

Make Your Home a Healing Hub by
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Central Mass Lyme Conference Saturday September 23, 2017

Let's get to know each other. Who is Here today?

- ▶ Hi, I am Mary Sullivan I was diagnosed with Lyme Borellia, Babesia, Bartonella, Erlichia, and Anaplasma in 2012.
- ▶ I used a combination of IM, AM. Herbalism, Ayurveda, and Reiki to rebuild my wellness.
- ▶ I am here because I believe that we have to do every thing we can to feel our best be creative and share and help each other.
- ▶ Please raise your hand if you have had Lyme Disease for more than 5 years.
- ▶ 2 years
- ▶ 6 months
- ▶ Newly diagnosed?



Dare to Self Care

My website and Facebook page daretoselfcare.com were build to share ideas and support healing..

So Today is about home & lifestyle choice

Goals

- ▶ Raise Awareness about toxins that inhibit healing
- ▶ Offer simple solutions to detox your environment
- ▶ Give you options to buy into and follow up on

Engagement Levels

- ▶ Minimum
- ▶ Target
- ▶ Outrageous

Why Detox your Environment?

What do Expert Lyme Doctors Say?

- ▶ “One of the most significant issues that Lyme-disease sufferers face is that they struggle to release toxins from the body.”
- ▶ Dr. Jay Davidson Lyme Specialist
- ▶ I say don't let them in!
- ▶ “So, it's so critically important, in my opinion, to work as hard on getting the toxins out of the body as on working on getting the microbes out of the body.”
- ▶ Dr. Lee Cowden
- ▶ http://www.lyme-disease-research-database.com/lee_cowden_interview.html

Overview of Toxins in the Body

We all process and eliminate toxins everyday. Chronic illness like Lyme Disease create inflammation and die off that overwhelm the detox channel. It is critical to lower the toxins you bring into your body to rebuild wellness.

Like our Facebook page daretoselfcare.com to get info and updates. Build wellness into your daily routines!

Contact marys@daretoselfcar.com for questions.

The information provided on this graphic is not a substitute for professional medical care, treatment or advice. All the material here is for information purposes only. Always share strategy and work with your health care team.



CLEAN UP THE TOXINS IN YOUR LIFE



Internal toxins, chronic infections, undigested food



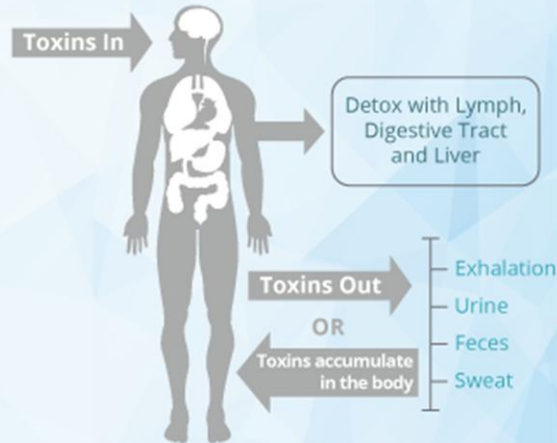
Chemicals Personal Care, cleaners, soap, toothpaste, shampoo, make up cigarette smoke, alcohol



Chemicals environment dirt dust, new construction



Energetic microwave, wi-fi, cell phone transformers, Anger, Conflict



Do you have symptoms from toxic build up?

Toxic Build Up Symptoms



Head Aches



Weight Gain



Sleep Disruption



Liver Impairment

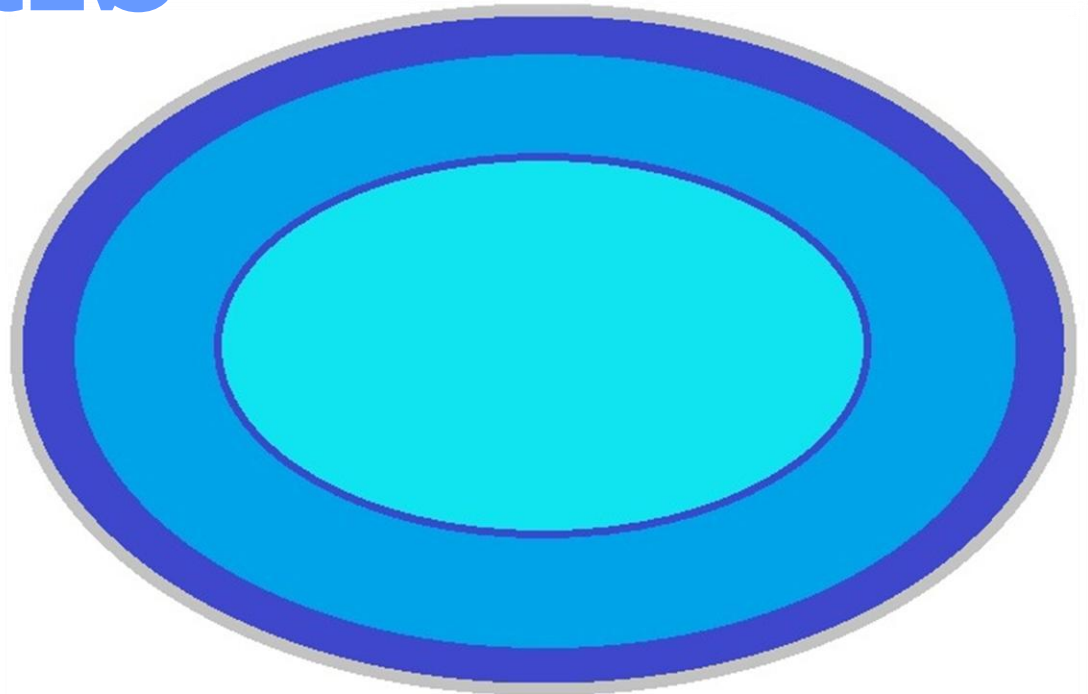


Nervous System Impairment

Reduce External chemical toxins in Your Home

Set Goals

- ▶ **Minimum**
- ▶ **Target**
- ▶ **Outrageous**



What are the Toxins in Your Home Environment (One kind of Toxins In)

Chemical



Energetic



Stuff we use every day.

Chemical Toxins from Personal Care & Environment

Anything you put in, on around your body, that it cannot use

- ▶ Preservatives
- ▶ Fillings
- ▶ Formaldehyde
- ▶ Box Foods
- ▶ Chemicals Metals, Al, Pb, Hg F
- ▶ Allergens
- ▶ GM and Non Whole Foods
- ▶ Personal Care Products
- ▶ Supplements

Anything toxic in or around your environment that gets in your body

- ▶ Construction chemicals Formaldehyde
- ▶ Chemicals Metals Hg, Al Pb,Cr
- ▶ Allergens
- ▶ Dust Mold
- ▶ EMF
- ▶ RF
- ▶ Stress
- ▶ Violence

Daily Chemical Personal Care Products

- ▶ Tooth Paste
- ▶ Hair Spray
- ▶ Make Up
 - ▶ Mascara
 - ▶ Eye Shadow
 - ▶ Eye Liner
 - ▶ Lipstick
 - ▶ Foundation
 - ▶ Tampons Sanitary Napkins
- ▶ Perfume
- ▶ Soap, Powder, Shampoo Conditioner
- ▶ Deodorant/ Antipersperants

Dr. Mercola These products expose you to over 160 chemicals each morning before you walk out the door each morning

(60 K chemicals, ingestible 700 chemicals, babies born with 200)

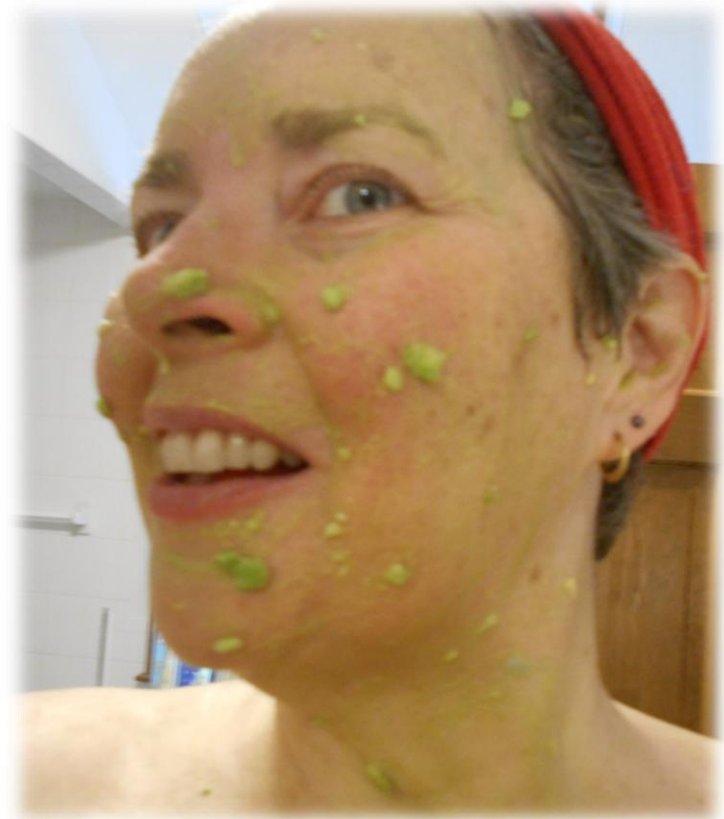


Reduce Toxins Personal Care Products

My Real Simple Routine

- ▶ Baking Soda & Sea Salt with Peppermint EO for Toothpaste
- ▶ Toner Organic Rose Water
- ▶ Wash & Moisturize Organic Coconut, sesame or Caster Oil
- ▶ Deep Scrub Organic Chick pea flower
- ▶ Deep Moisture Organic Avocado
- ▶ Food Based Sunscreen
- ▶ <http://www.thegoodtrade.com/features/18-natural-organic-makeup-brands-your-face-will-love-you-for>

Use Organic Food Based Products



Typical Household Chemical Toxins

- ▶ Cleaning Products
- ▶ Lawn & Garden
- ▶ Home Construction chemicals
- ▶ New Car Out gassing
- ▶ Airborne Metals and particulates
- ▶ Polluted Water
- ▶ Mold, Dust



Simple Cleaning Options

- ▶ Hot Water & Steam
- ▶ Natural Soap
- ▶ Essential Oil Cleaners
- ▶ Other Natural cleaners
 - ▶ Lemon & Citrus
 - ▶ Baking Soda
 - ▶ Oil
 - ▶ Vinegar



MOLD

You get ill from mold when you breathe it in or ingest it and your body can't deal.

▶ Mold grows in damp dark spaces in your home.

- ▶ Walls,
- ▶ Insulation
- ▶ Ceiling
- ▶ Furniture
- ▶ Basement
- ▶ Carpet
- ▶ Air Ducts

1. Test your home
2. Clean up or Clear Out
3. Test your body
4. Work with your Health Care Team to heal

- ▶ <http://drjaydavidson.com/toxic-mold-lyme/>



Stachybotrys: The most serious form of mold toxicity. This type of mold includes black mold, and can be responsible for eye irritation, respiratory issues, and central nervous system malfunction

Memnoniella: Mycotoxins found alongside black mold.

Penicillium: A type of mold that can be found in food, dust, and decaying materials

Fusarium: Found in water-damaged environments..

Anternaria: Found in plants and soil..

Reduce Chemical Toxins in Your Home



▶ Minimum

- ▶ Buy a plant or two that helps detox
- ▶ Choose less toxic options (Apps Think Dirty EWG)
- ▶ Skip, Fabric Softener and dryer sheets
- ▶ No smoking in the House (1000+ chemicals)
- ▶ Ditch Chemical Air Fresheners

▶ Best Detox Plants

- ▶ **Peace Lilly:** filters benzene, formaldehyde, trichloroethylene, xylene, toluene, and ammonia.
- ▶ **Snake Plant:** filters benzene, formaldehyde, trichloroethylene, xylene, and toluene. Aka Mother in laws tongue
- ▶ **Aloe Vera:** filters benzene and formaldehyde.
- ▶ **English Ivy:** filters benzene, formaldehyde, trichloroethylene, xylene, and toluene.

Reduce Chemical Toxins in Your Home

- ▶ Target all the M plus
 - ▶ Filter water or get clean water.
 - ▶ Bees wax candles
 - ▶ Test and address Mold
 - ▶ Eliminate pesticide and fertilizer use in your yard.
 - ▶ If it is on the label, but not a food don't buy it.
 - ▶ EWG Dirty Dozen Organic (https://www.ewg.org/foodnews/dirty_dozen_list.php#.WaRn_tGQzIU)
 - ▶ Take shoes off at door
 - ▶ Address indoor Air Quality
 - ▶ Air Exchange Open the windows
 - ▶ Air Filters change and clear



Reduce Chemical Toxins in Your Home More Options to consider

Outrageous

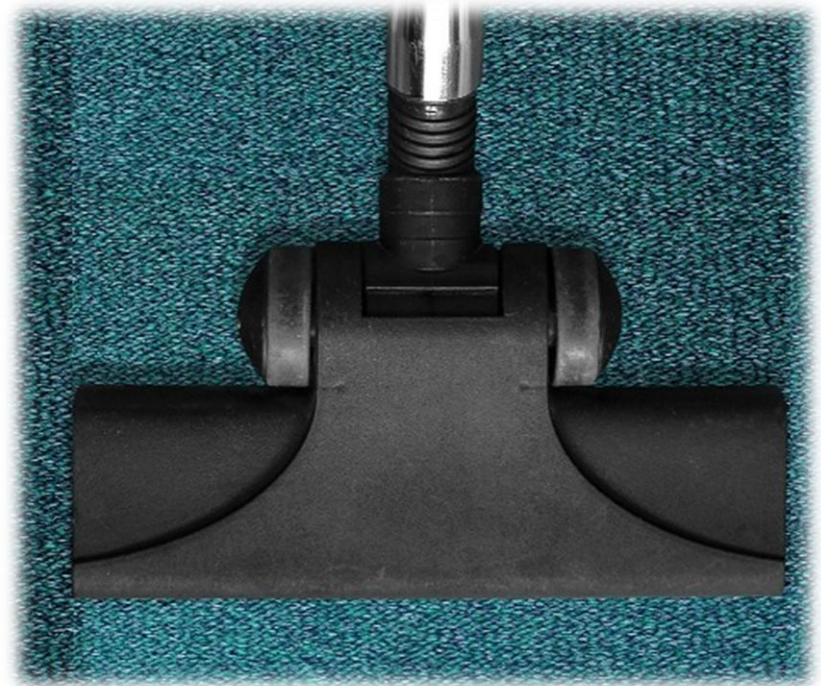
- ▶ Get rid of the wall to wall carpet in your house. Use area rugs you can wash and dry.
- ▶ Stay indoors on poor air quality days
- ▶ Use Organic food products for personal care & Cleaning
- ▶ Skip Makeup and Hairspray
- ▶ Use pure plant based Essential Oils for Fragrance
- ▶ No Candles
- ▶ Test your house & body yearly for Mold and treat.

All of the Minimum & Target plus



Outrageous Detox Strategies continued

- ▶ Vacuum often and thoroughly with a vacuum with HEPA filter
- ▶ Use exhaust fans in kitchen, bath, and laundry areas vent outside promote healthy air exchange
- ▶ No Fires or candles in your house.
- ▶ Don't store chemicals, solvents, glues, or pesticides near your living quarters or get rid of them
- ▶ Run a dehumidifier in the basement, attic, and bathrooms as necessary



- ▶ <https://www.consumerreports.org/cro/air-purifiers/buying-guide>

Energy Toxins in Your Home

- ▶ Cordless Phone
- ▶ Microwave/ Wi -Five
- ▶ Dirty Electricity
- ▶ Radiation
- ▶ Violent TV & Music
- ▶ Unnecessary Drama, Emotional Vampires or Toxic People



Do you feel the effects of energy pollution in your home?

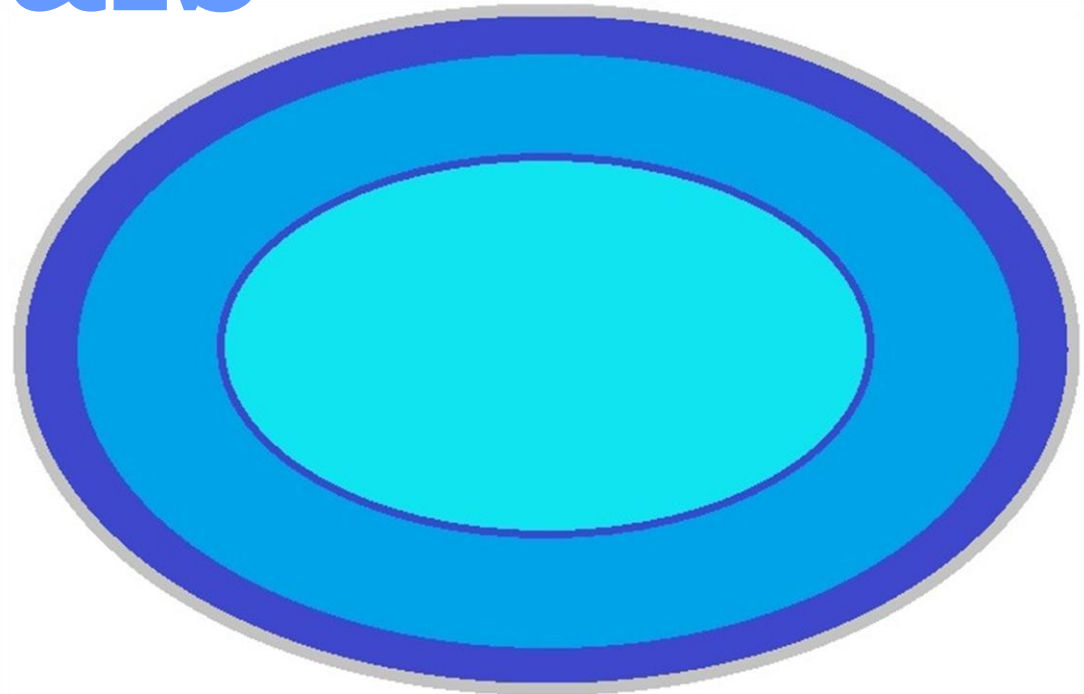
- ▶ Sleep Disruption
- ▶ Headaches
- ▶ NS issues
- ▶ Fatigue



Reduce Energy toxins in Your Home

Set Goals

- ▶ **Minimum**
- ▶ **Target**
- ▶ **Outrageous**



Energetic Toxins Remediation Ideas

- ▶ Minimum
- ▶ Take Breaks and get out in nature
- ▶ Don't sleep with your phone or stick it in your bra
- ▶ Schedule Relaxation 1x week



Target to Remove Energy Toxins

- ▶ Minimum plus
- ▶ Unplug the Wi Fi at night
- ▶ Move Bed away from Wall
- ▶ Store you cell phone off your person
- ▶ Limit cell phone use in the car
- ▶ Restrict Microwave Oven Use
- ▶ Design your day with Peace in Mind



Outrageous Remove Energy Toxins

- ▶ All the minimum and target
- ▶ Buy a meter and Measure
Remediate the places you spend the most time
 - ▶ Build a Faraday Cage
- ▶ No WiFi in your home use ethernet cable.
- ▶ Get rid of compact fluorescent bulbs
- ▶ Limit appliances and computers plugged in at your home.
- ▶ Check your cell phone at the door and have a corded land line phone in your house
- ▶ No Smart Meter or away from your home
- ▶ Filter Dirty Electricity
 - ▶ Stezerizer
 - ▶ Green Wave



Closing Exercise

- ▶ **Create a sanctuary for relaxation & recovery. Make your Home a Healing Hub**
 - ▶ Reduce chemicals Mold, Air born Toxins, and Electromagnetic Radiation in your personal space.
 - ▶ Clean up your personal care products Food and drinking water.
 - ▶ Build a supportive sleep environment to get good rest
 - ▶ Stay on top of your health care and self care. Make your home a healing hub and up-level your healing journey.
- ▶ **Take a moment to consider how you would change your environment with the 3 things simple things you wrote down.**

Success and Next Steps

Here are my suggestions

▶ **Questions?**

- ▶ **Identify Critical issues**
- ▶ Follow through with 3 Things
- ▶ Be Consistent

References:

- ▶ <http://naturallysavvy.com/care/10-ways-to-protect-yourself-from-emf-exposure>
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- ▶ https://www.purifyyourbody.com/as_detoxification-infographic
- ▶ <http://www.naturallivingideas.com/8-ways-to-purify-home-air-naturally/>
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- ▶ <https://wellnessmama.com/57200/natural-dryer-sheets/>
- ▶ <https://mercola.com>