

Protecting Yourself and the Food You Eat



Here's to Your (Food) Health!

Hopefully you haven't felt the dire and painful effects of food poisoning, but it's likely that either you or someone you know has!

While it was undoubtedly NOT a pleasant experience, I'm sure you thought it was short-lived. Did you know that it can also **contribute to diseases that may linger for years** to follow?



Reports are showing a **disturbing connection between past E. coli infections and a number of ailments**, even when past infections have been treated and cured.

In addition, there are a **number of reported toxicities lying in common household products** that we encounter on a regular basis. However, there are steps you can take to help **remedy the issues** aggravated by these body pollutants, as well as **detox your system** for an optimum return to health.

While you're thinking about the food borne and household transporters of illness, **perhaps you've overlooked the most likely culprit** affecting your health... your kitchen. While you may "think" you keep it spotless, this room **harbors the most germs in the house**, raising your risk of contamination.

Take a moment to brush up on your germ-safety I.Q. to help dispel the common "five-second rule" myth, and what you can do to **boost immunity against potentially harmful encounters**.

In addition to "poison proofing" your home, **paying attention** to the other places that you eat is also

important to stay safe! **70 percent of Americans eat at their desks or at work** on a regular basis, so concern over cleanliness should be a top priority to avoid illness.

Read on for some great tips and information on keeping you and your food safe and healthy!

How One Bad Burger Can Haunt You for Years

The lingering effects of food borne illness

Reports are showing a disturbing **connection between past E.coli infections and a number of ailments a person suffers from** even when past infections have been treated and cured.



Can certain strains of bacteria remain in the body and cause complications further down the road? Is there a way to significantly **prevent the dangerous conditions linked to past food poisoning?** These diseases include arthritis, pancreatitis that leads to diabetes, as well as both kidney and liver failure.

According to Lauran Neergaard from the Associated Press, scientists have revealed connections between high blood pressure, kidney damage, and even full kidney failure afflicting people 10 or 20 years after they had overcome an E.coli infection.

Stock up on friendly bacteria

Studies have shown that E.coli bacteria have literally no chance of surviving and populating within an environment that has the proper amount of healthy bacteria.

Now, for people that have been treated with antibiotics for E.coli, this is a crucial thing to consider since antibiotics have most likely depleted friendly bacteria from their bodies. Our **digestive health is one the most important parts of proper immune function.**

Replenishing the body of probiotic bacteria is therefore essential to defend bodies from diseases in the future. Good sources of friendly bacteria such as Lactobacillus, Bifidobacterium, and Streptococcus thermophilus, include yogurt, buttermilk, and cultured milk such as kefir.

Make sure to look at the expiration date on cultured products. The product will contain more live cultures the fresher it is. There are also a number of **probiotic enforced foods** such as cheese and probiotic supplements available now on the market.

[ImmunityPlus™](#) can be used to support the natural ability of the immune system and maintain energy levels and fight fatigue. [ImmunityPlus™](#) also promotes healthy circulation and oxygen-rich blood flow to all systems in the body. [Fatigue Fighter™](#) can be used to reduce feelings of common listlessness

associated with routine tiredness and to assist in the prevention of burnout.

Can detoxification help?

Everyone can benefit from body detoxification. Pollutants in the air we breathe outdoors and at home, preservatives found in food, and chemicals found in common household products can lodge in your body and cause a number of health problems in the future. **During the detoxification process the body unburdens itself from stagnant waste** and bi-products replenishing systemic health.

There are a number of **detoxification treatments** available today. Some are homeopathic or herbal, and feature ingredients that have been used for centuries to promote the detoxification of bodily organs. Milk thistle and dandelion promote detoxification and optimal functioning of the liver. In traditional Chinese medicine, the liver is seen as one of the most important organs in the body - it is after all the biggest, weighing on average three pounds.

When **liver function is compromised** it cannot perform the important tasks of cleansing and detoxing the blood. Other essential liver functions include aiding the body in breaking down fat, maintaining proper levels of glucose in the blood, and storing essential vitamins and minerals. Try [Liver Dr.™](#) to promote natural liver health.

Modern lifestyle many times causes the liver to be overwhelmed with toxins from processed foods and foods that are high in fat and refined sugar with little or no nutritional value.

Home remedies that aid detoxification include lemon juice mixed with warm water. A tea made with fresh ginger, turmeric powder and lemon juice is also good for promoting natural detoxification. Wheat bran which is also known as "nature's sweeper" and ground flaxseeds are both high in fiber. They create bulk in the intestines that sweeps impurities along with it as it completes its passage through the digestive system.

Since the largest elimination organ in our body is the skin, sweating during exercise is also a great way to help flush out toxins. Native Remedies' [Detox Drops™](#) **promotes elimination of toxins and naturally flushes out the system as well as assists in the body's natural elimination of toxins.**

Chemicals present in household items such as antibacterial products can also have devastating consequences for systemic health. First of all, none of the "anti-bacterial" products effectively kill 100% of bacteria. If you read labels closely they only claim to kill 99.9%. And even if they did effectively did kill all bacteria, **we need a certain amount of bacteria in our body to maintain optimal health.**

The **chemical triclosan which is present in many antibacterial products** such as hand soap, deodorants, dish detergents and even in toothpaste! has been known to cause the development of resistant strains of bacteria or "super bugs" that are immune to antibiotics and very hard to treat even in hospitals!

Some studies have shown that triclosan also reacts with chlorine in tap water to form chloroform gas.

The [United States Environmental Protection Agency](#) classifies this as a probable human [carcinogen](#). A 2006 study showed that triclosan can be an endocrine disruptor in the American bullfrog. And shockingly, traces of triclosan have even been found in human breast milk.

As scary as this sounds, it is entirely up to each person to decide whether the benefits of such products outweigh the risks in a world where **treating ailments and disease has outweighed prevention**.

Do You Really Want to Eat *That*?

How Your Immunity Can Change the ‘Five-Second-Floor Rule’

Most people are familiar with the old saying that food is safe to eat for five seconds after being dropped on the floor. Since there are just informal studies disproving this now so-called fallacy, it is **pretty unlikely that you will contract a serious bout of food borne illness** from eating that fallen food... that is, unless the surface it was dropped on contains E. coli or a similar strain of harmful bacterial microorganisms.



However, the **kitchen is one of the most germ-infested rooms in the house** according to the “King of Germs” Dr. Philip Tierno-- even in the most spic-n-span of kitchens. This is likely due to its high-traffic nature. And given the **tenacity of germs**, it takes a lot for them to die-- which explains why a **thorough hand-washing** involving at least 15 seconds of vigorous lathering under warm, soapy water is necessary (not just the notion to “blow off the germs”).

So while you may not have salmonella lurking on your tile floor (or other common contact surfaces), you just **may have other minor germs that can cause gastro upset** in delicate or immune-compromised systems. And while our saliva and stomach acid generally work well to **fight infection** in a body that is functioning healthily, it **never hurts to take caution**.

Whether or not you decide to eat that morsel, **building up your immunity** can greatly benefit your overall health, as **germs are impervious to entering our systems** just through simple contact with the eyes, nose, and mouth. In addition, **consider your lifestyle**... such as if you dine out frequently-- many restaurants have been known to throw cleanliness to the wayside to boost efficiency or cut costs.

Natural products to promote relief from gastric upset:

- [DigestAssist](#) to help maintain digestive comfort and promote healthy digestion
- [Gastronic Dr.](#) to promote overall digestive health and functioning
- [Gasolve Relief](#) for overall digestive health and to prevent embarrassment after meals
- [Digestion Tonic](#) to promote healthy and trouble-free digestion and digestive balance

Natural products that support immunity, digestive, and overall health:

- [Kidney Dr.](#) to promote kidney and urinary system health and functioning
- [ImmunityPlus](#) for full immune system support for adults and teens

- [Detox Drops](#) to promote natural cleansing function and ability to eliminate toxins
- [Insulate Plus](#) to help maintain healthy circulation, blood sugar levels, insulin production and bio-availability
- [Liver Dr.](#) to promote healthy liver functioning, resistance to toxin/disease damage and systemic health
- [AdrenoBoost](#) to protect adrenal glands from the damaging effects of stress to maintain healthy functioning

Natural products to support children's health:

- [Worm Dr.](#) to promote digestive health and prevention of intestinal worms in both adults and children
- [KiddieBoost](#) to support healthy immune functioning in children
- [Tummy Trumbles](#) to promote normal bowel activity and healthy, firm stools in children
- [KiddiVom Sprinkles](#) aids in digestive support, and helps relieve nausea and vomiting in children

*"I wanted to let you know that I have tried a huge number of products' including natural remedies, but none have come close to helping me like your products have. I take **Gastronic Dr.** every day and I NEVER go out without the **DigestAssist** drops! I have to confess that I smoke and like my toddy at night, but I think that if I reduce or stop this as advised by Michele, I will finally have the answer - lots of thanks to Native Remedies!" - **Carlos***

*"I started using your **Kidney Dr.** remedy because I was very keen to do anything I could to look after my kidneys. I have been using your Kidney Dr. for a few weeks now and I must say it is wonderful- I already feel healthier. So many thanks for a great product!" - **RM, UK***

*"**KiddieBoost** has saved me from insanity and poverty. It has really helped keep my daughter healthy, which means less time off work for me and less doctor bills to pay." - **S.W.***

Making Your “Second Dinner Table” Safe

Food Safety Tips for the Office

You're probably familiar with the common kitchen rules-- cooking meat thoroughly, disinfecting surfaces-- but perhaps you haven't given much thought to the OTHER

place you likely eat the most!

70 percent of Americans eat at their desks or at work on a regular basis, so concern over cleanliness should be a top priority to avoid illness.



- **Monitor refrigeration.** Perishable foods (sandwiches, leftovers) can spoil if left unrefrigerated for more than two hours. Utilize your company's fridge or use an insulated lunch bag.
- **Label or date your food.** Time can slip by when leftovers enter the fridge, so monitor shelf life.
- **Mop up the microwave.** Besides being considerate of others, cleaning food splatters can prevent health hazards.
- **Bring your own sponge** or disposable cleaning products. As sponges notoriously harbor bacteria, there's an even greater chance the one at work isn't cleaned frequently.
- **Sanitize your eating quarters.** Bring disinfectant wipes, paper towels, and a spray cleanser to clean off your workstation. Your phone and mouse are in constant contact with your hands, which in turn touch your food.
- **Clock in Carry-Out.** When you bring food back to the office to eat, be sure to eat it promptly or refrigerate it to avoid food borne illness



[Sign up for our](#) 
[Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)



[Click to join AromatherapyOne-O-One](#)