

Coaching you to your B.E.S.T. Life:

Balanced, Energized, with Stamina and Toxin-Free

During May we celebrate Earth Day and Mother's Day. What do these two holidays have in common? They are both reminders of the blessings in our life that sustain, love and care for us. We have a responsibility to protect the very sources of our food, shelter, nurturing and support and to give back in any way that we can. To honor the Earth, we must keep our planet environmentally safe and healthy. And, to honor our mothers and all they did to help us be the best we can be, we have a duty to keep ourselves safe and healthy.

This month's newsletter will share information about how to help protect the earth and how to keep yourself toxin free and healthy. Enjoy, and remember, the earth and your body are both sacred - take care of both for long, healthy life.

Rebecca Cohen

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Your Wellness Coach, Rebecca Cohen

SPECIAL NOTES ABOUT COACHING

Individual wellness coaching is done on the phone at your convenience. This approach not only saves you time and money, but it also is very effective and focused so you achieve your goals faster.

If you have a small group of friends who all would like help reaching their wellness goals, we can arrange group coaching (fees are reduced for groups). Groups are conducted face-to-face.

SPECIAL NOTES ABOUT MY SERVICES

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HOW TO GREEN YOUR BUSINESS ENVIRONMENT



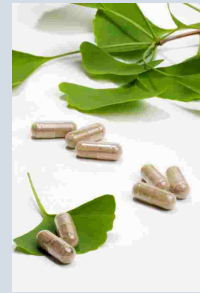
Whether you work for yourself in your home, or for a business in the community, you can help reduce global warming pollution, preserve forests and biodiversity, and keep our air and water clean with just a few changes in daily functioning! And, best of all, you can help protect the bottom line because environmentally responsible businesses are efficient businesses.

Here are a few simple tips to help you get started on creating a green business environment:

Use Better Paper and Less of it

- Buy copier paper with a minimum of 30% postconsumer recycled content (100% is best).
- Photocopy on both sides of the paper. Use the blank side of printed materials for creating draft documents. Email reports instead of making printed copies. Use outdated letterheads and forms for in-house memos or post memos in central locations.
- Collect used paper separately for recycling. Also, recycle aluminum, glass and plastic.
- Stock bathrooms with postconsumer recycled tissue products.

NATURAL' DOES NOT MEAN 'SAFE'



Sometimes people think that if a product is made from herbs and flowers, it must be safe. This is not always true--Digoxin, a heart medicine, is made from a plant.

Natural supplements are still unregulated in the United States. There is a wide range of potencies and purities among these supplements so even though a bottle is marked "150mg" of St. John's Wort, or ginseng, you might not be getting that amount. Also, many prescribed medications have dangerous interactions with supplements. For example, St. John's Wort interacts with a number of medicines including other anti-depressants and the blood thinner Coumadin.

Here are some tips to use supplements wisely:

- Don't buy a natural substance just because you saw it in an interesting article or informercial.
- Buy supplements only from well-known manufacturers.

Get Energy Efficient

- Contact your utility company for a free or inexpensive energy audit.
- Turn off lights and unplug electronics after hours. Even when electronic equipment is switched off, it stills pulls electricity if it's plugged in. Use a "smart" power strip that turns everything off at certain times of the day.
- Set computers to sleep and hibernate when inactive. Get rid of screen savers which can use up to \$50 of electricity in a year.
- Use energy efficient light bulbs

Cut Water Waste

- Install faucet aerators and low flow toilets
- Check for and fix leaks

Create a Greener Working Environment

- Assess all products used throughout the business for toxicity and buy non-toxic alternatives (examples are Seventh Generation and Shaklee products).
- Use air purifiers (an example is the Oreck electronic air purifier which captures and destroys bacteria).



CHEMICALS YOU SHOULD ABSOLUTELY AVOID

Monosodium Glutamate (MSG):

Did you know that the purpose of MSG is to trick your tongue into making you think a certain food is high in protein and, thus, nutritious? It also makes bland, cheap or "somewhat spoiled food" taste good. These effects are produced by the free glutamic acid which is in the form of monosodium glutamate.

As more and more people ask that MSG not be added to their food, the restaurant and food industry (who want to use this product to make food taste better than it is) have responded in an interesting way. The food industry created multiple products that also contain glutamic acid but have different names (e.g., *whey protein, hydrolyzed protein, yeast extract, calcium caseinate, gelatin, textured protein*, and others). The restaurants can tell consumers that "No MSG is added", which means not by them because it is already in the processed food.

- Look for the "USP" label from U.S. Pharmacopeia (a quality testing organization)

FOODS TO AVOID OR LIMIT WHEN PREGNANT OR NURSING

The bacteria listeria, the metal mercury, and the parasite toxoplasma cause particular problems for pregnant and nursing women. Therefore, it is important for them to be careful about the foods they eat.

- Never eat raw or undercooked meat, poultry, fish or shellfish
- Avoid types of fish that are high in mercury such as swordfish, tilefish, shark and king mackerel
- Avoid all soft cheeses (e.g., feta, brie, camembert), blue veined cheeses, and spanish cheeses like "queso blanco" and "queso fresco".
- Avoid all alcohol consumption
- Limit caffeine intake
- Don't eat unwashed fruits and vegetables
- Never eat foods that contain unpasteurized milk
- Don't eat hotdogs unless you cook them at home and they are steaming hot

The problem is that glutamic acid has been shown to affect the nervous system, injuring and sometimes killing neurons. The result can be brain lesions, seizures, stroke, Alzheimer's, and other diseases. In addition, many people who have experienced the "Chinese Restaurant Syndrome" know that it can cause numerous breathing, heart, blood, digestive, and skin problems. There is debate about the findings, but most of the research definitely points to avoiding MSG and other glutamic acid products as much as you can.

Aspartame ("Nutrasweet"):

This sugar substitute contains aspartic acid, which is called a "structural analog" of glutamic acid (see above for MSG) and causes the same toxic effects.

Triclosan (Microban): an antibacterial agent

This disinfectant is showing up in hundreds of common consumer products and is raising serious cause for concern (check your kitchen and bathroom cleaners that say "antibacterial"). The main, active ingredient is triclosan, a synthetic antimicrobial agent. Studies have linked triclosan to a range of health and environmental effects including:

- skin irritations
- allergies
- bacterial and antibiotic resistance
- dioxin contamination

Triclosan is in:

- toothpaste
- cosmetics
- plastics
- deodorants
- antibacterial soaps
- textile products
- tons of other products

The biggest concern comes from reports that triclosan (in any form), when exposed to sunlight, can transform to dioxin. If you remember, dioxin was used in Agent Orange during the Viet Nam War. There is no dioxin "minimal dose" of exposure for humans-- the tiniest amount can cause damage and our bodies have no defense against it. And, even though you are exposed to triclosan for only 20 seconds, it continues to work for as long as 12 hours after use. To see a list of many of the products that contain Triclosan and alternatives to its use, go to: <http://beyondpesticides.org/pesticides/factsheets/Triclosan%20cited.pdf>

(Lysol uses chemicals, but not Triclosan. Environmentally safe products such as Shaklee and Seventh Generation are excellent)

THE DANGERS OF GRAPEFRUIT JUICE

Many patients take their medications with juice, and very often the juice is grapefruit. Research has shown that grapefruit juice interacts with some medications in a negative way and can cause dangerous consequences.



If you are using a prescribed medication, always check with your doctor to see if it is grapefruit sensitive. Generally, it's wise to take medication only with water, especially the following groups of drugs (they are known to have reactions with grapefruit juice):

- depression
- blood pressure
- cholesterol
- anxiety
- sleep
- asthma
- birth control
- hormones

YOU NEED TO BE A SMART PATIENT

To be a smart patient, you can't be passive; you need to ask intelligent questions and have the instincts (and the guts) to politely challenge things that you don't understand. Smart patients are practical about their limits. They know they don't need to know all the technical medical details about their health problems and they know the health team doesn't always know the answers. Your entire team, including doctors, nurses, specialists, pharmacists, family members and YOU, works together as detectives to come up with a diagnosis and a treatment plan. Here are a few questions to help you become a SMART patient:

Where should you sit in the ER waiting room?

1. on the seat near the ER nurse so he notices you
2. anywhere but near the vending machines
3. on a plastic chair rather than a cloth chair
4. on a pillow, because you're going to be there for a lot of hours
5. in earshot of the double doors leading to the treatment areas so your moaning and wailing will not go unheeded

The answer is 3-- plastic is easier to clean and in an ER, that matters.

The best protection against hospital infection is:

1. making visitors wear masks
2. taking 10,000 mg of vitamin C each day
3. paying extra for a private room
4. being obsessive about asking every person who treats you to wash his or her hands
5. going to a hospital in a high altitude area, such as Denver

The answer is 4-- this must be a non-negotiable move.

The most germ ridden object in your hospital room is:

1. the flush handle on the toilet
2. the food tray
3. the doorknob
4. the TV remote control
5. you

The answer is 4--this is the filthiest thing in the room!

THE MYTH OF COOLING LEFTOVERS

The FDA has gone on record as saying that leftover food, especially meat, should be refrigerated immediately after serving and should never be left out to cool for more than 2 hours. Food bacteria can double every 30-40 minutes. Store leftovers in a refrigerator set at 40 degrees or lower and divide large quantities into smaller portions for quicker cooling. Never reheat leftovers more than once.