

## WHAT IS CHEMICAL STRESS

*Cedar Park, TX – May 30, 2009*

*Quick Quiz Question: Where does the U.S. rank in overall health compared to other countries? 17th*

When people hear the word "stress," the thing that likely pops into mind is "Emotional Stress." However, when it comes to your overall health, "Chemical Stress" can be just as devastating.

What is Chemical Stress? Basically, it's all of the preservatives, foreign chemicals, additives, toxins, and contaminants that we ingest, absorb, and breathe in on a daily basis.

Common Causes of Chemical Stress:

~ Air pollution

~ Processed foods and beverages

~ Household cleaning products

~ Personal products (i.e. aluminum in deodorants)

~ Polluted lakes, rivers & oceans

~ Industrial pollution

Did you know that 98% of tested apples contain at least one pesticide?

Did you know that of the 10,500 chemicals in personal care products, only 11% have been safety tested?

Did you know that it is estimated that 90% of all cancers are triggered by toxic chemicals in our home environment?

In general, our body does a great job of keeping us alive and kicking, but as each year passes, we are introduced to new environmental toxins, chemicals, poisons, etc...

What makes matters worse is the fact that most of our foods are largely depleted of health-boosting nutrients, which makes it even harder to overcome the daily onslaught of harmful chemicals. Our body can only handle so much "garbage" until it begins to break down. This is why it is so important to supplement your diet with vitamins, minerals, herbs, etc... This also why detoxification is so beneficial to our health.

Conquering Chemical stress is similar to conquering Emotional Stress because you have a great deal of personal control over your actions. You can consciously choose the types of foods you eat, the cosmetics you purchase, and the personal care products you use.