



Crow River  
Animal Hospital  
& Dental Clinic

Friday Fun Facts – Number 1:2010  
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## Why Cleanse? New Year's Resolution and Cleansing

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you have a health challenge.*

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Another great day for Friday Fun Facts – New Year's Day!! What is your resolution? Mine is to clean up my diet by eliminating refined and processed foods as well as sugars to help address certain health issues that I am faced with. Oh, the fun of insulin resistance. Can you say "cankles"?

So let's cover Cleansing for the New Year. This will be a multiple part series. I tend to write about the things that are most important in our life right now. So, as this is my area of personal change in 2010 – you can walk the path with me. Years of research is intertwined in these recommendations. Trust me, I have tried almost everything out there – blood type diets, the master cleanse, every super food and drink known to man, every whole food vitamin, low carb diets, no carb diets, all carb diets ☺ - okay that last one wasn't really a health recommendation, but often how I want to eat!! Some things were just garbage, and some had good parts and bad parts, and some are right on. I will share all the things I have learned with you.

First of all, why do we need to cleanse? Well, we are exposed to chemicals and toxins that are not natural in nature, our bodies, plants, or foods – EVERYDAY. We inhale them, drink them, eat them, and absorb them through our skin. Let's exaggerate a little bit – but keep in mind – this is a reality for most of us. Let's list every way that you may be exposed to a man made chemical that your body has to deal with in a typical day: Ready, here we go:

1. Wake up in the morning – you have been sleeping on sheets washed with *detergents* and softened and fragranced with *fabric softener*.
2. Go to the bathroom, wipe with *toilet paper* (well most of us). And, yes there is a little bit of chemicals from the paper processing.
3. After your husband goes to the bathroom, he sprays some *air freshener*.
4. Take a shower – wash with *soap, shampoo, conditioner*, rinsing in well water softened with *softener salts* or containing *run off chemicals* from

- farming. Or city water containing *fluoride, chlorine* and who knows what else.
5. Shave with *shaving gel or foam*.
  6. Dry off with the towel also washed and softened. Apply *lotion, deodorant, make-up, perfume, hair spray, hair gel, after shave*.
  7. Brush teeth with *toothpaste*. Maybe use *mouthwash*.
  8. Get dressed, clothing washed and dried in *detergents and softeners*. Or if you are an over achiever – *Dry Cleaned!*
  9. Have some *coffee*. *Decaffeinated coffee* is even better since the caffeine was removed with chemicals. Add some *pasteurized cream* and *refined sugar*.
  10. Take a *multi-vitamin*.
  11. Maybe take some *prescription medications*.
  12. Eat some *breakfast*. What do you eat? Can you pronounce every ingredient? Does it come from a box? Does it have preservatives? Is it a grocery store egg from chickens fed chemicals and antibiotics? Bacon or sausage full of nitrates?
  13. Feed the dogs. Make sure you touch any of their *medications* with your bare hands.
  14. Check your *Glade Plug-Ins* – do they need changing?
  15. Pet your dog. Did you apply *Frontline* this month? Are we absorbing this chemical? (Okay, as a vet, I still use Frontline, but we must still consider if this is a chemical we need to cleanse from our bodies or consider not using ☺).
  16. Go to work. Start your *car*, inhale some *exhaust*. Fill up the *gas* tank, inhale some *fumes*. Don't forget to hang your little *tree air freshener* from the rear view mirror.
  17. Chew a stick of *gum*. Hopefully long lasting flavor provided by lots of chemicals – *aspartame, acesulfame K, and artificial flavors* etc...
  18. Keep driving, maybe you are lucky enough to carpool with someone who smokes. Inhale the *cigarette smoke*.
  19. Or bypass the second hand smoke, and just smoke directly yourself. Make sure you have several per day, at least.
  20. Have an *energy drink*.
  21. Walk into work. If you are not lucky enough to drive with someone smoking, no doubt there will be someone smoking right outside the front door of your workplace. Inhale the *cigarette smoke*.
  22. Better have a *breath mint*, you have coffee breath. Or a *Listerine Mouth Strip*.
  23. Start working. Where do you work? A salon exposed to *hair chemicals*, a *perfume* counter at a mall, a veterinary clinic with *chemical disinfectants*, a mechanic's garage with *petro-chemicals* all over your hands (*oil, anti-freeze, exhaust fumes...*), an office job with *new carpet*, a *painter*, a house cleaner, a carpenter touching *treated lumbar* and inhaling sawdust. Think about all of the chemicals that you may be exposed to – *air freshener, exhaust fumes, other people's perfume, cleaning chemicals, second hand smoke, drywall dust, paint fumes, sawdust from treated boards* – the list is scary and endless.

24. Time for a *coffee* break. If you like to be extra toxic, sweeten it with *Equal*, *Splenda*, or *Sweet and Low*. Add *powdered creamer*. Eat a *Danish* for me, you know one that can sit on a shelf for a few weeks before being sold and not spoil.
25. Bathroom break. Doesn't the office bathroom smell nice with that *automatic air freshener*?
26. Wash your hands with *anti-bacterial soap*.
27. Apply some *hand lotion*.
28. Back to *work*. Isn't that toxic enough?
29. Time for *lunch*. Wash your hands with *anti-bacterial, industrial soap* in the work bathroom. Or maybe use *Purell hand sanitizer*.
30. What are you eating? Read the ingredients – are they simple things you can pronounce, or are you killing yourself slowly with *Easy Mac*?
31. Use the *microwave* to warm up the lunch. This is a weird one, but it does change food particles...
32. Better have a *pop*, if you haven't yet. Some people are on their second or third, you better catch up. If you're smart you'll pick the one loaded with *corn syrup* instead of the more deadly *aspartame*, *splenda*, *acesulfame K*, or other *artificial sweeteners*.
33. Back to *work*. Release a little *stress hormone* called Cortisol.
34. Some people use *hand sanitizer* more often, but you only use it before eating.
35. Apply more *hand lotion*.
36. Better have a snack – that *Snickers* looks pretty good. Maybe a small bag of *Doritos*. But, you are extra healthy, so you have an *apple* that has been sprayed with *pesticides* and *waxed* prior to making it to your mouth.
37. Drink a *Vitamin Water* – you know flavored and sweetened, but with no calories. How do they do that?
38. Ahh, end of the day. Let's go home, shall we? Start the car, inhale *exhaust fumes*. Maybe a little more *cigarette smoke* for good measure. Sit in rush hour traffic; get a few more exotic versions of *exhaust fumes* to inhale.
39. Stop at the gym; get in a quick work out. A quick dip in the *pool* is always refreshing. Then the *hot-tub*. That chlorine is placed in the water to kill things, but not humans, right?
40. Wash off with the *industrial all-purpose soap* provided by the gym.
41. Back in the *car*. Ahhh, the little tree smells so fresh.
42. Chew your fifth piece of *gum*.
43. Eat a few pieces of *candy*. *Sugar-free candy* – even better chemicals.
44. Drink another *pop* or *coffee*. Maybe a *juice* – you are healthy after all. Or better yet – a *water from a plastic bottle*.
45. Arrive home. Let the dogs out, make sure you pet them. Let the kids out, make sure you hug them ☺ Ahhh, cortisol levels going down!
46. Yuck, messy kitchen. Wash dishes with *dish soap* or use the *dishwasher detergent* and don't forget the *Jet Dry*.
47. Spray the counters with *409*. Inhale the fragrance; wipe down the counters with your bare hands to enhance absorption of chemicals.

48. Dinner time. Too tired to make a “real” dinner – let’s just get *take out* or make a *boxed dinner helper*. I am sure there is not that much *MSG* or *preservatives* in the food, we’ll be okay just this once...
49. Drink some *homogenized milk* with dinner.
50. Take your *prescription medications* or *vitamins*.
51. Give the kids a bath. Make sure we use lots of *bath bubbles*.
52. Dry them in towels washed and softened. Rub *lotion* all over the kids when they are done.
53. Kids are asleep. Maybe a little Night Cap before bed (that’s an *alcoholic beverage* for you youngin’s).
54. Time for bed. Remove makeup with *makeup remover*, or just leave on to enhance absorption of the chemicals overnight.
55. Apply some more *lotion*, or do some other beauty regimen.
56. Brush your teeth – use *toothpaste and mouthwash*.
57. Climb into bed, *sheets* smell so nice and are so soft.
58. Ahhh, time with hubby. Cuddle. Inhale deeply, and get a big whiff of his *cologne, after-shave, or deodorant*.
59. Oh, don’t you love a *new pillow*? Sure they kind of smell like a factory for the first few weeks, but soon it will smell like home.

This list was VERY fun to create! And although it is meant in fun – it is an important reminder that many things we do everyday, expose us to chemicals that our body must deal with. Why do you think they check your liver enzymes over and over again when you are on Lipitor? That is because over time, these chemicals can damage your liver.

Are we ever going to eliminate all chemicals? Of course not. You have to breathe the air don’t you? However, this just stresses how important it is to support our body in its daily struggle to clean up the things we are exposing ourselves to.

The first thing to do – stop exposing yourself to the chemicals that you can control. Almost all of the *Italicized* words above can be replaced with a safer non-toxic product (some of them with actual health benefits). Olive oil for lotion or makeup remover, medical grade essential oils for air freshener, safe toothpastes and mouthwash, choosing different brands of gum and candy... Word of caution – we have learned full well, that just because a personal care product is “all natural”, “safe”, or “organic” – does not mean that it is. We have had to do a lot of research to find out which products are truly safe. This means reading every label, and often searching each ingredient online.

If we can decrease our daily exposure to chemicals, we can reduce the amount of work our body has to do. We become much more efficient at dealing with the chemicals and toxins we can’t control and avoid. There are simple daily changes to support this process, and when combined with easy and gentle regular cleansing of organ systems, we can start to win the fight – excreting toxins, reduce aging and health problems, and just plain feel better.

We will cover more on this next time – Happy New Year!!!

For some great information on how other people are using essential oils – please check out this site: [www.oil-testimonials.com/1039262](http://www.oil-testimonials.com/1039262)  
It has a searchable data base, and can be just plain fun to look up many ways to use essential oils.

For more information about purchasing essential oils and equipment – feel free to contact me. Our clinic carries a small amount of Essential Oils Desk References, Aromatherapy A-Z books, and Glass Spray Bottles, trial size oils, and supplies for sale. Before spending a ton of money on products that may not be ideal for your particular situation – please ask – and I can give you the best recommendations based on your individual needs. I am glad to help!

I hope you find this information helpful and educational. I am sure you will find essential oils as exciting and helpful as I have in our quest for a more natural, safe and healthful life.

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