

Dear LifeWave Members,

As you know, I am passionate about detoxification and the need to relieve our bodies of the toxic burdens we carry, so I was naturally concerned about environmental threats from the nuclear meltdown in Japan. As fears of radiation contamination reach the United States and toxic water spills into the ocean affecting sea life and seafood sources, we are all served with a shocking reminder that we are living in an increasingly hazardous world.

The need to protect ourselves from the chemicals we face on a daily basis is greater than ever. But how do we do this? This is a subject I've been researching and talking about for years, and this seems like a timely moment to revisit it. Here are three simple steps you can take to limit your exposure to toxins:

1. Start with nutrition. One of the simplest and most significant steps you can take in protecting yourself from chemicals is paying attention to food labels. While it may be difficult to limit exposure to toxins in the environment, you do have control over what you eat.

Switch to real food (organic when possible).

2. Remove toxic chemicals from your home. Toxins are found in many of our household products, ranging from cleaners to cosmetics. Substitute natural cleaners such as distilled vinegar, baking soda, Borax, lemon juice, citrus cleaners and castile soaps for toxic cleansers. Start paying attention to the chemical makeup of cosmetics, lotions, toothpaste and shampoo. Consider organic cosmetics.

3. Filter your air and water. Ozone and ionizing air filters are available to limit the pollution in the air you breathe in your home.

A water filter can help improve the the quality of your tap water, which is a major source of toxic chemicals.

Taking measures such as the ones above will help limit exposure to toxins. But, unfortunately, the chemical threats in our environment are here to stay. The fact is, we are undergoing an environmental assault and the tragedy in Japan serves to underscore this point.

That's why glutathione is so important (particularly at this time, since we know radiation decimates the body's supply of this master antioxidant). By building the body's ability to detoxify through elevated glutathione levels and limiting our exposure to chemicals whenever possible, we give ourselves a chance to survive the toxic elements on our planet.

Sincerely,

Suzanne Somers
LifeWave Ambassador
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