

# Zia's Essential Connection

Vol. 6 No. 11



## Live Green to Reduce Cancer Risk Factors

*Second issue in the series  
Reasons for Hope  
in the Fight Against Cancer*

Exposure to toxic substances at home and on the job is just one of the 30+ risk factors for cancer.<sup>1</sup> But because we control-for the most part-the quality of the air, water and food in our home environment, limiting our exposure is a perfect first step. Our staying healthy mantra should be Recognize, Remove, Replace.

### The link between environmental toxins and cancer

An estimated 80,000 synthetic chemicals have been registered for use in the United States in the last 40 years, but fewer than 10 percent of them have been fully tested for their effects on our health. About 600 of these synthetic chemicals are known to cause cancer.

### Our homes may have higher concentrations of toxic chemicals

Because indoor pollutants are not as easily dispersed or diluted as outdoor pollutants, concentrations of toxic chemicals may be much greater indoors than outdoors. One Environmental Protection Agency (EPA) study showed peak concentrations of twenty toxic compounds - some linked with cancer and birth defects - were 200 to 500 times higher inside some homes than outdoors.

One reason many household chemicals are dangerous is that they are volatile, which means they become gaseous at room temperature, are sprayed from an aerosol can or hand pump and thus take the form of microscopic particles which are easily inhaled. These particles can cause damage to the lungs or other organs as they are taken into the bloodstream.<sup>1</sup>

### Our bodies absorb and store synthetic chemicals

Further, because these chemicals accumulate in the human body and remain for decades, every woman, man and child now carries synthetic chemicals in their tissues—including some that have been found to cause mammary tumors. One study found residues of more than 400 toxic chemicals - some found in household products and foods - in human blood and fat tissue.<sup>2</sup>



### Jeanmarie Hepworth, Crown Diamond

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## LIVE GREEN AT HOME

### RECOGNIZE

Learn which products and home conditions are health hazards

### REMOVE

Remove toxic products from your home

### REPLACE

Replace with non-toxic options and Young Living® products

## RECOGNIZE health hazards

The Cancer Prevention Coalition lists common household products which have ingredients linked with breast and other cancers. Here are just a few:

- Household cleaners
- Air fresheners
- Furniture polish
- Chlorine and bleach
- Home and garden pesticides
- Spray paint propellant, stripper
- Dry cleaning solvents
- Certain plastics

At your fingertips is a wealth of online resources to help you become an informed consumer. Download a list of hazardous ingredients at [www.preventcancer.com](http://www.preventcancer.com). Discover which brand name household products have toxic ingredients at [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com).

## Live Green to Reduce Cancer Risk Factors

### REMOVE toxic household products

Instead of the dozen or so bottles and cans of toxic cleaners under our kitchen and bathroom sinks, a handful of versatile, nontoxic cleaning products is all we need. Many effective cleaners can be made from common, grocery and health store items such as distilled white vinegar, baking soda, essential oils, borax, etc.<sup>3</sup> Not only are these safe to use, they're more economical.

### REPLACE with non-toxic Thieves® product line

In her book, *Green This!*, author Diedre Imus recommends replacing toxic cleaners with Young Living's **Thieves Household Cleaner**. She uses it herself because it is remarkably effective and because it replaces several other products. Thieves Household Cleaner is a highly concentrated formula (each bottle makes nine quarts of cleaner, on average) that can be used to clean and sanitize everything from kitchen and bath surfaces, pots and pans to floors and carpet. Once you've seen how well it works, you'll never use another cleaner.

As with all the Thieves products, the "muscle" is provided by Young Living's proprietary **Thieves** essential oil blend. Its antiseptic and antimicrobial properties have made it one of Young Living's top sellers and inspired an entire line of Thieves products.<sup>4</sup>

These products have made it possible for us to live green at home and on the go and they're all available in the Thieves Essential Rewards Pack. (above, right)

### Start Living Green Today

Order the **Thieves Essential Rewards Pack** and in one swift move, you've replaced a dozen toxic products and improved the health of your home and family. The Thieves Essential Rewards Pack is the most economical way to live green, because you save \$61.32 and earn Essential Rewards credits at the same time. It contains:

Thieves Household Cleaner	(2-14.4 oz)
Thieves Spray	(2-1 oz)
Thieves Foaming Hand Soap	(2-8 oz)
Thieves Waterless Hand Purifier	(2-1 oz)
Thieves Fresh Essence™ mouthwash	(1)
Thieves Dantarome™ toothpaste	(1)
Thieves essential oil blend	(15 ml)

### Thieves Spray

When you're away from home or traveling, **Thieves Spray** is indispensable for protecting you from undesirable microorganisms. Spray it on surfaces—door handles, toilet seats—any spot that needs cleansing. Small bottle fits anywhere, lasts a long time.



Thieves Essential Rewards Pack  
(one extra Thieves Spray is pictured than is in the pack)

### Thieves Foaming Hand Soap

Dermatologist tested, Thieves Foaming Hand Soap is an effective germ-buster cloaked in a creamy, emollient lather.

### Thieves Waterless Hand Purifier

Waterless hand cleaners are an excellent alternative to hand washing, particularly when soap and water aren't available. According to the Mayo Clinic, they're actually more effective than soap and water in killing bacteria and viruses that cause disease.<sup>5</sup>

Thieves Waterless Hand Purifier can be used by adults and children to keep hands clean and promote good hygiene without the use of water. Best of all, it has safe ingredients.

You've made a great start towards living green. In the next issue, we'll look into the safety of personal care products for hair, skin and dental health.

Featured Young Living Products		
Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Live Green at Home <b>Thieves Essential Rewards Pack</b>	#3697	\$115.00 \$133.16
Healthy Medicine Cabinet <b>Everyday Oils Essential Rewards Pack</b>	#3695	\$115.00 \$133.16
Fill Nutritional Gaps <b>Core Essentials Complete Essential Rewards Pack</b>	#3482	\$199.75 \$231.29

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### Resources

<sup>1</sup>[www.preventcancer.com/consumers](http://www.preventcancer.com/consumers)

<sup>2</sup>[http://www.pureprevention.org/ask\\_faqs.php](http://www.pureprevention.org/ask_faqs.php)

<sup>3</sup>[http://www.preventcancer.com/consumers/household/alternative\\_products.htm](http://www.preventcancer.com/consumers/household/alternative_products.htm)

<sup>4</sup>Introduction to Young Living Essential Oils. p. 57

<sup>5</sup><http://www.mayoclinic.com/health/hand-washing/HQ00407>



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## Product Safety Comparison

**Frequent handwashing is one of the most important things we can do to stay healthy. But how SAFE is your hand cleaner?**

**Compare the ingredients in Young Living's Waterless Hand Purifier with those in Brand X's Hand Sanitizer. Now, which one do you feel good about using?**

Function of Ingredient	Thieves Waterless Hand Purifier	Safety of Thieves Ingredients	Brand X Hand Sanitizer	Safety of Brand X Ingredients
ACTIVE INGREDIENT Antimicrobial agent	Thieves essential oil blend: essential oils of cinnamon, clove, lemon, eucalyptus, rosemary	Cinnamon-safe for use in cosmetics, subject to concentration or use limitations. clove-no hazard lemon-no hazard eucalyptus-no hazard rosemary-no hazard	Ethyl alcohol or ethanol	One or more animal studies show skin irritation at low doses. One or more animal studies show endocrine system disruption at high doses.
Cosmetic astringent	Denatured ethanol SD-38B (denatured with peppermint oil)	No harmful effects on normal skin. Not for use on or near face or for internal use. Flammable.	Ethyl alcohol or ethanol	See above. Not for use on or near face or for internal use. Flammable.
Moisturizers, skin conditioners	Aloe barbadensis leaf and vegetable glycerin	Determined safe for use in cosmetics, subject to concentration or use limitations.	PEG-4  Propylene glycol	Not safe for use on injured or damaged skin. Classified as skin irritant
Preservative	Therapeutic-grade essential oils	See above.	Diazolidinyl urea	Known human immune system toxicant. Human skin toxicant. May contain formaldehyde as impurity.