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Toxicity and How to Minimize Your Risks

Greetings!



Toxicity and How to Minimize Your Risks

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Have you had the debate of whether to do a detox program and which program to do, or how to support your health as you feel more fatigued and changes in your health?

Toxin exposure continues to increase, with an estimated 10 million tons of toxic chemicals released into the environment yearly, of which 2 tons are recognized as cancer-causing, as reported by the United Nations Environmental Program.

With millions of tons of toxins impacting our environment, it becomes all the more alarming to know chemicals impact us even in seemingly miniscule amounts. The presence of chemicals is measured in parts per billion (ppb), which is similar to putting half a teaspoon into an Olympic-size swimming pool or a drip in a tanker car. Toxins accumulate in the body over time through exposures to contaminated air, water, foods and other products contacting the skin both intentionally and inadvertently.

Living in an industrialized society with nutrient depletion of food sources poses even more of a burden for our bodies. It is estimated that the average woman unknowingly applies over 500 chemicals a day in personal products. Having fewer nutrients in our foods, in addition to more toxins going into the typical person, leads to

NEW This Month

How To use a Castor Oil Pack....



Castor oil is great healing tool that has positive health effects when taken for a number of ailments. Castor Oil has been found to be helpful in improving the health of the digestive system, lymphatic system, circulatory system, excretory system, and the nervous system.

In addition to aiding the health of your internal system, *castor oil* also serves as an excellent skin treatment. Simply applying castor oil a couple of times each week can show positive benefits for your skin, as well as helping to relieve aches, pains, and sore spots. Castor Oil can be used to treat acne, pigmented moles, corns, calluses, and any other skin ulcers or sores.

Castor Oil and the Lymphatic System

Use of *castor oil* has shown the most benefit on the lymphatic system. The lymphatic system is extremely important to even the most basic body functions. Be mindful that maintaining a strong lymphatic system keeps you healthy and well. By keeping your lymphatic system balanced it helps maintain the fluid balance in your system. Lymphoid tissue (a central part of the lymphatic system) is a carrier of white

increase in disease.

Our perceived effect of toxins in the environment is often minimized in our culture, with no regard for the environmental and physical impact. Billions of tons of pesticides put into our environment each year are toxic not only to the insects and pests but everyone exposed. Numerous products used the US are already banned in other countries as awareness of the risks increase. Perhaps the most common, Glyphosphate (Round Up), is now found in drinking water and air samples; it is linked to birth defects, neurological disorders, fertility issues and cancer. Atrazine, a weed killer commonly used on corn, was found in 100% of 26 EPA river water samples. The impact of exposure to pesticides on our foods can be as subtle as headaches, fatigue, or diarrhea, but may also include mental fog, attention deficit, difficulty breathing, thyroid damage, hormone disruption and birth defects. Each of these things can simply be due to the environmental exposure of pesticides and herbicides – just a few of the numerous chemicals we are exposed to regularly.

Symptoms of toxicity can vary in characteristics and severity depending on the individual and chemical involved. The power of your defenses against chemical exposure can be greatly influenced by simple life choices. Equally important to avoiding and minimizing exposure are the healing and restoring factors in lifestyle. Simply dusting and mopping more often is a great help in reducing exposure, as many toxins in the air and dust are tracked into our homes.

In recent years I have seen a great number of patients with symptoms of unexplained fatigue, thyroid disorders, mental fog, inflammation and pain. For these patients, testing often reveals high levels of heavy metals, solvent toxicity, chemical sensitivities, mold exposure and related autoimmune conditions. This has led me to become much more conscious of chemical exposures and personal choices. Reviewing lifestyle to minimize potential exposure and utilizing advanced testing to identify body burden is helpful, but regardless

blood cells, which attack infections, diseases, viruses, and prevent tumors from growing in our bodies. The lymphatic system helps to prevent waste from gathering in our body while also playing an important role in metabolism. This aids in processing body fats and other materials more quickly

[Click here to read more and get the instructions!](#)



Holiday Medical Thermography Gift Certificate Special! Give the gift of Health this Holiday Season! Buy a \$50 Gift Certificate for your friend or loved one for only \$30.* Click here to Buy before December 31, 2018. \$50.00 value for only \$30.00!* Fine Print - A limit of two gift certificates can be applied to one thermography scan.

Product of the Month
Keeping Abreast of It



This potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage. It helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow. Feedback from our

of how careful we are, toxins are impacting everyone to some degree. We are all exposed to hundreds of toxic chemicals on any given day, and eliminating chemical exposure altogether is simply impossible. This is why supporting the body's detoxification pathways is essential.

For chronic symptoms that are not making sense, advanced testing is an invaluable tool. These tests will reveal an individual's levels of metals, solvents, and nutrients to support detoxification. The addition of thermography allows us to assess the body's inflammation, and genetic analysis will bring light to factors impacting detoxification. With these tools, we can develop a personalized medicine plan for optimal health by knowing exactly which toxins and detoxification pathways to address.

The importance of eating organic cannot be overstated. The cumulative impact of toxins on our foods is far reaching. However, eating a purely organic diet can be a challenge both logistically and financially. The toxin load of different fruits and vegetables is summarized in guidelines by the Environmental Working Group known as the Dirty Dozen and Clean Fifteen, great tools in prioritizing shopping decisions. Useful reviews of household products are also available from EWG.

<https://www.ewg.org/consumer-guides>

For supporting the body's repair pathways, sleep is crucial. When your body gets into a deep sleep, it has the chance to clean house. This is why you need adequate sleep for your body to effectively detoxify. If we are sleep-deprived, our inflammatory markers, hormones and immune system become disrupted. These physiological changes decrease the body's ability to effectively protect itself and make the brain more vulnerable to toxins. Having an impaired blood brain barrier allows more toxins into the brain and increases effects of toxin exposure. During sleep the brain is able to detoxify and remodel, which it can't if deprived. Sleep is a critical need for a healthy body - your skin will look better, your brain will function better and you will generally be happier with a good night's sleep.

clients tells us it is also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles! Rub into underarm area, groin, neck and breast tissue two or more times daily to create or maintain wellness.

"This gift comes at a time when breast issues are epidemic, I am so grateful to our Creator for this remedy." Love, Barbara

Please visit www.breasthealthproject.com for lymphatic massage instructions and an abundance of important information to regain and maintain breast health. Because we love you!

Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, Echinacea, Pau D'Arco, Essential Oils of Tangerine, Lemon, Clove, Lemongrass, Lavender, Marjoram, Thyme, Cedarwood, Ginger, Juniper, Rosemary, Myrtle, Clary Sage, Nutmeg and Helichrysum, Co-Enzyme Q-10, Vitamin E and Electrolyzed 24kt Gold.

Click here to purchase. Price: \$29.95



Basic Foot Soak

Make a refreshing foot bath. Add two drops of **Lemongrass Essential Oil** to a bowl of warm water, and soak your feet for 10 minutes. If your feet are aching, add two tablespoons of Epsom salts.

Make your own Cinnamon Sticks

- 100 plain, round, wooden toothpicks
- 20-30 drops of **cinnamon leaf essential oil**
- 1 tsp. vodka

Hydration is key in all phases of detoxification. Our bodies detoxify through many systems including liver, kidneys, colon and skin. When any of these systems are functioning less than optimally, it impacts other systems. Purified or osmotic water is ideal in some ways, although healthy minerals are removed in the process. Mineral supplementation is often required to support optimal hydration and this may be discussed with a trained functional health care provider.

The liver is an amazing worker in many body processes: fat metabolism, hormone metabolism, and detoxification are a few of the responsibilities. Supporting the liver in detoxifying the body is possible through achieving adequate nutrients including B vitamins, glutathione and antioxidants, vitamins A, C and E, as well as amino acids glutamine, glycine, taurine, cysteine, and garlic and cruciferous vegetables.

Kidney support is ideal with adequate hydration to allow toxins in the circulation to be filtered out and eliminated effectively and efficiently. Aim for daily water intake of half our body weight in ounces and more, with additional support provided with increased activity. Kidney function can be supported nutritionally by eating foods such as celery.

The skin, although often minimized in function, is our largest organ and important in detoxification. Stimulation of the skin with dry brushing improves blood and lymph flow, which helps to remove cellular waste. Sweating is an excellent form of detoxification and is believed to reduce stress on the kidneys and liver in eliminating toxins.

The colon is not to be forgotten! Healthy daily bowel movements are possibly most essential in eliminating toxins. Adequate fiber, hydration and healthy bacteria are helpful in supporting bowel health and toxin elimination. A healthy colon will eliminate toxic hormones and prevent them from metabolizing into carcinogenic forms of estrogen. Simple factors of fiber, hydration and minerals such as

- 2 drops liquid Stevia
- 1 glass jar

Place toothpicks into jar. Blend together alcohol, essential oil, and Stevia and sprinkle directly on top of the toothpicks. Seal the jar, and distribute the mixture over the toothpicks by shaking. Store in a dark place for at least 48 hours, shaking the jar several times a day.

Yummy Pumpkin Smoothie

Pumpkin smoothies are a tasty (and healthy) Holiday treat I think you'll enjoy.

Pumpkin Smoothie Recipe:

- 1 cup of almond milk (or your choice of milk)
- 1 cup chilled pure pumpkin puree
- 1 scoop of (vanilla) protein powder..
- 1 cup of frozen banana
- pinch of salt
- 1/2 vanilla bean or 1 tsp vanilla extract
- pinch of cinnamon or to taste
- smidgen of nutmeg if you like
- 2 tsp or LESS of Agave or sweetener of choice to taste
- 1 Tbsp of chia seeds (or flax seed)

Blend until you have a velvety texture and enjoy!!

Cranberry-Hazelnut Relish

Highly refreshing, raw cranberries are a great palate pleaser, especially next to a spicy or savory dish. Don't be surprised if you see a dinner guest or two spoon some on the garlic mashed potatoes.

- 1/2 cup hazelnuts, toasted
- 2 (or more) juicy tangerines peeled and coarsely chopped
- 3 cups fresh cranberries
- 2 ripe Anjou pears, peeled, cored and coarsely chopped
- 1/2 to 1/3 cup maple syrup - or less, to taste
- 2 teaspoons fresh ginger, grated
- 2 tablespoons lime juice
- salt to taste
- tangerine zest for garnish

Place nuts in fry pan over medium heat and toast, stirring constantly, about 5 minutes. You should detect a toasted aroma. Coarsely chop in food processor or blender. Pulse 2 or 3 times. Set aside.

magnesium can relieve constipation and help you achieve optimum health. Many Americans test as deficient in magnesium and this may be resulting in symptoms of muscle cramps and constipation.

Movement such as stretching and exercise is also essential for your body to free itself of toxins. Increased blood flow to tissues improves movement of waste products that need to be eliminated. Resistance and cardiovascular exercise are important in activating immune and lymph systems for detoxification.

For your health:

- Avoid toxins as much as possible - consume organic foods and purified water, use glass cook ware, avoid chemical cleansers and toxic personal products
- Hydrate! Purified water averaging ½ body weight in ounces or more daily
- Liver support – B vitamins, folate, glutathione, antioxidants, vitamin A, E & C
- Kidney support – Hydrate!
- Colon support – Hydrate! Consume adequate fiber, probiotics & magnesium.
- Skin support – dry brush, exfoliate, sweat, use detox baths
- Move! Stretching and exercise is critical for healthy body function and movement of toxins out of tissues.

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Jodi Westfall is a Nurse Practitioner based in Cincinnati, working in Integrative Medicine with over 20 years experience in healthcare. Certified in Dermatology, Family Medicine and Psychiatric Mental Health, her work focuses on healing of the whole person with measures to support optimal health.

If you are on the journey to improving health and would like support of individualized medicine addressing your personal needs through advanced testing, nutritional therapy and customized care please feel free to contact my office

Peel skin and as much pith as possible from tangerines. Cut between the membranes to remove segments. Reserve excess juice and set aside.

Place cranberries, pear, maple syrup, ginger and lime juice in food processor. Process, scraping sides as necessary until relish is reduced to coarse texture. Taste and season with a pinch of salt if necessary; stir in tangerines. Garnish with zest.

Submitted by Beth Mountjoy

Click here to join our new Facebook Group Holistic Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.



This exclusive Mindful Wellness video "How To" video's about using a Castor Oil Pack.

To view the other videos in the series click here...

Thoughtful Gift Ideas...

Mention this article with your appointment and get 10% off.



Create your own scented stationary or notecards to use as holiday hostess gifts or anytime you need to give a thoughtful thank you gift. This is fun and very easy, even if you're not a crafty person. Simply place a few drops of your favorite essential oil onto a cotton ball, then seal with your stationary/notecard in a plastic bag for 24 hours. I personally like to use **Celebrate Blend**, **Jasmine**, any citrus blend or **Ylang Ylang** for my notecards.

If I'm giving as a gift I'll place the stationary and envelopes in a pretty box with a nice pen. Tie with a ribbon and you've got a great gift to give.

Important news...



Don't end the year with unclaimed benefits...

Many flexible spending, annual deductible, health savings, and overall insurance benefits are about to renew for 2019. If you have unclaimed benefits, you're missing out. Come see me before January 1st to get the most from your 2018 benefits. Your thermography scan is an eligible benefit!

Schedule your appointment today!



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