

Toxic ingredients in personal care products/Wise Choices

Why Does Toothpaste Carry a Warning But Fluoridated Water Does Not?

One of the first things he did was look at a tube of toothpaste, which clearly carries the warning: "Do not swallow," and "in case of accidental ingestion, contact the poison control center."

The amount of fluoride they're talking about is a quarter milligram of fluoride, contained in a pea size amount of toothpaste.

But here is the kicker, This is the same amount of fluoride you find in 8 oz of water. Yet toothpaste carries a "Do not swallow" warning, whereas you're typically told to drink eight 8oz glasses of water each day, without any concern for the amount of fluoride you will ingest. Commercial Toothpaste has also toxic formaldehyde as a filler which is used as embalming fluid! I recommend using Natural Toothpaste for all your family. Email: drgrant@rogers.com for details.

One of Dr. Osmunson's main concerns is water fluoridation for infants. The American Dental Association (ADA) and the Center for Disease Control (CDC) recommend that infants NOT receive fluoridated water for drinking, nor for making their formula, as fluoridated water contains 250 times more fluoride than mother's milk.

"We shouldn't fluoridate water and harm our most vulnerable," he says.

Personally, I also strongly advise you do not give your children fluoridated water.

Unfortunately, the only way to ensure your water is pure enough to drink is by installing a good water filtration system in your house, such as a reverse osmosis filter that can filter out fluoride and other dangerous water contaminants like disinfection byproducts (DBPs). Bottled water also typically contains fluoride, even though it's not stated on the label.

Dental Fluorosis – A Clear Sign of Excessive Fluoride Intake

The next thing Dr. Osmunson looked at was dental fluorosis. These are the white and brown spots on your teeth. The only thing that causes dental fluorosis is fluoride – typically due to ingesting too much fluoride during your developing years, from birth to about 8 years of age. According to the CDC, about one third of children and adolescents 6 to 19 years have enamel fluorosis on their teeth.

When dental fluorosis occurs, it can be an indication that the rest of your body has been exposed to too much fluoride also, such as your bones and the rest of your organs, including your brain.

So, are there actual benefits of water fluoridation?

Depending on the source, water fluoridation has been said to reduce tooth decay by anywhere from 20 to 80 percent. But when you compare the statistics between different countries, you see that no matter whether they fluoridate their water or not, tooth decay has steadily been reduced by the same amount.

Likewise, when you compare states in the U.S., you find that increased amounts of fluoride in the drinking water make no difference. We have the same amount of good healthy teeth, regardless of water fluoridation.

So, if there's no benefit, WHY are we fluoridating?

Why Do We Fluoridate Drinking Water if It's Not Healthy?

The evidence points to it being little more than a well-orchestrated PR stunt to aid an industry in trouble – a fascinating story in and of itself, as described so well in Christopher Bryson's book *The Fluoride Deception* and in one of the best web sites on this topic, Fluoride Action Network (FAN).

Other pro-fluoride advocates go so far as to try to make you believe that fluoride is a nutrient that naturally helps build strong teeth and bones. One such example is the Directive 2002/46/EC of the European Parliament and the Council, which lists "fluoride" as one of only 28 vitamins and minerals permissible for sale for human consumption within the European Union.

But let's make this point clear: fluoride is NOT an essential nutrient. The fluoride added to your drinking water is in fact a chemical waste product! It is NOT something you should use as a supplement to your diet.

There are plenty of studies showing the dangers of fluoride to your health, such as:

Increases lead absorption

Disrupts synthesis of collagen

Hyperactivity and/or lethargy

Muscle disorders

Brain damage, and lowered IQ

Arthritis

Dementia

Bone fractures

Lowers thyroid function

Bone cancer (osteosarcoma)

Inactivates 62 enzymes

Inhibits formation of antibodies

Genetic damage and cell death

Increases tumor and cancer rate

Disrupts immune system

Damages sperm and increases infertility

The Key to Healthy Teeth is in Your Diet!
If you're wondering how to keep your teeth healthy, remember that fluoride was never the answer in the first place. Instead, look to your diet for naturally healthy teeth. In fact, most people whose diet includes very little sugar and few processed foods have very low rates of tooth decay.

Limiting, or eliminating sugar, and avoiding processed foods -- along with regular cleanings with your natural dentist -- will ensure that your teeth stay healthy naturally.

What You Can Do to Help Eliminate Water Fluoridation

Dr. Osmunson suggests you talk to your dentist and health care provider about water fluoridation. For example, ask them if they've seen the National Academy of Sciences report on fluoridation. You can help educate them by giving them information they may not have on water fluoridation and excess fluoridation exposure.

He also suggests that professional health care providers and dentists take the time to look at both sides of the issue. If you are a professional in the field, you may also want to add your name to the online Professional Statement at www.FluorideAlert.org. As of April 2009, 2,221 medical and environmental health professionals have signed this statement, calling for an end to water fluoridation.

Related Links:

[Fluoride Exposure May Contribute to Early Puberty](#)

[Fluoride Damages Your Brain!](#)

[Is Fluoride Really As Safe As You Are Told?](#)

The National Institute of Occupational Safety and Health (NIOSH) analyzed 2,983 chemicals used in personal care products. The results were as follows:

- 884 of the chemicals were toxic
- 314 caused biological mutation
- 218 caused reproductive complications

- 778 caused acute toxicity
- 148 caused tumors
- 376 caused skin and eye irritations.—Judith Berns, "The Cosmetic Cover-up," Human Ecologist 43 (Fall 1989)

Wise Choices:

"Be joyful in hope, patient in affliction and faithful in prayer."

Romans 12:12

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

You become what you think about most of the time. And the most important part of each day is what you think about at the beginning of that day and at the end of the day. Start and end your day with positive thoughts and avoid listening to the news which most likely leave you depressed!

Start Your Day Right

Take 30 minutes each morning to sit quietly and to reflect on your goals. You'll find when you read the biographies and autobiographies of successful men and women that almost everyone of them began their upward trajectory to success when they begin getting up early in the morning and spending time with themselves.

Feed Your Mind With Positive Ideas

This is called the Golden Hour. The first hour sets the tone for the day. The things that you do in the first hour prepare your mind and set you up for the entire day. During the first thirty to sixty minutes, take time to think and review your plans for the future.

Use Your Quiet Time Effectively

Here are four things that you can do during that quiet time in the morning. Number one is to review your plans for accomplishing your goals and change your plans if necessary.

Number two is think of better ways to accomplish your goals. As an exercise, assume that the way you're going about it is totally wrong and imagine going about it totally differently. What would you do different from what you're doing right now?

Number three, reflect on the valuable lessons that you have learned and are learning as you move toward your goals.

"Life is not easy for any of us. We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained"
Do you have too much stress in your life?

Do you ever find yourself lying awake at night, unable to fall asleep, because you're worrying about one of the zillions of things you have to do the next day?

Do you ever wake up bone-tired on a cold, dark morning... not wanting to get out of bed and face the day ahead of you?

Do you wake up in the middle of the night, not able to get back to sleep.

Do you sometimes feel overwhelmed by your busy schedule ... your huge to-do list ... and all you have to do at your job and at home?

Do you crave sweets, carbohydrates, and salt for no apparent reason, especially at night?

Do you notice that your short-term memory is starting to falter on you ... you enter a room can't remember why you went there to begin with?

If so, you're not alone...

In today's fast-paced society, more folks are suffering from stress overload, insomnia, and their debilitating effects than ever before.

Instead of using medications, try our creative visualization techniques, natural supplements, deep breathing, biofeedback device and other natural methods to help you cope and thrive during stressful times. Please read the chapter on "from stress to success" By Dr. George Grant 101 ways to improve your life with 100 authors including Mark Victor Hanson and

Les Brown.

Please visit: This website <http://drgrant.thepec.hop.clickbank.net> for wise choices.

We all have 24 hours/day; 1440 minutes, and 86400 seconds.. making a wise choice in our food & life style every waking second will determine our state of wellness or illness. Are you making a wise choices for food / exercise / sleeping / meditation / relaxation?

Using Stumbling Blocks as Stepping Stones

By: Brian Tracy

Everyone makes mistakes and the busier you are, the more mistakes you will make. The only question is "How well and how effectively do you deal with the inevitable ups and downs of life?"

In this newsletter, you learn the difference between a positive and negative worldview. You learn how to benefit from your mistakes and how to remain positive in the face of adversity.

Let the Light Shine In

This is achieved through the simple exercise of self-disclosure. For you to truly understand yourself, or to stop being troubled by things that may have happened in your past, you must be able to disclose yourself to at least one person. You have to be able to get those things off your chest. You must rid yourself of those thoughts and feelings by revealing them to someone who won't make you feel guilty or ashamed for what has happened.

Using Stumbling Blocks as Stepping Stones

There are two ways to look at the world: the benevolent way or the malevolent way. People with a malevolent or negative worldview take a victim stance, seeing life as a continuous succession of problems and a process of unfairness and oppression. They don't expect a lot and they don't get much. When things go wrong, they shrug their shoulders and passively accept that this is the way life is and there isn't anything they can do to make it better.

On the other hand, people with a benevolent or positive worldview see the world around them as filled with opportunities and possibilities. They believe that everything happens as part of a great process designed to make them successful and happy. They approach their lives, their work, and their relationships with optimism, cheerfulness, and a general attitude of positive expectations. They expect a lot and they are seldom disappointed.

Wise Food Choices to prevent Heart Attack & Stroke:

LIKE a cut apple that browns or an iron nail that rusts, your body also undergoes oxidation and breakdown. When this oxidation proceeds faster than it should, you age faster.

One of the effects of this oxidation is the blockage of arteries that cut off blood supply to vital organs like the brain as in the case of a stroke. The carotid artery is an artery that supplies the head and neck with oxygenated blood.

The carotid ultrasound provides physicians with valuable information on the health of carotid arteries. With this relatively inexpensive ultrasound technology, physicians can detect the degree of blockage in the carotid arteries and measure the thickness of the intima-media.

The well-known Rotterdam study showed that if carotid intima-media thickness is greater than 1 mm, the risk of a stroke is increased even if no arterial plaque is present. Ultrasound screening can be used to identify people at high risk of atherosclerosis.

Many studies have found that a diet high in fruits and vegetables lowers risk of cerebrovascular disease and stroke.

Two major reviews recommended increased dietary intake of antioxidants like vitamin C, beta-carotene, vitamin E, vitamin B (including folate), potassium, calcium, magnesium, vitamin D and omega-3 fatty acids to reduce risk of stroke.

Large long-term studies have found that daily dietary intake of beta-carotene plays a protective role against atherosclerosis and stroke.

Rich sources of beta-carotene include carrots, squash, green leafy vegetables, milk, lean meat, fish, and poultry.

Vitamin E is an antioxidant. It regulates oxidation reactions and protects polyunsaturated fatty acids and vitamin A.

A large study supplying people with foods that have high levels of vitamin E (plant oils, green leafy vegetables, whole grains, butter, liver, egg yolk, milk, nuts, and seeds) found that higher intake of vitamin E helped reduce risk of death from stroke. Reduce your daily intake of salt. You need only half a gram daily which is a quarter of a teaspoon. The average person consume over 5 grams daily if the consume processed foods. Increase salt consumption may cause

electrolyte [minerals] imbalance which may lead to fluid retention, high blood pressure, heart disease and stroke. Using diuretics or water pills is counterproductive which leads to severe mineral's imbalance and potassium deficiency.

Positive Focus will create the life that you want to live!

Negative people are like human black holes. They drain your energy. They keep you from reaching your goals. They stop your life!

The question becomes...

Would you like to know how you can stay positive, energized, and powerful?

Would you like to accomplish all of your goals?

The Science of Positive Focus

In my 60 minute DVD I teach you how to defeat negativity. I teach you how positive focus can create the life that you want!

Buy The Science of Positive Focus now! Focus on your life and it will become great!

Buy The Science of Positive Focus Now!

Flex Your Mental Muscles

When you develop the skill of learning from your mistakes, you become the kind of person who welcomes obstacles and setbacks as opportunities to flex your mental muscles and move ahead. You look at problems as rungs on the ladder of success that you grab onto as you pull your way higher.

Two of the most common ways to deal with mistakes are invariably fatal to high achievement. The first common but misguided way to handle a mistake is the failure to accept it when it occurs. According to statistics, 70 percent of all decisions we make will be wrong. That's an average. This means that some people will fail more than 70 percent of the time, and some people will fail less. It is hard to believe that most of the decisions we make could turn out to be wrong in some way. In fact, if this is the case, how can our society continue to function at all?

Cut Your Losses

The fact is that our society, our families, our companies, and our relationships continue to survive and thrive because intelligent people tend to cut their losses and minimize their mistakes. It is only when people refuse to accept that they have made a bad choice or decision-and prolong the consequences by sticking to that bad choice or decision-that mistakes become extremely expensive and hurtful.

Learn From Your Mistakes

The second common approach that people take with regard to their mistakes, one that hurts innumerable lives and careers, is the failure to use your mistakes to better yourself and to improve the quality of your mind and your thinking.

Learning from your mistakes is an essential skill that enables you to develop the resilience to be a master of change rather than a victim of change. The person who recognizes that he has made a mistake and changes direction the fastest is the one who will win in an age of increasing information, technology and competition.

By remaining fast on your feet, you will be able to out-play and out-position your competition. You will become a creator of circumstances rather than a creature of circumstances.

Action Exercises

Now, here are three steps you can take immediately to put these ideas into action.

First, imagine that your biggest problem or challenge in life has been sent to you at this moment to help you, to teach you something valuable. What could it be?

Second, be willing to cut your losses and walk away if you have made a mistake or a bad choice. Accept that you are not perfect, you can't be right all the time, and then get on with your life.

Third, learn from every mistake you make. Write down every lesson it contains. Use your mistakes in the present as stepping stones to great success in the future.

Here your keys to Success:

A: Attitude of gratitude

B: Belief

C: Comitment

D: Determination

E: Enthusiam

God left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries.

Oranges , Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.