


<p style="text-align: center;">↑ Factors that contribute to increased body pollution</p>	<h1>Body Pollution</h1>	<p style="text-align: center;">↓ Factors that contribute to decreased body pollution</p>
<p>Outdoor Pollution: Chemicals (industrial, agricultural, vehicles, pollen, dust, mold, plastics)</p> <p>Indoor Air Pollution: Chemicals (cleaning, personal care, natural gas, scents, plastics, renovations, furnishings, etc), dusts, dust mites, molds, animal dander.</p> <p>Ingestion & Skin Absorption: Chemicals & substances (cleaning, personal care, household, lawn/garden, renovation, plastics, fire retardants, inks, dyes, playground, toys, art supplies)</p> <p>Microbes: Viruses, bacteria, fungus, parasites.</p> <p>Medications</p> <p>Cigarette smoke</p> <p>Alcohol</p> <p>Food factors: Preservatives, additives, trans fats, herbicides, colourings, processed foods, genetically modified foods, excess saturated fats, artificial sweeteners.</p> <p>Electromagnetic Radiation: Nuclear, x-ray, EMF from antennas, cell phones, electronics, computers, microwaves.</p> <p>Psychological factors: Stress, depression. Negative, unexpressed, inappropriately expressed and unresolved emotions. Negative thinking and talking.</p> <p>Excess weight (often related to compromised liver function)</p> <p>Age (body's natural ability to detoxify decreases with aging)</p> <p>Damaged organs and body systems (decreases body's natural ability to naturally detoxify)</p>	<p>Item on the left contribute to increased risk of unpleasant symptoms & other health issues.</p> 	<p>Protection: Proper protection at home, work school and with transportation to decrease exposure risks.</p> <p>Healthy indoor air quality: Air exchanger or filtered outside air intake or open windows (if outdoor air is good), air cleaning plants, environmental air sponge, air purifier.</p> <p>Natural products: Personal care, laundry care, household, lawn and garden.</p> <p>Natural furnishings, building and renovation products: Including paints, flooring.</p> <p>Natural lawn and garden, pest and rodent controls products.</p> <p>Diet: Increased intake of organic and fruits, vegetables, meat and other food products. Increased intake of foods high in fibre. Elimination of unprocessed foods. Eating foods as close to their natural state as possible. Eating foods free of pesticides, herbicides, hormones, genetic modification, preservatives and additives (flavours, colours) Increased intake of foods rich in antioxidants, super foods and healthy fats.</p> <p>Increased circulation: Movement/physical activity</p> <p>Psychological factors: Positive attitude. Seeing life as a "glass half full" Setting and maintaining healthy boundaries. Appropriate expression of thoughts and emotions.</p> <p>Detoxification aids: Various methods available</p> <p style="text-align: right;">© 2007 Elisabeth Hines www.mybodycanhealitself.ca</p>

