

Do you know what hides under your sink?

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Recently I stumbled upon a presentation by Peter Anthony Davie¹ then attended on the “Green Leaf Foundation ” Program by professor Dr Chirapol’s². I was stuned about what I have seen, experienced through the demos and what information went through my ears. It was like a key turned on the ignition in the car how a revelation sparked the moment of decision. It was all clear. I no longer wondered the reasons why some people feel so strongly about protecting our environment, living green and saving the planet. I no longer could stay blind about seeing frothy ocean waves and plastic filled beaches with decaying fish. I no longer can stay silent about why children have allergies and why 1 out of 4 people have cancer today. As a health care professional, ***I no longer can contribute to referring clients to expensive treatments, while the solution is so simple and affordable:***

Get chemicals out of your life.

Lets back track a bit. I used to consider myself environmentally conscious, as I recycle and turn off unused light. ***Of course I am aware that chemicals are not good for us, but how can we***

¹ Peter Anthony Davie is official Symposium leader of the Awakening the Dreamer Movement

² Dr Chirapol Sintunawa is the Vice President of Green Leaf Foundation in Thailand. He convinced 14 million people in Thailand to turn off unused electric equipment and light by 5 min a day on average, which was enough to shut down an entire transformer station.

avoid them. So as years went by I accepted the fact that its normal for me to use gloves to clean and wash dishes. It was also normal to cough and have burning nose while I clean and feeling “wiped out” at the end of the day when I clean and disinfect the bathroom. Now, I know the specific reasons. It is my professional responsibility to share with you some information to improve your health, prevent future illness. Seeing what I am about to show you and let you hear certain information, will bring new level of understanding for you it will makes sense what to do next.

First revelation is that ***being aware of that household chemicals are not good for us isn’t enough. It is simply too general. We must really learn just how bad the “stuff” is under our sink. This knowledge is the invaluable for parents and for those who already ill and seek to regain health.***

Do you know how we poison ourselves?

Agreeing on the general view that household chemicals are not good for us, I am confident to raise the question: ***Is your house really clean when you clean with chemicals?*** That’s right, you said it well. Of course not.

Did you know that chemicals from ***cleaning products, petroleum fume, dry cleaning, paint from aldehyde, plastics, linger in the air long after application and we breathe in the toxic vapor on a daily bases?***

How about this? I certainly never thought of that ***washing detergents remains in our cloth and create invisible toxic fume what we***

breathe in? Not to mention the synthetic fragrance and perfumes from your body care what also ends up in your lungs. So the ***first way we poison ourselves is through inhalation.***

Have you ever seen the test just how alkaline grocery store brand detergents are? And when you hold ordinary detergents in your hand they sting your skin? Now it makes sense why you may itch, have stinging and red skin when wearing cloth washed with those alkaline chemicals. Lets not stop there. Did you know that when your ***cloth is exposed to heat those alkaline toxins are being released even faster?*** What do you think happens to your skin when you perspire and your pores are open? Where are the toxins going from your clothes? That's right, right into your body. Pretty scary stuff.

Since we are at the skin level the ***second way we poison ourselves is through the skin.*** Did you know that what we put on our body as cosmetics, body care, and the toxins could be absorbed through the skin and poison us as well? So do you know what's in your body care?³

Do you know that the ***healthiest food as fruits and veggie are full of pesticides and wax*** what ordinary washing can't take off and you eat them? Did you also know that ***eating off a plate which was washed with chemicals may make a thin layer on the plate what you will consume at your next meal?***

And what do you think ***children eat off their hands when touching chemically cleaned surfaces?*** So tell me, how many kids scroll on the floor what was washed with chemical disinfectant? How many of your kids touch the bathroom sink/tub and kitchen counter then put their hands in their mouth? Yes, we eat poison every time we touch these surfaces and the ***third way we poison ourselves is through ingestion.***

Check in your home:

- *What kind of air you breathe at home?*
- *Do you know what invisible fumes you breathe from your cloth?*
- *What goes onto your skin from your cloths while you exercise and sweat?*
- *Which cosmetics poison you through your skin?*
- *What do else you eat from your seemingly healthy fruits and veggies?*

How did we end up with so many chemicals in our lives?

Wait a minute, why do we have all these chemicals in our lives? Aren't these "cleaners" supposed to make our lives more convenient?

• ³ www.householdproducts.nlm.nih.gov
<http://whatsinproducts.com>

Get the job done faster so we have more time for other things?

Looking back you find that since the Second World War, we have developed more than 80,000 chemicals for cleaners, pesticides, plastics, personal care products, industrial products and other modern day conveniences. And back then we knew very little about the effect of these chemicals esp in children, whose immune system is 10- 65 times weaker against chemicals compared to adults (Dr Alan Greene). The World Watch Institute states that 70,000 of these chemicals are carcinogenic and damage our immune system. The Clean Water Fund (www.cleanerwaterfund.org) estimates that the average American uses 40 lbs (18 kg) of unsafe household cleaners each year (multiply that by 245 million Americans). Guess where a majority of them end up! Our seas are more polluted by household detergents than oil spills. Now you don't wonder why the waves are frothy and how come foam washes up on the pure white sandy beach.

Cancer was unknown in the 20th century

According to the American Cancer Society (www.cancer.org) before the 20th century cancer was literally unknown. The cancer rate was only 1 out of 8,000 people in the United States which is today to a startling 1 out of 3 people. The cancer rate in developed countries follows the exact same statistics. In Malaysia – the cancer rate increased 465% between 1970 and 1996 and joins in the international statistic today by a cancer rate of 1 out 4 people.

How about children? ***Is it something normal that today cancer present in unborn children?***

We should not wonder too long, when we look at Moms staying home cleaning with chemicals while expecting babies.

Did you know that ***54% of house wives in USA get cancer*** – stated already 20 years ago by the World conference on Indoor Air pollution in 1990? That's right girls, its actually safer for you to go to work then stay home and breathe the chemicals in the air. So now the picture comes together: stay home moms breathing chemicals with the children who are home living in wonderfully polished houses. Now its also understandable how ***85% of cancer cases are linked to environment*** -- sais the US National Cancer Institute.

We don't outgrow allergies, but grow into them.

Allergic symptoms surface up once the immune system can't handle the load. Today 55% of US citizen have allergies, and asthma has tripled in children the past 20 years states the American Lung Association.

If one parent has allergy, the estimated risk of a child to develop allergies is 48%; the child's estimated risk grows to 70% if both parents have a history of allergies.

The most common allergic diseases

1. allergic rhinitis (hay fever),
2. asthma,
3. allergic dermatitis (eczema),
4. contact dermatitis,
5. food allergy
6. urticaria (hives).

Allergic disease can be classified by the type of allergen (i.e., food allergy) or by the part of the body that is affected. For example, if allergic symptoms appear in your nose, you are said to have allergic rhinitis. If allergic symptoms appear in your lungs, then you have asthma.

This means that once the Mom's immune system is already compromised, what do we expect from the baby to be born? Now the reasons are clear and it all makes sense now why our kids are sick and have allergies.

Does it seem to you too that ***every generation is getting weaker?***

Have a good look for yourself, how contaminated is your life with chemicals?

Its all publicly available: ***Contaminated Humans*** is the title of the detailed test result of the Consumer association of Penang in Malaysia, check out their publications in the book stores. Look up your favourite household cleaners so as your personal hygienic and body care.

Chlorine is the cheapest way to disinfect, "whose sole purpose is to kill living organism"

Chlorine represents a serious health threat and as you know drinking water is treated with chlorine. According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine." Chlorine is not the most effective or safest but the cheapest way to disinfect.

When ***chlorine is added to our water, it combines with other natural compounds to form Trihalomethanes*** (chlorination byproducts), or THMs. These chlorine byproducts trigger the production of free radicals in the body, causing cell damage, and are highly carcinogenic. "Although concentrations of these carcinogens (THMs) are low, it is precisely these low levels that cancer scientists believe are responsible for the majority of human cancers in the United States" says The Environmental Defense Fund

Simply, ***chlorine is a pesticide***, as defined by the U.S. EPA, whose sole purpose is to kill living organisms. When we consume water containing chlorine, ***it kills some part of us, destroying cells and tissue inside our body.*** Dr. Robert Carlson, a highly respected University of Minnesota researcher who's work is sponsored by the Federal Environmental Protection Agency, sums it up by claiming, "the chlorine problem is similar to that of air pollution", as "chlorine is the greatestcrippler and killer of modern times!"

Chlorine evaporating into air creates another dangerous toxic pollutant TMHs for us. Now just look around and count how many occasions you are breathing in chlorine: chlorine evaporates into the air from the drinking and bathing water. How long do you take bubble bath or have water massage in the wonderful Jacuzzi? ***Chlorine fume damages the air passages, lungs then enter into the blood circulation and reach every cell in your body.*** Now imagine how much chlorine you and the kids breathe in from swimming pool while you are doing healthy exercise? And just how many rashes did you find on your kids after coming out of the pool?

Did you know that chlorine can cause deadly burn on the skin? It has been incident when infant climbed into splatted chlorine and died from the sever burn? Why such a news is normal? Is it **normal that every 7 minute a child is rushed to the emergency room in the USA due to consuming household cleaners and chemicals? And who should have been more careful?**

Have we been programmed and made to believe that the only way to clean is to have these harsh chemicals in our home?

And there are eco and effective solution to disinfect. However, large companies are forced to keep their prices down due to the rising cost of shelves price what supermarket impose on them. So what is the solution: cheap fillers and cheap chemicals so the job is done? What does this practice cost to your health and the environment?

And where are all these chemicals end up?

Is it really normal to see frothy waves on the beach washing up plastic bottles and dead fish on the pristine beaches? According to the World Watch Report, more of our waters and are polluted by detergents than oil spills.

Is it normal to see waste floating in our rivers and seas accompanied by dead fish? How about the plastic bags? How many ends up in the oceans and choke and pollute the precious sea world, fish and coral? ***Is your favorite scuba diving spot, the magical coral reef life will be there next year?***

And how much sea food and fish do you eat what considered as a healthy food? Now it makes sense when we warn against eating tuna and fish as our seas are contaminated with mercury.

Does it makes sense now why most fish is going extinct and floating in the rivers and being washed up dead on the shore? We have not even talked about the bottom feeders, shrimp, clams and friends. Did you know they filter the toxins out of the water? And guess what happens when you eat them? No more wondering on the high rate of sea food poisoning as they come from polluted waters.

Is the human race is going extinct?

It was mind bothering to learn about how our fish species are going extinct, but also us humans too. Did you know that due to hormone disrupting chemical damage sperms are deformed? That's right guys, its not only house wives whose are at risk, you too.

So it has nothing to do with being a "macho" man, but knowing what chemical exposure does to you at your job. Does it now explain the mal-deformities of unborn children? And it's not only the chemical damage on the sperms but the chemical exposure of during pregnancy what adds to the raising number of mal-deformities and birth defects. Now think twice cleaning your toilet with chemicals while you are planning on having children.

How about your body care? What is a real moisturizer supposed to do?

Do you know how does your body care products care for your body, but really? Have you seen any of the consumer reports on the large brands you may be using on a daily bases?

We are all for anti-aging and reducing wrinkles. Right, so how do we do this? Convenient fast solution. Inexpensive fillers and surface hydrating agents do the job. They will pull water out of the skin and keeps it on the skin surface. This creates an illusion of having smooth soft skin and reduces the "appearance " of wrinkles and fine lines.

Now you tell me: ***Did you really hydrate your skin and reduced the fine lines or just temporary filled them up?*** Can't help to wonder what lies behind the super cosmetics which advertise perfect skin shown by a super model? Are they creating more illusion to effectively move products on the mass market level?

What makes your cloth really clean? How do we whiten our whites?

This is one of my favourite questions to ask? Did you know that white cloths turn grey as time goes by and being washed many times? And the reason is that the dirt goes back to the cloth in the rinse cycle. I did not know that. How about this? Did you know large companies make whitening detergents, which contains fluorescent? And you are right, its all about illusion again. Fluorescent reflects light back from white (night club light effect) and tricks your eyes into having the illusion to see your white cloth whiter. Its like magic.

Chemical sensitivity: What is that?

Did you know that ***70% of people who are testes by Dr Joan Matthew Larson are chemically sensitive*** to plastics, perfumes, cosmetics, cleaning products, cooking gas, petrol?

The most common toxins causing chemical sensitivity

1. Cooking gas*
2. Petrol fume /plastics*
3. Dry cleaning fluid*
4. Paint*
5. Perfumes
6. Cleaning products

***makes you crave alcohol**

Take a look at these statistics by Dr Larson clinic.

Symptoms of Chemical sensitivity	Percent (%)
Confusion, spaciness, brain fatigue	48%
Exhaustion, fatigue, passing out	38%
Headaches	34%
Depression	20%
Irritability / anger	14%
Cravings	13%

And did you know that 85% of people are sensitive to ethanol alcohol? That’s right, this the favorite “unwinding “ agent, the one that eases emotional pain, loosens up inhibitions and the one that is in the “healthy” red wine.

What are the reasons you may be reaching for the bottle? Social drinking is alright say most people. However, did you know that ***low grade alcohol in the blood is the widest form of alcohol addiction?***

And do you know that ***chemical sensitivity is mostly unknown to the medical world*** and those who tell you its non-sense—they really saying that they don’t know anything about it?

And did you know that being exposed to cooking gas, paint, petrol fume, dry cleaning fluid makes you crave alcohol—sais Dr Larson? That’s right. Your job may be a foundation to your ***chemical poisoning, which is making you depressed and feel sorry for your life and helps with the reasons why having a drink*** is the only solution to ease your pain. And the next day its stars all over again.

And I haven’t mentioned what ***mildew/mold growing in your bathroom, kitchen and any wet surface*** causes. Did you know that mildew in the air is also add to the toxic air you breathe

and continue to ***grow in your lungs and body***. Now you understand where recurring fungal infections, colds, candida, asthma, skin disease as cysts, acne, digestive problems, toe nail fungus, migraines, digestive problems, white discharges and even cancer come from when you don't clean mildew out of your home. Now imagine when you breathe both chlorine and mildew together. I think I don't need to draw any more picture in your mind.

Is living green remains a fashion trend or becomes a necessity to survive our modern life?

What's next?

Knowing how bad having chemicals in our lives assured me on my individual role what I need to do next. Can you still stay blind; treat this issue with ignorance and illusion? Can we afford to have the mindset that it's all politics and it does not count what we do individually?

Yes, you count. And actually this is where all begins. ***Every one of us counts in this matter. Lots of small effort adds together to induce massive effect.***

Now you can see, how it all came clear to my eyes that as a health care professional and made sense where I need to focus my effort if I wanted to help more people. I have a very big

role in educating the public: first to raise awareness then act. Is it enough being environmentally conscious today? Is living green should be treated as a fashion trend? Or did we reach a point where we must act in every possible way detoxify our homes, by ***Getting Chemicals Out of Our Lives.***

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The Solution?

For the longest time there was no choice, or actually we did not know about the choice existed. And I just found it. I came across Melaleuca botanical based pH balanced green goods from a lady in Australia and I detoxed my house immediately. (www.melaleuca.com) I was amazed, cleaning without gloves, able to breathe and not mention saying bye to dry skin and having nourished body, saving money on everything including my cosmetics and vitamins supplements-- made sense to me.

The company 25 years ago realized that chemical free living is the foundation for health and replaced all household items from botanical base and offers its goods in 16 countries. *"We come from nature and nature can provide for everything what we need."* If you have not heard of them, it is because they don't pay for advertisement; word of mouth carries the news and is able to put money back into research to provide affordable health for everyone. This results in high satisfaction rate as 95% of the people switch stores and shop with Melaleuca. Being green means use nature, be eco-friendly, pH balanced, super-concentrated to reduce packaging and transportation cost to

contributing to environmental protection on multiple levels. Save time and money, shop on the phone and green living is delivered to you.

I was the most skeptical, but quality and sense won once I experienced and I am confident in staying green and no more turning back. 100% money back guarantee stands for the high quality, so I have no risk. Now it's really up to you now when you put your decision into action, begin with living chemical free for your health and contributing to the environment and Earth now.

If you are interested to detox your home, and discuss your allergies, health problems as well as book public presentation please feel free to contact Dr Zsuzsanna Fajcsak:

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