

Do you want to give your patients an extra edge to help them reach their health goals? Consider encouraging them to *remove* toxic cleaning and personal care products from their daily routine and *replace* these with naturally safe solutions. Simply. Safely. Affordably.

Purpose

To help people living with chronic illness replace cleaning and personal care products with solutions that are naturally safe.

Values

Simplicity – Easy to follow recommendations for the greatest success

Purity – Real ingredients for real people

Affordability – Naturally safe products don't have to equal more expensive. I have a recommendation for every budget.

Description of Services

45 minute comprehensive personal consultation via video or phone conferencing. I work one-on-one with clients to develop a personal plan to stop using chemically based products in their home and on their body. This includes cleaning and personal care products. Using a core set of recommendations, we customize solutions, using real ingredients that work for each person, according to their needs and preferences.

I help clients access these new solutions in places that they likely already shop, like Amazon, Fred Meyer, Target, Wal-Mart. *I do not sell products.*

I do not claim to prevent, cure or treat any particular disease. Rather, I help people remove potential obstacles to wellness and replace them with simple, affordable solutions. These solutions nourish and promote well-being.

Why

Toxins today are hiding in plain sight in the products we use in our daily routines. The average American is exposed to more than 100 chemicals in their household products before they leave the house. These toxins are part of an overall body burden of toxic waste that our bodies must store or metabolize and eliminate. Anything that overwhelms detoxification pathways can throw the entire body off balance. We have little control over many toxins in our lives. Removing the ones we do have control over gives the body a significant advantage, freeing up metabolic resources for other biologic functions. This compliments other medical



interventions because now the body has more resources to heal. Additionally, when toxins are present it can be more difficult to heal. Many chemicals, called endocrine disruptors, interrupt communication between cells. Communication is vital for the functions of the body to be carried out efficiently and effectively.

Symptoms

Symptoms associated with use of chemically based household products include: asthma, reduced fertility, headaches, neurological problems, fatigue, mucosal symptoms, foggy brain, bloating, cramping, diarrhea, muscle or joint pain, cramps, weakness, jitteriness, fast or irregular heartbeat, swollen lymph glands, weight gain, obesity

Greenwashing

Emissions of carcinogenic hazardous air pollutants from “green” or “organic” fragranced products are not significantly different from regular fragranced products. Fewer than 3 % of volatile ingredients are disclosed on product labels, MSDSs, or websites. There is little to no national regulation of ingredients in household products.

Sources

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Solving the Autoimmune Puzzle, 2017 Dr. Keesha Ewers, ARNP, PhD
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<https://www.hsph.harvard.edu/news/features/harmful-chemicals-in-personal-care-products/>

Go to www.LightenUpSimply.com to learn more.