



MOUThFUL
MATTERS
NUTRITIONAL
COUNSELLING

HOW TO AVOID HEALTH-ROBBING TRAPS



HOW TO AVOID HEALTH-ROBBING TRAPS
That Capture Vulnerable Victims - Exposed!

How to Avoid Health-Robbing Traps

Disclaimer

This e-book contains the thoughts of the writer and in no way is to be misconstrued as diagnosing or treating any ailment. If you are sick, please seek the advice of your health care advisor.

Some of the links in this book are “affiliate links”. This means if you click on the link and purchase the item, I will receive an affiliate commission.

Regardless, I only recommend products or services I use personally believe will add value to my readers.

I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255: “Guides Concerning the Use of Endorsements and Testimonials in Advertising”.

How to Avoid Health-Robbing Traps

By Marilyn Williams



I love to research into the area of natural health, and in my researching, I soon began to learn how we all face enormous challenges every day because of the huge amount of toxic chemicals being used around about us.

My interest in health has been around for the better part of my adult life. Being brought up by health-conscious parents, I rebelled for several years after leaving home, but soon found out that maybe they were right!

A book given as a Christmas present from my sister many years ago reintroduced me into an area that totally enthralled me... natural health! Thanks Sis!

On and off since that time, I've studied and researched deeply, and this eBook is an attempt to share with you some of my findings. I've since become a certified Nutritional Counsellor, so these things are very near to my heart.

Here I not only expose the many traps that are set for the unwary, but by exposing the negative first, I then fill you up with good news... suggestions to beat the dilemma!

How to Avoid Health-Robbing Traps

INDEX

[Introduction](#)

[A Day in the Life of Kim](#)

1. [Hidden Trap in Alarm Clocks](#)
2. [Hidden Trap in Water](#)
3. [Hidden Trap in Teabags](#)
4. [Hidden Trap in Tea](#)
5. [Hidden Trap in Exterior Air](#)
6. [Hidden Trap in Smoking](#)
7. [Hidden Trap in Showering](#)
8. [Hidden Trap in Personal Care](#)
9. [Hidden Trap in Anti-Perspirants & Deodorants](#)
10. [Hidden Trap in Talc](#)
11. [Hidden Trap in Perfume](#)
12. [Hidden Trap in Clothes](#)
13. [Hidden Trap in Skin Care](#)
14. [Hidden Trap in Packaged Cereal](#)
15. [Hidden Trap in Toothpaste](#)
16. [Hidden Trap in Cosmetics](#)
17. [Hidden Trap in Flea Collars](#)
18. [Hidden Trap in Busy Road](#)
19. [Hidden Trap in Office Equipment](#)
20. [Hidden Trap in Interior Air](#)
21. [Hidden Trap in Instant Coffee](#)
22. [Hidden Trap in Mobile Phones](#)
23. [Hidden Trap in Meals](#)
24. [Hidden Trap in Beds](#)

[Wrapping it up](#)

How to Avoid Health-Robbing Traps

Introduction

“How do I eat healthy?”

This is a question asked by many. I guess most of us are aware that healthy eating is required for a life free of sickness and disease, but such a lot of people have no idea what they need to change in their diet.

Are you bounding with Energy?

Can you honestly say, without any doubt, that you are experiencing perfect health? Does all your excess energy keep you bounding from one activity to another?

Really? Does that describe your life?

Or would it be closer to the truth to say you just make it through each day, with untold aches and pains, and although the ‘spirit is willing, but the flesh is weak’, you believe it’s just the way life is and the way it’s got to be?

So, if this is the case, would you say you’re ‘average’, or even ‘low to average’ in this regard?

This is where most people live their entire lives, ‘lacking energy and get-up-and-go’ is normal to most of us. People accept these conditions as a natural part of the aging process and believe it cannot be avoided.

Are you stumbling from One Hidden Catastrophe to Another?

What would you say if I casually mentioned that maybe what you are experiencing is unnecessary? And, what if I told you that it is your daily decisions that keep you stumbling from one hidden catastrophe to another?

Would you say I’m crazy? Huh? Maybe!

I want to tell you, we face potential traps every day... traps so hidden that we don’t make the connection between them and our experience! There are invaders in our lives in ways we could never imagine.

How to Avoid Health-Robbing Traps

Are our Lives in Jeopardy?

We are being fooled every day by the media, manufacturers and even government bodies who are gambling with us - the potentially gullible, putting our lives in jeopardy.

How is this?

Well, we'd like to think there are government bodies that are looking out for our general welfare and wouldn't allow manufacturers to do anything that could harm us. I'm sorry to tell you that this is not the case. There are organizations in this world who are working on a completely different agenda within the food and personal care industry. [\(a\)](#)

In everything, from when the ground is prepared for the seed, through to the final packaging of a product, our welfare is not uppermost in manufacturers' minds.

You may ask... can we fight this?

I'd like to say, "Yes we can!" but it would take us all working together in the same direction to achieve the goal.

Is this probable? I have to say "No... unfortunately!"

It's Not Your Fault!

But never fear! This is a book of hope! Although we are surrounded with hidden traps in all directions, my aim is to reveal some of them, and bring solutions to these very real problems.

The reality is it's not really your fault you don't know what's been concealed and withheld as secrets from your eyes. That just shows us 'their' plan is working perfectly! It's exactly as 'they' want it to be. Like a legalized Black Market!

How can you know what is really healthy for your body if all the advertising and promotions you see tell you otherwise?

But truth is, while ever we remain uninformed, we continue to be gullible to lies and deceit. First, we must *learn*, and then we must *do something about it*.

How to Avoid Health-Robbing Traps

If you fall into some of these hazardous traps, you will jeopardize your health for sure, whether or not you had the knowledge. Knowledge *learned and acted upon* will save you. An unaware mind has the potential to make a lot of disastrous decisions.

Do You Know Where the Traps are Set?

The problem is you can't see these traps even though they surround us. They are like spiders, well concealed, but ready to pounce! Yes, every day we are walking through a veritable mine field unbeknown to us. It truly is a hidden nightmare.

In this book I'm going to bring to your attention where you can find them and give you solutions so you can live through your day safely.

Knowledge is an incredible thing. You see, if you are aware, you can be on alert. If you're not aware, it's like you are blinded and therefore vulnerable, waiting to become a victim.

We don't know everything; none of us do, as we all study in different areas. That's why we rely on others to broaden our knowledge.

I'm not a doctor and carry no letters after my name... unfortunately. I simply study the findings of others. In other words, I research. I spend hours researching, and this book is an attempt to share some of my findings with you. As a Nutritional Counsellor, it is of tremendous interest to me.

Help to Side-Step the Nightmare Traps!

My hope is that you will feel compelled to do some of your own research, and according to what you find, make some changes in your lifestyle towards experiencing better health and well-being, and side-stepping the traps. We can all do it.

You see, there are countless ways that 'things aren't what they seem'. We'd like to believe there are 'powers that be' out there who are looking after us, but in many, many cases this is not so.

How to Avoid Health-Robbing Traps

They're Just Balancing Their Books Too, I Guess!



Behind the sales of just about everything, the bottom line is profit. Many manufacturers generally are happy to comply if their profit margin is not affected. If it is, shortcuts and cheaper options will be sought.

We cannot completely blame them – it's a tough world out there. All of us, one way or another, are trying to 'balance the books' so to speak, and most of us are keen to save money

wherever we can. Manufacturers are just the same.

Unfortunately, decisions are often made that affect our health, and when you have manufacturers of all kinds doing the same, the effect on the consumers' health is greatly multiplied.

To set the scene I'd like us to become like a 'fly on the wall' as a girl called Kim goes about her daily routine. Let's observe her day:

A Day in the Life of Kim

Kim stirs as the [alarm](#) clock beside her bed signals the start of a new day. Oh no... time to get up... again! Stumbling to the bathroom she refreshes her face and runs a glass of [water](#) to rinse her mouth.

Longing for a cuppa she heads for the kitchen. Pouring the water out of a boiling jug, she dangles a [teabag](#) into a mug. [Tea](#) drawn, she steps [outside](#) onto the deck.

Craving the newly lit [smoke](#), she languishes awhile enjoying the sensation and stimulation both the tea and smoke give her.

A nice refreshing [shower](#) takes care of the last remaining sluggishness. With her hair [shampooed and conditioned](#), she squirts some [body wash](#) onto a loofah, rubbing it all over herself before rinsing it off.

How to Avoid Health-Robbing Traps

After applying some [anti-perspirant/deodorant](#) she dusts herself with [talcum powder](#), then a liberal spray of [perfume](#) before pulling on her [clothes](#).

Once dressed, and her [skin care](#) routine attended to, she heads for the kitchen for a bowl of [packaged cereal](#). Pouring on some low-fat [milk](#) she zaps it in the [microwave](#).

Back to the bathroom to [clean her teeth](#), she then applies her [makeup](#) before declaring herself ready for the day.

[Fido](#) begs her not to leave, so she takes a minute to give him a good rough-up before jumping into the car.

Driving down the busy [road](#) she finally makes it to work just in time. Bounding through the door she dashes to her [office](#) desk and begins the grind of her workday.

Back home [inside](#), Kim winds down while she appreciates yet another [instant coffee](#), adding to the many she's consumed throughout the day. After checking her [mobile](#) she tucks it into her bra while she attends to the evening [meal](#).

Finally, she slumps into the lounge for a mind-numbing telly fix, before falling into [bed](#), tired and exhausted.



It all sounds normal doesn't it? We can't find anything too unusual there, can we?

But what's with all the highlighted words? They are where the little traps are set... waiting...

I'll go through them one at a time.

Provided at the end of the book are references for you to begin your own research.

How to Avoid Health-Robbing Traps



[Wellness Solutions eCourse](#)

- 6 Modules
- 47 Lessons
- 119 Subjects and counting...

I am often asked... “What do I need to do to eat healthily?”

Here I answer all your questions on finding wellness, little by little, change by little change!

Easy to follow, commonsense little changes, that anyone can do... one step at a time.

Change bad habits into good habits gradually. Grasp an understanding of what it is you may be doing that’s sabotaging your health bigtime!

Can you afford not to address the problems mentioned in this book? Don’t delay! Begin to make a difference in your life and the life of your loved ones.

How to Avoid Health-Robbing Traps

Hidden Trap in Alarm Clocks



Most people have these positioned on the bedside table for ease of hitting the snooze button in the morning.

Unfortunately, digital alarm clocks emit a lot of EMF (electromagnetic fields), similar in fact to sleeping under a power line! Most all of us wouldn't do that but having the clock within one metre from your bed gives pretty much the same affect. [\(1\)](#)

Healthier Lifestyle Choices

- Make sure you position an electric clock at least 1.5m away from where you are sleeping. More is better. I appreciate you don't want to have to get out of bed, but it may be worth it to you to forget the snooze button and just get up.
- Of-course, you can always go back to the old wind-up, but personally I question how safe they are on your heart. That sudden, loud, piercing ringing makes you jump right out of your skin!
- Sleeping all night in electric smog is not good for your health. [\(2\)](#)



How to Avoid Health-Robbing Traps

Hidden Trap in Water



I often hear people tell me that the water where they live is good as it has no objectionable taste. Well, I'm sorry to inform you, many of the problems with water, you cannot neither taste nor smell.

1. 'Contaminants that may threaten our health are usually not discernible by the senses. Drinking water can contain nitrate, bacteria, and pesticides at levels which you cannot taste or smell, but which can be hazardous to health.'[\(3\)](#)
2. 'Bacteria in water cannot be seen, and has no taste, or smell.'[\(4\)](#)

And what about the added chemicals? I'll address just 2 of them here:

CHLORINE:

The terrible diseases of the 19th century, such as typhoid fever, cholera and dysentery, have become a thing of the past thankfully, because councils have added Chlorine to our drinking supplies. We can sure be grateful for that, but never-the-less, Chlorine is not a chemical that we should be consuming as it's potentially just as deadly!

Read here a list of harmful side-effects coming from exposure to chlorine. [\(5\)](#)

SODIUM FLUORIDE:

Debated by many, for and against, I believe it's ludicrous to add something so potentially carcinogenic (cancer causing) to our water supplies. Even if there is even a minor doubt, wouldn't it be better to err on the side of caution?

How to Avoid Health-Robbing Traps

Apparently, beneficial enzymes within our body are killed by Sodium Fluoride; it destroys our thyroid; our ability to think and concentrate; and causes brain damage. [\(6\)](#)

Let me tell you something weird. According to an article from Dr Mercola, China does not allow water fluoridation because their studies have warned them that it's too toxic and causes a lot of health problems. But get this... the waste product from China's phosphate fertilizer industry (fluoride) is shipped to the United States... where it's added to their water supply! [\(7\)](#)

Am I missing something here?

I live in Australia, and I don't know where our fluoride comes from, but most probably from our own fertilizer industry, but how whacky is that? Have you ever, in your entire life, even imagined something so bizarre?

Unfortunately, although many countries are removing fluoride from their water supply, here in Australia it's still being added. I spent most of my life living on the Central Coast of NSW, near the city of Gosford. For years they refused to add fluoride to the water supply even though our neighbouring city - Wyong, had it in their water supply. How proud we were of our city council! Then sometime within the last 15 years or so, fluoride was passed and down into the fluoride black-hole gurgler we were all plunged. It was a very sad day.

Here are 10 facts about Fluoride that every person should know. [\(8\)](#)

Healthier Lifestyle Choices

- Water is essential for life and drinking tap water is better than drinking no water at all. But given the choice, choose wisely. Filtering or purifying water is an absolute must.
- Be careful to check that whichever method you use does remove the fluoride and chlorine, as well all the other bacteria, heavy metals, arsenic, lead, copper etc. from the water. Most filters don't necessarily do it all. Check carefully.
- Magna Clear is a very handy product to keep on hand, especially while travelling. It can be purchased from [Paradise Nutrients](#).

How to Avoid Health-Robbing Traps

Hidden Trap in Teabags

When adding a teabag to boiling water, who would have imagined the potential to infuse your nice cup of tea with an array of potentially hazardous materials? It's nothing short of *scary!* [\(9\)](#)

We all look for the 'easy way out', and not having to make a pot of tea from tea leaves falls into that category. Just wave the teabag in the cup of hot water and chuck it away. What's easier than that?



But take a closer look at them and you'll notice they are not always made from what looks like a simple paper. It can be paper but can also be PV; nylon; polypropylene; bamboo fiber; rayon or thermoplastic. These are the most common materials used. But even if it is paper, it still has problems. [\(10\)](#)

Now if the manufacturer has also used a staple or maybe even glue, on the teabag, you are faced with yet another problem, as glues often contain formaldehyde. And who knows what else is in there?

It's well known how plastic drink bottles leach chemicals out of the bottle into the drinks they contain, but I haven't seen much reduction in them, have you? Well, in the same way, leaching can take place in the different types of tea bags. This leaching I'm referring to has potentially insidious consequences... such as causing infertility; cancer in animals and decreasing immune function.

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- Really there is only one way around it. You either choose to drink your cup of tea with a goodly dose of chemicals or... you go back to the good ol' days and make tea the way your granny did... in a teapot. Grandma always did know best!
- If you want teabags, you need to do your homework and find the manufacturers who provide not only safe tea, but safe teabags. Don't just believe what's written on the box... you need to dig deeper... and ask questions.

How to Avoid Health-Robbing Traps

Hidden Trap in Tea



Unlike the ancient tradition of adding loose leaves into boiling water for a great healthy drink, these days it's not quite that easy.

The problem is that most teas are laden with toxic pesticides, artificial ingredients, even added artificial flavours. And quite possibly, the tea could include genetically modified ingredients. [\(11\)](#)

Teas are not usually washed, so guess what you've got in your drink today?

Yes, you guessed it! Pesticides! Yum!

"Darling, would like a cup of tea with pesticides this morning?"

It's a bit like McDonalds isn't it? Instead of 'a side of fries', you can offer 'pesticides'! Yay!

So, we can believe we are drinking a healthy cup of tea, but inadvertently we can be drinking something containing a hidden nightmare of chemicals. We have enough to deal with without this!

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- Once again, there is only one way around the problem and that is to buy certified organic tea leaves. Yes, the type you buy in bulk and add to a teapot... not teabags.
- It's not hard to find, and although it sometimes does cost a little more to buy organic, think of the potential savings to your health.
- To make life even easier, it's possible to buy a tea maker which takes all the hard work out of making tea. You simply add loose tea leaves (organic please), and water, press a button. A perfect cup of tea every time!
- I like to buy different organically grown teas and make up my own mixes. I think it's important to have black, green, white, and rooibos as they are all very high in anti-oxidants. Remember, you don't have to drink them straight but can add other natural flavours like lemon juice, honey etc. Play around with them to your own liking.

How to Avoid Health-Robbing Traps

Hidden Trap in Exterior Air



Stepping outside to breathe the nice fresh air should be something every human being can naturally enjoy. It's our right! Oh, if only that were the case!

Many, or should I even say most of us, live in cities which have high smog levels. It doesn't matter where you are; it's there... no escaping it.

But what I find even worse, is for those who are fortunate enough to live out in the country where you would expect clean fresh air, we are now being bombarded with substances from the heavens above.

I'm sure you've noticed all those lines across the sky. We have always believed them to be contrails from planes, which of-course some of them are, those that disappear very quickly into the atmosphere. But have you noticed a new type of 'contrail'... crisscrossing the sky? This type hangs around and gradually widens to look like cirrus clouds. It's known as geo-engineering, which is affecting our atmosphere in a very negative way. 'They' say it's supposed to stop global warming! [\(12\)](#)

Contrails are made from the jet creating condensation as they move through the sky. In geo-engineering, chemicals are sprayed from the aircraft... including barium, cadmium, chromium, desiccated blood, ethylene dibromide, mold spores, nano aluminium-coated fiberglass [known as CHAFF], nickel, polymer fibers, radioactive thorium and yellow fungal mycotoxins. Does that sound like something you're keen to breathe in?

Can you even believe it?!

Aerial spraying... is it geo-engineering, climate control or population control? I'll allow you to do your own research concerning it. Make up your own mind. [\(13\)](#)

How to Avoid Health-Robbing Traps

The point is, whatever it really is, they are spraying toxic substances down upon us as it spreads all over the world.

Healthier Lifestyle Choices

- It's not the object of this book to discuss chemtrails v contrails, but only to alert you to the fact, if you don't already know, that something is going on above which each one of us should make a point of researching.
- Unfortunately, there is not a lot we can do about the quality of our outside air, apart from choosing to live out in the country where at least you are not subjected to smog all day, every day.
- Escaping the chemtrails is impossible, as even if you resorted to wearing a mask, the nano-particles still find their way into your eyes and skin.
- I know some of you will not believe this is happening. But according to my research, and the research of those I feel I can trust... it really is. You will find plenty of pages online that will say it's not true. All I can say is... make up your own mind.

How to Avoid Health-Robbing Traps

(Not so) Hidden Trap in Smoking



I think all of us, even the smokers, are aware that cigarettes contain bad stuff for our bodies. But did you know that within one stick there are about 4,000 different chemicals? A few articles say there are 600 ingredients, and when burned they can create more than 7,000 different chemicals! [\(14\)](#)

To me this is a screaming nightmare!

Just some of the ingredients include acetone, ammonia, arsenic, benzene, cadmium, formaldehyde, methanol, nicotine, and tar.

Just think... who in their rightful mind would want to inhale acetone... that's the stinky stuff they warn us against using to remove nail polish?

Arsenic? Want a dose of that? It's commonly found in rat poison.

Which one to choose? ... oh, I know... methanol. It's the main component in rocket fuel. Beauty... let's breathe it in!

Apparently, between 51 to 69 of the chemicals have been proven to cause cancer. Makes me wonder how many of the other chemicals have even been tested. Anyway, what else does all this stuff do to you?

To me it's like going to the most dangerous place you can think of... some sort of toxic dump and spending the whole day there. Who would want to do that? Only a suicidal person, surely.

How to Avoid Health-Robbing Traps

All non-smokers I'm sure are aware of the dangers of smoking and the awful smell that follows a smoker everywhere they go... while all smokers, although they know the dangers, are so addicted they're usually unable to stop.

Even breathing the second-hand smoke is potentially quite dangerous and it's hard to avoid. Now they're saying the third-hand smoke can be just as dangerous! That's the smell that gathers in curtains, carpet, lounges etc.

All you can do is what you can.

If you've never taken up smoking, you are very fortunate indeed. Not only will your health thank you but it's so much kinder on everyone else.

Healthier Lifestyle Choices

I know, not from personal experience, that giving up smoking is one of the hardest things to do in life, but if you want to have a shot at good health it's what you need to do.

I'm not the best one to make suggestions here so I won't even try, but out of respect for your body and others, why not think about it?

How to Avoid Health-Robbing Traps

Hidden Trap in Showering/Bathing



Have you ever considered the water you are standing in while taking a shower, or luxuriating in a bathtub?

It's the same water a lot of us choose not to drink directly from a tap. Why? Because it contains fluoride and chlorine to say the very least, both of which are hazardous to our body.

An annoying little fact is that your skin absorbs more of those chemicals into your body through showering or bathing than by drinking the water. And... the hotter the water... the more steam... the easier for your body to absorb them. [\(15\)](#)

Breathing them is not good either, and that's something you do quite a lot of while enjoying your shower. Breathing chlorine alone is bad for your sinuses.

Imagine also, all the swimming pools with kids swimming in them for hours! Swimming pools filled with water that already contains chlorine, but as we know they add a lot more. Is this a worry to us?



Healthier Lifestyle Choices

What can we do about it? I mean, really? Most of us are connected to the town water supply and what they say we need in the water is what we get... like it or lump it!

But there are a few alternatives:

How to Avoid Health-Robbing Traps

- **Collect your own**

I'm on tank water. Now I know that's not the end-all. There are several things that can go wrong, from bird and possum droppings, to flaky roof paint that could enter the tank. We have installed a couple of filters between the tank and the house and still filter our drinking water at the sink... just to be safe.

The taste is wonderful. It's beautiful drinking water... no chemical taste, or any other taste for that matter.

We have the town water right outside on the road, but to this date have resisted connecting to it.



- **Install a Shower Filter**

Most of these filters do not remove more than about 50% or so of the chlorine. These days they commonly use chloramine and it's even more difficult to remove. There is such a thing as a Vitamin C Shower Filter which apparently does a very good job with both chlorine and chloramine. But, you need to continue to change the Vitamin C block every couple of months.

- **How about a Whole House Filter?**

This seems to be one of the best answers if you can afford it. Installing a filter that filters all the water that's used in the whole house seems to make good sense.

Just make sure before purchasing that it does remove chlorine and fluoride though.

How to Avoid Health-Robbing Traps

Hidden Trap in Hair & Body Care



When we step into the shower and foam up with body wash or shampoo, it's usually a very enjoyable experience, isn't it?

But what's really happening?

The usual foaming component of body wash or shampoo is an interesting ingredient known as SLS (sodium lauryl sulfate), or variations of it. It's one of a few surfactants that are used to lather, clean and degrease. [\(16\)](#)

SLS is very well-known, at least to those who are in the know, as a skin irritant and that it's a potential cancer risk. Still with that knowledge, they use it in products that we rub on our skin and hair. Add a bit of preservative and colour and your shampoo or body wash is just about complete.

Another important risk to consider is that the molecular size is so small that it can enter your body through your skin. That's right... straight into our body bypassing the liver which is usually used to filter! How scary is that? That's an invasion you can do without! [\(17\)](#)

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

Read labels! There's no way around it... when shopping, make sure you take your glasses and read all the list of ingredients. You might be surprised that most every product you pick up in the supermarket will be in the no-go zone!

Dr Samuel Epstein, founder of the Cancer Prevention Coalition, recommends that you avoid ingredients that have suffixes of 'eth'.

For example:

- myreth
- oleth
- laureth
- cetareth
- or any other 'eth'.

Plus:

- PEG
- Polyethyleme
- Polyethylene glycol
- Polyoxyethylene
- Oxynol

Ingredients to Avoid in Your Shampoo

Alcohol when listed as one of the first four ingredients

Ammonium lauryl sulfate

Diethanolamine (DEA)

Dimethicone

Formaldehyde

Lanolin

Mineral oil

Parabens (methylparaben, propylparaben, for example)

Petroleum

Polyethelyne glycol (also called PEG/polyethelyne, or polyoxyethelyne)

Propylene glycol

Sodium laureth sulfate

How to Avoid Health-Robbing Traps

Sodium lauryl sulfate (SLS)

Synthetic colors (often listed as FD&C or D&C followed by a color and a number)

Synthetic fragrance or parfum

Triethanolamine (TEA)

This list courtesy of Dr. Robert Dorin

All these chemicals, even the well-used mineral oil, should NOT be put on your skin. There is just so much more to the story that I recommend you do your own research if you have any doubts. [\(18\)](#)

Fortunately, there are a few companies which make body washes and hair care products from safe and natural ingredients, such as [Paradise Nutrients](#)...

How to Avoid Health-Robbing Traps

Hidden Trap in Anti-Perspirant & Deodorant

Next, we apply deodorant or anti-perspirant, many of which contain frightening ingredients such as aluminium. Now we really do not want to add more aluminium into our body for any reason whatsoever!

With Alzheimer's disease on the rise, you need to RUN from anything that's made from, or contains aluminium. This includes items such as:

- All cans that contain fizzy drinks (sodas) or juices
- Aluminium cookware
- Aluminium Foil
- Anti-perspirants and some deodorants
- Canned Foods
- Frozen meals
- Some brands of Aspirin
- Vaccinations! [\(19\)](#)



Healthier Lifestyle Choices

- We need to be so careful as apparently 100% of what we put under our arms is absorbed into our bodies. [\(20\)](#)
- Look for an all-natural deodorant that's aluminium free, even alum free, paraben free and with no fake fragrances. Just the word 'fragrance' is another name for 'hidden chemicals'. Beware. [\(21\)](#)
- Consider the personal care products provided by [Paradise Nutrients...](#)

How to Avoid Health-Robbing Traps

Hidden Trap in Talc



Apparently, many people still apply talcum powder, especially to the nether regions, although it's a known link for potential ovarian cancer.

Talcum is made from talc which back in the 1970's was found to contain asbestos. Now that's scary! Since then they've removed the asbestos component, but talc is still not something you would want to use on your body. [\(22\)](#)

Talc is also found in a range of goods which you would never think of.

Just a few examples:

- Baked Foods
- Breakfast Cereals
- Cheese, fruit and vegetables that have been processed
- Condiments
- Energy drinks
- Lollies
- Make Up
- Puddings
- Rice that's been processed
- Yogurts ...and so much more...

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

Avoid using talc. I used to use it but stopped immediately I heard the bad news... that was many years ago. I haven't missed it.

Once again, you MUST read the labels on everything you buy.

You will find talc listed as:

- MG3H2
- SIO3 4
- French Chalk
- Talc
- Talcum
- Talcum Powder

There are many natural alternatives you could use though... many in your own pantry:

- Arrowroot Powder
- Baking Soda
- Corn starch
- Oat flour
- Rice flour

They can be used on their own, or a combination of any. You can also add a nice pure essential oil to make it smell nice.

How much better this would be for your baby... and you!

How to Avoid Health-Robbing Traps

Hidden Trap in Perfume



You spray perfume on your skin, so you smell nice to yourself and others during the day... but at what cost?

Anything that's placed onto your skin is absorbed into your body if the molecule is small enough. It's not hard for a sprayed liquid to just march straight in through your pores.

Imagine if you can, your skin magnified many times under a microscope. Then watch as the perfume is sprayed on. The pores of the skin are like little open doorways inviting the perfume to come on inside!

Some people spray only onto their clothes. Ahh, maybe this is a good idea? But wait! What about what's finding its way in through your nostrils? Whether it's your own, or perfume worn by someone else, it can become an irritant causing, amongst other things: headaches, sneezing, runny nose or a tight feeling in the chest. Not nice.

Perfumes are usually synthetically made using a multitude of different chemicals. As the chemicals are not listed, and the resulting product is usually just referred to as 'fragrance', you can know immediately that it contains 'hidden chemicals'. Would you trust them to only use chemicals known to be safe for the human body? I wouldn't, and neither should you.

There are a lot of secrets in the world of perfume!

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- It is still possible to buy natural perfumes which would be a champion buy but still may cause difficulties, if not to yourself, to others around you.
- I prefer making my own and using blends of pure essential oils. You can make some fascinating fragrances with them, bordering on divine!
- Yes, I know they most probably won't stay on for as long as the chemical perfumes you buy, but you can reapply. Just make up little rub-on creams with added essential oils. They are handy to carry in your bag. [\(23\)](#)

How to Avoid Health-Robbing Traps

Hidden Trap in Clothes



#1 Toxic Chemicals in Dyes & Fabrics

We pull on clothes often made in foreign countries using dyes etc. that are banned within our own country.

Toxic chemicals in our clothing are a real issue. Firstly, they come from the pesticides used on the plant and then in the dyes used on the fabrics.

As our clothes are generally against our skin, it's possible to absorb these nasties into our body.

From all my research, it appears that Australia has a very bad track record in regulating what is, and what isn't, in our clothes.

There are certain chemical substances that we are not allowed to use in this country and couldn't even import the chemical if we tried, but at the same time, the stores are filled with imported clothing containing the very same chemicals. Go figure!

I read that we couldn't even send a shipment back to China because their safety standards are higher than ours here. Amazing! The Chinese can make clothes for us that they are not allowed to wear themselves!!! [\(24\)](#)

#2 Toxic Sprays in Cotton

Did you know that cotton is one of the most heavily sprayed crops in the world? Up to 25% of the world's pesticide use is used on cotton alone.

How to Avoid Health-Robbing Traps

Cotton, lovely cotton, is riddled with the stuff and not all of it is removed as its being processed. How many people are affected with multiple sensitivities through a cotton garment against their skin? [\(25\)](#) [\(26\)](#)

I find this more than disturbing, and on top of that, what about all the chemicals contained within our washing powders? What about the strong fake perfume?

Where does it all end?

Healthier Lifestyle Choices

- I guess it comes down to buyer beware! Always wash every garment before wearing no matter how good it looks. [\(27\)](#)
- Ask questions in the shops and see if they can tell you if the clothing is safe. Generally, if they are carrying safe clothing, they would be happy to let you know, because that's a great selling point.
- If you can't afford to buy clothing you know is safe to wear, the next best thing is to make sure you wash it well. Never wear anything without washing it first.
- Even with washing, you cannot wash all the chemicals out. All you can hope for is that hopefully you're removing some of them.
- Adding some Apple Cider Vinegar to hot water and soaking for up to 24 hours and then washing and rewashing can help. Bit of a pain though don't you think? We shouldn't be subjected to having to do this.
- We can make certain we are using a safe washing powder or liquid though. You need to forget about the supermarket shelves and pick up safer alternatives. There are a few around but the one I recommend comes from... you guessed it! [Paradise Nutrients](#)! I only recommend what I find to be a good buy and works well. Easy too, as it's delivered right to my door.

How to Avoid Health-Robbing Traps

Hidden Trap in Skin Care

Many women use skin care containing an endless array of ingredients that find their way into your body, and trust me, they're not doing you good.

Did you know that about 60% of what you put on your skin is absorbed? That's horrific news if what you are putting on is filled with toxic chemicals!

Do you even know what's in your skin care? Most probably not! If it says it contains some ingredient that you've heard is good on your skin, you buy it don't you? Who worries about all the other ingredients?

Truth be known, we can't believe they would add ingredients that are known to be harmful to our skin... but they do!

Would you be happy to eat it?

You know that's a good question because if you wouldn't be prepared to eat it then you shouldn't be rubbing it on your skin. Either way, it's finding its way into your system.



Healthier Lifestyle Choices

- The good news is that not all chemicals are bad for you. Did you know that our body is a chemical makeup? The problem with chemicals is that they all seem to have long unpronounceable names and we have no real idea which are ok and which we should shy away from.
- I've sat in a university given by Tom Mower Snr., a bio-chemist, who fully understands the use of good chemicals versus bad chemicals. I know he used to add ingredients to his products with long chemical sounding names, but he would explain how only some chemicals are harmful to the body. The chemicals he would add were always safe, and in most cases would do our body good... some amazing things in fact! I loved his lectures.

How to Avoid Health-Robbing Traps

Here is a list of harmful ingredients that I'm aware of, that you would do well to stay away from:

- Avoibenzene
- Benzphenone
- Benzoyl Peroxide
- Butylene Glycol
- Coal Tar
- DEA, MEA, TEA
- DMDM Hydantoin & Urea
- Exthoxycommamate
- FD&C Colour & Pigments
- Formaldehyde
- Hydroquinone
- Lead
- Mercury
- Mineral Oil
- Oxybenzone
- PABA
- Parabens such as Methyl, Butyl, Ethyl, Propyl
- Placental extract
- PPD - Paraphenylenediamine
- PEG – Polyethylene Glycol
- Phthalates
- PG - Propylene Glycol
- Silicone-derived emollients
- SLS - Sodium Lauryl Sulfate
- SLES – Sodium Laureth Sulfate
- Talc
- Toluene

Try buying cosmetics that don't contain some, or most, of these ingredients! It's very hard indeed! [\(28\)](#)

How to Avoid Health-Robbing Traps

Hidden Trap in Packaged Cereal



Let's face it, mornings are a busy time, whether you've got a job, or rushing to take the kids to school. It doesn't ever appear to be a relaxed time, does it?

So, we generally like to grab something quick. The countless supermarket shelves of packaged cereals seem to suit us right to the ground.

Pour it out, add some milk and zap in the microwave and we're good to go.

But... at what cost?

1. The cereal is usually packed full of sugar.
2. Potentially, and sometimes definitely, genetically modified.
3. The milk is virtually always pasteurized.
4. And often homogenized.
5. And subject to Growth Hormones.
6. The microwave... well, that's another story!

The object of this book is to give a quick overview rather than an in-depth study. My hope is that it will encourage you to do your own research.

I'll quickly cover these 5:

How to Avoid Health-Robbing Traps

#1. Sugar

There is hardly a cereal in the supermarket that's not got sugar as its first ingredient. We all know that the amount of sugar being consumed is way off the top of the scale.

Unfortunately, the way many try to deal with it is by using artificial sweeteners, which are actually worse.



Healthier Lifestyle Choices

- Cutting down on your sugar intake should be one of your top priorities. You do not need to taste the flavor of sugar in everything you eat. When cutting down, it doesn't take long before you find that various foods and drinks begin to taste too sweet as you become more aware of what the real taste is.
- If you are concerned about your health, you need to completely ignore the cereal aisle. What's there will not do you good. Close your ears as you quickly walk on by, because they will all call out to you, informing you of their wonderful health benefits. Don't be fooled!
- Health & packaged cereal do not go hand in hand, and not only because of the sugar content.
- If you choose cereal for breakfast, there are countless yummy alternatives which can be quickly prepared the night before if necessary.
 - Stick to whole foods
 - Unprocessed
 - Add your own sweetener such as a little raw honey

How to Avoid Health-Robbing Traps

#2. GMO

What you don't need is genetically modified grains on your plate. The most common of these is wheat and corn; soybeans and sugar beets. Ask questions. We are being used as human guinea pigs. Beware!



Healthier Lifestyle Choices

- If you have no way of knowing if they are or they're not, eliminate them from your diet completely. That way you can be sure.

#3. Pasteurized Milk

Milk produced in large dairies using the factory farm model cannot produce safe *raw* milk to drink.

When they cram countless heads of cattle into a small space, with not enough pasture to graze on, you've got yourself a real problem, and therefore they need to pasteurize, destroying much of the goodness of milk. [\(29\)](#)



Dr Mercola states that pasteurization:

- destroys enzymes,
- diminishes vitamins
- the fragile milk proteins are denatured
- vitamins B12 and vitamin B6 are destroyed
- beneficial bacteria are destroyed along with the bad bacteria
- and it promotes pathogens! [\(30\)](#)

Pasteurized milk without its enzymes is very difficult to digest, and did you know that pasteurized milk goes rancid while raw milk only sours. Soured raw milk is still good for you.

It's not good how everyone is obsessed with low-fat or skimmed milk, when any old-time farmer can tell you that when he had finished extracting the cream from the milk, *he fed the remainder skimmed milk to the pigs*. Why did he do that? To fatten them up of-course!

How to Avoid Health-Robbing Traps

What... skim milk *fattened* the pigs? Yep!

Healthier Lifestyle Choices

- From all my research into milk I believe that raw milk straight from the animal is a very healthy beverage to consume in moderation. Naturally, the animal needs to be in tip-top condition health wise and then you won't go wrong.
- In some lucky European countries such as Austria, Croatia, France, Italy, Netherlands, and Switzerland they have raw milk in vending machines! Wow, what a way to go. How I would love to be able to obtain raw milk that easily.
- Here in Australia we cannot buy raw milk. If raw milk is made available for skin care or the like, they add an awful tasting substance to it to ensure no-one would be likely to drink it.
- The only way is to own your own animal, or maybe be in part-ownership with someone else. There doesn't appear to be any other way. Dairy farmers, or even farmers, found to sell raw milk are highly prosecuted.
- Never buy low-fat or anything other than *whole full cream milk*. It's designed by our maker to be one... not separated. Yes, we can use the cream for sure, but living on skimmed or low-fat will add centimetres to your waistline.
- Something else that's helpful to realise is that all low-fat products – those that started off containing fat of some kind – need to have ingredients like sugar and other ingredients added to give it taste. Remember, your body requires fat and certainly doesn't require all that refined sugar.



#4 Homogenized Milk

How to Avoid Health-Robbing Traps

Homogenization is where they mix the cream into the milk using high force. The result is that it is homogeneous, or in other words, it becomes one. No longer does the cream rise to the top.

But there's a problem with this... fat subjected to high heat oxidizes, which means it becomes rancid. [\(31\)](#)

Now the reality is that this is exactly the way most people like their milk to be... homogenized. If it's not, it must be shaken every time it's used, otherwise a great glob of cream will plop out when it's poured. So, homogenization saves time... it's easy and there's no fuss!

But, is there a cost?

Virtually everything comes at a cost, so let's try to explore if there is a cost to our health because of homogenization.

Unfortunately, yes there is. Both pasteurization and homogenization are responsible for the denaturing of the milk. It's not good news.

Most of those who are speaking out about the way our precious milk supply has been destroyed, quote studies that this type of dairy consumption may increase prostate and ovarian cancer.

Healthier Lifestyle Choices

- If you're unable to purchase or obtain raw milk, it may be worth your while to consider the many lovely nut milks available these days. Making your own is preferred as then you know exactly what's in it, but with much label reading you should be able to find a product that both tastes good, and doesn't contain things like canola or vegetable oil, for example.
- I don't mind almond milk, although it's a little costly to make if you are buying the good nuts. Please be aware that bought almond milk contains only 4-6 nuts per litre with the rest being fillers. The one I consume the most of is coconut milk, which I find tastes wonderful and is very satisfying.
- Nut milks don't work quite the same as dairy milk though. If you are used to milk in tea for example, you would not be able to use nut milk instead. At least, I don't think you could. Maybe I'm wrong. Maybe there are people who enjoy it. Not sure. But it seems

How to Avoid Health-Robbing Traps

to work fine for most other uses.

- I guess it depends on how determined you are to cut pasteurized/ homogenized milk out of your diet. A determined person will find ways around it. This goes for yogurts and ice-cream etc. Sorry, but I've just created more label reading for you.

#5 Milk and Growth Hormones

Unfortunately, the milk that's provided to the masses to drink does not come from cows grazing happily in green pastures!

In total opposite to that picture, the cattle are housed inside barns or feedlots. Lactating cows are kept tied up in stalls without the ability to lie down. I will not go into what really happens, because to be quite honest with you, it distresses me to the uttermost.



Suffice to say they are grossly over-housed, and their treatment is far from humane.

Moreover, they are given bovine growth hormones (rBGH), and antibiotics that force the cow to produce around three times more than they usually would produce to give to their little calves.

rBGH increases the risk of mastitis which happens to be very painful for the cow... an inflammation of her udder.

A calf dies within days if it's fed on pasteurized milk. What does that tell you?

These unfortunate animals are given a toxic brew of drugs to try and prevent the inevitable disease they would suffer when housed under these conditions. [\(32\)](#) *(be careful as these videos could be upsetting and confronting)*

And guess what? When you drink your milk, you are drinking all the painkillers, antibiotics and growth hormones as an extra! Doesn't it just make you long for a nice cold glass of milk?

Remember, pasteurization does not remove the drugs from the milk... it only heats it... or cooks it, but it doesn't take the drugs out.

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- If we all stopped buying this milk eventually, they would stop doing it. That's the truth. If profits stopped, the cruelty would stop.
- Can you see this happening? I wish I could as it would be more than worth burning my bra for!
- But while ever blind and uninformed consumers continue to purchase this cheap milk, we will only see it increasing more and more.

If you can, buy organically grass-fed raw milk and rest in the fact that you're not encouraging cruelty to these poor beasts.

I have only scraped the surface here as there is just so much more about milk. Please be encouraged to do your own research. The cows would thank you if they only could!

#6. The microwave

Microwave manufacturers try to tell us that food cooked in the microwave retains more nutrients than other types of cooking.

There are many papers which convince us that microwaving is safe, but many more which say they are not. [\(33\)](#)



These days, the microwave has become a basic item in our kitchen. Does anyone even really stop to think about the pros and cons of using them?

When I first got a microwave many years ago, I learned how to cook almost everything in it. It was quick and easy. Why would anyone bother cooking the "old fashioned way" when microwaving was so easy, and of-course, most times the food tasted just as good to me.

These days I refuse to use a microwave.

It's not only the food, but the containers that are used in the microwave. Many foods are sold in packaging designed to be thrown into a microwave... give it a zap and then eat. Nothing could be easier... or more toxic? [\(34\)](#)

How to Avoid Health-Robbing Traps

Many people use plastic ware in their microwave which they claim to be 'microwave safe'. Does that mean it won't melt, or does it mean the heated plastic won't give off any dangerous chemicals for you to breathe, or find their way into your food?

I do not believe ANY plastic should be used in a microwave.

As I have researched microwaves, I'm not convinced they are an item you should be using if you're concerned with health. As usual, we all must make up our own mind, but please may it come from careful consideration and a full understanding, rather than just turning a blind eye towards the matter.

Healthier Lifestyle Choices

- According to my research and consideration, I believe the best thing to do is stop using them. There is no in-between; it's simply black and white. Do I sound melodramatic? Some may think so, but please do some simple research and discover for yourself.
- If you are going to continue to use a microwave, no plastic of any sort should ever be used in it. Chemicals in these containers leach into the food, so that you end up eating both the food and the chemicals.
- Also, don't stand close to a microwave while it's working. I see people hanging on to it, or even leaning against it while they wait. It's better to stand at least 1 metre away. Isn't it better to be sure than sorry?

There is so much evidence of the dangers that I couldn't even begin to cover it in this book. A simple google search will bring up many documents, that is, unless they have banned the documents that share info against using a microwave. This is the kind of thing they are doing these days. Very, very sad.

We can't believe everything we read, that's why you need to pursue more in-depth research so you can make up your own mind. Try to look at who or what is the source of the information you are reading.

How to Avoid Health-Robbing Traps

Hidden Trap in Toothpaste



Even the humble act of cleaning your teeth comes with a small multitude of its own nightmares:

1. **Triclosan** – Antibacterial to help fight plaque and gingivitis.
2. **Sodium Laurel Sulphate** (SLS) – surfactant to produce foam.
3. **Artificial Sweeteners** – such as Aspartame.
4. **Fluoride** – it's supposed to prevent decaying teeth.
5. **Propylene Glycol** – another surfactant.
6. **Diethanolamine** (DEA) – another foaming agent.
7. **Microbeads** – designed to scrub your teeth.

If we were aware of the *potential dangers of these ingredients*, we wouldn't! No way, especially when it's known that our mouth is one of the most absorbent areas in our entire body. That's why we have 'under the tongue' medications, because it's a quick and easy route into our bloodstream. [\(35\)](#)

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- Guys, we need to stop and think! No, I mean it... you cannot rely on the goodness of manufacturers to bring you a truly safe toothpaste, one that doesn't contain many bad chemicals.
- Notice the large quantity of paste used in the above image? Putting that amount on your toothbrush is great for business, but in reality, you only need a 'pea size' which is more than sufficient. Hey, it's also nicer on your hip pocket too!
- If you have trouble finding toothpaste that doesn't include the above ingredients, there are some simple recipes to make your own at home, using things like coconut oil, baking soda and peppermint oil.



Once again, ask yourself if it's worth it to spend a few minutes making your own at home, so you don't continue to give your body this daily onslaught of toxic chemicals? Only you can answer that.

How to Avoid Health-Robbing Traps

Hidden Trap in Make Up

Mercury, lead and bacteria are only a few of the problems contained in make-up. I see shops selling cheap cosmetics and shudder to think what's really contained within them. [\(36\)](#)

Do you realise that your skin absorbs about 60% of what's put on it?

If we know that, how come we so freely use cosmetics when we have absolutely no idea of what they contain?

It depends upon the molecule size, that is, if it's made of ingredients tiny enough to slip right in.

And slip on in it does! Not a nice thought, is it?

Even the more expensive make-up brands can be very harmful, so don't think just because you paid the earth for something that it's safe.

Unfortunately, unless the manufacturer states quite clearly that they have used safe ingredients, you can be certain it's unsafe.

A huge percentage of lipsticks tested... that's most all brand, even high-end... contained lead. Imagine what that does to yourself and your partner? [\(37\)](#)

Be aware that you will never find lead, mercury, or any other metal, listed as one of the ingredients... and it sure doesn't list bacteria on there, does it?



How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- Many years ago, I learned about the dangers of using make-up, and trust me, the list is long. I was fortunate to be able to use makeup containing only safe ingredients. This is the only cosmetics I use... ever!
- I don't wear make-up often, but when I do, I only use cosmetics that I know are safe. As the saying goes, if you wouldn't eat it, why would you put it on your skin? Not that I'd fancy eating my lipstick like a sweet, but in reality, I usually do eat it... just a little more gradually!
- If you want to wear make-up, and I wouldn't blame you if you did, you MUST find a manufacturer who produces safe alternatives. It still looks and works the same, and unless someone told you, you would never know. So, you don't have to crush a hibiscus flower and rub it on your lips! Fortunately, there are some manufacturers who care.

How to Avoid Health-Robbing Traps

Hidden Trap in Flea Collars



The problem with Fido is that many dogs wear flea collars. Now I completely understand why they are used because there is nothing worse than a dog covered in fleas... for you, or for the dog.

But have you ever considered how safe they are to humans, or even to the dog? [\(38\)](#)

Why is it that we always presume that things like this are safe for the dog, and safe for us? Why is it we struggle to realise that many manufacturers simply don't care?

The truth is that dog collars can contain chemicals which spread all over the dog, and then onto you when you pat the dog.

Healthier Lifestyle Choices

- Please be careful what you put on your dog, and especially if you have little children.
- Fortunately, you can find less toxic treatments. For example, did you know you can buy natural, organic flea and tick treatments online?
- As conventional treatments can be dangerous because they are passed on from your pet to you, it's wonderful to know there are natural, safe alternatives.

How to Avoid Health-Robbing Traps

Hidden Trap on Busy Roads



How many of us think about the dangers of CO, or carbon monoxide, a byproduct of vehicle exhaust?

Pollution in the air in cities is mainly made up of this gas, and of-course, travelling along a busy road, especially in stop-start traffic where all the cars are idling a lot, the potential for this colourless, odorless and very poisonous gas to gather is very high. [\(39\)](#)

Healthier Lifestyle Choices

There are other places this gas is formed...for example:

- Never warm a car up by leaving it idling inside a garage.
- All fuel generated motors should only be run outside.
- Gas heaters, gas cook tops or ovens can produce CO so you'd be wise to install a CO alarm where they are used.

On the highway however, apart from leaving the cities and moving to a place way out in the country... or choosing to live on a small island far out in the ocean, there's not a lot we can do.

Of-course, wearing a mask is an option, but I'm not sure many of us would want to do that.

So just try to be aware. Try not to get caught behind a vehicle that's pumping out "dirty" smoke from its exhaust because it's not burning the fuel correctly.

How to Avoid Health-Robbing Traps

Hidden Trap in Office Equipment



Unfortunately, many workplaces are pollutant traps. Even in the office you are faced with an array of potential problems.

It appears that one of the main culprits is the humble photocopier, from UV Radiation to Electro-magnetic fields (EMF's). Also, from the toners or inks they use, to the handling of the actual photocopied papers! [\(40\)](#)

Anything that is used in the office that comes with a potent smell, such as markers for example, can cause headaches and a whole range of other problems if used sufficiently enough.

On top of this we are bombarded with the internal pollutants from paints, carpets, air conditioners etc.

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- When you are paid to work in an office full of equipment, I guess there is not a real lot you can do about it other than be aware.
- Try not to sit too close to the photocopier. When you are using the photocopier, don't lean against it; but rather stand back at least a metre or so.
- Don't put pens and pencils into your mouth.
- Try only to use stinky markers when you are in a well-ventilated area.

Maybe not all this is practical, but everything you can do to help cut down on the fumes, radiation and EMF's, must be helpful to your overall health.

How to Avoid Health-Robbing Traps

Hidden Trap in Interior Air



Although it's not a nice thought, many times the air inside our homes is far from healthy and worse for us than the air outside. [\(41\)](#) [\(42\)](#)

According to the links above, some pollutants inside our homes include:

- Air Fresheners
- Air Purifiers
- Candles
- Carpets
- Cleaning Products
- Dryer Sheets
- Kitchen Stove
- Paint

Puffing out fake perfume from air fresheners only fills your room with nice smelling chemicals with potentially harmful side effects!

Candles, more often than not, are made from paraffin, which sometimes (and we don't know when) have lead in their wicks. Paraffin burnt indoors produces toxins and known carcinogens.

Synthetic carpets off-gas for years and cleaning products are made from a whole host of chemicals which can enter via your skin or be inhaled.

How to Avoid Health-Robbing Traps

Paint fumes cans cause headaches, skin irritations, nausea and dizziness. Why is this? It's because it's trying to poison you.

You get the general picture... the 3 main offenders are:

- **Formaldehyde** in carpets, glues, paint, upholstery, etc.
- **Benzene** in lubricants, pesticides, plastics, rubber, synthetic fibres, etc.
- **Trichloroethylene** in adhesives, cleaning solutions, paint removers etc.

Healthier Lifestyle Choices

- Open your windows and let some fresh air in. Yes, I know that outside air is potentially polluted too, but it's generally a lot fresher than the air inside your closed home.
- Burn candles only in a well-ventilated area, or choose beeswax.
- Don't use air fresheners that pump artificial perfume into your home.
- Invest in some Himalayan Salt Lamps and allow them to work on your air quality.
- Keep pot plants in your home that are known to clear the air of toxins such as: [\(43\)](#)
 - Areca Palm (*Chrysalidocarpus lutescens*)
 - Bamboo Palm (*Chamaedorea seifrizii*)
 - Chinese Evergreen (*Aglaonema* spp.)
 - Dracaena
 - English Ivy (*Hedera helix*)
 - Florist's Chrysanthemum (*Chrysanthemum morifolium*)
 - Golden Pothos (*Epipremnum aureum*)
 - Peace Lily (*Spathiphyllum*)
 - Rubber Plant (*Ficus elastica*)

How to Avoid Health-Robbing Traps

Hidden Trap in Instant Coffee



Brewed coffee contains some lovely health benefits, but instant coffee is another matter. Yes, I know it's quick and easy, without all the fiddling around, but is that enough?

It turns out that instant coffee affects the absorption of iron in our bodies if we drink it with our meals, or for up to an hour afterwards.

Another problem is Acrylamide which is formed when a plant-based food is heated to high temperatures. Of-course, coffee is plant-based. It's potentially neurotoxic and cancer-causing. There we go again! [\(44\)](#)

Healthier Lifestyle Choices

- Chuck the instant coffee and purchase only the 'real McCoy'. Why would you drink instant now that you know one of its hidden ingredients?

How to Avoid Health-Robbing Traps

Hidden Trap in Mobile Phones



I think we are all aware of the potential dangers of mobile phone use, but I'd like to bring out a different danger - carrying your mobile phone on your body.

Not only can it be cancer-causing but keeping a phone in the same place on your body, such as tucked into your bra, breaks down the nearby bone density, quite apart from what it may do to the breast tissue.

Many people carry their mobile phone in their hip pocket, or shirt pocket. Carrying it anywhere on your body is potentially hazardous to your health from the radiation. [\(45\)](#)

Healthier Lifestyle Choices

- Carry it in a bag, preferably switched off. Try to switch it off more and try to use your home phone more often.
- Think about what your mobile phone is constantly near... is it near your chest, or maybe your pelvis? Wherever it is, you could end up with trouble in that area.
- It's better to be safer than sorry even if it's not quite as convenient.

How to Avoid Health-Robbing Traps

Hidden Trap in Meals



#1 Inferior Food Choices

I'm quite sure most of us would appreciate that packaged food such as TV dinners are not all they're cracked up to be.

A bit of processed meat and noodles, zapped in the microwave in some sort of plastic dish, does not do anything towards building your health.

There are so many meals that are simply made up of meat and... chips, or potatoes, or noodles, or rice etc. without a vegetable in sight! How in the name of patience can anyone ever expect to be healthy on such a diet?

There are many, many ways you can prepare an easy meal which still looks after your health.

The type of meat we choose is also of extreme importance. Unfortunately, most of us still see nice images when we think about the meat we eat. Cows and sheep contently grazing in the paddocks; various fowls running around amongst the grass and weeds in good sized pens; fish straight from the wild ocean; and so on. But if we really stop and think, this is not always the case... in fact, it's very rarely so.

Animals and birds raised for food usually face horrific conditions. If we could see it first-hand most of us would never eat meat of any sort again. But we don't see it, do we? The feedlots they use to 'finish' the animals paint very pretty pictures of the way they are run. I've read through several websites about Australian feedlots and came out at the end thinking they're not so bad. But reality hits when you start to read sites like the Animal Liberation NSW and before I know it, I want to 'burn my bra' ... if it would only help! [\(46\)](#)

How to Avoid Health-Robbing Traps

American and Australian feedlots do differ quite considerably. This document on feedlots (starts on the bottom of page 1) points out the basic differences. [\(47\)](#)

Whatever you may think about the consumption of meat, the main thing I want to address here is that if you are going to eat meat, try to purchase quality meat rather than inferior meat. What do I mean by this?

Processed meats (bacon, sausage, jerky, pepperoni, sandwich meat, ham, hot dogs etc) are of inferior quality, filled with cancer causing nitrates, and should be avoided as much as possible. Sodium nitrites are added to meats to make them look fresh and red, as dead meat quickly goes gray.

Think about this for a minute:

Would you buy a piece of meat if it was gray in colour?

Would you buy the same piece of meat if it were a nice bright red?

Same cut of meat! One sprayed with sodium nitrite and the other left alone.

See how we are being fooled? All the time!

Oops, it's making me feel a bit ill... sorry...

For your information and general understanding on a subject that's often quite misunderstood:

- 'Nitrates' is short for [Sodium Nitrates](#). It can be made in a lab, but can also be found naturally in Peru and Chili.
- 'Sodium Nitrates' are found naturally in most vegetables and in fact, it's present in our system to help in the digestion process.
- 'Nitrate-free' meat is generally treated with celery juice powder which contains high levels of naturally occurring [nitrates](#).
- 'Nitrates' can break down into [Nitrites](#) through the cooking process.
- 'Nitrites' is short for [Sodium Nitrites](#). It is not naturally occurring and created in a lab.
- 'Nitrites' can form 'Nitrosamines; when cooked at high temperatures, and it's the nitrosamines that are cancer causing.

So, a little generally won't hurt us but eating too much food with this preservative is far from good.

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

- Where possible, buy organic or grass-fed meats.
- You may have to ask if it's been sprayed with sodium nitrite. We are talking about building health here, so our bodies require good food.
- Nitrate-free meats treated with celery juice powder tend to cause fewer headaches for those susceptible.
- Let's face it... a little bit of bacon on occasions sure does taste good! Eat less of it, and less often.
- Try to eat a very minimum of all processed meats as the preservative contained within them all can certainly add up.
- Ask questions and try to learn where your meat comes from and how the animals were treated. Many of them face terrible times and must consume foods that they are not designed to eat. I believe it's so wrong.
- Make double when you have more time as this makes for an easy meal when you are more rushed. A little bit of planning goes a long way.
- Always create a meal around vegetables and/or salad, including as many different types as you can. Your plate should be mainly veggies &/or salad, with a little protein and maybe a little rice, potato or noodle. Noodles are something I have only every "blue moon" and I keep rice to a minimum.

How to Avoid Health-Robbing Traps

2 Spray Contamination

Unfortunately, even when we go to the trouble of preparing a properly balanced meal, in many instances, we are still faced with a whole host of pesticides, herbicides, growth hormones etc. unless we've bought organically grown.

Many sprays are designed to stay on the plant throughout rain and shine, so it's very hard to wash them off. In fact, some sprays go right into the vegetable. Many times, you can save a little money by peeling your vegetables rather than buying organic, but other times this simply is not enough.



Roundup, or its active ingredient called glyphosate, finds its way into every cell of a plant. Eating any part of it will transfer the glyphosate from the plant right into your body. [\(48\)](#)

Healthier Lifestyle Choices

- Grow your own fruit and vegetables so you know what goes on them.
- Buy fruit and vegetables from your local area. Even organic produce may have travelled a long distance to the supermarket shelves, and in doing so would have lost a great deal of its nutrients.
- Buy organic where possible. If not available, buy local.
- Source out a small farmer who grow their vegetables naturally using clean water instead of sewage sludge. It's true, they use it as fertilizer. Yuk!

How to Avoid Health-Robbing Traps

#3 Best Choice of Oils/Fats

We have been led to believe that certain oils are a healthy option, when in reality, the truth is the opposite.

Take Canola Oil for example:

Canola is usually the oil of choice for the uninformed who believe it to be one of the healthiest oils they can buy. You see, manufacturers want you to believe that it's a healthy oil because it's very cheap to make, and this is extremely good for their bottom line. The media also spread the 'good news' while the big food companies clap their hands.



Canola goes through a tremendous amount of processing, using very high heat, chemicals and solvents, which turns some of the good omega-3 content into trans fats.

Do you know about trans fats? You really don't want them.

So oils like canola, soybean, corn oil or any vegetable oil are all just cheap junk that's not even suitable for human consumption owing to what they do to them. [\(49\)](#)

How to Avoid Health-Robbing Traps

Healthier Lifestyle Choices

Have you been caught in this hidden nightmarish trap? The good news is that there are some wonderful alternatives which are great, even necessary for your health, such as:

1. **Organic Virgin Coconut Oil** which is my oil of choice for cooking as it's stable in cooking.
2. **Extra Virgin Olive Oil** which is best used on salads or adding to vegetables once cooked. Beware when using it for cooking as it very easily becomes unstable.
3. **Organic Grass-Fed Butter** which means it comes from cows feeding in green pastures! I often use a mixture of both Coconut and butter to cook in. But you must not use high heat with butter.
4. **Avocado and Macadamia Nut** oils are other healthy options but only use in low heat cooking.

That's about it! Toss all the others and pay careful attention to '**Virgin** Coconut Oil' / '**Extra Virgin** Olive Oil' / '**Organic Grass-Fed** Butter' as these are the only kind to use. Shun all other kinds.

Please note:

You will read a lot of mainstream information on the Internet saying that saturated fat is an unhealthy choice and therefore you should choose 'low-fat' and 'diet' options. When researching, you would be wise to check the source of the information, as much of this comes from the dairy and meat industry.

I would like to encourage you to research further and broader because there is also a lot of information telling you otherwise.

Beware of anything that is 'low-fat' or 'diet'. You can guarantee it's not a healthy option.

How to Avoid Health-Robbing Traps

Hidden Trap in Beds

When you think of 'bed' you think of a really safe place don't you?

Considering that we spend almost 1/3rd of our life in our bed, you would think that it would have to be made of the safest fabrics possible. Unfortunately, this is not the case.

#1 Mattress

In Australia and America, all mattresses are required to be flame retardant, which means they are doused with highly toxic flame-retardant chemicals. [\(50\)](#)

I mean, how much brain matter does it take to realise that this is not a good thing for our health?

These same substances have been banned by Canada and Europe!

If your mattress contains synthetic fibres, there's a good chance they have been glued together using formaldehyde type glue which is carcinogenic to humans.

Often Boric acid is in there as well as a pesticide, together with other chemicals such as Antimony, which may be more toxic than mercury, which is used as a flame retardant.

I was horrified to discover as part of my research, that sheep skins commonly used for babies can contain Antimony. My son loved his 'lamby' as a little child and didn't want to sleep without it. Moreover, Antimony is under question as a possible cause for SIDS. [\(51\)](#)



Healthier Lifestyle Choices

The reality is all you can do is one of two things:

- Wrap your current mattress in a specialized sleeve which is designed to prevent off-gassing.
- It's not easy to do but when you are looking for a new mattress, try to buy an organic mattress made from natural materials that are *naturally* flame retardant.

How to Avoid Health-Robbing Traps

#2 Pillows

Most pillows are made with polyester and foam, which is essentially plastic. The problem is that they off-gas as they deteriorate. [\(52\)](#)

As your nose is right against the pillow, it's enormously important to make sure you're not breathing toxic fumes.



Healthier Lifestyle Choices

- Buy organic cotton or wool pillows.

#3 Sheets

Do you know what it is they use to create permanent-press sheets? You may be interested to know its formaldehyde resin.

This substance is used in all fabrics that are iron-free, wrinkle free etc. It's in everything from curtains, to the clothes you wear, to the beds you sleep in.

This resin impregnates the fibres of the fabric and therefore it cannot simply be washed out. Although it does diminish with each wash it never gets to the stage where it's all gone. [\(53\)](#)



Healthier Lifestyle Choices

There are several options:

- Cotton flannel

How to Avoid Health-Robbing Traps

- Untreated 100% organic cotton
- Knit cotton Jersey
- Pure linen
- Organic Silk

Please be very conscious of the laundry detergent you use on your sheets and pillow slips. Most on the market contain ingredients that can be absorbed into your skin or inhaled as you sleep.

Many laundry detergents are very detrimental to the environment also, which eventually is detrimental to you.

#4 Blankets / Doonas

Once again, most blankets and doonas are synthetic, made from either acrylic or polyester... both originating from crude oil. It's hard to think of that lovely soft blanket coming from crude oil isn't it?

The problem is that they off-gas and don't allow your body to self-regulate. This is called 'thermo-regulation'. [\(53\)](#)



Healthier Lifestyle Choices

- As just about always you need to go with natural fibres, like cotton or wool.
- Cashmere blankets made from cotton are lovely and soft.
- A comforter or doona filled with wool is wonderful.

Remember to buy organic cotton as it's one of the most heavily sprayed crops in the world.

How to Avoid Health-Robbing Traps

Wrapping it Up

This book was not designed to be a text book, but instead to be an easy and quick read. If I were to go into depth with all the above subjects it would need to be very long and there's a good chance you wouldn't bother to read it.

For those who choose to do some of your own research, I've added a long list of webpages at the end to give you somewhere to start. These are only examples as there are so many more on the same subjects.

I don't just take anybody's word for it, but like to research carefully, listening to doctors and health professionals, and to those I trust rather than using some random site I've found online.

I have found that you can find professionals who will be for, and professionals who will be against... everything... all the time! Health is a tricky subject! But I find, as I continue to research, I believe I come closer to the truth.

My desire in writing this e-book was to bring to your attention that there are many, many things that we use, or consume daily, that have the potential to harm us.

There are two main quotes people say when faced with this type of information:

1. "You've got to die of something!"
2. "Everything gives you cancer, so why should I bother!"

Something we must realise is that cancer is on the rise. I believe it's got to be because there is something, we are all doing to cause this... wouldn't you agree? Something in our modern lifestyle that we were much better off with before we started to do it or eat it... or whatever.

Dr Keith Scott-Mumby MD PhD tells us that cancer is a disease of the Immune System... the result of a compromised Immune System. In my research I have discovered that Dr Keith, and many other doctors and health professionals, all agree that cancer cannot exist unless your Immune System is compromised. [\(54\)](#)

So, it appears to me that we must be conscientious to keep our Immune System strong if we want to experience a fighting chance in maintaining good health - even exceptional health.

How to Avoid Health-Robbing Traps

We all are faced with these hidden traps in our life. They are lurking around just about every bend, and in every corner, waiting to capture the unwary.

Let's face it, when you have a bad dream it's called a nightmare, isn't it? I believe it's a nightmare that so many common everyday items are potentially bad for us.

But I have good news for you!

The ball *is* in your court!

You *can* make a difference.

If you take notice of the many examples noted in this e-book and take the time to make the subtle changes your lifestyle may require to facilitate healthier living, you then have the potential to create many more years full of health and vitality... disease free.

What is required is reading *all* the labels on *everything* you purchase and being prepared to buy a little differently to how you may be buying right now. For me, one of the easiest things I've ever done was to join Paradise Nutrients. Reading labels is no longer required on a whole range of products for both my home and for use as personal care. It's like freedom! I have given you just a few examples in this book.

I'm still making changes, as I become aware, and somehow, I think I'll be doing it for the rest of my life.

Work on one area and then another. You may choose skin care, or cosmetics, or what you drink, or what you eat at breakfast time for example. Just begin to make better choices from an informed mind. It will be worth it. You are worth it!

Go back through this book and choose where you'll start. Choose something that jumped out at you as you were reading through.

I hope you've been able to receive Hidden Traps... this knowledge, in the spirit of hope. Yes, I've had to bring out a lot of negatives to make my point, but in doing so, I've been able to share a better way.

To ignore the knowledge contained herein is to continue along a path which leads to the 'normal' way of living... aches, pains, stiff joints, no energy, headaches and oh, so much more, that the world in general call 'the aging process'. Trust me; it doesn't have to be this way, as you can, starting right now, begin to turn the tide.

How to Avoid Health-Robbing Traps

Are you interested in pursuing easier ways to a healthier, vibrant life? Once you become fully aware of the hidden dangers that surround our everyday lives, you immediately begin to read a lot more labels than you ever did before. This of course, is good... but it's also very time consuming.

Why don't you consider joining me in my quest to fight back against the manufacturers who are creating a lot of these harmful products?

Are you like-minded? We are not really fighting, just using our shopping dollars to make a statement. It's interesting you know, if enough of us decided that 'enough was enough' we could change the way things are done in the market place!

Maybe you find it hard to believe that your shopping dollars could make that much difference... that's ok, but at least we are using non-harmful products while we make a stand. That's got to be good, good for you and your family that you love and care for.

+



[Paradise Nutrients](#)

How to Avoid Health-Robbing Traps

This is just a small collection of products I use from Paradise Nutrients. From tea, mineral concentrate to hair care, dish washing, laundry and personal care.

A wonderful Aussie company which ships to over 40+ countries around the world. Caring for my health and yours together with good, solid, average prices. Not over-inflated as many tend to be.

This booklet has only just scratched the surface of what there really is to learn. The great thing is that there are answers to just about every problem raised in this book. Come with me and begin to learn to live... and live to learn.

Now that I'm using the powerful products from Paradise Nutrients as well, I'm really set up! It reduces my label reading right, right down. Considering I don't buy hardly anything in packets or tins, I really don't have to squint at tiny labels hardly at all.

How to Avoid Health-Robbing Traps



[Wellness Solutions eCourse](#)

- 6 Modules
- 47 Lessons
- 119 Subjects and counting...

Written by Marilyn Williams, to answer all your questions about how to eat healthy.

Easy to follow, commonsense little changes, that anyone can do... one step at a time.

Change bad habits into good habits gradually. Grasp an understanding of what it is you may be doing to sabotage your health bigtime!

Can you afford not to address the problems mentioned in this book? Don't delay! Begin to make a difference in your life and your loved ones.

How to Avoid Health-Robbing Traps

References:

- (a) [GMA overtakes Monsanto as “Most Evil Corporation on the Planet”](#)
- (1) [Electromagnetic Radiation – A Fact File](#)
- (2) [Research EMF’s](#)
- (3) [Home Water Safety](#)
- (4) [Bacteria and Other Micro-organisms in Household Water](#)
- (5) [The cancer risk to people who drink chlorinated water is 93 percent higher than those who don’t...
Dr Mercola](#)
- (6) [Pure Water](#)
- (7) [Fluoride: The toxic import from China hidden in this everyday beverage](#)
- (8) [10 Facts About Fluoride You Need to Know](#)
- (9) [Plastic and Cancerous Compounds in Tea Bags – A Surprising Source of Potential Toxins](#)
- (10) [Is Your Tea Bag Toxic?](#)
- (11) [The truth behind the teas you are drinking](#)
- (12) [Research Chemtrails: The Consequences of Toxic Metals and Chemical Aerosols on Human Health](#)
- (13) [Impacts of Chemtrails on Human Health](#)
- (14) [Ingredients in a Cigarette](#)
- (15) [Drinking Chlorinated Water is not the only health concern](#)
- (16) [Do you know what is in your shampoo?](#)
- (17) [Why your shampoo may be hazardous to your health](#)
- (18) [Deadly and Dangerous Shampoos, Toothpastes and Detergents:
Could 16,000 Studies Be Wrong About SLS?](#)
- (19) [Direct link between Alzheimer’s and Aluminium Toxicity](#)
- (20) [Your Skin: It Absorbs!](#)
- (21) [Is your perfume poison?](#)
- (22) [Talcum Powder linked to Ovarian Cancer](#)
- (23) [Health Risk of Secret Chemicals](#)
- (24) [Chemicals in Clothing](#)
- (25) [Dangerous Chemicals in Imported Clothes](#)
- (26) [Do you know what toxic chemicals lurk in your clothing?](#)
- (27) [How important is it to wash new clothes before wearing them?](#)
- (28) [Dirty Dozen Cosmetic Chemicals You Must Avoid
The Ominous Truth behind Cosmetic Beauty Claims](#)
- (29) [A Campaign for Real Milk](#)
- (30) [Don’t Drink your Milk](#)
- (31) [Homogenization of Milk](#)
- (32) [Everyday Drink that may contain Blood, Pus and Drugs](#)
(Contains graphic videos that could be upsetting)
- (33) [The Proven Dangers of Microwaves](#)

