmful and unnecessary chemicals found in personal care and household products ...

It is quite a different thing for chemicals to appear naturally in foods – in their unique and synergistic combinations – and quite another for the body to be bombarded with synthetic chemicals, for which it often has very little or no defence.

It is actually a tricky thing to differentiate between the goodies and the baddies of the chemical world ! Even the most extensive research into the chemical ingredients of personal care products will turn up arguments for and against the use of questionable chemicals.

As with anything these days, there is a lot of information .. and it seems .. dis- and mis-information out there, but I am inclined to err on the side of caution with these things !

Two of the most talked about chemicals are

Parabens and Pthalates.



The following is taken from an article entitled "Protecting our Babies from Toxic Chemicals"

<http://www.earthmamaangelbaby.com/> - there is a lot of good reading (and good products!) on this website, if you have a chance to have a look !

"Parabens are used as a preservative in many cosmetics, foods and pharmaceutical products. Parabens can mimic the hormone oestrogen and when absorbed through the skin, parabens have been linked to breast cancer and male reproductive abnormalities".

"Phthalates are another man-made chemical found in many of personal care products. Phthalates are used to make plastics flexible and used in many fragrance oils to help prolong the fragrance's scent.

A study conducted by the American Academy of Pediatrics concluded that many young infants are frequently exposed to phthalates in common baby lotions, powders, and shampoos thereby making them more vulnerable to the developmental and reproductive adverse effects of these chemicals.

Phthalates have been linked to hormonal changes, birth defects, reproductive abnormalities in baby boys (i.e. low sperm count, testicular cancer, deformities of the penis), and damage to the liver, kidneys, and lungs" contd ...

I found it quite interesting to note a (very) well-known company's comments on their continued use of Parabens and Pthalates in their products is as follows:

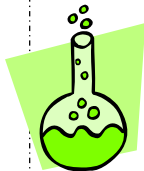
"Parabens are the most widely used preservatives in personal care products. And though we have chosen to exclude them from our 'natural' line of products, clinical evidence confirms that parabens are safe for use in cosmetic/personal care products. In addition, parabens have been confirmed as safe by the European Commission, U.S. Food and Drug Administration and other regulatory and product safety authorities around the world.

DEP, the only phthalate used in our core baby products, has been extensively researched and confirmed to be safe by independent scientific review bodies in the U.S. and Europe. However, as part of our process of continuously updating our products, we completed the worldwide phase-out of DEP in baby products late last year"

It seems there is justification for everything !

On doing a little more digging around, I found the ingredients in this company's baby wash, which are as follows ...

Cocamidopropyl betaine
PEG 80 Sorbitan Laurate
Sodium Laureth Sulfate
PEG 150 Distearate
Tetrasodium EDTA
Sodium Chloride
Polyquaternium-10
Fragrance
Quaternium 15
Citric Acid



I then looked it up on the following website ... <http://www.cosmeticsdatabase.com> and it seems that overall it got a 4 out of 10 score as a 'moderate hazard' ... and this is supposed to be a lovely, gentle baby wash ... widely used, especially by hospitals !

Many of the ingredient in this baby wash have also been associated with "neurotoxicity, allergies, immunotoxicity, contamination concerns, organ system toxicity (non-reproductive), irritation (skin, eyes, or lungs)".

Also ..., have a look at the website of the **Campaign for Safe Cosmetics**, and you will scare yourself silly ! In particular, there is an article which reads ...

"Despite marketing claims like "gentle" and "pure," dozens of top-selling children's bath products are contaminated with the cancer-causing chemicals formaldehyde and 1,4-dioxane, according to the March 2009 Campaign for Safe Cosmetics report, "No More Toxic Tub."

<http://safecosmetics.org/section.php?id=34>

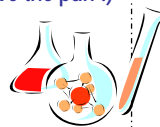
Scary stuff eh?



Just one more chemical to mention and then I will get off my soap box (forgive the pun !)

The following is taken from:

<http://www.natural-health-information-centre.com>



"Sodium Laureth Sulfate (SLES) and its close relative Sodium Lauryl Sulfate (SLS) are commonly used in many soaps, shampoos, detergents, toothpastes and other products that we expect to "foam up". Both chemicals are very effective foaming agents, chemically known as surfactants.

Unfortunately, both sodium laureth sulfate and its cousin are also very dangerous, highly irritating chemicals. Far from giving "healthy shining hair" and "beautiful skin", soaps and shampoos containing sodium laureth sulfate can lead to direct damage to the hair follicle, skin damage, permanent eye damage in children and even liver toxicity.

Although sodium laureth sulfate is somewhat less irritating than SLS, it cannot be metabolised by the liver and its effects are therefore much longer-lasting. This not only means it stays in the body tissues for longer, but much more precious energy is used getting rid of it".

I know this Newsletter is full of web links – sorry ! I couldn't resist giving you one last link / article to look at while I am on the subject ... it is from The David Suzuki Foundation (DSF), which has compiled a list of toxic chemicals to avoid in personal care products – and these really are baddies to be avoided at all costs !

... the article is entitled "Dirty Dozen cosmetic chemicals to avoid" and is from:

<http://www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/>

Here they are ... (their full description and their effects on the body are on the website)...

1. BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene)).
2. Coal Tar Dyes
3. DEA (diethanolamine)
4. Dibutyl Phthalate
5. Formaldehyde-releasing Preservatives - look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15, and sodium hydroxymethylglycinate
6. Fragrance or Parfum
7. Parabens
8. PEG compounds (e.g., PEG-60) - Look also for related chemical propylene glycol and other ingredients with the letters "eth" (e.g., polyethylene glycol).
9. Petrolatum - Petrolatum (mineral oil jelly)
10. Siloxanes - Look for cyclomethicone and ingredients ending in "siloxane" (e.g., cyclotetrasiloxane)
11. Sodium Laureth Sulfate - Look also for related chemical sodium lauryl sulfate and other ingredients with the letters "eth" (e.g., sodium laureth sulfate).
12. Triclosan

So – there are just a few 'nasties' to be avoiding when looking at the ingredients listing of your personal care products. Of course, I wouldn't just have a whinge if I couldn't give you some good news too ! There are, of course, natural alternatives to many personal care products!

However, I seem to have run out of space again so if you would like some suggestions as to alternatives to your personal care products, please let me know – email or call me and I will see what I can find – or make – for you !

I have herbs, oils, clays, waxes, herbs, essential oils, hydrosols, teas, talc alternatives (cornflour, arrowroot, rice powder), salts etc. etc. ... all ready to be blended into a product just for you ! ☺

If you get (another) chance, check out this website, it gives a lot of alternative, natural recipes to use - and is aptly named 'Non toxic personal care'.

<http://www.avianweb.com/nontoxicpersonalcare.html>

Focus on Dorn Spinal Therapy ...

You may (or may not!) know that I have been practicing this therapy for some years now ... it is a gentle spinal and joint treatment – great for those resistant back and neck aches and pains – in fact any related health problems stemming from a deviated vertebra or different leg length ... eg, back / neck / shoulder pain, headaches / migraines / earaches, pins and needles in arms and / or hands, hip / knee problems, Sciatica etc Treatment includes correction of leg length, spinal re-alignment – by gently massaging deviated vertebrae back into their original position, utilising body dynamics - followed by (a very relaxing) spinal stretch massage - utilising Hypericum oil, silk paper, Reiki (optional) ... and time to rest! You will need to allow ~ 60 minutes for this treatment – and all for only \$75 !

... which brings me to my ...

Special Offers Oct-Nov:

Reflexology (inc. Aromatherapy foot bath and foot scrub) plus Reiki
– allow ~ 60 mins – for only \$65 !
(usually \$75)

Reiki – including Crystal Healing
– only \$40 for ~45 mins (this is a sublimely relaxing treatment – so don't plan your shopping after !)
(usually \$45!)

I hope you enjoyed this Newsletter .. if you have any suggestions, questions or would like to stop receiving it at any time, please email me on elaine@holistica.com.au or Mob: 0411 261 758.

Thank you ... see you soon ! Elaine ☺

