

## HONOR THY SELF

"Every Human being is the author of his own health or dis-ease"

~ Buddha ~

When we look around we find a world in dismay.

Unfortunately so many of us are suffering from some form of cancer, or from some dis-ease.

Dis-ease, Decay and Degeneration are largely due to the presence of FREE RADICALS in the body. These are developed due to the accumulation of toxins in the body; a by product of our life style, diet, environment and emotional makeup.

Bringing the yoga philosophy into your life will surely alter this.

Part of the yoga philosophy aims at developing attitudinal changes, that prevent the buildup of toxins through various practices and techniques. Yoga also has a variety of purification practices that aims at detoxification/cleansing of the body and the mind. This cleansing is important; it helps develop immunity by eliminating toxins, stimulating the mind, washing the colon>sinus tract>stomach etc., Stimulating vitality>(retardation of aging!), and increases awareness of SELF (thought, digestion, feelings).

### ABOUT OUR SKIN:

It is important to understand and eliminate skin issues. Poor diet, poor stimulation of the circulatory & excretory systems and subsequent build up of toxins are the root cause of skin imbalance. According to the Yoga Philosophy, the practice of Asana's (poses), Breathing techniques, as well as internal cleansing techniques will serve to address skin issues.

BUT...let's not forget the toxins in our every day products, such as shampoo, soap, toothpaste etc.

Commercial cosmetic & personal products are FULL OF TOXIC & HARMFUL chemicals which lead

to a host of health problems. Some of these petroleum chemicals and synthetic products we lather up on our skin daily.

## SUN LOTION

More than 84% of sun lotion with high SPF levels actually fail to protect the body, or lose their effectiveness fast. In fact very few sun products work the way they claim with the majority only protecting against burn, failing to protect against harmful UVA rays ~ the ones that cause immune disease, aging, skin cancer...

Most sun screens lotions contain at least 21 toxic, hazardous chemical ingredients that can get absorbed through the skin into the body causing great havoc. For example oxybenzoneone, used in almost all sunscreens, can cause allergies, hormone disruption, cancer and cell damage. Chemicals like Octinoxate, octyl methoxycinnamate, chemical fragrance and propylene glycol are all toxic ingredients found in commercial sun lotions. Bad for us, bad for our beloved ocean.

START READING the ingredients list ~

[www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) is an enlightening & informative web site. The home page has a search box where products can be tested & scrutinized; each ingredient one at a time. This will awaken us to the many vicious chemicals we submit to.

Once we discover the truth about these odious ingredients, buying sun protection (or any product) with a lot of noxious chemicals simply will not work any more. It creates destruction in our body and in the ocean. Natural sun lotions, much more available now than ever before, are not only good for us but good for the environment, including our ocean.

"The goal of life is living in agreement with nature"

~ ZENO ~ Eminent philosopher 335 BC

Best kind of protection is what we put in to our body. Some natural ingredients (like green tea rich in polyphenols antioxidants) provides internal *and* external protection from UV radiation. Broccoli extract

rich in sulphoraphane anti oxidants helps cells protect themselves...

Start reading labels and become aware. Stay away from PARABENS for instance, they come in various forms >> methyl-, ethyl-, propyl-....anything that has paraben on the end is bad for us; they are dangerous chemicals. These are found in sun lotions, as well as deodorants, shampoos, moisturizers, shaving gels, lubricants, topical pharmaceuticals, tooth paste.....

PHTHALATES is another chemical that is in our every day life. It is a chemical used in making plastic (PVC) more flexible and resilient, and is found in products like toys, food packaging, detergents, nail polish....it can be found in any product; any thing that ends with phthalates ( like dibutylphtalate) is bad . This ingredient is found in many body products.

Explore [www.EWG.org](http://www.EWG.org) (Environmental Working Group) ~ another informational site!

ABOUT PARAFFIN wax. This is a chemical preservative that is widely used for many reasons. For instance it is found in products like fruits and vegetables to retard moisture loss, and make it look shiny. It is also found in candy and often in chocolate as well.

Please consider the fact that Paraffin wax is a heavy hydrocarbon that comes from crude oil. (fossil fuel).

(\* ) All these carcinogenic chemical ingredients in skin care cosmetics and body care products may be a large reason for the wide spread cancers we are experiencing in the world today.

WHAT WE NEED to do is look into using more products that have natural & organic ingredients.

With regards to protection from the beautiful yet dangerous sun, we want to look for ingredients like Zinc Oxide & titanium dioxide for instance. These are physical "blockers" reflecting sunlight as opposed to chemical blockers which absorb the sun light, causing premature aging, skin damage, immune system damage...

Start using 100% mineral based sun protection, and products from companies that use raw plant materials. Products that are free from synthetic perfumes, colors and preservatives.

Begin by checking everyday products. Take toothpaste & deodorants. Here we want to stay away from aluminum and fluoride, artificial sweeteners/detergents, SLS Sodium hydroxide....

Aluminum has now been proven to cause Alzheimer, Cancer, Lymph blockage, among other problems.

And believe this>>>Fluoride has been shown to enhance the brain's absorption of *aluminum* .

Fluoride also damages musculoskeletal and nervous systems, leading to joint issues, muscular degeneration and neurological deficit, and bone cancer among other cancers.

SLS is yet another ingredient seen on labels *all the time*. (Sodium Lauryl Sulfate). It is a common ingredient in soap, shampoo, detergents, and toothpaste, among other products. It causes a variety of health issues. Once absorbed into the body it mimics the activity of the hormone 'Estrogen', causing implications with menopausal issues, male fertility issues, breast cancer.... SLS is the #1 active ingredient in many products. Look for it to avoid it. SLS enters the body and maintains residual levels in the brain, heart, liver and lungs ... all from skin contact.

We can't expect our selves to go organic / natural overnight. It takes a commitment and a lot of research to make subtle changes. Explore and find out what works best for you.

Each of us, individually, has the responsibility to our SELF, and those who love us, to care and do our very best to honor our SELF by becoming aware of what goes into our body. We can re- create our life style ; excluding nasty chemical ingredients, and replacing them with products that have natural ingredients, that protect, rejuvenate, replenish.

Enhance optimum health, create vitality ~ for your SELF & for the PLANET ~ Nature is our best friend, honor nature, honor thy SELF.

