



DISCLAIMER: The Healthy Family Formula, a Lotus Health Project, represents opinions and educational content only and is not intended to constitute medical advice. The Lotus Health Project disclaims any and all liability for any content delivered through the Lotus Health Project and makes no warranties or representations, express or implied, as to the accuracy or completeness of the information contained or referenced therein. All users agree that all access and use of this program is at their own risk.

In other words, I am here to empower you with information, and it is up to you to make the decisions that are right for your family.

Day 2 The Usual Suspects

The word “environment” has been aptly defined as anything that is not our “self.” This definition covers a vast array of things that we readily encounter, the most important being those that we need for survival such as food, water, air, and shelter. The condition of our environment directly impacts us in every way, so it is safe to say that if our environment is unhealthy, chances are, we will be, as well.

External Environment

As parents, it is very difficult to protect ourselves and children from everything in our vast and ever-changing world. We can feel at the mercy of the decisions that other people make that damage or alter our environments. We can chose not to drive a car and reduce exhaust emissions, but there are still millions of other people driving their cars. We can chose not to spray our gardens, but the neighbors may spray theirs. We may turn off the wifi in our homes, but we may be inundated by cellphone radiation, electromagnetic pollution, and dirty electricity in our workplaces and/or schools. We may chose not to engage in gossip, but we still hear it on the television and see it splashed all over every



magazine in the supermarket. Unless we live in a secluded and pristine cabin in the woods, we will be affected in one way or another by an environment that we cannot fully control.

Many parents find this to be a dilemma. It can seem frustrating and futile to make adjustments to our lives that seem to be complicated and often overwhelming already; however, it is exactly in the choices we can make on a daily basis that can significantly reduce the risk of our environments being unhealthy and our lives being even more complicated due to illness. Once the risk is reduced, the total load on our bodies is also reduced, and, in turn, the risk of disease and illness is reduced, as well. And not only do we reduce the risk of developing chronic health conditions, we can also allow for health recovery when we remove the source. There is a lot that we can do to create a safe and nurturing environment for our children if we are aware of the dangers and know how to reduce them.

Our homes, offices, schools, and cities are places that should be conducive to our wellbeing; but often the places where we live day in and day out, carry out our tasks, and engage with our friends and families contain toxins that harm our health.

A toxin is any kind of substance that is harmful to the body. External toxins can be chemical, such as glyphosate, or biological, such as mold, which are both rapidly growing concerns. The presence of toxins can cause any imaginable form of illness, and to avoid the damage they can cause, the body is burdened with the task of cleaning them up and expelling them. Ingredients such as aluminum has been linked to Alzheimer's Disease, and phthalates (plasticizers) found in body sprays act as endocrine disruptors - in other words, they interfere with hormone levels and hormonal balance.

The Environmental Working Group has been reporting on the dangers of synthetic chemicals in body products and plastics for over a decade now, and in an article published on their website in 2006 they state that:

An analysis of the chemical contents of products reveals that the innocuous-looking 'fragrance' often contains chemicals linked to negative health effects. Phthalates, used to make fragrances last longer, are associated [with] damage to the male reproductive system, and artificial musks accumulate in our bodies and can be found in breast milk. Some artificial musks are even linked to cancer.

And if you've got asthma, watch out -- fragrance formulas are considered to be among the top 5 known allergens, and can trigger asthma attacks.
(<http://www.ewg.org/enviroblog/2007/12/ask-ewg-what-fragrance>)

And this report is not only relevant today but is more true today than it was when it was published in 2006! Allergies, asthma, and autoimmunity are skyrocketing among our children and you can bet that their toxic burden is among the top 3 causal factors. You can be exposed to toxins in many ways through the things you take in or are exposed to every day, as chemicals are everywhere. They are in our food, our water, and in our air. We ingest and inhale chemicals not only while out in our cities, but also while at work, school, and home. In this day and age where factories, commercial farms, and motorized vehicles abound, it is impossible to have a body that is untouched by toxins. In fact, a well-known and often quoted study showed that over 200 chemicals can be found in the cord blood of newborn babies, so their little bodies were already full of toxins before they were even born! Now, that is cause for concern.

Toxins are a contributing factor for cancer. Toxins are a contributing factor for autism. Toxins are a contributing factor for ADHD, asthma, autoimmunity, heart problems, digestive dysfunction, mental illness and mood disorders, learning disabilities, skin conditions, organ damage, hormone disruption, fatigue, weight gain or loss, the list goes on and on and on. Therefore, you want your family to be exposed to as few toxins as possible, and when you do encounter them, you want your family in the best shape possible to do the job of elimination and repair, which we will talk about later in the program.

(See studies here:

NIH's National Cancer Institute's article: <https://www.cancer.gov/about-cancer/causes-prevention/risk/substances>

Article in Scientific American which discusses the findings of the M.I.N.D. Institute's recent study: <https://www.scientificamerican.com/article/autism-rise-driven-by-environment/>

The state of Washington's Department of Ecology's list of chemicals and their health effects: http://www.ecy.wa.gov/puget_sound/toxicchemicals/effects.html)

The body has several modes of detoxification to rid itself of unwanted, harmful toxins: the liver, skin, lungs, bowel, and kidneys. When there is an excess of exposures to toxins, those organs of detoxification can't keep up. You might be thinking, "not me, I don't work in a chemical plant or live downwind from a commercial farm that regularly does aerial spraying," but there are many many sources of toxins and chemicals that you and



your family are exposed to on a daily basis that you may not even perceive as being toxic. In fact, it is in our own homes that we have the most exposure to toxins due to the products we use and the amount of time we spend there.

Other Areas to Address

Electromagnetic Frequency Exposure

Food and Nutrition

Water, Air, and Noise Pollution

When you are discovering all of the many places your children are being exposed, you might get sad, or you might get mad. You might get sad, then mad. But then we just need to get moving.

Internal Environment

So, this describes our external environment, but we have an internal environment that also affects our health. This environment is within our bodies and includes things such as bacteria (the microbiome), viruses (the virome), mold and yeast, and even parasites, which influence the inner workings of our bodies: our hormone production, the communication between our neurochemicals, our digestion, rate of inflammation, our mental health, our ability to detoxify, and our metabolism. We will discuss these factors in more detail on Day 4.

But for today, there are more than enough resources for you to explore!

Recommended Reading and Resources:

Media, Electronics, and Wifi: How Technology is Affecting Our Youth

<https://healthyfamilyformula.com/media-electronics-wifi-technology-affecting-youth/>

30 Reasons to Avoid Junkfood Like the Plague

<https://healthyfamilyformula.com/30-reasons-avoid-fast-food-like-plague/>

Children's Health Summit 4 References:

Dr. Michelle Perro: What's Making Our Children Sick?

Video https://s3.amazonaws.com/childrenshealthsummit.com/video4/Perro_Michelle.mp4

Audio https://s3.amazonaws.com/childrenshealthsummit.com/audio4/Perro_Michelle.m4a

Jeffrey Smith: GMO as THE Main Causal Factor for Human Chronic Conditions: An Indisputable Argument



Video https://s3.amazonaws.com/childrenshealthsummit.com/video4/Smith_Jeffrey.mp4
Audio https://s3.amazonaws.com/childrenshealthsummit.com/audio4/Smith_Jeffrey.m4a

Stephanie Seneff: Glyphosate and the Environmental Chemical Assault with Devastating Consequences

Video

https://s3.amazonaws.com/childrenshealthsummit.com/video4/Seneff_Stephanie.mp4

Audio

https://s3.amazonaws.com/childrenshealthsummit.com/audio4/Seneff_Stephanie.m4a

Dr. Jill Carnahan: Is Mold Making Your Family Sick?

Video https://s3.amazonaws.com/childrenshealthsummit.com/video4/Carnahan_Jill.mp4

Audio https://s3.amazonaws.com/childrenshealthsummit.com/audio4/Carhnahan_Jill.m4a

Peter Sullivan: A Father's Deep Dive Into EMFs to Recover His Sons

Video https://s3.amazonaws.com/childrenshealthsummit.com/video4/Sullivan_Peter.mp4

Audio https://s3.amazonaws.com/childrenshealthsummit.com/audio4/Sullivan_Peter.m4a