



# 30 Ways To Poison Yourself



## Before Breakfast

By Dr. Annalia Russell

The skull and bones were once commonplace on product packaging and noted poisons were present. When is the last time you saw the skull and crossbones label warning you that poisons were in the product?

Unfortunately we live in a drug and chemical environment, even on Kauai, one of the more pure areas of this planet. With the rising number of diseases, good health seems to be more elusive. Studies show that over 98% of the world's mortality rate is due to illness. What do I believe causes those illnesses? Can you guess? I believe it is the chemicals and drugs in our bodies.

Remember the saying in the

1950's: 'Living Better through Chemistry?' That was started by the Dupont Company, and for over 50 years we certainly have been living in toxic chemicals - not better. As each decade passes, the evidence of these deadly chemicals becomes more apparent in our air, water, soil, and food, to the point we now have over 70,000 deadly chemicals in our environment. These show up in the increase of degenerative diseases of our compromised, suppressed immune systems. These diseases include: allergies, cancer, chronic Fatigue, Epstein Barr, and ADD

About 20 years ago, the cartel of chemical manufacturers, along

- Alcohols** - shampoo, conditioner, Alcohols- shampoo, conditioner, lotion, antiperspirant, cologne, after-shave
- Chlorines** - shower/bath water, bleach
- Deterents/Emulsifiers** - shampoo, soap, lotion, skin medications, toothpaste, fabric softener
- Synthetic Fragrance, Dye** - all the above, mattress/pillow, hair spray, moisturizer, mouth-wash, detergent, facial cleanser, feminine deodorant, sanitary napkins, cosmetics, perfumes, nail polish
- Heavy Metal s**- soap, lotion, skin medications, moisturizer, antiperspirant, toothpaste, mouthwash, detergent, softener, cosmetics.
- Pesticides/Fungicides** - soap, lotion, skin medications, deodorant, toothpaste, mouthwash, detergent
- Petrochemicals** - all the above
- Preservative (synthetic)** - all the above except mattress/pillow

with the petroleum, fluoride, petrochemical cartels, began to bring these toxic chemicals-for-profit into our existence, not for the health of the human race. They went to the FDA and other agencies saying, "We're having a problem: Nobody is buying our products; they're scared off by the skull and crossbones." So they worked out a deal to replace the easily recognized picture of the skull and crossbones with simple words (check the very small print on your products).

The labeling requirement from the EPA, Office of Pesticides and Toxic Substances is "Danger- harmful or fatal if absorbed by or through



the skin, ingested, or inhaled." One taste or a teaspoon can be fatal to an adult.

Or you made read "Warning-harmful or fatal if absorbed by or through the skin, ingested, or inhaled." One teaspoon or one ounce can be fatal to an adult. Then there is "Caution - harmful or fatal if absorbed by or through the skin, ingested, or inhaled." One ounce to one pint can be fatal to an adult.

Walk down the super market isles, especially the cleaning products isles. Notice the aroma - that is not aroma therapy. If we are breathing in this much with the products closed and capped, think what we and our family are taking into our bodies with these products opened and sitting on our shelves! More than that, we put poisons on our skin, bathe in them, brush our teeth and rinse our mouths with them.

According to the U.S. Government and the product manufacturers, the insert is only a partial list of poisonous chemicals found in personal use and cleaning products that are absorbed and inhaled by our bodies even before breakfast! This does not include all the common household cleaners, carpet, drapery, upholstery fabric chemicals and lawn and garden products.

Behavioral scientist, Dr. Horowitz, commented in his lecture series, "When one hears something over and over again, it locks into the subconscious mind and becomes a control factor." This is the reason

billions of dollars are spent on advertising drugs and stating the awful side-effects. The chemical/drug companies are embedding in our minds that those side-effects are naturally to be expected; 'Oh, side effects are normal.'

There are over 3,000 chemicals added to foods found in any super market. Pesticides pollute our environment. There are over 700 compounds in our common drinking water - not to mention the thousands of chemicals used in our cleaning, personal care and construction materials.

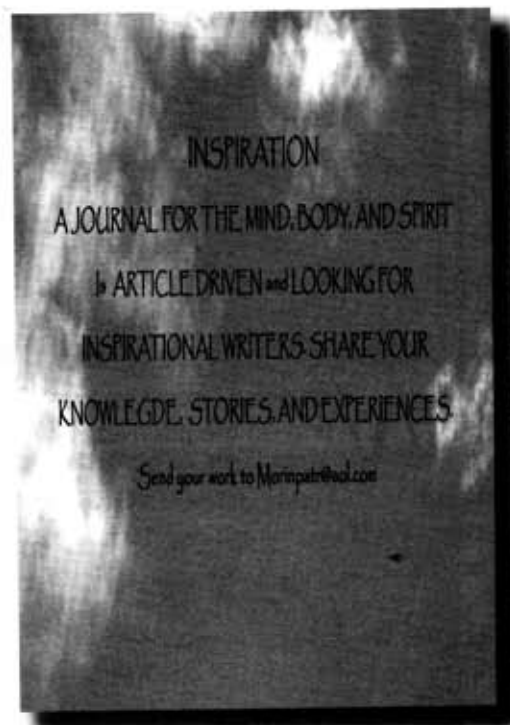
Toxic chemicals enter our bodies through ingestion, skin absorption, and inhalation. They stay in our bodies long after entering them. Some have immediate effects on our bodies, but all can be deadly in the long term. Stored in our bodies, they continue to affect us adversely, making us feel lethargic, dull, and lifeless. They even cause weight gain.

There are ways to stop this chemical invasion and pollution of our environment and bodies. Invest in a safer, healthier you, and your future, by replacing the common poisonous chemical cleaning and personal care products with safe, natural botanical personal care and cleaning products. Some of the reported results of replacing these products are: increased energy, freedom from aches and pains, clearer thinking, feeling better when awaking, better

skin, hair, and digestion as well as feeling more in control of life.

By replacing these toxic, poisonous chemical products in our home, yard and workplace, we can reap the benefits of not being sick as often, if at all, and experiencing higher levels of health and vitality.

Annalia Russell, Ph.D., D.D. see Library Ad



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