

Natural, Non-Toxic Foods & Nutrition To Be Healthy Always

Every one has the RIGHT and RESPONSIBILITY to be healthy always. A healthy diet, natural medicine and antioxidants has always proven to be critical in our quest to be healthy always. The links on this page will help you understand the positive impact "Antioxidants" may have on our body to maintain our health and wellness. You will also understand how the "Out Gasing" of carcinogens from home cleaners and cosmetics, and "Trans & Saturated" fats - which we are all programmed to consume daily -, are compromising our health and wellness. Our body's inherent ability to heal itself is seriously affected in this environment. Hence the urgent need for antioxidants, natural medicine and natural supplementation. Several research had demonstrated that although the human body was created with its own ability to heal it self, we must understand that toxic chemicals including man made antibiotics only continue to weaken our body's natural defence, (our immune system), thus exposing the body to all diseases. Cancer has doubled since the 1950's. The exposure to toxic chemicals in the home via cleaning products, and personal care products, including cosmetics has more than doubled since the 1950's. Asthma in children has increased over 400%, and it is amazing how nothing serious is being done to find out why. There are more laws regarding the label listing on hazardous chemicals in the work-place than for the same toxic chemicals being used in the home. According to the EPA "indoor air pollution is the nation's most important environmental health problems".

About the Author

Includes descriptions of wildlife areas for six regions of the state, directions to each site, viewing tips, upcoming events, tours and trails.

Source: <http://www.productsherbal.com>