

Tips to Detox Your Home and Workplace

One of the ideas in alternative medicine is to boost the health of the entire body to promote healing. In order for the immune system to focus on serious illnesses such as cancer, it needs to be relieved of working on other things, like cleaning daily toxins from the body.

Your home and/or office may be filled with toxic substances that put additional stress on your body. This is stress that a person diagnosed with cancer or in need of immune recovery can do without.

Here are some important tips on how to recognize these hidden toxins and clean up your environment, inside and out.

Water

When you are trying to detoxify your body, one of the most important things you can do is drink lots of pure water. If it's not pure, then you are simply putting more toxins in. Chlorine and metallic toxins found in most tap water is considered very unhealthy by many medical professionals. An easy way of purifying your tap water is to buy a filter like Britta, or you can just buy bottled water like Poland Spring or Mountain Valley.

Cleaning Agents

Typical commercial cleaning agents under your sink that you use to clean your house are very toxic, made from strong chemicals that emit a lot of equally toxic fumes. While they may get your bathroom sink shining, and get that nasty soap scum out of the shower, they are also taking a toll on your health. One healthy option is to look for organic, natural cleaning products from health food stores like Ecover.

Cigarettes and Cigars

Most people know by now that smoking and second-hand smoke is a leading cause of cancer. If you have just been diagnosed with cancer, even if it's not lung or throat cancer, now is the time to quit.

Electromagnetic Radiation

There is a debate about the potential harm, including cancer, caused by everyday electromagnetic radiation. It is recommended to be cautious about this, and suggest you place dial faced electric clocks/clock radios at least three feet from your bed, avoid electric blankets, and keep a distance of four

feet or more from your television set. You may also wish to avoid cellular phones and invest in an EMF shield for your computer screen.

Pesticides

Although we all know how annoying insects can be, we recommend not calling the exterminator. The pesticides they use hurt more than just the bugs. This also applies for pesticides used outside your home in the year. We suggest using natural products from a health food store.

Air Quality

Another thing you can do to give your immune system a break is to purchase an air filter, both for your home and work area.

The Most Dangerous Toxins

Check for serious household/workplace toxins such as radon, asbestos, and formaldehyde. Asbestos is most often found in basement pipe insulation. Radon is a naturally occurring radioactive gas emitted from the ground. Kits are available to test your home for radon. Formadehyde can be found in home building materials and out-gassing toxic fumes. Check out the Environmental Protection Agency's web site for more information: <http://epa.gov>