

SUN Exposure

Chemicals that you may put on your skin everyday

In the last newsletter, we talked about how important it was to make sure the materials or products touching your skin was as clean and organic as possible. In this article, you will be given a list of chemicals that many companies, even organic one's (oh no!) slip into the mix of their wholesome ingredients. Although they may be used in a minute way, everyday use can start to "Bio-accumulate", in your body. Not only are these chemicals bad for you, but bad for the world, in a sus-

tainable way. Most of these chemicals are petroleum derivatives or by-products. So make sure not only to avoid them for your health, but for the sake of the environment. Products with synthetic ethoxylated ingredients, including those with myreth, oleth, laureth, cet-eareth, any other "eth," PEG, polyethylene, polyethylene glycol, polyoxyethylene, or oxynol, in their names means danger.

- also avoid "comes from coconut", that means synthetic.

- **Mineral Oil, Paraffin, and petrolatum**

- **Parabens** – (including methyl, propyl, butyl, and ethyl) Widely used as preservatives in the cosmetic industry (including moisturizers)
- **Phenol carbolic acid**– Found in many lotions and skin creams
- **Propylene glycol & Acrylamide**
- **Imidazolidinyl urea and diazolidinyl urea** - other names are Germall II & IIS . It releases formaldehyde just after 10 degrees F.
- **Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate (SLES)**

Con't on page 2



If you would like the newsletter emailed to you monthly send an email to naturomari@gmail.com and in the subject put "Subscribe". Please write out the email to which you would like the newsletter sent.

Thank you

Weight loss: not just counting calories

So you want to lose those few extra pounds? Noticed that they're stubborn? Well losing weight is not so easy, especially for your mind. Exercising and eating can definitely contribute to healthy weight loss, but if you're mind's not into it, its going to be like dealing with a child who tantrums. We may not be up front with ourselves with our moti-

vements for losing weight, and that actually keeps the weight on. Think of the tissue—skin, adipose (fat), muscle, all of it, around our nerves and skeleton as "protection". It can be as simple as protection against cold and hot or as deep as protection against the "world" and all it's abusive propaganda. Either way, your mind won't let go until you do. You have to resolve the issues of losing the

weight. It will not be the loss of you and who you are. You especially have to love yourself before, during, and after the whole process. You're going to have to let go of bad habits and convenience. Its those same things that got you to this place, now its time to let go. Remember you're brain also has those same addictions too, so giving in once in awhile will only set you back. Love yourself enough to help yourself.

Chemicals (Con't)

- **Toluene – Poison! Danger! Harmful or fatal if swallowed! Harmful if inhaled or absorbed through the skin. Butylated hydroxytoluene (BHT) contains toluene.** Other names may include **benzoic** and **benzyl**.
- **Pvp/VA copolymer** – a petroleum-derived chemical
- **Stearalkonium chloride**
- **Synthetic colors—**
Example: FD&C Red No.6 / D&C Green No. 6. carcinogenic.
- **Synthetic fragrances** – can be as many as 200 ingredients
- **Triethanolamine**

Taken from Organic Consumer's Association.

Naturopathic Sun

Marizelle Arce, ND

27 Downing st, NY

Phone: 917-282-5622
naturomari@gmail.com

Hydrotherapy for Home

Why saunas are so great

Far infrared saunas are saunas unlike dry or wet saunas you find at a gym, heat the objects without actually heating the air around the object. This allows the body to sweat at a far lower temperature than regular saunas—110-120 degrees F compared to 180 to 200 degrees F. The infrared wavelength penetrates to about 1 1/2 inches deep into the skin. Since it is not the air around you that is getting hot, but actually you, the body releases more toxins and chemicals stored in the fat cells than just salt and water. It activates thousands of enzymes and burns 600-900 calories.

We are constantly bombarded by off-gassing and petrochemical by-products. Sometimes our liver gets tired of constantly over-working, but with the sauna, you can help clear out those everyday build up of chemicals and allow your liver to do the necessary tasks it needs to, like keep you well.

With the portable sauna, your head sticks out, so if you hate confined

spaces or don't like heat around your head, this is your sauna.

Regular use of a sauna ... may be as effective as a means of cardiovascular condition and burning of calories as regular exercise.
Journal of the American Medical Association
8/7/1981

Come into the office for a treatment in the portable Far infrared sauna today!



COMING SOON
ON THE WEB

Recipes for Health

Make your own mayo

1 whole egg and 1 egg yolk

1 tsp Dijon-mustard

1 1/2 tablespoons of lemon juice

3/4—1 cup of extra virgin olive oil

Enough sea salt.

Add everything but the olive oil. Add the oil very, very slowly. Taste, you might need to add

either lemon juice or salt for flavor.

Taken from Nourishing Traditions

Always Organic!!



Kinesiology Corner

with Dr. Michael Minond

Your knee bone is connected to LIVER!

Many muscular problems are primarily due in part to different visceral imbalances. Your nervous system innervates and controls every muscle, organ, bone and patch of skin on your body. Nerves that exit your vertebral column control muscles, ligaments as well as organ function in that area. This is better understood if we think of someone having a heart attack, they will have pain in their chest muscles, as well as pain down their left arm, they will also break out into a sweat and may even have jaw pain. Rarely will they say “my heart hurts” however. Every organ has similar relationships with various muscles in the body. Your Liver is related to some of your shoulder and knee muscles. If you have chronic shoulder pain, or a trick knee that never heals you may need to address your liver or other visceral functions first.

The majorities of people eat, drink and breathe in toxins every day of their lives. In recent times our society has decided that our foods need extra treatment in order to pro-

duce more, last longer, and be safe from insects. The toxins in our food, air and water are inside us, and they get stored in fat cells and end up blocking the liver. Why? Because the liver is our cleansing organ, it is in charge of detoxifying the blood (about 2 quarts every minute) and we are overloading it with work.

Signs of an Overworked, Toxic Liver

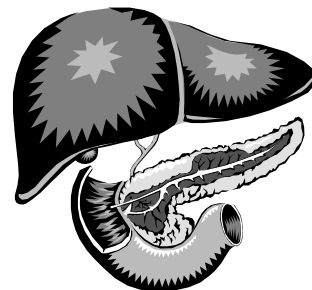
- Digestion/Elimination problems
 - Constipation
 - Bloating
 - Diarrhea
 - Nausea
- Acid Reflux
- Headaches
- High cholesterol
- Food cravings
- Overweight/Underweight
- Blood sugar imbalances
 - Hormonal imbalances
 - PMS
- Allergies
- Asthma
- Fluid retention
- Skin disorders
- Repeated colds, flu, sinus infections, etc
- Fibromyalgia
- Muscle and/or joint pain
- Bad breath & body odor
- Dark circles under eyes
- Chemical sensitivities
- Depression/anger/irritability
- Fatigue

If you are having some or all of the complaints above, please contact myself or Dr. Arce to see how you can be helped.

* Reminder *

Every one Thursday of the month, Dr. Marizelle Arce has 2, half-hour lectures, one at 3:30pm and one at 6:30pm. The lectures take place at her Manhattan office, 27 Downing St, in the West Village.

Come learn!!



Just a bunch o' facts

- Did you know that when the enrichment of bread first started back in the early 1900's, Canada made it "Illegal" to sell such a bread stating it was harmful for human consumption?(and it actually still is harmful)
- Any vitamins added to foods after they have been processed to put in a box, bag, or can, are synthetic vitamins
- Animal tests on vitamins, or chemicals cannot prove how humans will handle it. Animals require different types of nutrients and they process chemicals out differently as well.

What is this?

Enriched long grain par-boiled rice, cooked and dehydrated red beans, Enriched wheat flour, malted barley flour, salt, dehydrated vegetables, soy sauce, yeast extract, dextrose, soybean oil, thiamine hydrochloride, natural and artificial flavors, modified corn starch, torula yeast, natural smoke flavor, garlic, caramel color, spices

Red beans and rice

ZATARA!N'S

Yoga

For body, mind, and spirit

Knee Hug
(Apanasana)

Make circles with you legs, using your hands to guide them.
Make sure you breath and move slowly.

If you can't afford a massage right now but can afford some time, give yourself a lower back and abdominal massage..

This great pose can help relax your body and center your energy.

Lay on your back, place a towel under your head, but keep your chin lower than your forehead.

Bring your knees to your chest

Wrap your hands around your shins. Slowly rock your body from side to side, keeping your head on the floor and following your body.

If you want to massage your sacrum and hips, raise your hands on your knees and slightly your legs.



Whenever you have truth it must be given with love, or the message and the messenger will be rejected.

Mahatma Gandhi