

Simpler ~ Safer ~ Smarter

ZONE INTO HEALTH

Hello!

We are happy to forward you our FREE yet VALUABLE information.

Please review the below categories of information and feel free to request information on your items of interest.

Simply email us your contact information (ZONEintoHEALTH@live.com), so we can further assist you.

Type “request info” in the subject line; and within email let us know

(Your Name/ Telephone – who referred you – and subject(s) you’d like more information on)

We look forward in assisting you find, *Simple, Safe and Smart Solutions*

IN HOME HEALTH – For you, your family and your pets

We spend the majority of our time indoors. A healthy living space is crucial for our health.

CONCERN ZONE: Cleaning / Cleaners

DID YOU KNOW.... Air fresheners are toxins and can be fatal. The main ingredients consist of formaldehyde and phthalates (both suspected carcinogens). The U.S. EPA and Fire Departments around the country educate against their use.

DID YOU KNOW... It’s illegal to vent your dishwasher outside due to the toxins emitted into the air . Yet, it is okay for this chemical vapor to vent into our homes and hover 3-4 feet from the floor in the space that our children and pets occupy. (See Chlorinated Vapor/Vapor Intrusion –EPA u915929 /Plumbing Code for Dishwasher ventilation.) EPA suggests that dishwashers are a leading cause of indoor air pollution.

DID YOU KNOW...Indoor air is 10 times more toxic than outdoor air, and is considered one of the 4 top health concerns. The average person spends 90% of their time indoors. (EPA, US)

DID YOU KNOW... Spray bottles of cleaners are the most common source of injury (by ingestion) for children under age 6. (Amer Acad of Pediatrics)

SIMPLE SOLUTION: Replace toxic with effective, non-toxic cleaning options. Think about this: We make sure our children are buckled up in the latest, safest car seat on the market. So why clean with out of dated chemistry?

Request information on specific, simple solutions for any of these categories:

- Cleaners /Disinfectants
- Detoxify my home needs
- Safer child / pregnancy options
- Detergents
- Household Toxin Checklist
- Healthy pet cleaning options

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www.WhatWEdo.net/zoneintohealth.htm

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-Green Options

- Healthy Home/Cabin Checklist

- Healthy horse /Pet options

PERSONAL HEALTH – Body wellness: Skin, hair, body

Healthy body, skin and hair make for a peaceful mind and life. Choices are made every day that either add to or take away from our personal wellness.

CONCERN ZONE: Personal Care Products

DID YOU KNOW.... Sunscreens with 30 spf and Lip Balm with 15 spf offer huge protection against most skin cancers, but most are used improperly. (Prev. Cancer Foundation / Amer Cx Soc)

DID YOU KNOW... Children take in far higher concentrations of the same toxin exposure than do adults; and because they aren't able to detoxify/excrete chemicals the same as adults, some of these chemical exposures can cause lifelong impact on brain and body (e.g., Learning disorders, ADHD, reproductive problems). (Inst. for Children Enviro. Hlth)

DID YOU KNOW... 61% of children's bath products tested, contain formaldehyde and 1,4-dioxane (probable carcinogens). (Campaign for Safe Cosmetics)

DID YOU KNOW... Eczema, asthma and allergies could have successful symptom reduction/relief by decreasing triggers such as skin and lung irritants from cleaners, disinfectants, soaps, personal care products and detergents (Mayo Clinic / WebMD).

DID YOU KNOW... Lack of proper nutrients as well as sulfates in hair care products contribute to scalp ailments such as psoriasis. (WebMD/Mayo Clinic)

DID YOU KNOW... The mouth is a mirror of general health and well being. Oral health is integral to overall health. (Surgeon General, 2000)

SIMPLE SOLUTION: Better understanding of healthier product options. Prevention is the key. Effective alternatives to chemicals and unhealthy ingredients.

Request information on specific, simple solutions for any of these categories:

- Sunscreens
- Dental
- Cosmetics
- Children's personal care
- Asthma relief
- Allergy relief
- Eczema relief
- Products containing formaldehyde
- Products containing phthalate
- Healthy Pregnancy exposure

Request information- Let us know how we can further assist you!
Use the email below and let us know who referred you to our info site 😊

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PHYSICAL HEALTH – Wellness from the inside-out.

Healthy cells and body are key to your long term physical success.

CONCERN ZONE: Physically Fit: Body, Heart, Brain, Immune System

DID YOU KNOW.... Dehydration a large contributor of fatigue (J of Nutrition/WebMD/Psy Today 2003/2005)

DID YOU KNOW... 60% of the adult US Population over age 65 will be affected by an auto immune disorder such as arthritis or chronic joint disease and Rheumatic diseases (NIAMS 2004/ CDC Natl Ctr for Chronic Dis Prev and Hlth Promotion).

DID YOU KNOW... Vitamin/Mineral supplementation is essential, however only when properly implemented. (J. Shaw, Nutrition Report / MedLine plus/FDA)

DID YOU KNOW... 1 in 3 adults, and 1 in 2 adults over 50 are at risk for a pre-diabetic diagnosis (metabolic syndrome) (Nat'l Heart Lung and Blood Inst./Amer Diabetes Assoc)

DID YOU KNOW... High blood pressure has been labeled the “silent killer” because 1 in 3 adults in the U.S. have it and don't know they do. (Amer. Heart Assoc / Hypertension 2004)

DID YOU KNOW... That consuming 25-35 grams of a psyllium husked fiber is recommended for ultimate health; and plays a positive role in reducing cholesterol, the risk of heart disease and weight gain (Amer Heart Assoc / FDA/Amer J of Clin Nutrition, 2000).

DID YOU KNOW... An average of 80% and up to 98% of those who lose weight on a fad diet, gain it back and more. (New England Journal of Medicine / Obesity J/ Center of Obesity Research and Education, U of Phil/ Clinical Cardiology)

SIMPLE SOLUTION: Stick with science and nature / Avoid fads and hype.

Request information on specific, simple solutions for any of these categories:

- | | | |
|-------------------------------------|-----------------------------|-----------------------------|
| - Vitamins/Minerals | -Dehydration/Hydration | -Pre diabetes /Diabetes |
| - Simple Fiber source | -Balanced Carbs/Protein/Fat | -Autoimmune disorders |
| - Glucosamine | -Cholesterol / Heart Health | -Blood Pressure maintenance |
| - Pregnancy Supplementation/ Omegas | | - Healthy Weight Loss |

***We look forward to hearing back from you.
It is our goal to help you make healthier decisions.***

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