

Module Eleven

Your Environment



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Published in the United States by:

The Health Coach Group, LLC,

7601 Military Avenue, Omaha, NE 68134

<http://www.thehealthcoachgroup.com>

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YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS "WAIVER AND RELEASE".

Water

Our body is **75% Water!**

Our brain is **85% Water!**

There are a lot of differing opinions on the amount of water you need each day. Everyone is different and has different needs.

If you are on a raw food diet, you will need less water than someone who does not eat hydrating foods. If you work out in the sun all day long, you will certainly need more water than someone who works in an office. Common sense should reign.

If you are thirsty, it probably means you have waited too long and you are a little bit dehydrated. So, drink before you are thirsty.



Water

Your urine is a great indicator of whether you are needing more water: pale yellow is good, cloudy means you need more water.

Knowing how much water you need is pretty easy – drink when thirsty. Selecting the type of water to drink gets a little tricky.

Soda, coffee, and tea are NOT water. Don't count that can of soda as water, it may actually dehydrate your body and increase your need for water.

Distilled water

Vaporized and collected, all of the minerals are taken out of distilled water.

Bottled water

Is typically not as clean as they advertise. Plastic bottles are filled with chemicals, especially when hot. Most lack minerals.

Reverse osmosis

Forced through filters that remove larger particles, pollutants and minerals. Most water is alkaline, reverse osmosis is not.

Deionized water

Ionized impurities and minerals removed, bacteria remains.

Spring water

Clean, natural and pure, it has minerals, magnesium, potassium and sodium.

Toxicity in the Home

It is important that we learn and take responsibility for everything that surrounds us. Things we use, eat and live with may be causing damage to our bodies and those of our family.

Furniture stores have been selling us fabrics that are causing cancer, damage to the heart, liver, central nervous system and kidneys. Our grocery store and local restaurants have been selling us food that is addictive and causes all kinds of physical problems. What should that tell us?

We have to be responsible for our own health.

There are many products in our home that we just assume couldn't be sold to us if they were causing cancer or other diseases. This just isn't the case.

Did you know that our mattress has more chemicals in it than a barrel of crude oil! Most mattresses are made of petrochemical derivatives. To add insult to injury, many have added fire retardant chemicals, toxic dyes and sometimes even pesticides, herbicides and fungicides.

Healthy Home Checklist

KITCHEN

Do you cook with non-stick cookware? Replace with cast-iron, stainless steel, or glass when possible. Stuck with it? Take care not to overheat it, which releases toxic fumes.

Do you use plastic food containers? We recommend glass over plastic. Never microwave food in plastic containers. For babies, use glass or BPA-free plastic bottles.

Do you filter your tap water? Check EWG's online tap water quality database for local contaminants and a filter that removes them, if needed.

Do you drink bottled water? Kick the habit. For water on-the-go, get a reusable water bottle, like stainless steel (not plastic or aluminum lined with plastic).

Any canned food in the pantry? Cook with fresh or frozen whenever possible; most food cans (including liquid infant formula) are lined with bisphenol-A (BPA), a toxic chemical that leaches into the food.



List from Environmental Working Group

Healthy Home Checklist

KITCHEN

Do you eat conventionally grown produce? Use locally grown, organic food when possible.

Do you use iodized salt? You should. Iodine is necessary to maintain healthy thyroid function.

Do you eat high-mercury fish? Ask before purchasing and instead go for the lower-mercury types (especially for pregnant women and young children).

BATHROOM

Do you use air fresheners? Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.

Is there fragrance in your personal care products? We don't know what's in "fragrance," so it's safer to choose all fragrance-free personal care products. Always check ingredient lists to be sure.

List from Environmental Working Group

Healthy Home Checklist

BATHROOM

What kind of toothpaste do you use? Choose fluoride-free for kids younger than 2 and teach older kids to rinse and spit; fluoride is toxic if swallowed. Also, pick a paste without triclosan - you'll see it on the ingredient list.

Do you use liquid hand soap? If so, avoid anti-bacterials - the American Medical Association recommends against using them at home.

What material is your shower curtain? Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using.

Do you have extra products? Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic - and cheaper!

List from Environmental Working Group

Healthy Home Checklist

LAUNDRY AND CLEANING CLOSET

Are your cleaners green? It's hard to know without a full ingredient list, which most products don't have.

Do your product labels list all ingredients? Most don't, but they should. Support companies that disclose all ingredients by buying their products - you have a right to know.

Do you need all those products? Most homes can be safely cleaned with a few non-toxic ingredients: vinegar (it's anti-bacterial), baking soda, water, a HEPA vacuum, microfiber mops and cloths - and some elbow grease! Skip laundry products you don't need, like dryer sheets, fabric softener, and chlorine bleach.

Turn to page 2 of your Week Eleven Activity Book for a Healthy Home Checklist.

List from Environmental Working Group

Toxic Decorations

So, what can you do?

Your mattress should be made of natural materials like cotton, wool or organic materials. Then you need to be sure that the wool was sheared from sheep who were untreated. Make sure the mattress (and pad) have no synthetic material (foams, glues, chemicals), no moth proofing or fire retardants.

The frame should be built without toxic glues, particleboard, chemical stains or paint.

It is important that your mattress does not support mold and mildew and can absorb and release moisture.

Use a tightly woven organic cotton barrier cloth that does not allow dust mites.

Launder bedding with unscented, non chlorinated soap.



Toxic Decorations

When replacing carpeting, look for natural fibers. If you have carpeting that is a few years old...the chemicals have probably outgassed already. Carpets have been associated with more and more health problems. Toxic chemicals may be found in the fiber bonding material (glue), dyes, backing glues, fire retardants, latex binders, fungicides, antimicrobial, antistatic and stain resistant treatments. These are all the great advances we have been sold on all these years to offer us better use. It is all toxic.

There are wallpapers now that are being manufactured responsibly, Environments is a brand that is beautiful and safe. Vinyl wallpaper outgasses toxic fumes. The glues used to adhere wallpaper can be a problem and water can be trapped behind the wallpaper and cause mold. There are many wall treatments available today that are safe and green. One such wall covering takes a mixture of natural fibers and minerals in a high-density composition that is troweled on the wall and provides acoustical benefits as well as safe ambiance.

Toxic Decorations

Paint is available in low VOC and no VOC alternatives. That strong and annoying odor of new paint is dangerous. You should stay out of the room until the smell is gone.

There are a million choices for window coverings today. The fabrics for your window treatments should be natural (non synthetic) and be free of formaldehyde and flame retardants. Manufacturers have become more responsible in the materials used to make shades and blinds. The products that are safe will usually be certified. You still have to think for yourself.

Some natural fabrics:

- cotton
- linen
- wool
- silk
- bamboo
- hemp

Toxic Decorations

There are things in addition to natural fabrics to take into consideration, like:

- The pesticides and fertilizer that may have been used
- Dyes
- Chemicals added to retard fire, decrease wrinkling and prolong life
- The children it takes to harvest and produce the bamboo fabrics
- Can the material be recycled or reused?
- How long will it take for the fabric to break down in the landfills
- How is it cleaned? will it require dry cleaning chemicals?

Sometimes, we can even look at things like the wrinkles and shrinking in linen or silk and accept these inherent qualities as part of the beauty of the product. Maybe we even need to learn to decorate with natural colors, skip the dyes and add colors with our art. Learning to make the right decisions when selecting for our homes can be life saving.

List from Environmental Working Group

Focusing on Food



“

The way you think, the way you behave,
the way you eat, can influence your life
by 30 to 50 years.
~Deepak Chopra

”

Weekly Food Activity

What were your Healthy Habits food goals last week? You should have identified a caloric target and one other goal.

With your goals in mind, look at last week's food log on Loselt and check the following:

- What were your daily average calories last week? Above or below your target?
 - If below your target, what can you do this week to get in more calories each day?
 - If above your target, do you want to move more next week, or eat less? Choose what works best for your schedule and lifestyle.
- How did you do with your second target for the week? Was it easy? Hard?

Use the provided worksheets on page 4 of your Week 11 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with food to navigate these challenges?

Focusing on Body



“

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

~Buddha

”

Weekly Body Activity

What were your Healthy Habits Body goals last week? You should have identified a NEAT goal and a planned activity goal.

With your goals in mind, look at last week's Activity log on Loselt and check the following:

- What were your daily average NEAT last week? Above or below your target?
 - If below your target, what can you do this week to get in more NEAT each day?
 - If above your target, do you want to maintain that next week? Choose what works best for your schedule and lifestyle.
- How did you do with your planned Activity target? Do you want to stay the same or increase?

Use the provided worksheets on page 8 of your Week 11 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with Body to navigate these challenges?

Focusing on Mind



“

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

~Tom Stoppard

”

Weekly Mind Activity

Each week you should try to take daily time for meditation and visualization regarding the theme of the week. These themes are designed to help you progress and develop Healthy Habits in the areas of Food, Body, and Mind.

Most of the work you do in establishing Healthy Habits is mental – changing patterns of behavior that you're comfortable with into something that you desire.

Turn to page 15 of your Week Eleven Activity Book and complete the activity.

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week's Themed Visualization

Your Environment

Use the definitions you created for yourself related to Food, Body and Mind. Take 10-15 minutes at the beginning of the week to visualize yourself as the person you have defined, in conjunction with Your Environment at home. How does Your Environment fit into your definition of self?

Week Eleven: Complete!

Make sure you finish all activities listed, and participate with your online community to get the best results!



Creating Healthy Habits,
One Week At A Time!