



Nine Steps To Healthy Lifestyle

Step 8: **Buyer Beware & Natural Remedies**

Mass Marketing of Products and Consumer Behavior

Most of the time, your health is not a factor in the marketing and the production of food, health products, supplements, personal care products, makeup, cleaning products and regular household items.

Reaching a living a healthy lifestyle involves becoming your own health advocate. Someone needs to stand up for your health when government and industry won't...and that someone is YOU. Through the latest research, reports, online databases, mobile apps and communications campaigns, you can be educated and empowered to make the best decision and be more informed about the products to buy and the companies to support.

Is your voice going to be heard and does your opinion matter?

YES, it does!

In response to consumer pressure, companies are giving up potentially dangerous chemical ingredients in their products and improving their practices.

Together we can be empowered as well as inspire others, promote solutions and influence policy to create a cleaner, greener, healthier world.



Ponder this:

Are we taking it for granted that the government and policy makers have our best interest in mind when creating products and offering food and water?
Our best interest is our health!

Let's go over these quick questions and see if our health is in mind:

- Do you know what's in your tap water?
- What about your shampoo?
- What's lurking in the cleaners underneath your sink?
- What pesticides are on your food?
- How about the farms, fracking wells and factories in your local area?
- Do you know what safeguards they use to protect your water, soil, air and your family?
- Which large agribusinesses get your tax dollars and why?
- What are GMOs?
- What do they do to our land and water?
- What is happening to the bees?
- Are genetically modified mosquitoes being created? and why?
- Thinking about buying a mattress, sofa, chairs, rug, car, wood, paint, etc? Well, go slow and research everything first because they all contain very toxic materials that can outgas for months and years negatively affecting your health.
- Ever heard of the DARK Act? Rep. Mike Pompeo (R-Kan.) has re-introduced the Deny Americans the Right to Know – or DARK – Act, which would block all states from requiring labeling of genetically engineered foods.
- Did you know that propyl paraben, a preservative and known endocrine disruptor – is used in processed foods like Sara Lee cinnamon rolls, Weight Watchers cakes and more? Cosmetics companies are taking the hint and removing propyl paraben from some of their body washes, lotions and other items.
- Pillsbury, Sara Lee, Shoprite, Safeway, Smucker's, Fleischman's, Jimmy Dean, Kroger, Little Debbie, Tyson and Wonder use the plastic chemical azodicarbonamide in their products as of June 2015.
- Cell phone radiation safety standards are lacking leaving you at risk.
- The system that is supposed to protect us against toxic chemicals is broken - and we need you to make sure that policymakers stand up for public health.
- Right now, cosmetics companies can put almost any ingredient they want into personal care products without having to prove that the ingredients are safe. It's way past time for Congress to step up and start looking out for us.



Step 8 Assignment:

Take the ***Buyer Beware Consumer Product Survey***, review the ***DIY Cleaners Recipe PDF***, and determine if any current products that you are utilizing needs to be replaced with a healthier alternative and make a plan to substitute out one product at a time and stick to it until all the toxic products are replaced with healthier ones.

Answers the following questions on this quick survey:

Checklist:

1. *Have you checked the ingredients in your personal care products? Do any need to be replaced?*
2. *Are you eating non-gmo foods or organic foods?*
3. *Have you researched the plastic products and/or containers you are currently using and choose carefully the healthier ones?*
4. *Avoiding any fire retardants since they are toxic and opt for natural ones?*
5. *Wash hands with toxic free products and avoid the triclosan?*
6. *Throw out any non-stick cookware and replace with either glass or stainless steel but call manufacturer to check if it 100% pure.*
7. *Filter your tap water from every faucet from the kitchen to the bathroom.*
8. *Use Green Household cleaners, either purchase them or make your own?*
9. *Leave your shoes at the door to avoid bringing more pollutants and toxins in your home?*
10. *Use toxic free laundry soap?*
11. *If you use cosmetics, nail polish, hair dye then opt for healthiest version, free of toxins.*
12. *When painting use non-voc paints.*
13. *Are you using the conventional dry cleaners with toxins or found an organic one in the neighborhood?*
14. *Remember: Taking it one product at a time or using the Buyer Beware Consumer Product and going section by section each week will help provide a guideline. Sections include: Kitchen, Bathroom, Laundry & Cleaning Closet, All-Around the House, Personal Care Products*



Added Bonus:

If you want me to review your completed assignment then send it over and I will review and offer feedback.

CONGRATULATIONS for completing Step #8!

Next is Step Nine:

Positive Mindset



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