

# MySurvivalAlliance

## Ways To Reduce Toxins in The Body

By: Anser Khan



We are surrounded by toxic chemicals in our daily life. From the pesticides on the foods we eat to the latest tech gadgets and hottest new beauty products, chemicals are everywhere.

Unfortunately, these chemicals, such as bisphenol A (BPA), formaldehyde, phthalates and toxic flame retardants etc, are easily absorbed into our bodies and have been linked to obesity, infertility, asthma, heart disease and even cancers. Toxic chemicals are especially troubling for kids, as their immune system is weak because their bodies are still are still developing. A more disturbing problem is that many of these chemicals have never been tested for their safety in humans, and experts agree strong legislation is needed for the control of these toxic chemicals. It's impossible to completely avoid chemicals, but there are things you can do to reduce your exposure and the level of toxicity in your body. For example:

1. Choose organic fruits, vegetables, dairy and meat to reduce your exposure to nasty pesticides and hormones. Organic foods are grown and produced without the aid of pesticides or antibiotics which helps to cut down toxic chemicals significantly in your diet.
2. Look for cosmetic and personal care products that are phthalate- and paraben- free. Also avoid products with retinyl palmitate, a form of vitamin A that breaks down in the sun and has been linked to skin tumors and lesions.
3. Toxic chemicals are actually stored in the body, and one of the most effective ways to break down the fat cells and flush the chemicals out is through regular exercise.
4. Try avoiding saturated fats found in some meats and other fried foods.
5. Look for green certified cleaning products.
6. Look for paint, carpet underlay and flooring with low levels of volatile organic compounds (VOCs), toxic chemicals that can be emitted as gasses from certain solids or liquids. Open your windows to circulate the air and reduce exposure from this furniture off-gassing.
7. Choose glass instead of plastic when storing food to avoid exposure to BPA and never heat plastic in the microwave, as this can cause BPA to seep into your food. Choose stainless steel or cast iron pans over non-stick.
8. Water is a great way to flush the toxins out of the body. Men should aim to drink 3.7 liters a day, and women should try for 2.7 liters.

Removing and eliminating toxins from the body, feeding your body with healthy nutrients and detoxifying can help protect you from disease and renew your ability to maintain optimum health through a range of methods including yoga, meditation and more.



## Do Changes In Weather Make You Sick? How Fluctuations In Temperature Affect Your Health

By: JR Thorpe

When it's cold and raining one day, and dry and warm the next, does the changing weather make you feel sick, crazy, ill, achy, or all of the above? If so, you are not crazy; it turns out that changes in weather systems can have a lot of effects on the human body and brain. A lot of the science on how weather affects health focuses on static weather states: cold temperatures, rain, hot weather, and so on. But it's when things are in flux that the implications for our bodies get really interesting. Weather, after all, is rarely in one state for a long period of time (I live in England, so you can trust me on that one), and the shifts between states have consequences for our sinuses, joints, hearts, and lungs.

One big culprit is air pressure: as you'll have learned in 8th grade science, an increase in air pressure (a rising barometer) means better weather, while a drop means cold and rain. (There was some evidence a while ago that small atmospheric shifts might actually increase erratic behavior in children, though the initial study's very tricky to find.) But temperature is a culprit too; we're acutely sensitive to shifts in heat and cold, and our body reacts accordingly.

So here are the ways in which fluctuations in weather may be exacerbating your health conditions, making your life a bit miserable, and are generally deserving of a fist-shake out of your window.

### 1. Barometric Pressure and Rising Heat Cause Migraines

In a survey of migraine sufferers by WebMD, a full 53 percent of them ticked "weather" as a major trigger. It turns out that falling barometers and sudden temperature shifts are genuine migraine triggers. Approaching hot weather in particular appears to be a serious problem: for every nine degree temperature increase in Fahrenheit, the risk of a migraine among sufferers apparently increases by 7.5 percent. Frequent migraine sufferers sometimes require steady climates without significant change, to reduce the nasty possible effects of swift weather alterations.

### 2. Heart Attacks and Asthma Are Linked To Cooling Weather

Winter itself is a poor time for heart problems, because cold weather narrows blood vessels and restricts blood flow. (There's a reason why doctors tend to recommend that heart-vulnerable patients don't shovel snow or do vigorous activities outside in freezing weather.) And medical science, it seems, can actually track the likelihood of heart attacks in a certain area by tracking the environment's lowering of temperature.

It's not the shift itself that's causing the problem here (it's the coldness itself), but it's an interesting alarm bell: a drop in daily temperature by as little as one degree Celsius corresponded with an additional 200 heart attacks. Heart attack specialists probably keep a close eye on the dropping thermometer.

When it comes to asthma, meanwhile, it seems that the shift itself is actually the problem. Fast-dropping temperatures (for instance before a thunderstorm) can wreak havoc on asthma sufferers, as a sudden shift that cools the airways



very fast apparently exacerbates asthma symptoms. One study found a three percent increase in asthma hospital visits on days following thunderstorms.

### 3. Shifting Barometric Pressure Might Cause Joint Pain And Headaches

Yes, your grandmother's aching joints possibly could predict the weather. Maybe. Barometric pressure drops in colder weather, like what comes before a storm, and the downward shift in pressure is theorized to cause the soft tissues of the body to expand very slightly, causing pain from increased pressure in arthritic, sensitive joints.

When it comes to barometric pressure and headaches, it appears that the problem is a difference in pressure between the air on the inside of the head and the outside. The resulting pressure gap can cause significant sinus pains and engender head-splitting aches. More terrifyingly, Harvard reports that serious air pressure differences between the inside and outside of the body have been theorized to lead to collapsed lungs, as the air inside the body expands and places too much pressure on the lung walls. But it seems unlikely that the difference in pressure could be sufficiently drastic if caused by weather alone.

### 4. Barometric Pressure Also Worsens Sleep Apnea

Sleep apnea is a particularly terrifying condition where the body actually stops breathing during sleep, due to muscular collapse on the airways or some kind of airway blockage. It also seems, according to work done by scientists in 2010, that a downward shift in air pressure worsens it. They looked at 537 patients, and saw that their sleep apnea significantly worsened the lower the air pressure got.



This shouldn't be too much of a surprise, since the most common treatment for sleep apnea is to wear a CPAP device or mask, which stands for continuous positive airway pressure. The mask's air is calibrated to be slightly higher in pressure than the outside atmosphere, which keeps airways open. But on the bright side, it's an easy way to pretend to be Darth Vader.

#### 5. ... But Changes in Weather Won't Give You A Cold Or Weaken Your Immune System

There's one big thing that temperature changes don't do: they don't create more colds or weaken the immune system. Warming or cooling weather can create problems, but it's not responsible for viruses themselves or your susceptibility to them (if a cold pops up during a weather change, it's more likely due to shifts in behavior that expose you to viral carriers). The cold virus can replicate more rapidly at colder temperatures, so you're more likely to get ill once temperatures drop and stabilize there.



## **Does Weather Affect The Mood Of Your Pet? How To Keep Them From Feeling SAD!**

By: Wendy Diamond

We all know that our moods can change as quickly as the weather outside. And it's actually been proven that as the seasons come and go, they take our happiness with them. Studies have shown that twenty percent of Americans admit to feeling more depressed during the winter time; a condition that has been given the name of 'Seasonal Affective Disorder (SAD). Even though cuddling with a pet is proven to raise your spirits, what happens if your pet is in a bad mood too? What makes this even more complicated is that it's been found that pets are affected by the seasonal changes as well. Yes, it's true, ladies and gentlemen: pets can get SAD too.

According to Dr. Nicholas Dodman, a veterinary behaviorist, professor at Tufts University, and author of several books, "Everything in the psychological or psychiatric arena that affects people is eventually discovered to affect domestic animals. Knowing this, it would be very surprising if SAD didn't exist in animals." According to a survey by the People's Dispensary for Sick Animals (PDSA), a UK Veterinary charity, as many as one in three dogs owners have noticed the depression-like symptoms of SAD in their dogs and half reported that their dogs slept more in the winter months, another warning sign of SAD. Additionally, one in three cat owners said that their cats seemed "sadder" and less energetic. The PDSA states that animals who suffer from SAD are likely to display symptoms extremely similar to that of their human counterparts, such as depression, lack of energy, and fatigue.

Scientists have discovered that SAD has to do with the hormone melatonin, the chemical responsible for natural sleep. It is produced by the pineal gland, also known as the "third eye." As your retinas pick up light, it connects through tracks to your other brain structures and to the pineal gland. So, when there's a lack of light, these structures are not being stimulated and your melatonin production increases. And experts now believe the same process can affect animals in the same way. Symptoms include suffering from aching tiredness, sadness and different or strange eating patterns. In a past study, led by Ohio State University's Randy Nelson, hamsters displayed signs of depression when subjected to low levels of light. The 101 hamsters (53 males, 48 females) lived for 60 days in several containers. Some were exposed to 16 hours of light (long, summer days) and others, eight hours of light (shorter, winter days). At the end of the study, Nelson found a clear connection to the level of anxiety and depression and the total hours of light the hamsters were exposed to.

However, since we can't very well have an effect on the lack of daylight that occurs during the winter months, we have to come up with loopholes to keep our pets from getting depressed!

Dr. Jeff Werber, a renowned veterinarian and pet parenting specialist, has a few tips as to how to combat SAD before it takes over you and your pet's life:



### 1) Go for a run

Take your dog out for a brisk walk or jog; physical exercise is proven to release endorphins and ease stress. It will also keep them from getting stiff and sore from the cold weather. (Note: it is best to do this in the middle of the day since that is when there is the most sun and warmth. If you have to work during the day, consider hiring a dog walker for the days you're busy.)

### 2) Bond with your dog.

Make sure to take the time every day to bond with your dog. Play a game of fetch, tug of war, soccer... preferably something active though, so you can get both their circulation and mind working. After doing something active with your dog, feel free to relax in front of the TV or read a good book with them. Dogs need attention and affection, especially in the winter with SAD is looming over them. Stop it before it starts by giving them no reason to seek out the attention they crave.

### 3) Decrease the food.

If your dog is not as active in the winter, and there's no way you can make sure that gets up and moves, remember to decrease his food intake by 10%. This will help prevent him from gaining weight during the winter as he spends



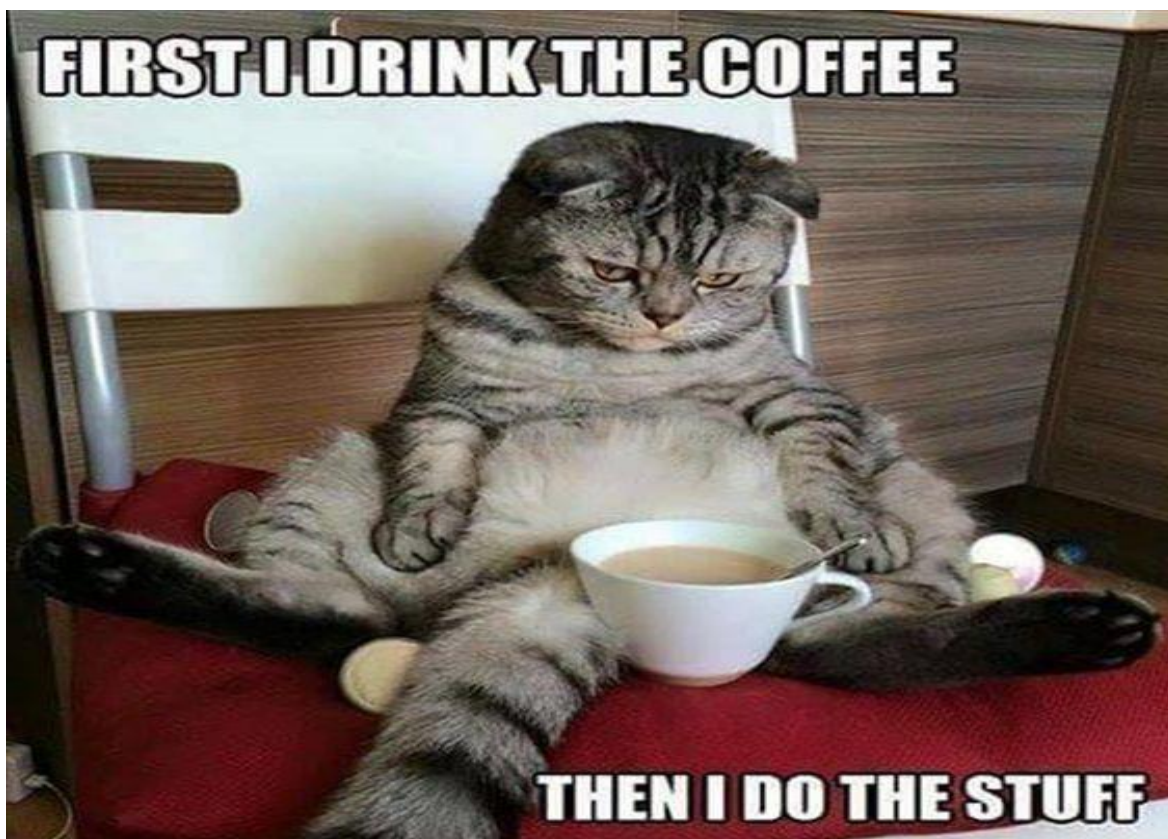


more time eating and snoozing than romping around the yard using that food as energy.

#### 4) Buy a Light Box.

This genius contraption, invented by Max Marvin, is a box that copies the sun by radiating artificial light to an indoor space. Known as the 'Sol Box', this light-therapy device is a version made specifically for cats and dogs suffering from a deprivation of sunlight. The special version is on the more expensive side, but you can get artificial sunlight bulbs and cheaper versions of regular light boxes to fulfill the same purpose.

Nobody wants to be depressed; neither you, nor your pet. Make sure you stay on top of your game by adjusting your schedules to fit what you can and can't control.



# HEALTHY EGG MUFFIN CUPS

By: Trevor and Jennifer



\*Start by chopping some veggies: red pepper, green pepper, yellow onion, mushrooms, and baby spinach! I like chopping everything pretty small, because I'm not a fan of big chunks, but the size of veggie is up to you! Now mince some garlic and crack the eggs! I used 4 whole eggs and 4 egg whites. Whisk the eggs together in a large four cup measuring cup and set aside. I like whisking the eggs in the measuring cup, because it makes pouring the mixture into the muffin tin easier later on!

\* Now, heat a non-stick pan over medium heat. Once hot, add in olive oil. Then add in the red pepper, green pepper, yellow onion, and a pinch of salt. Sauté for about 5-7 minutes, or until the peppers are tender. Add in spinach and mushrooms and cook for another 2 minutes. In the last 30 seconds, add in minced garlic.

\* Taste and re-season with salt if necessary! Pour the cooked veggies into the whisked eggs. Stir to combine. If you like, you could even add in a little hot sauce.

\*Preheat the oven to 350 degrees F and grease a muffin pan with cooking spray. Pour the egg/veggie mixture evenly into the muffin pan. You'll have enough for all 12 muffin slots!

\* Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.

\* Let cool in the pan for a few minutes, before removing! Serve immediately or let finish cooling on a cooling rack. Store in an airtight container in the fridge for no longer than 4 days. You can, however, store these individually in the freezer! To thaw, remove from the freezer the night before and store in the refrigerator. Then just pop it in the microwave in the morning until warm.

