

Caption: Environmental scientist Matthew Turner and Olympic skier Suzy Chaffee at "Biosphere 2" at Oracle, Arizona, where they realized that detoxing Biosphere 1, Planet Earth, is our only option to survive and thrive.

Top 10 Toxins To Uppreen In Home to Balance Weather and Snow To Cut Cancer in Half, Give Athletes a Winning Edge, Create a U.S. Golden Age

A Meeting of Minds of Scientists and Native American Elders

By Olympic skier Suzy Chaffee

After proudly starring in the "**Suzy Chapstick**" commercials that spread the joy of sport, I later discovered, thanks to the *The Daily Show* laughingly accusing me of causing "Lip Addiction," that "**petroleum** in personal products robs moisture and is banned in Europe as carcinogenic. While I had intuitively urged the company to use natural emollients back then, more are now offering all natural or organic versions as Americans are waking up to our bigger toxic reality, like the Travoltas loss traced to a toxic chemical carpet.(p.13)

I got really wise to the dangers of 'greenwashing' (green lies) after finding I had **elevated cancer cell levels** a year ago, though we all have *some* cancer cells. Fortunately, Sedona's (AZ) environmental scientist hero, Matthew Turner, a fellow New England-born skier, clued me in on the most damaging chemical ingredients - like hormone-altering fragrance and parabens - often tacked on to green sounding products. This blond was in toxic shock when I learned there's **82,000 hazardous chemicals** and our EPA (Environmental Protection Agency) **has banned NINE, Walmart** having higher standards, why '1 in 3 Americans has cancer.' MsNBC said, "By 2010, it may be **No.1 killer worldwide,**" but we can prevent that by following Europe's wise lead.

The European Union (E.U.) investigated toxins in homes after their press brought to light that, "**Europe's average home is swimming in a 'cocktail of chemicals'** - linked to allergies like asthma, cancers, infertility, ADHD/ADD in children, and hundreds of diseases." **E.U. banned 1,100, including in 2003, 320 pesticides, some shrinking penises** (p.7), and in 2005, **all carcinogens, mutagens and reproductive toxins from use in cosmetics and hair dye.** To protect their citizens, they're banning toxic American exports.

MAINE ADOPTS E.U. TOXIN STANDARDS!

"Because of mounting concerns in the U.S. over chemicals found in everyday products, and to fill a regulatory void left by the EPA, in 2008, the Maine Legislature became the first and therefore model state, to put into law regulations similar to the E.U. The state now "has authority to broadly identify and investigate chemicals of high concern in consumer products, particularly those that may reach children."

Also wanting to help ensure that our beloved skiing goes on for generations, Turner showed me the *LA Times* expose about California's Air Resource Board (CARB) scientists finding that **toxic gases from synthetic ingredients in products poison us in our enclosed houses, then escape to become the No. 2 contributor to smog in our cities next to tailpipe exhaust.** Scientists and North American Elders, our 'Best Caretakers,' agree this pollution is a major contributor to snow and rain droughts, fires, and melting glaciers, with half the world's population living 62 miles of coasts. *LA Times* - <http://mindfully.org/Air/2003/Home-Chemicals-Smog9mar03.htm>

To help Americans be heroic Earth Guardians of a Golden Age, Matthew and I simplified the "Most Unwanted Chemical Ingredients" down to the following "Top 10," to make it **easier and affordable** for everyone to make a HUGE contribution. **Every time we shop,** we can restore the magnificent temples of our spirits and enhance natural snow and weather for recreation, while keeping America's water as pure as possible!

ROLE MODEL NOBEL LAUREATE SKIER

Everyone cannot move to Maine or Europe to give their children a chance at a healthier life. To make lip addiction amends and in gratitude for my cancer cells levels normalizing three months after switching to all natural products, thank heaven, I am sharing this science and trade secrets we have collected.. Also having had a brush with cancer, the following is what Stanford's **2007 Nobel Laureate Climatologist, Dr Stephen Schneider, a skier who bikes to work,** does for cancer and pollution prevention. Thanks to California officials blowing the whistle on this life risking chemical cover up, we hope this research finally spotlights this little known MONUMENTAL solution. And like an Olympic Torch Relay, it lights your fire to pass it on to

your friends everywhere. Sports/relays prep us to speedily handle emergencies like this to save lives! **European swimmers** passed on vital info to us at the **1984 LA Olympics**, when they notified officials they wouldn't swim unless we replaced our (neurotoxic) chlorinated pool water with oxygenated, and now we are learning why: Please **PRINT this page** and bring **reading glasses** to stores to ensure what you buy yourself and loved ones are "Earth, Children and Weather Friendly," and void of these most toxic chemicals:

TOP 10 TOXINS TO AVOID TO MAKE OUR HOMES SAFE HAVENS

1. **Hormone-enhanced foods** (in chicken, beef, fish farms, dairy) & **Pharmaceutical flushing** – **Hormones altar control of every body function.** The human growth hormone used to fatten up livestock, is fattening up Americans. Added to the accumulated build up in our bodies (and Nature) of hormones in synthetic fragrances, beauty products, foods, fluorinated tapwater, pharmaceutical dumping, and even in mothers' milk, many **babies** are developmentally challenged and even **8 year olds are developing breasts and having babies.** Many moms are concerned that their daughters and themselves, even slender ones, are growing heavier uncomfortable breasts, some wanting breast-reduction surgery. First educate girls with this kind of info, be good role models, watchdog purchases, and shop at hormone-free stores, like **Whole Foods** (but always read labels). Eat only hormone-free foods. **Ben & Jerry's Ice cream** led banning of **rBGH hormones** in the dairy industry.
2. **Herbicides & Pesticides** - may have dioxins that alter DNA of Man & Nature long term, related to ADHD/ADD, skin damage, "penis shrinkage/low sperm"... Stop spraying indoors, plus lawns & gardens as it blows into our homes & neighbors. Use green alternatives and detox homes of Top 10 instead of medicating children for ADD. Eat vibrant local-grown sweeter pesticide-free/organic foods.
3. **Synthetic "Fragrances/Perfum/Scent/After Shave/Colognes** -altar hormones controlling all body functions why rise in Viagra/Cialis. Use subtle, like Nature, potent "Essential Oils" of flowers & herbs.
4. **Protect Developmental Growth of Babies** - Use green alts to carcinogenic talcum powder, shampoos w Quaternium-15, sodium lauryl sulfate, propylene glycol in birthday cakes, thalates/lead in toys, paints/nails polish, chem carpet cleaners, Air new carpets/use natural ones, no hormones!
1. **Mercury** (in "silver" dental fillings, fish, "Thermasol" or aluminum preservatives in vaccines)- neuro-toxin **robs oxygen** in cells, especially heart & brain, making us vulnerable to hundreds of diseases, including **fetal brain damage, autism, lower IQ.** FDA warns dentists they'll be sued if they don't warn patients. Use healthy white resin fillings, limit fish to once/week, natural preservative vaccines.
6. **Synthetic dyes** in food, hair, mouthwash & toothpaste are carcinogenic. Hemp, H Peroxide are safe.
7. **Parabans** used as preservatives in beauty products – create possible breast cancer risk by mimicking estrogen hormones. As a result of cosmetic companies targeting 3 year olds girls, as teenagers they use twice the beauty products as adults. The paraban build up is causing onset of **hardening of the brain in teen girls** affecting their ability to learn languages, sports, and musical instruments. By age 60, women have absorbed 30 lbs of beauty products in our skin, bloodstreams, hearts and lungs. Oxybenzone Octinoxate in sunscreens also mimic estrogens. I.e natural alternatives.
8. **Drinking tap water** – Because a combo of traces of these Top 10 toxins, added to hospitals and people flushing pharmaceuticals down drains and excreted from our bodies, and farmers spraying fields, which all go into our aquifers, we must drink bottled water and put filters on faucets. Spring water, oxygenated and reverse-osmosis purified waters are good. Midwestern tap water is lowering men's **sperm count** from corn farmers using the herbicide Atrazine on weeds. High **chlorine** levels in tapwater have caused **miscarriages, and fluoride causes bone loss.** To restore **bee populations** for World Food Security, replace pesticide Imidaclopid that gets into rain for years. Waipuna Hot Foam is a NZ eco-friendly weedkiller. Crop rotation and Native plants enhance pest-resistance.
9. **Processed sugar** and high fructose corn syrup (HFCS) - **are related to diabetes, obesity, alcoholism, and Johns Hopkins Hospital found that 'sugar feeds cancer.'** PTA's across America have found that eliminating sugary soda machines reduces crime by 65%, plus ADD. Because synthetic sweeteners may be carcinogenic, use natural sweeteners that stabilize blood sugar like **Stevia and Turvia**, an extract of it that Coke & Pepsi are starting to use. **NuStevia** tastes best. See film.
10. **Commercial synthetic grease cutters**, like ethylene-based glycol, "classified **hazardous**" by EPA, carcinogenic **terpenes** (chemicals in "lemon & pine oils"), detergents like *Tide*, and fabric softeners – toxify Man, aquifers & kill marine life. Alternatives: 7th Generation, Dr Bronners, vinegar, lemon..

The following is more compelling quality-of-life and life saving information on each major toxin. Feel free to jump to the numbered toxins (over the next 23 pages), whose dangers you may not

already know. Or perhaps read 2 pages a day so you can retain more about of our 'mind-blowing' American reality, but thank God many have seen the light and are waking up others.

Already in 1997, there was “an explosion of an estimated 37.5 million people experiencing allergic reactions /sensitivities. The first warning signs may be from sneezing to watery eyes, chronic headaches, fatigue, memory loss, nausea, dizziness, and worse. There was also a shocking increase in illnesses from our chemically saturated environments. Already 100,000 veterans had registered as sufferers of (chemical-related) Gulf War syndrome,” according to Peter Radetsky’s *Allergic to the 20th Century*. Because our leaders didn’t act and the full implications and far-reaching effects that have been mainly gagged in much of the press by advertisers until the *LA Times* story, millions now also have a new disease called ‘Multiple Chemical Sensitivities’ (MCS).

MCS - LIVING IN A BUBBLE

People with MCS are so allergic/sensitive to especially synthetic perfumes, detergents, carpet cleaners, new paints...that they are forced to stay at home in a lonely toxic-free bubble-like environment, not unlike the Biosphere 2 Experiment. Some uninformed or unethical doctors still further harm these sufferers by labeling their symptoms as psychosomatic, instead of getting to the toxic root. And **while the E. U. and Maine finally did something to especially protect their developmentally sensitive children, America has not.** Here is how you can easily and affordably turn around most of our our epidemics, including ADHT/ADD in kids.

KIDS AND PETS MORE NATURALLY MELLOW

Detoxing our homes of poisons will make it a lot easier on moms and families by mellowing out our supersensitive children as well as pets, why many act crazy, pacing back and forth, foaming and drooling. Some dog manuals even warn owners they are chemically sensitive.

STRATEGIC PLAN

The following is a strategic plan of how Americans can save ourselves – our health and our environment as we are One, as well as economic through “Green Economics,” which is booming in even in this recession. Together we can by taking an active role in our communities, this new administration, including watch-dogging, and as sovereign beings, by simply transforming our most critical environment, our homes, into happier safe havens.

FDR turned around his economic challenge through “bold persistent experimentation, and if it doesn’t work, admit it and try something else.” In that spirit we can together also solve our economic and eco crisis by first detoxing our homes to restore our clarity and genius! Ethical scientists admit that the “Chemical & Fossil Fuel Experiments” that started 70 years ago, have brought us to the brink... Native Elders agree that going back to natural products ASAP is the key to restoring Mother Earth and humanity. Here’s more about the 10 bold steps we can make that I collected from the brightest and the wisest:

SAY A PRAYER THAT BOBBY KENNEDY JR. HEADS EPA

As voters, we just together created a healthier change of direction in America, by making 'compassion in fashion.' Through prayers and serious watchdogging, we have a great opportunity to help ensure that President Obama is working for “the People,” for a change. As consumers, we now have the power to change the environmental direction of the US. We still have a chance for a comeback thanks to the Kyoto and Sierra Club’s ‘Cool Cities,’ Maine, the Elders and each of us wisely making up for the missing political protection. Please pray with us that Bobby, who is on the short list as a Director of EPA, gets that critical position so we can get into high gear as we must. As a founder of the **RiverKeepers Alliance** and Sr Council to the ‘Earth’s Best Defense,’ the **NRDC**, Bobby has been the greatest protector of our America’s rivers, bays and therefore oceans from profit motivated polluters, next to the First Americans, who once had a population of 50 million. At Bobby’s celebrity Ski Event in December at Deer Valley with **Olympians Steve Mahre, Picabo Street (Cherokee) and Tommy Mo**, to benefit his 195 full time RiverKeepers in the US and many countries, he said, “Corporations that we used to sue, some for billions, are now asking us what to do, because **green economics is up.**” This trend in the economy was corroborated on “60 Minutes” by California **Governor Arnold Schwarzenegger**, who just hosted a World Summit on Climate

Change where his state and almost 10 countries agreed to reduce emissions by 30%. As a result, both said they are **'optimistic.'**

ATTENTION!

Some of the biggest name cosmetics companies have toxic-free lines in Europe, yet include the toxic ingredients in the American versions. Like me, most of us 'blondly' trusted that our government would 'mainly' protect us. This blatant poisoning of American citizens, when they know better, tells us that self regulation in the U.S. is not an option to protecting our health and cutting pollution, so citizens need boldly insist that the EPA or their state immediately adopt the toxic standards of the E.U and Maine. Through focused awareness, we can transform ourselves from being 'one of the **World's Greatest Polluters**' to a **'Shining Green Model'** that ripples around our 'New, Improved Glorious Planet.' As Obama says, "We have a lot to do, including sacrifices and inconveniences, but together we can." French President Sarkozy said at December's E.U. Eco meeting he chaired that, "since Obama holds the environment close to his heart, we cannot let our high E.U. standards slip." Sure some corporate profiteers may be initially pissed, like Europe's, to have to change a few ingredients, but now Green Chemistry is booming there and like ours even in this economic climate! **Changing ingredients is much easier than changing planets!**

WAY TO SAVE MONEY WHILE RAISING AMERICANS IQ's BY 30 POINTS

When the **U.S. Center for Disease Control (CDC)** tested Americans recently, they found that most were shocked to learn they were walking around with **148 chemicals in our bloodstreams** that they weren't aware of and didn't ask for, with only nine chemicals banned out of the 82,000, since the EPA was founded in 1976. Our toxified minds are partly responsible for the choices we have been making and why **one American has a carbon footprint equal to five people in other countries.** By detoxing ourselves, raising awareness and watchdogging corporations and our political leaders, we could even quickly surpass Europe's standards. That's healthy competition! Since these toxins also robs our energy, living in a pure environment can give us, leaders and athletes, a winning mental and physical edge more dramatic than any drug! Ethical scientists say by eliminating mercury (silver) fillings, along with aluminum in vaccines, and fluoride and chlorine additives in our tap water alone, like other countries, would **raise the IQ of Americans by 30 points to help streamline solving our highly complex world economic and environmental crisis.** Because we have been allowing corporations to make billions poisoning us, **our children rank 15th or 'AVERAGE' in the world in math and science,** despite higher education budgets.

Now that Mom's Against Mercury successfully sued the FDA to diminish the use of dental mercury, by also eliminating putting fluoride and chloride in our tap water like Europe and Asia, we could raise the IQ of Americans by 30 points, while saving our healthcare systems half a trillion of unnecessary illness and production losses.

NO EXCUSES

Thanks to E.U's higher, stricter green standards (led by REACH), vision and integrity, if you buy cosmetics in Europe or America, like *Dr.Hauschka*, you get these same toxic-free beauty products." Leon Kieding, a Swedish Journalist student wanting to rent a room at Tucson, first asked if roommates use natural products, and if there was a water filter for our fluoride and chlorine. Yet thanks to bans by the E.U and Maine, demands by enlightened U.S. consumers, and the Green Chemistry boom, **there are many affordable healthy ingredient alternatives to the Top 10 Toxins, so there's no excuse** why American companies do the right thing. Executives of leading corporations are already studying this Top 10 list. Rick Chaffee Phd, my Olympic brother, just told me that he includes this information in his corporate eco ed course he designed called, "The Race to Save the Planet."

DEADLY CHEMICAL REACTIONS

Going green which forces our industries to go green is an emergency because scientists say that much of these 82,000 chemicals used in the marketplace are also reacting with each other in a similar way that prescription drugs can fatally react. Knowing this, doctors and pharma go to great lengths to test for reactions to protect themselves from huge lawsuits. **The resulting reactions of these toxic chemical is the main reason our oceans are dying,** experts say, as these toxic chemicals are in everything, including **fertilizers** of world farmers. Added to gases from the chemicals in our homes, fossil fuels and industries

heating up the atmosphere and then the oceans, our coral reefs, spawning grounds for coastal fish, are dying, which is a major food source for man, whales... The January 3, *Economist Magazine* corroborates this crisis point. <http://lawsofnecessity.blogspot.com/2008/12/troubled-waters-economists-16p-special.html>

Even neutral chemicals can react harmfully with each other. Scientists admit, "We have not even tested most of the 82,000 chemicals, much less how they react with each other. It's too overwhelming and costly a process." So far they have found **only 34 of the 82,000 not to be toxic**. As result, many companies have been **paying scientists to test only what they are looking for**, for marketing and sales purposes. Others have been prosecuted for lying about ingredients, why some state legislatures are cracking down. In perspective, if Europeans, with their higher standards, "are living in 'chemical cocktails,'" then Americans are living in 'chemical swimming pools'

COMEDIANS SAVING AMERICA

In February, **Bill Mahre** said on the Larry King Show, that Olympian Michael Phelps was hurting himself more by swimming in chlorinated pools every day, and drinking alcohol, than smoking pot since it never killed anyone. And there are those who would be better off using it than taking organ damaging drugs by getting a pot prescription." Mahre also said, "Baseball great Arod and most Americans are already on steroids because the animal factories pump our food supplies with human grown hormones, a steroid, why he shops at health food stores. He and other comedians, like Chris Rock, thank heaven, have dared to address reality, and Americans are now realizing the depth of deception that has been going on. Plus they have been keeping us laughing while sifting for truths, so we can download this vital information. So instead of getting fearful or depressed, like we get from most news shows, we are empowered to share the truth and boldly act. See how Leno and Conan have been saving American Manhood on p.

PHROPHECY OF MOM'S PURIFYING PLANET

Fortunately more and more moms, the family consumers, are leading the way to switching to all natural products, why business is up for the green health leaders. Moms are finding that by going green, instead of spending their precious time and money caretaking sick kids and husbands, they are better making ends meet and even affording more fun activities together, because they have prioritized keeping their families healthy and happy through turning their homes into safe havens from toxins. There is a prophesy that the **feminine nurturing energy** (in females & males) is purifying the planet.

Here is why the following toxic ingredients made the 'Top 10 Most Unwanted Ingredients': When you go shopping, since there is a lot of fine print on packages, if you forget your reading glasses, like I have, many stores have racks of them. Store personnel can be helpful, like *New Frontiers* in Sedona, as many take the jobs to enhance their own super health:

1. HORMONE-ENHANCED FOODS & PHARMACEUTICALS

Eat "Hormone-free" chicken, eggs, beef, wild fish (not farmed), and milk, to protect all your body functions. Americans, particularly children are already at high risk from the increase in hormone-altering synthetic fragrances in so many beauty, cleaning, and atomizer products (with \$billions in ads), which are surrounding us indoors as never before. Traces are even in the rain and tap water. Because of hormone use, Europe has banned America's beef, as well as milk that is not "rBGH-free" (genetically engineered hormone-free). Canada has also banned these hormone.

HORMONE-FREE HEROES

Led by my Vermont home state's Ben & Jerry's Ice Cream, Americans are becoming aware of the dangers and boycotting **rBGH-labeled milk**, which also hurts cows, farmers, and especially children/girls because they use a lot of cosmetics. But the rise in organic milk sales is evidence that **corporate responsibility is triumphing over reckless greed**. Shifting to more desirable and therefore more profitable organic dairy products, is what saved the farmers in the posh **ski resort, Gstaad, Switzerland**, from having to sell their lands that had been in their families for hundreds of years, to the billionaires. The lands were sacred to these farmers, in a similar way that the lands are sacred to our American Indian tribes.

PREVENTING PRE-TEEN PREGNENCY

A visionary Ski Industry leader suggested, “**Don’t flush prescription or any drugs down the drains** and into our water supply.” AP backed up that importance with their projections that “America’s **4,500 hospitals and 45,000 long term facilities are flushing 250 million pounds a year of pharmaceuticals down the drain** or in landfills, which end up in our aquifers and tap water.” This accumulation of hormones in our bodies and mother’s milk, added to Americans having 148 toxins in our bodies, makes this new generation of fetuses, children, and animal kingdom/Nature, developmentally vulnerable, and has cause mutations in Nature and Man. **According to pharmacists, eight year old girls in some areas (including reservations) are growing breasts and having babies!** See also <http://bodyodd.msnbc.msn.com/archive/2008/04/30/965185.aspx?p=1>

In sharing these shocking findings with my sister-in-law, Heidi Chaffee, a yoga teacher, she added an additional red flag – bless the ‘tell-a-mom network!’ Heidi is a yoga teacher married to my brother Kim, who works for Ametek, which protects us all by monitoring industrial toxins. While working at Saks Fifth Ave, she said that, “At least once a day, a mom expressed concern that her daughter, and sometimes the mom herself, were growing heavier **uncomfortable breasts**, so they needed to buy larger bras, though they hadn’t gained weight, why some even wanted to have breast reduction surgery.” Heidi has been telling them to watch out for hormones in everything. We bemoaned that we almost need to be Nature scientists to survive and thrive now.

AS VIGILENT OF WHAT WE PUT ON OUR SKIN AS WHAT WE EAT?

We salute **Whole Foods Stores** for valiantly eliminating carrying any foods or products with hormonal additives, or any flowers or plants with pesticides. Given the many pounds of moisturizers, cosmetics and hair products with hormone-altering parabens and fragrances, by age 60, women having absorbed 30 pounds of toxins into our skin, bloodstreams, hearts and brains. With an absorption rate of up to 60%. I know I was shocked too! So doesn’t it make sense that we be **as vigilant of what we feed our skin, as what we eat?** (That is why I sometimes put organic Hemp oil, a superfood, on my face.) Some folks opt for ‘De Nial,’ being a river in Egypt, but elevated cancer cells got me into reality fast, which you can avoid.

It is the accumulative effect of toxins in our bodies and Nature that determine our health. Just One too many toxins in our bodies can cause virtually incurable Multiple Chemical Sensitivities (MCS). Because Americans are much more toxic than Europeans, a person with MCS could identify which continent someone is from in a blind test. Likewise too much toxic buildup in the complex interrelationships of Earth’s eco systems, has resulted in freaky weather, droughts, disease epidemics and eco system collapses. Now that we have seen the true colors of many American Corporations, as American and Earth Citizens, we must TODAY start being more vigilant and adopt the tribal wisdom of looking generations down the line to prevent further risk. **The Good News** is when Americans get enough facts, and when we find we have all been misled, used and abused by other industries, we quickly ACT.

Said the Elders to the National Forest Service (NFS) and Ski Area leaders, “as stewards of our lands, you need to also educate mainstream Americans to switch to natural products to protect our air, water, snow, fauna and animal kingdom, or you are standing on the edge of a cliff with rope around you, only it is also tied to us and future generations.”

“WHATEVER WORKS GO FOR IT!” - Nobel Laureate/Climatologist Dr. Stephen Schneider

The tribes just changed the name of our Native Voices Foundation to the Native American Olympic Team Foundation, thanks to emerging talent from snowsports opportunities shared by enlightened ski areas across America. Because these exciting opportunities are helping restore the health and spirit of Indian Country, turning around their 25 year less life expectancy, the Elders, in appreciation, have been partnering with NSAA and Stanford, to help “Keep Winters Cool” and snowy.

Dr. Schneider said in a world story last spring, “It is wonderful that ski areas have been inviting tribes back to ski and snowboard, which inspired them to share their earth-honoring prayers and snowdances for all U.S. Ski Areas, resulting in a “record snow” this season. It would be wise to further explore and expand such cross-fertilization. Because large scale systems affect our complex weather, it is difficult

to say which elements affect the precipitation outcome most, so one needs to work with all sides of the street. **It would be foolish to dismiss anything that helps in this environmental crisis, especially if it costs almost nothing.** So whatever works, go for it." (http://snow-riders.org/info_pages/06300-2008-nobel_prize.html). The Elders recommend a combination of spiritual and practical solutions, like preventing pollution that hits the mountains, which lowers the vibration and natural weather cycles, by going back to all natural products like they still use.

2. PESTICIDE & HERBICIDE Sprays kill bugs, weeds and fungus, but at the great expense of hurting people and the Nature kingdom more, so use effective green alternatives. Even Wal-Mart banned the insecticide Prelude/Permethrin because these neurotoxins also often contain **dioxins**, the "Darth Vader of toxins," related to **Agent Orange, which was developed for biological warfare in Viet Nam.** Some Vets still suffer from them because they can alter the DNA of Man and Nature long term.

Pesticides and herbicides can also cause cancer and kidney failure, and because it **attacks the nervous system, can cause anger, rage, and depression.** Can you imagine what banning biological warfare on ourselves would do to turn around crime, spousal abuse, reduce prisons, and enhance harmony in families, communities and world peace? With crime rising during economic strife, banning them would also save billions in security costs and theft. Banning them will also enhance our love lives on many levels...

PREVENTING PENIS SHRINKAGE AND INFERTILITY

In December 2008, **Jay Leno** revealed a shocker that, "**Pesticides** (like steroids) **cause testicle shrinkage,**" which fits with studies that "exposure to toxins called gonadotoxins found in pesticides, chemotherapy drugs, alcohol and marijuana, lowers the sperm count." So for fertility purposes, steroids and Rogaine are also NOTS. Try natural solutions before either partner uses drugs, and upgrade to a teaming-with-life force organic, or at least a pesticide-free diet plus exercise program to detox.

On January 13, 2009, **Conan O'Brien** also warned U.S. men (and their lovers) that pesticides are causing **penis shrinkage** – also no joke. In the same month, the **E.U. banned 22 substances used in pesticides** that cause cancer, endanger reproduction and our genes, as well as nervous, immune or hormonal systems. They also banned crop dusting and those killing world honey bees. (<http://euobserver.com/19/27399>) And that's after the E.U. already banned 320 pesticides in 2003, because many were found to be related to penis shrinkage. Now we understand why our e-mails are bombarded by more viagra and mail enhancement ads than any other product.

America missed the early warning signals when the Arctic polar bears and hunters were found to have shrinking penises from PCB's (banned in 90's), and now from other toxic chemicals like pesticides. *The Journal of Environmental Science and Technology* "showed **20 polar bear penis bones**, which were recently found to be significantly shorter in bears exposed to high levels of toxic chemicals that settle in the fatty tissues. (Polar bears are now endangered by the man-made part of melting glaciers, pesticides and hunters, and need to be protected by the Endangered Species Act – which the NRDC is spearheading). The same pesticide buildup is happening to a lesser but increasing degree in the fatty tissues of humans." A U of Arizona study found that next to the Arctic Circle, cities have the highest concentrations of pesticides. That fits with a story on Google that showed the average American **male's penis has dropped from 6" to 5.5"** - so now it makes sense why male enhancement and Viagra ads rank No.1 in e-mail spam.)

"EGGS FOUND IN TESTES"

In 1998 *Consumer Reports* warned us about other "disturbing news about abnormalities in animals-- male fish with female sex organs, and frogs with extra legs that scientists found were caused by a class of **chemicals** called **endocrine disrupters** that interfere with or mimic the action of hormones and may upset the normal growth and reproduction of animal and man." The biggest chemical offender, which is altering male reproductive organs, is the herbicide **Atrazine**, which is the second most popular weed-killer used worldwide by corn farmers, in most of Europe and America's tap water. It is not only **lowering Men's sperm count**, especially in the Midwest corn belt, but according to National Geographic's "Strange Times

on Planet Earth," even traces of it has been **turning Leopard Frogs into hermaphrodites - eggs in the testes**. The French Government led the ban of the herbicide in Europe, yet years later, traces are still in their water. Scientists and tribes agree, "What happens to animals will happen to Man." So do we also want to **see more men having babies?** While that might reduce population, creating mutants, including through genetically modified agriculture, especially the corn sweeteners in everything (p 26), is monumentally dangerous to the future of the Human Race.

A popular green alternative to herbicides used worldwide to **kill weeds** and invasive vegetation, is the **natural steam foam system, Waipune**, developed in New Zealand. There's also good ole weed pulling, using C-cide, and growing Native plants that are pest resistant.

EU ministers in 2004, unanimously agreed to ban chemicals in toys causing reproductive harm, (<http://www.euractiv.com/en/health/eu-ministers-agree-ban-chemicals-toys/article-129891>).

Meanwhile U.S. continues to expose our children to **phthalates in soft plastic toys**, which may also **under-virilize boys**: shorter [penis length](#), thinner penis width, smaller and less distinct scrotum, and higher likelihood of [undescended testicles](#), according to the National Center for Environmental Health, May 27, 2005. Phthalates are chemicals that make plastics more pliable. They are also in plastic bags, wraps, as well as in [makeup, shampoos](#), soaps, [paints](#) and [pesticides](#). (http://www.drgreene.com/21_1917.html). Come on guy, lets ban all these toxins to protect our boys!!!!!!! Also recyclable shopping bags to also protect fish from plastic bags.

Through loss of habitat, climate change, and shorter penises, the polar bears and Arctic Peoples were first to be *screwed* by our Chemical Experiment. While the less toxified **European and Maine men had the clarity and balls to stand up for their manhood** and reproductive health of their wives and families, given 8 yr old daughters are having menses, American males who mainly control our government and corporations, only have a moment to literally 'turn the tide' of our sex lives, as well as shorelines through banning these Top 10. It should start with pesticides, Atrazine and phthalates since many U.S. women say size matters, and it could prevent them in time from flocking to Maine and Europe for 'vacations!'

WOMEN'S LIBIDO

While women have more subtle measuring rods of libido, whatever is happening to men's sex drive – the Viagra Era - is likely happening to women, why the multi-billion dollar hormone replacement business is booming. Once you are aware and can easily choose buying products without fragrances, parabens and thalates and 'hormone-free farmed foods, and ideally filter them out of your tapwater, then check out Oprah's website for excellent research sources about balancing and enhancing our God-given hormones. Her wise experts say that natural plant-based bio-identical hormones, including topical ones, are safest and most effective libido lifters. In so doing you are flexing your enlightened buying power muscles to shift to green manufacturing, but at this beyond 11th hour, say the Hopis, we also need to enlightening our DC leaders to ban these hormones and pesticides NOW. Then, like Europe and Maine, we can protect the health of our babies and our God-given virility and joy of sex of American Men and Women. This tip off by Leno and Conan may be their greatest legacy! And if Americans make more love, we'll likely make less war, like Europeans. In 1996, *Skiing Magazine* did a history of sex appeal in skiing. Because I was "at the top of the list," this is my contribution!

2,000 GREEN GOLF COURSES

Led by Florida and Europe, Audubon International in partnership with the US Golf Association in America, has assisted 2,000 golf courses to go green to protect wildlife of Nature and golfers, we now know! By enlightening and insisting that your nearby golf courses go green, you can **eliminate their spraying herbicides and pesticides with dioxins on the one million gallons per day of water each uses** from entering our aquifers, air, and rain, so this pollution doesn't also blow into the mountains, which are precipitation centers, and lower their electromagnetic vibration, which contributes to snow and rain droughts and then **fires**, which further heats up the planet. Given the precious water that golf courses have profited from, they have a responsibility to be better stewards of Nature and golfers. I grew up next to the Rutland Country Club and competed in the Jr National Championships, but I had no idea that we were in harms way

back then. .Ski areas would have more consistent natural snow if their courses eliminated this source of nearby pollution, the Elders say. Can you imagine how much purer America's water supply would be if all golf courses went green? **President Obama and the Congress can streamline cleaning up America's waters by dedicating 1-2 billion of our Stimulus funds to help all US golf courses convert to go green within two years.**

Considering that pure water is priceless to the health of Americans, and Obama said that healthcare is the the biggest burden on the American economy, this should be a priority in the health package, instead of a mere tax incentive. Though greening golf courses and and banning these Top 10 Toxins like Europe, like France, we could afford not only healthcare insurance, but possibly a free healthcare system for all our citizens! The yin-yang (male-female) balanced Egyptian Civilization which lasted 3,000 years, compared to America's 250 years, survived and thrived so long, because they had strict laws against fouling the water and lands!

RESTORING LIFE FORCE IN OUR SOIL

Thanks to his Native American, MD, Physicist, and Naturopathic backgrounds, **Medicine Wolf**, (Mohawk), who befittingly works in Sedona AZ, an Ancient Pilgrimage center, has helped develop a way to restore the micro organisms and life force in poisoned soils. His 'Soil Life' has been tested in many countries, and especially in the Midwest, to significantly increase yield, and naturally fortify pest resistance, on significantly less water. Therefore this could also be an answer to greening America's golf courses, farms, gardens and lawns. (www.Sacredhealth.net)



AFFECT OF DIOXINS ON SKIN AND AGING

Thanks to **Ukrainian President Viktor Yushchenko**, we learned from his 'before and afters, that dioxins can also **damage our skin and age us prematurely**. A year after he was intentionally poisoned with high levels of dioxins, despite massive detoxing, Victor's handsome face remains badly pockmarked. After Matthew Turner united 70 Sedona businesses to replace herbicides along Sedona's main highway with Vitamin C' cide, a woman appreciatively showed me the scars from herbicide blisters that finally healed up her arm.

THE SWEET SIDE OF SWEAT

Therefore it makes sense that a secret to beautiful youthful skin is not using any pesticides sprays, eating organic/pesticide-free produce, as well as purifying our bodies of all toxins in a variety of ways. The Essenes, Scandinavians and First Americans for eons have know the power of purification with their saunas, sweat lodges and colonics. And it was important to do even before we were poisoned by the Chemicals Age Experiment starting 70 years ago. As an athlete with a low metabolism and thyroid, I get cold easy and it is harder for me to sweat, so I have been taking some "Hot Yoga Classes," which I found also clears my skin. Detoxing via sweating, clay treatments, herbal remedies, in addition to pure water and avoiding toxic environments and products, is key to regularly downloading many of the 148 toxins we have accumulated in our bodies. That is why millions of MCS (Multiple Chemical Sensitive) People are told that sweating is a **MUST** for them along with sun baths that kill toxins early or later in the day. Unfortunately babies and house pets don't sweat, so desperately need clean environments to be happy campers and develop naturally.

GREEN PESTICIDE ALTERNATIVES

To get rid of **Moths** - spray the back of shelves with lavender essential oil in water in a glass spray bottle. **Ants** - Follow ant trails. Discover spot where ants are coming into home and dump ground cinnamon on the entrance. **Flies** - Use fly swatters and/or fly paper. **Spiders** - They eat other insects, but for black widows, take a long stick and destroy the web so there's no food and they'll move. Ideally, including with **Scorpions** and **Rattlers**, realizing we are in their habitat, and at the suggestion of an Elder, I do a prayer for them to please move further away from our home for harmony and their own safety, which has worked the next day! **Mosquitoes** - Slather on eucalyptus or Burt's Bee's Insect Repellent, or eat garlic. Preventing **Bugs** from entering buildings is better than controlling, as bugs are important to healthy eco-systems for the same reason that preventing house fires is better than controlling house fires!
(<http://bugsandweeds.com/1.html>).

BAD NEWS - BEES!

Last year humanity faced another crisis, the bees critical for most pollination, and therefore our food supply, have been disappearing worldwide. French Citizens again took the lead and rose up, and for fear of angering the people, their government quickly banned **Imidaclopid**, a pesticide sold under the names: **Admire, Provado, Merit, Marathon, Premise, Premise Plus, Nature, and Gaucho**. Ethical scientists found that after the first year of that pesticide's use, the **French bee industry lost 70% of their bee hives because it interferes with their homing systems** to get back to the hive. It is similar to sonar on the whales. Though Bayer, denies any adverse effect from Gaucho, they are negotiating with the French government to pay to rebuild the French honey bee industry. Flexing our outraged attitudes, like Moms Against Mercury, Raging Grannies, the French, and finally Americans' in our reaction to Wall Street executives using our hard earned bailout monies to giving themselves billions in bonuses, is necessary to restore our physical, financial, and environment health in time!

BEES – A MATTER OF U.S. & WORLD FOOD SECURITY

*Update: According to an [article on SFGate](#), the EPA is refusing to disclose records about this class of pesticides (Clothianidin) that could be playing a role in Bee Colony Collapse Disorder. The NRDC wants to see the studies that the EPA required from Bayer Cropscience. The request was made under the Freedom of Information Act; but refused and the NRDC is now suing for release of the documents.
([GreenLivingtips.com](#))*

SAVING OUR BEES ONE BACKYARD AT A TIME

I found that we can each make a difference in the future of bees. One day last year when we all just heard about **honey bees around the world dying** from losing their way home from the pesticide spraying, I saw a honey bee landed on my hand while sitting in our back yard in Sedona. I was so relieved, thrilled and honored to see one, and found that they don't sting you if you give them love, which was corroborated in "The Secret Life of Bees." I then saw honey bees in the gardens near my yoga class. So I mentioned the honey bee visit to a lovely octogenarian next door, and asked if she had seen any on her property. She said no. So I asked if she sprayed with pesticides or herbicides, and she said, "yes of course." So I said maybe bees would come back if you didn't spray. "Oh no, she said, it's too late to change." Later she shared that she had already lost a breast to cancer.

NEIGHBORHOOD AWARENESS

While Matthew was honored in Sedona for stopping the herbicides spraying along with main highway, and together we replaced the pesticides in City Hall, what your next door neighbors does is even more critical since the wind can blow these Dioxins your way. So humbly, perhaps sharing your wake up call, enlighten your neighbors, neighborhood councils and city councils about the advantages of green alternatives for their families, communities and world.

CAN GET ADDICTED TO TOXIC PRODUCTS!

Hearing time and again irrational excuses not to stop spraying or using natural products, even if we share our life-saving stories, made me wonder why. Many said why bother changing, because they thought it was too late for the planet. They are right because if we give up, it will be over. Granted people need to hear

something a multiple of times for this reality to sink in, considering the brainwashing on TV. But since alcohol and drugs are toxins that people can get hooked on, I realized that people could similarly get hooked on toxic products and DNA-altering spraying, which poison the body, mind and spirit. Scientists found that alcohol and drug **toxins can short circuit the brain to make a person feel that their survival depends on their getting their next drink or drug**, why they can rationalize committing crimes to feed their addictions. Similarly, that is why some people get upset or can go bananas if you say they cannot use their toxic products in your shared space, even if they are aware that the toxic ingredients in them give people around them painful headaches, blisters or rashes. Often people are hooked on the toxic products or cars that their parents used, why parents need to be clean role models now that we know. My dad bought a 4X4, so I bought one. For some giving them compelling science is all it takes to change. For others it takes a health challenge. I gift friends with healthy natural cleaning or beauty products as a kind of intervention. I tell them I hope my gift may speed up their comeback so they can stick around for a long time!

TOXAHOLICS could also be why corporations, who could make more profits now by changing their toxic ingredients to green ones, don't change until forced. Like dentists who have been exposed to too much mercury, these toxins also rob clarity and energy, so change seems like too much work. Like pesticides, mercury also causes anger, why Czar Ivan the Terrible killed his son after drinking mercury, which doctors thought cured syphilis. Given perhaps some regrets, denial of this nightmare seems easier. We are all forgiven for yesterday, but for good karma and your family's health, **do the right thing right now**. If you know something you are responsible.

EAT ORGANIC to further purify the soil, aquifers, wildlife, and our bodies of toxins. What switched me to eating organic foods 12 years ago, is the seminar by renowned Naturopathic doctor, Gabriel Cousins, showing us at our Telluride Awareness Festival, Kirlean Photography of foods. We saw **solar flair-like spikes of energy** emanating from organic fruits and veggies, while the auras of pesticided food were just black. Detoxing and putting this nutritious 'life-force' back into our bodies through eating organic foods, juices, food-based vitamins and supplements, are keys to restoring optimal health. MsNBC just reported that in clinical trials that regular vitamins did not prevent prostate cancer any more than the placebo, but the foods they ate made a big difference. It makes sense that foods and products with vibrant auras would naturally enhance our auras, which can also be seen in Kirlean Photography. Since **moisturizers and makeup in our skin, enter our bloodstream, heart and brains**, putting all natural or organic products on our skin, helps create optimal beauty inside and out, in addition to enhancing our spirits.

HOW FARMERS WERE SEDUCED

For eons, humanity has been blessed with the riches and abundance from the Earth's soil. 70 years ago, a high percentage of farmers were also seduced by the innovative, profitable, but untested Chemical Industry Experiment, and turned away from following tried and true **Nature's Law of Rotating Crops** and **Law of Turning the Soil into itself** and letting it lie fallow to recover and restore its nutrients. Planting the same crops over and over, hopped up (like drugs) with toxic fertilizers and sprays, turns out (misleadingly) healthy-looking produce, but short on Nature's rich nutrients and Life Force, critical for health. While it isn't easy being a farmer, many chose profits over the natural ways, and long term it has come back to bite their sustainable health.

THE BRITS' WIN-WIN SOLUTION

British citizens having finite lands and Prince Charles educating farmers to go back to organic ways, now have a solution that could help restore much of our nutrient depleted American soils. The Brits just voted to require themselves to compost organic foods to also cut back on landfills. Rachel Carson's book "Silent Spring" resulted in banning DDT from American Agriculture, after exposing a cancer epidemic in birds and humans. Yet we have been silent to our government practices that has allowed chemical companies to send DDT to other countries where we buy some of our food! And while we force the Mexicans who want to sell their food here, to treat them with toxic chemicals, we understand that a high percentage of Mexican farmers smartly grow organic foods for their own people.

HAIL NEWMAN'S ORGANICS!

With one in three Americans having cancer, people are waking up. More and more are feeling it is time to

clean up our soils from toxins that kill the micro-organisms critical to the vitamins and minerals that give organic foods sweetness, and our bodies the life force energy and sense of fullness. **We overeat because our systems tell us we are still starving for nutrients after ingesting empty calories.** Hail to leaders like **Nell Newman**, who got some of her wisdom working with the NRDC, and her influential dad **Paul**, for starting an organic trend through their *Newman's Organics* – **bless his soul!** By enlightening each other, we can transform our obese society into Clean, Lean 'Love Machines!' Farmers growing organics should get stimulus monies or at least a major **tax rebate since they can save us a trillion in healthcare and health insurance**, which Obama really wants to turn around this 'fastest growing expense.'

3. Synthetic "FRAGRANCE/PERFUM/SCENT" (code words) – These toxins alter hormones which control every body function in Man and Nature, including our **love lives!** A more enlightened way to attract and enhance our love life and reproductive organs, is switching to magical natural "essential oils" from herbs and flowers. Less is more, so use them *subtly*, like in Nature, on your bodies and homes, as overuse can irritate cell membranes. Some potpourris now use toxic synthetics, so always check ingredients. **Thanks to Americans complaining**, and sales down on synthetic versions, notice that leading companies are advertising room fresheners with healthy "essential oils."

"Keeping homes (synthetically) sweet smelling and ultra-clean, spreads toxic chemicals across every surface," say ethical scientists. Plus Stanford found that "fragrances in household cleaning and beauty products also harm **marine life**," our major food source.

MORE SUZY AMENDS - CHARLEY PERFUME

Thanks to nurse turned philanthropist Sue Miller, sharing a National Nurses Association study on lip balms, I learned about Petroleum in lip balms and other products prevents moisture absorption. And according to brilliant **Stiletto.com** on "**Things that Suck**," I was just shocked to learn that "Petroleum is also a possible human carcinogen banned in E. U., but it still found in American-made personal care products, including under name 'liquid paraffin.'" Stiletto also has affordable **Solar solutions**.

Besides making amends for "**SUZY CHAPSTICK**," I am also making amends for helping launch *Charlie Perfume on talk shows* for Revlon. On the upside, kudos to Revlon for first endorsing women's lib. Charlie was for the "70's Woman who could make it in a Man's world and still be feminine." But I was unaware until I met Matthew in 2007, about the damage that synthetic perfumes do to our hormones, as well as marine life. With more women getting the message, we can restore our dying oceans just as these magical bodies of water have so often restored our beautiful spirits, bodies and dreams. The uplifting negative ions coming off the oceans, hot springs, and other water sources, is why Elders call them 'sacred sites.' So love ourselves and stand up for our beloved oceans by switching to essential oils from high vibe herbs and flowers, as well as green cleaners like "*7th Generation*."

STARS CAN BECOME DIVAS OF NATURE TOO!

There are many stunning, talented stars in perfume ads, who also have had no idea about the dangers of synthetic scents. And that they have the power to enlighten their companies and fans how we can together save the oceans and our daughters futures by switching to God-made, even better smelling, essential oils. If you can help them get that message, the Nature kingdoms, especially birds and whales will sing and dance! In so doing they and you will also become heroic *Divas of Nature and Humanity*. Their awareness can help protect us all from a major source of hormonal poisoning, which especially affects the development of babies, girls, and all marine life. If companies like *Glade*, by public pressure, can convert to essential oils in a year, then any company can switch. And given that green product sales are booming, so will the sales of their magical natural Signature Essential oil blends soar, along with the health and love life of millions. That's Real Diva Power!!

4. PROTECTING CHILDREN'S DEVELOPMENT

This Top 10 List, especially Mercury, fluoride and chlorine in tap water, perfumes, baby-directed carcinogens on page 2, and hormones, have led to millions of children having food allergies, cancer, asthma, ADD, reproductive and brain damage... because of all this toxic build up. The high content of

Arsenic in almost all outdoor wood structures, including for child's play, is also a cancer risk. Children develop the full size of their brains by age 6 - why 'pre-school' programs and learning musical instruments is also recommended.

TRAVOLTA ANGEL

In the 90's, Kelly Preston Travolta revealed on the Arsenio Hall Show her heart-wrenching experience almost losing two year old boy Jett, from his crawling on their carpets cleaned with toxic commercial solvents and detergents. Kelly said she hoped to wake up moms about the dangers of these poisons, as well as new **synthetic carpeting** (needs airing at least a month), because they off gas toxins in the faces of crawling babies.. I.e. green cleaning is critical and **natural fiber carpets** ideal. Just as I was writing this vital story about Kelly's warning, I saw the news story that John and her now 16 yr old son died from a seizure. They believed it was related to that early chemical poisoning, because soon after Jett almost died when he was two, he got Kowasaki Syndrome and MCS. As the son of a greatly beloved **Archangel symbol**, hopefully Jett's passing serves to save millions of children's lives and parental heartache.

NAIL POLISHES

Smelling or Inhaling most commercial nail polishes should be avoided because they include **toluene and formaldehyde**, which even have warnings that "using this product will expose you to chemicals known to the state of California to cause birth defects and other reproductive harm." So especially children and those working in nail care centers – ventilation is critical! Inhaling fumes from nail polish removers can also harm the mind. Use natural water-based award winning alternatives, like *Suncoat*, and non-toxic **Piggy Paints for little girls** at: <http://90210organics.blogspot.com/2008/11/piggy-paint-non-toxic-kid-friendly-nail.html>

IMPROVING U.S. STUDENTS RATING OF 'AVERAGE' - 15TH/IN WORLD!

Ethical dentists even say "fluoride in water does not result in any less cavities, and that babies under a year old exposed to America's fluoridated tapwater mixed with formulas, can even permanently damage teeth, not protect them." Research links fluoride, also in toothpaste when swallowed, to pre-teen menstruation, bone cancer in boys, and weakened bones and reduced thyroid activity. Therefore it is a likely contributor to obesity in America and cause of my low thyroid and 'spongy bones.' Fluoride, like Mercury and Aluminum, can also dumb down children by 15 points each, why fluoride was used by the Nazis in the 'controlled zones, as well as Communist China to also control populations growth.' Together those are some of the reasons why fluoride is now banned in Europe and Asia.

This fits with the Trends International Mathematics and Science Study (TIMSS). The ongoing evaluation of 36 to 48 countries revealed that U.S. students for the last eight years have consistently rated around 15th (average) of participating nations, despite U.S. schools generally spending more. American kids are smart and can develop their full potential and be all that they can be, if we parents educate our statesmen to protect their God-given brains with these solutions with verifiable scientific studies, thanks to Google. By eliminating mercury and fluoride we can raise Americans' IQ by 30 points, to be up to speed with the brain power of other countries for America to stay a world leader and maintain a higher wiser quality of life.

5. MERCURY – Avoid all vaccines, dental and beauty products with even traces of this neurotoxin heavy metal. Because of its "link to autism, North Carolina's house of representatives just banned infants, children and pregnant women from receiving (required in schools) mercury-containing vaccines as a flu shots, 100 to 7." In a NPR story on the dangers of mercury vaccines, **one lawyer alone is representing 5,000 families of children with autism who have filed for damages** from the federal Vaccine Injury Compensation Program. (<http://www.npr.org/templates/story/story.php?storyId=88098454>)

"Thermasol" is code for the mercury preservative in approx 80% of vaccines. Because of hundreds of lawsuits for it causing autism, our 'health' leaders are starting to replace Mercury with something even more toxic, but less known by parents, **Aluminum**. This neurotoxin also harms the brain... See

http://www.fourwinds10.com/siterun_data/health/harmful_products/news.php?q=1233175080. Said Bill Mitchell, a Viet Nam vet who worked for the government, "Aluminum gives people Alzheimers."

Mercury is so dangerous because it **robs oxygen** in cells, especially heart & brain, making us vulnerable to hundreds of diseases, including **fetal brain damage, autism, lower IQ**. The beauty, medical and dental industries have all found healthy alternatives, and can be sued for endangering your life for not using them. Thanks to Moms Against Mercury suing the FDA, they now warn dentists they'll be sued if they don't warn patients of the dangers. Use healthy cool white resin fillings, limit fish to once a week, use only vaccines with healthy preservatives.

Cultures without European stock are more vulnerable to mercury poisoning, as the Europeans developed antibodies from its use in the stiffening of high hats, called 'Mad Hatters Disease.' I stayed with an Indian family during a Colorado Springs Pow Wow and learned that their bright seven year old became autistic after being forced to have shots with traces of mercury in them, which affect Natives more. There is no disease worth wasting a mind for. Hello? Therefore forcing these shots on non-Europeans especially, is a prosecutable crime that needs to stop Now. The removal of silver/mercury fillings using the highest protocols, could help turn that around. For those who don't recover, sizable amends to the family caretakers must be made!!!!

Since our children's education keeps slipping behind other countries, we have heard outrage like: "Our government leaders have been dumbing down (or autism) American children with mercury, especially in vaccines and teeth, to make us more docile slaves. Meanwhile we, the hard working middle class are now bailing out some of the rich CEO's behind this travesty. But Americans are waking up."

Doctors, as well as **Senators Ted Kennedy and Jim Jeffords**, have held press conferences warning Americans not to eat seafood more than once a week, and for pregnant women, no more than once a month, and conservatively, before conception. This could also turn around our **over-fishing crisis**. (<http://www.organicconsumers.org/Toxic/safe-fish.cfm>). There's a list of fish with mercury levels.

"Silver-amalgam dental fillings" are misleading, like product greenwashing, because they are 50% mercury, a dangerous neurotoxic heavy metal, which bleeds into our systems every time we chew. Because mercury steals oxygen atoms from cells, we are strangled from inside, so it is related to hundreds of diseases. Mercury collects in the heart, nerves and brains and has given fetuses abnormal hearts, and the U of Rome found that it has **caused heart attacks in lean elite athletes, without fat to protect their vital organs**. Because it attacks the nerves, it is related to MS, and because it attacks the brain, it is related to Dementia, Alzheimers, Autism and lower IQ. Mercury filling removal using the highest safety protocols by biological dentists, has reversed many symptoms, like dementia and chronic fatigue, plus your resulting health boost helps turn back our odometers! (<http://mercuryfreedentists.com/>)

NATURAL WHITE RESINS

It was when scientists found that getting mercury fillings in or out during pregnancy, caused fetal brain damage in pregnant women and autism in children, that Americans started taking seriously the warnings of a Brazilian dentist 40 years ago. I learned that from Anita Tibou (Arawak) in Brazil, who had just spoken at a UN Conference of 100 countries looking at banning mercury. Therefore use healthy natural white resins that also look better, and work only with biological dentists who use the highest protocols for removing mercury fillings safely. You also need to detox with cilantro, lamb, Vit C, clays... **Removal will also shed fat needed to protect vital organs from mercury**, which is helping Americans get leaner and cleaner!

Bravo to **California Congresswoman Diane Watson** for creating their **Dental "Right to Know" Law**. We both had our mercury fillings safely removed by top biological dentist, Dr Roberto Villafana (Yaqui-Mayan), thanks to Anita. Why we didn't know about this is because the California and other State Dental Boards, had a gag order preventing anyone from revealing these toxic trade secrets in the media. But finally through a team effort led by Charlie Brown, council for *Consumers for Dental Choice*, along with California's Black Ministers, Nurses, Tribes, Olympians, and Vermont Senator Jim Jeffords, and his liaison to the Senate

Environmental Committee, Jeff Munger (Iroquois), the bill got enforced for the first time in 12 years. What happens in California ripples across America. Having autistic children is definitely keep a segment of the population, especially the mom caretakers, too stressed to be activists, some say.

Against all odds, **outraged "Moms Against Mercury(.org)"** united and recently successfully sued the FDA for not doing their job by allowing their children and unborn children to be poisoned. As a result the FDA now states on its website that, "Silver fillings contain mercury that may have neurotoxic effects on the nervous systems of developing children and fetuses." The FDA also warns dentists that, "You will get sued if you don't warn pregnant women and sensitive patients of these dangers." Wall Street then stood up for the moms and children and stopped funding manufacturing mercury. (<http://www.toxicteeth.org/>).

Requiring dental offices, like San Francisco County, to filter out mercury so it doesn't go into the Bay and water systems, and soon banning all mercury usage, is critical to restoring a Healthy America. One mercury filling can contaminate a 20 acre lake, one of the reasons OSHA evacuates hospitals and schools if someone breaks an old mercury thermometer.

I further learned about other mercury dangers from my Olympic surgeon, Dr Richard Steadman, who said I needed to have my silver/mercury fillings removed (along with detox recovery time) to have a successful hip operation. "The Titanium hip would exchange ions with my teeth and could ruin the surgery," he and others said. That is important for millions to know! President Obama could greatly protect our water, marine life, graceful longevity, and help America, like France and even Mexico, afford National Healthcare, by now banning Mercury like Denmark and green Norway. Plus mandate mercury filters in all dental offices

6. SYNTHETIC DYES - red, blue, green...in many foods (I used to love red dyed cherries), candies and beauty products, are carcinogenic. **Jackie Kennedy's death was traced to lymphoma cancer** from regular use of a synthetic hair dye.

According to *Summer Rayne Oakes of Planet Green*, there are [22 potentially carcinogenic hair-dye chemicals](#), which have been banned by the European Union, but still used in some U.S. formulations. They include: Acid Orange 24 and 2,3-Naphthalenediol. (Check home dye-kit, to avoid these ingredients; or what your stylist you may be at the mercy of your stylist.) Other common chemicals in hair dyes include coal tar colors, which can be identified as "F,D,&C," "D&C," and "P-phenylenediamine" on labels - all carcinogenic.

Summer recommends: High quality henna (especially [Lush](#), a pigment rather than a dye. With these, you'll have better luck with lighter colored dyes. Other safer alternatives include [Act by Nature](#) and hair coloring creams produced by [Surya Brasil](#). The latter still contains some synthetic color, but principally relies on naturally derived ingredients and avoids P-phenylenediamine, and good ole peroxide to lighten hair. The Sierra Club found the bi-product of manufacturing of the whitener, titanium dioxide, used in foods and cosmetics, is dioxins, which are killing the fish and wildlife along the Mississippi River.

7. PARABANS are synthetic preservatives used to prevent mold in cosmetics, shampoos and other hygiene products, like underarm deodorants. Parabans have been linked to lowered sperm count and possible breast-cancer/tumor risk by mimicking estrogens (hormones). **Five different types of parabans were found in breast cancer tumors of 19 out of 20 women in England.** What is disconcerting is that breast cancer leaders in America do not focus on educating women about all these easily preventable cancer solutions.

CALMER BABIES AND YOUTH & PET LONGEVITY

By detoxing we naturally smell sweeter and do not need deodorants, especially with hormone-altering parabans, when there are now healthy herbal preservatives. A reason why house pets have short life spans is because most live in toxic homes and don't get enough exercise outside to sweat out the toxins and breathe fresh air. Plus owners often use their same toxic shampoos with parabans and fragrances on

their animals, when natural vegetable-based dishwashing soaps would be more humane. Because animals and babies are more sensitive to toxins, added to babies not noticeably sweating, switching to all natural products is not only critical to their vibrant health, but will also make them calmer and sunnier. Vibrant youth are also drawn to sports, Nature, wholesome activities and food. I tell youth that the “mind and body are magnificent God-given tools that can give us higher highs and dreams better than any artificial highs!”

When my friend Sunny Griffin, a Masters in Chemistry, famous for being the “First Super Model to make more than a US President,” developed Astara Skincare(.com), a natural botanical leader in the Spa world, she said she first used parabans as a preservative. While it was only one-tenth of one percent, she instinctively switched when natural preservatives were discovered.

PREVENTING HARDENING OF GIRLS’ BRAINS!

And none too soon, as Sunny said that, “A new study in *Natural Radiance* magazine points out that some **cosmetic companies are marketing to girls as young as 3**, (think ‘Hard Candy nail polish’ with little rings on the bottle). As a result by their teens, these girls are using 15 to 20 cosmetic products a day – from shampoo to deodorant, hair spray, lotion, make up - while women use half that. These products added up, gives girls a daily dose of “more than two dozen hormone-disrupting chemicals, such as parabens. While cosmetic companies argue that each product contains only a tiny amount of any given chemical, continued exposure to multiple products has scientists worried....”

Natural Radiance quotes Maryann Donovan, PhD, MPH, science director at the Center of Environmental Oncology at the University of Pittsburgh Cancer Institute, who says, “For adolescents and young children, it’s really important to minimize the exposure to these chemicals because so much development is happening up until they are 18 or 19 years old. Research has shown that girls in the US are entering puberty one to two years earlier than 40 years ago. As a result, the **brain**, in order to accommodate new powers of abstract thinking and adult socialization behaviors, becomes **less flexible**. As that happens, it becomes harder to learn complex skills such as playing a musical instrument, speaking a foreign language, or mastering a sport. Girls now have, on average, a year and a half less to learn these things.”

TEENS FOR SAFE COSMETICS

Sunny said that, “Some girls in Marin County, California, have organized a group called *Teens for Safe Cosmetics*, with the intention of shifting the beauty industry toward using safer ingredients. Astara Skin Care has been invited to make a face mask for their new product line called “Teens Turning Green.” This meets the Whole Foods Premium Body Care Standard, the most stringent standard in the industry. Just returning from Thailand, she said she was amazed that other countries are even more passionate about going green.

And if paraban build up affects brains of teenagers, then all women likely need to avoid parabans to keep our brains fit, flexible, and youthfully creative, since most toxins dull our brains. The tribes tell us not to have any (toxic) alcohol or drugs before entering a sweat lodge, a **pure powerful form of meditation** since one sweats out toxins, “Because **you look fuzzy to Creator/spirit world**,” our source of creativity!

MOM ROLE MODELS

There is nothing as powerful as a role model. Moms more than ever, need to be models for their daughters of buying and using all natural or organic hormone-free products. Since girls use more beauty products than boys, this will protect your daughters’ health, as well as their **reproductive, intellectual, sports and musical development**. This is more important and cost-effective than spending thousands on fancy schools to develop your daughters’ full glorious potentials. This generation of girls particularly needs great brains, hearts, and instincts to rebalance the leadership of society NOW with more feminine nurturing energy, critical for our civilization surviving and thriving. I predict that moms are going to be as furious as Sunny and I are, and spread the word, kick butt and ban hormonal additives, especially parabans. The Divas will become true Diva protectors of Nature and therefore humanity, by promoting only God-made essential oil perfumes, so all the **synthetic perfume companies finally convert for lack of sales**... That and replacing these other toxins will give women even greater clarity, which will help fulfill what a psychic on THE VIEW this Halloween said, when Barbara and the girls dressed as America’s greatest Presidents: “In 2012, **“Three women will be running for President!”**”

8. DON'T DRINK TAP WATER

Coincidentally, after the European swimmers at the 1984 LA Olympics boycotting our pools, raised some consciousness about chlorine, US Swimmers then filled their bottles with the oxygenated pool water after learning it was healthier to drink than LA tap water. While European pools have been chemical-free for decades, U.S. Spas like Sedona's Los Abrigados, have been using salt water or oxygenation. But it is the kids and pregnant women (excess Chlorine causes miscarriages) who are affected the most, and need at least charcoal water filters.

Europeans have been wise to these toxins since the 80's, since they studied why some communities were healthy and others were not, and it was the quality of water that made the main difference. Therefore the real fountain of youth.

Most of Europe and America's tap water includes **Atrazine**, the second most popular weed-killer used worldwide by corn farmers, which are altering male reproductive organs. Therefore trying alternatives, like steam foam, is a must!

RESTORING OUR FLOWERING MECCA

Replacing these Top 10 most commonly used toxic ingredients is the easiest, most affordable way to help restore our health and turn our planet back into a flowering Mecca, where our children can drink pure energizing water and breathe clean air, the real fountains of youth. **This can happen, scientists say, if most of us stop using products that put toxins in our water and air to begin with**, as it is too expensive to fully purify, and it takes years of natural filtration to put back into its potent God-made 'fountain of youth' pristine form. Like Europe, your buying green products, is speeding up U.S. manufacturers switching to using all natural ingredients, which is easier and **cheaper than switching planets**.

Compared to Europe, our government agencies have let Corporate America pollute America's waters for profit. "Ever noticed that companies, like Bayer, which makes pesticides that first give you a headache, also make a profit on the aspirin to stop the pain." asks Turner. Given the present build up of toxins, and since many chemicals and pharmaceuticals cannot be filtered out of tap water, we need to drink the purest possible bottled water to stay healthy, like spring water from pristine areas, reverse osmosis-purified water like (<http://www.purewateressentials.com/ct-00142.html>), oxygenated water, or at least filtered water. We especially need to filter out toxic **chlorine**, since high levels related to **miscarriages**, and fluoride from our drinking water, showers, and baths, as our skin absorbs water into our bloodstream and needs clean water to detox. **Fluoride** in tapwater is also related to hip fractures in post-menopausal women, and lower male sperm count - why it is banned in Asian and Europe.

On **Oprah**, her beauty expert recommended a **charcoal filter** to also protect our hair from chlorine damage. A good sports sweat, clean water, and organic products, in the long run, are what can help keep our skin, hair and organs moist and youthful. While the Hot Yoga class I go to in Tucson has spring drinking water, last week when I brought them a charcoal filter to help ensure that we all could enjoy healthy showers, they appreciatively insisted on repaying me in classes.

SPIRIT IN WATER

The **Iroquois** had a prophesy 400 years ago that "water would be our most precious resource." Given the high cost of purification, buying "water friendly" all natural products will save Americans trillions in purification and bottled water. So the only practical way to have pure water is to keep these toxins out of our water in the first place. This is extra important because the Elders say that by polluting the pristine God-made water, we lose the potent healing *spirit* side of water, because artificially cleaning it sucks the spirit out of the water, so you are just left with the physical water. Same with cows that have not been free in Nature, we eat the physical meat, but without the joyful spirit of the wild natural animal.

And because the **poor cannot afford bottled water, this is a moral imperative**. Purifying our water will not only enhance more consistent snow and rainfall, but, along with prayer, help balance and **stabilize our weather extremes, like 20 ft snowdrifts in South Dakota, never see before temperatures**, say Elders.

9. PROCESSED SUGAR, HIGH FRUCTOSE CORN SYRUP & SYNTHETIC SWEETENERS

“Stevia is the Holy Grail of Sweeteners”

– Good Morning America

President Obama's Health and Human Services (HHS) Director wants to turn schools into places of good nutrition and PE to turn around 1 in 3 children that are getting diabetes. Well directed **Stimulus Monies could help end Diabetes** as we have been spending 70% of our healthcare monies on chronic disease.” Teamed with Obama's Native American Health appointment, **Wizipan Garriott (Lakota Yale graduate)**, a friend of diabetes leader **Tex Hall** (ND's Affiliated Tribes), former President on the National Congress of American Indians (NCAI) all Americans now have a beautiful chance of getting lean and clean through raising awareness about '**Stevia.**' It is a healthy, herbal tribal-discovered sweetener that doesn't raise blood sugar, and therefore can end obesity and diabetes especially when combined with fun sports opportunities. Native Americans (and other Indigenous inventors) were honored at a press conference by Olympians from seven countries at the 2002 Athens Olympics, for inventing the roots of 10 fun health-lifting, peace-promoting Olympic Sports, including the first team sports as a war substitute. As co-chair of our Native Voices Foundation, just renamed the Native American Olympic Team Foundation (NAOTF), Tex partnered with Ski Utah and SLOC to fund the Utah Elders-led snowdance, which ended the snow drought prior 2002 Utah Olympics, so the peace & health-enhancing Games could go on.

ED BEGLEY JR PRESENTS STEVIA DOCUMENTARY AT SEDONA FILM FEST

'PINK, BLUE, YELLOW, GREEN' is 'One Man's Fight To Bring Stevia To America's Table.' This documentary that Ed launched in February at the Sedona Film Festival, tells the tale of the naturally sweet herb Stevia and its turbulent path to America's table tops. Used as a sweetener and sugar substitute for decades in other countries with no ill effects, when one man tries to bring the benefits of this zero calorie, zero carb, health-improving alternative, he finds himself in head-on combat with giant drug companies, the sugar industry, multinational food companies and the US government itself. Narrated by Begley, the film combines interviews, graphics and humorous animation to shed light on how powerful interests put profits ahead of Americans' long-term health.

PROCESSED SUGAR, HIGH FRUCTOSE CORN SYRUP AND SYNTHETIC SWEETENERS

These sweeteners are all toxic, according to ethical doctors and scientists. In addition, the Johns Hopkins Hospital found in 2008, that **sugar feeds cancer**, including brain and breast, contributing to one in three Americans also having 'C.' In addition, soda machines are being banned in more and more US Schools, led by LA County, after they found that "**eliminating sugary sodas reduced crime in schools by 65%**" (NPR Radio). Offering only the healthy sweetened sodas could balance the increased crime in these economically challenging times – yet there was not one arrest among the 1.5 million self-esteeming Obama Inauguration ceremonies. Thanks to finally getting FDA approval in December 2008, Coke, Pepsi and Dr Pepper are introducing drinks with an extract of **Stevia**, (called '**Truvia**'), a natural sweetener from a flowering herb plant, discovered by the South American tribes, which does not raise blood sugar. Stevia also prevents tooth decay, plaque (heart disease related) and **viruses**, therefore is a healthy natural alternative to vaccines that may have *Thermasol*, a mercury preservative that may cause autism and many other diseases. This new awareness could be the beginning of the End of Toxic Sugar Slavery.

While some synthetic sweeteners, like **Aspartame, Sweet & Low, and Equal** do not raise blood sugar, their toxic chemicals have a variety of life threatening side effects, in addition to people not losing weight in the long run. A Pascuayaqui leader in Tucson told me she had to be rushed to the hospital twice from seizures and pulmonary edema after drinking a soda and another time a food she later saw was sweetened with Equal/Aspartame. Because they hurt the brain, headaches being a first symptom, pilots are not allowed to fly under the influence of the aspartame. See eye-opening Aspartame/Equal/Nutrasweet expose that was on Fox 5 in Washington DC, <http://www.youtube.com/watch?v=ELgW4KBY-o4>, which President Reagan opened the door to. **Splenda** is from a natural sugar, but the formulators use a toxic chemical to prevent blood sugar elevation. Thinking it might be a good health solution, I got a major stomach ache from fudge sweetened with Splenda.

EASY SUGAR-FREE BAKING

NuNaturals **High Fiber version for baking** duplicates the amount of sugar used in recipes to further easily help Americans get "lean and clean!" It also gives athletes sustainable energy, rather than a quick pickup and then drop from processed sugar. Plus it keeps ADD/ADHD kids more mellow, instead of bouncing off the walls and crashing. That means we can eat yummy oatmeal cookies and high antioxidant berry pies, without the downside of hundreds sugar calories. A Phoenix Dunkin Donuts GM whose owner also loves NuStevia, wants to get corporate to provide a high fiber/Stevia donut for diabetics and weight waters. Raw sugars plus mineral rich honey, agave, and molasses are much better than processed, if you are not blood-sugar challenged.

NATIVE AMERICANS HAVE SAME ENZYMES AS ASIANS

Since most Americans consume about 30 pounds of sugar a year, if you don't want to wear those calories, it is wise to use natural Stevias or Xylitol whenever possible to keep our weight and blood sugar in healthy balance, especially for Native Americans and Asians (who discovered diabetes), who have less enzymes to process sugar. China has been a major Stevia grower, and Asians have approx a 10 year longer life expectancy than Mainstream Americans. Therefore with Native Americans having a 25 year less life expectancy than Mainstream Americans, it seems that the combination of Stevia and Olympic and other exciting sports opportunities to motivate Native youth, like the Asians traditional Tai Chi classes in public squares, could easily narrow that **35 year less life expectancy compared to their Asian cousins**. The Dine/Navajo and Apache and Chinese Indigenous have the similar ceremonies and linguistics and can understand each other. Stevia could do wonders to restore the 'Tatanka' (Buffalo) Age health - the US Government killing the buffalo to control and force them to eat refined white sugar and flour.

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INSPIRATIONAL SPORTS HEROES

Motivation and inspiring role models and finding a sport or dance you love, are keys to staying lean and clean for everyone.

MY SUPERFOOD YUMMY BREAKFAST

My fast superfood yummy breakfast that cuts off hundreds of calories from the jams and butter, is spelt toast, since I was once wheat intolerant, spread with high protein organic almond butter (Whole Foods' 365 is half price), then a layer of goat yogurt topped with fresh berries (super Vit C), with NuStevia sprinkled on top. It's like a fancy torte without the high cost or calories. I use goats yogurt because I was lactose intolerant and it is the closest to mothers milk, but cow's yogurt is also good - I did the first (Dannon) yogurt commercial. Coincidentally, the top Hollywood nutritionist who get the stars lean and clean for acting roles, Sunny Griffin and an Ambassador supporter, all came with a similar versions of this breakfast treat. I also use condensed goats milk, which is more like cream, in my white organic tea, a purer form of green, which you can get in bulk on the internet, along with NuStevia sweetener. Drinking high antioxidant green/white teas, instead of coffee can help drop pounds, while balancing your energy. When I'm dragging at the end of the day or after a yoga class, I have a coffee - half organic high test with half (Swiss cold water processed) to get me home safely. Every other day I make a low sugar organic green leafy juice, using many of the

following high nutrient greens: kale, spinach, parsley, dandelions, celery, cilantro (binds with Mercury), spiced with ginger, rosemary, garlic, tumeric and sweetened with a carrot, small apple and NuStevia.

BEWARE OF FRUCTOSE AND GENETICALLY MODIFIED CORN SYRUP

Because consumers associate **fructose** with fruit, a natural food, many believe it is healthier than sugar, but **USDA investigators** discovered otherwise: The male rats on **high fructose corn syrup (HFCS)** did not reach adulthood, having anemia, high cholesterol and heart hypertrophy-- hearts enlarged until they exploded. HFCS also resulted in males rats having delayed testicular development and females not able to produce live young. "The medical profession thinks fructose is better for diabetics than sugar," says Dr. Field, "but every cell in the body can metabolize glucose. However, all fructose must be metabolized in the liver. The livers of rats on the high fructose diet looked like the livers of alcoholics, plugged with fat and cirrhotic." Consumers wanting to avoid 'genetically modified' (hello?) foods should **avoid HFCS** because it is also likely made from **genetically modified corn, and processed with genetically modified enzymes!** **Its estimated that "80 percent of what most Americans eat today, especially processed foods, have been genetically modified at some point!"**

By stopping profit-oriented companies creating genetically modified seeds that also self-destruct, which would put our national food supply at risk in their greedy hands, we can turn around humans from becoming a **Mutant Race**. Fortunately, Sec of Interior Stewart Udall praised Native Americans for preserving America's most extensive Seed Bank. He said, "There's hope for humanity now that we are listening to the wisdom of the First Americans." We need to be vigilant with the incoming AG Secretary Vilsack who's worked with Monsanto, though with our audacity, there's hope he can "Be about Change."

SUGAR & ALCOHOLISM

Stevia and Xylitol could also help youth avoid sugar-related alcohol addiction," said Ken Bellmard (Kaw), who is on the board of USA Judo, now my NAOTF co-chair. "Government commodities like white flower and sugar that taste good, got tribes hooked on these blood sugar imbalancers," said this lawyer who represents 18 Oklahoma Casino Tribes. While not scientifically proven, many of us believe that 70% of all U.S. college students, our leaders of tomorrow, are binge drinkers, because they are more vulnerable from being addicted to sugary sodas, because of those blood sugar imbalances, added to the sugar in most processed foods. At Bellmard's suggestion, the NAOTF board hopes we can unite the Indian Gaming Casinos, starting with Oklahomas, through each Native American Olympic Tribal sponsor dedicating one slot machine to develop Olympic Hopefuls, along with the Native American Diabetes movement, so the excitement of it inspires the Olympian in all Native Peoples. Because addicts have other priorities, getting Americans clean and lean through also (detoxing) sports, saunas, and sweat lodges, could help all Americans be better Earth Caretakers. Cinnamon is also a sugar balancer, along with NuNaturals' *Level Right*, which has 90% of the most powerful diabetes prevention herbs.

10. COMMERCIAL GREASE CUTTERS – like **thylene-based glycol** (classified as a hazardous air pollutant by the EPA), **ammonia**, and nice smelling **terpines** are toxic and hurt our water supply and marine life. **Detergents, like Tide**, as well as **fabric softeners**, which have a variety of toxins, including fragrances, attack cell membranes in people, and stays in clothes, washers and dryers for weeks, along with toxic air pollution inside and even outside your home. **Clorox** down drain and especially dumped out of boats kills most the marine life it touches, including bleaching the coral which is killing it. Recently **U.S. tanks** in Iraq were fitted with biological warfare sensors, which went off when the soldiers cleaned the windows with **Windex!**

There are many green cleaning alternatives, like *7th Generation*, and to further cut costs there are ingredients like vinegar that have been cleaning humanity for Millennium, along with **baking soda, lemons, olive oil, vegetable-based (castile) soap, washing soda, borax, hydrogen peroxide and organic-base Dr Bronners**. White distilled **vinegar** can cut grease, clean toilets, kill weeds, fight dandruff, scare off ants, lift deodorant stains, and clean glass.

ALLERGIES ARE RED FLAGS OF TOXIC BUILD UP

Allergies are no longer mysterious ailments, but a sign of toxic build. Your system is valiantly sending you a "Code Red, Code Red," that you need to pay attention, detox and eliminate the toxins you might not have been aware of in your everyday life. While I thought I was only wheat and lactose intolerant, it turned out my elevated cancer cells were related to nutritional deficiencies despite mainly eating organic... From years of toxic build-up, starting with my dad spraying our veggie garden, playing golf on sprayed courses, living a few decades in smoggy NY and LA, tap water, and using greenwashed products with toxic ingredients in my home, chlorine in pools and tapwater, along with fluoride messing up my thyroid. As a result of this combination of toxins, I found out through naturopathic doctors that I was allergic/not assimilating much of the wonderful pricy nutrients I ate. Therefore my immune system was weak and I was fertile ground for elevated cancer cells. NAET (acupuncture-related) and a 'wholistic' detoxing approach, fortunately helped turn around my surprisingly subtle allergies, which helped renew my health in all kinds of ways. But served as a mid term test to be able to enjoy a high quality, productive second half of my life so I could better pass on my lessons learned to benefit the next generations.

EPA TRAGEDY

Not walking their own talk, the EPA caused their DC employees to get nearly *incurable* (MCS), which was a karmic wake up call. The employees, including lawyers, exposed how it happened in a documentary as a result of the EPA breaking its own rules: Air vents in their headquarters not working properly, no windows in certain areas, in addition to too many toxins in offices that they should have banned. They also did not pay attention to allergy warnings, like runny noses, headaches/migraines, asthma attacks, and disorientation, like bees and whales are experiencing from spaying and chemicals, not being able find your way home. Since millions have MCS worldwide, many US schools and colleges, the City of Halifax, Nova Scotia, Marin County, California... have banned fragrances in public areas. Despite unprecedented admirable efforts to upgreen America, we are headed for a MCS nightmare, unless as consumers and government watch dogs, make bold steps. So be a hero in your home, schools and offices!

CANCER IS PREVENTABLE

The problem is that most people believe that 'cancer is a mystery, because they hear that message 1,000 times more than warnings by ethical scientists, stars and media giants of the real cause, because cancer scare raises a ton of money to work on a cure after you get it – a form of greenwashing at the expense of lives. Plus on January 2, CBS news revealed that 1/3 of the breast cancer surgeries turned out to have been unnecessary. **So pass this on... cancer and global warming are mainly PREVENTABLE** by switching to organic/pesticide-free produce and all natural products, in addition to streamlining recovery time. Millions of MCS victims have switched to green products to save their lives, as God gave them a gift of detecting within moments someone with toxic fragrance/cleaners on enters the same floor of a building, for example. Some

OUTRAGE WORKS

Outrage got the French the best free healthcare system in the world, made affordable by reducing healthcare costs through strict toxic standards. Outrage got Moms Against Mercury to beat the FDA. With timely outrage, stars, press and you can help help set the record straight about cancer to save lives... The French government leaders have a healthy fear of making their citizens mad, instead of the other way around here. We tend to superimpose our trust on others, until the bailout showed us the true colors of greed of many Captains of Industry, back by many politicians. As sovereign beings we must be our own leaders.

OH MY GOD!

I just found out that I mislead you again! I had earlier repeated the Mainstream belief that **we could switch planets if we "blew it" here on earth by continuing down this toxic dead end, instead of choosing the clean enlightened path.** 'Because enough Earth Family members do not have enough peace and unity consciousness to be allowed to develop more advanced technology,' say the Sages, "scientists do not yet have the technology to put even a handful of the super rich on shuttles to survive even a short time on another planet." That's what we learned at Biosphere 2 about Biosphere 1, Planet Earth!

LESSONS FROM BIOSPHERE 2

Turner and I realized a shocking reality touring the impressive looking Biosphere 2 facility in Oracle, Arizona this October. Inside we saw their “**failed experiment,**” which is a priceless eye opener, thank God: That the greatest minds in the world with a half billion dollars, could not successfully replicate Nature, even after creating a mini rainforest and ocean, to survive long, even with oxygen pumped into the sealed bubble/domes when the carbon dioxide rose within months to toxic levels. “At reduced oxygen, despite the pumping, the two teams totaling around 15 scientists, some living there three years with two animals, they all got so cranky that they ate the crazed pig and sent the crazed lemur back to the zoo. Without ultraviolet rays coming through the glass, honey bees couldn’t pollinate their gardens, (“though bumble bees could have,” said a beekeeper), so they had to do it manually,” said our guide. **Therefore if sealing ourselves off from lethal toxins in underground or even sunlit shelters on Earth, even with oxygen pumped in, was a dead end, then surviving on another planet for more than a short time, is a pipe dream.** At the same time mystics say that, “through enough of us raising our love and unity/oneness consciousness on planet Earth, wondrous options can open up.”

OLYMPIC-LIKE EARTH GUARDIANS & A WINNING EDGE

Learning to become Olympic-like Guardians of Biosphere 1, Mother Earth, by detoxing our bodies, homes and planet, is Mankind’s best hope to survive, thrive and restore Paradise. Purifying our bodies and therefore minds to make wiser decisions, can also give us a more youthful, high quality of life, and for brains and athletes everywhere, a short and long term winning edge. While not all Indigenous Peoples have lived in harmony with each other, they have been wise enough to live in harmony with Nature, especially the traditional ones. Time to keep listening to the guidance of the Elders, our Earth scientists with the most sustainable track record, thanks to lessons they learned over eons of what works, to help us fast track our magnificent bodies, minds, country, Planet, and weather back into balance. You can find some beautiful natural, home grown, handpicked in the wild, skincare creams, salves and cultural specialty gifts at reservations and pow wows, and via www.NativeWild.com, which is rich in organics. Some ski areas also invite the Elders to use their lifts to find their traditional medicinals in their ancestral lands.

Sedona’s Mii Amo Spa with soothing Native American medicinals, rituals, and a meditation kiva, was voted the “Number One Spa in the World” by *Travel and Leisure Magazine*. It is the pride and joy of the Enchantment Resort, and their Native American Department features arts and crafts for kids. Nestled between the boulders of Secret Canyon, visitors also learn about Sedona’s dozens of **sacred sites/vortices/** acupuncture points of Mother Earth, with regenerative transformational energies that augment prayers. That’s why Sedona has been a world pilgrimage center for eons and model for nearly light-pollution free wondrous starry skies, which Turner and I helped protect. A bridge between the cultures in the Midwest, where people come from many countries to learn Native American Arts and Crafts, and find natural products, is 'Blueberry Creek (traditional) Stopping Place' in the beautiful lakes region of Wisconsin's Lac Courte Oreille Reservation, near Minneapolis. It is owned by the family of Olympic Hopeful Mariah Cooper.

BANNING TOXINS

By President Obama teaming with his brilliant supporters, **Senator Edward Kennedy** (Senate Health Committee chair), **Senator Hillary Clinton** (through her Healthcare & Sec of State leadership), **Wizipan Garriott** and **Bobby Kennedy**, **we could start banning these Top 10 Toxins, transitioned over 1-2 years. Then Americans could realistically afford Healthcare Insurance.** Bobby’s passion was likely influenced by his dad, Bobby Sr, who said, “I wish I was born a Native American.”

A timely banning of these toxins would be priceless in helping reverse environmental degradation and the chemical and biological warfare that corporations and government agencies have been allowed to wage on us! Citizens must be vigilant and always INSIST, and never be lulled into sleep again. Thanks to Google and the internet, we can further check out and learn more about these toxins to educate ourselves about what we need to do, and what we want our leaders to do to better protect our children.

Since it can help extend the lives of our Green Champions, we hope President **Bill Clinton** (Cherokee), who praised our Telluride Native Ski Program, and **Senate Health committee Chairman Ted Kennedy**, **who put** Title 1X Women in School Sports under his wing, will help lead the banning of these Top 10 Toxins

out of 82,000. Together with newly inspired Americans, we can now gracefully slalom around this maze of green-washing to save a trillion in healthcare and restore a joyful Clean, Lean Golden Age of America.

FELINE GREEN STAR POWER

We hail felines fatales in “**Cat Woman**,” **Halle Berry** for exposing her boss, **Sharon Stone’s** not so fictitious ‘killer’ **cosmetics**. The Green Cities, Websites, Media Giants like Brokaw, Oprah, Walters, and Stars, like **Ed Begley jr.** (green cleaning, cars and solar pioneer) have already raised much awareness. Yet because inertia takes years to turn around, we hope the Media, PTA’s, and Family Consumers-In-Chief, **Women, led by the 13 Indigenous Grandmothers, Raging Grannies(.com), Gloria Steinem and Maria Schriver**, First Lady of California, whose blessed scientists uncovered this, as well as students, especially gifted Indigo and Crystal children, all help spread this easy affordable monumental solution.

DRINKING OUR WATER AGAIN

So let’s make another giant leap to be a vibrant Green Model that ripples around the world like a Tsunami, thanks to U.S. influence. Together we can restore our cities’ blue skies and purity of our magnificent mountains, and therefore our streams, lakes, and oceans, so that some day we can drink from them again. **Folks on a pristine solar island in New Zealand drink their pure restorative ocean waters to get rid of colds.** Banning these Top 10 would truly put us on the ‘green road’ back to a pristine flowering Paradise, starting with turning around the allergies of **First Daughter-elect, Malea Obama**, and millions of Americans. History shows us that when Civilizations are not distracted by war, they can evolve. Wise ones say, “We either evolve or die.” To manifest our Golden Age, log some ONEderful dreamtime!

Also print out this Top 10 List, use it, and share it as a priceless gift. And with the grace of God, Allah..., we hope the United World Churches, led by Assisi’s Franciscans, who hosted the Earth Charter Conference, also spring back into green action dialogs from the pulpits, after the **Pope Benedict XVI just said that poisoning the environment is a sin! The Vatican is now zero carbon**, and while they almost have more money than God, they are a priceless role model for billions of Catholics and Churches around the world, and other faith leaders. (I was influenced by Theillard DeChardin in theology class at the U of Notre Dame extension at Innsbruck, Austria. He said we are evolving in consciousness/vibration up to the Omega Point, Creator, which spiritual people of many faiths and independents also believe.)

Joyful health spreads LOVE. And just as toxic chemical exposure and negative thinking cause stress, which ages us, loving thoughts and service to others, regenerate us and are the fountain of youth. Having done a heaven of a job, overachieving God’s suggestion to populate the planet, *World Watch* says our planet’s resources cannot sustain our 6.7 billion Earth Family, much less further rampant population growth. With newfound clarity and wisdom from detoxing our homes and living longer, many like me are finding great fulfillment in parenting all Earth’s children. When asked about my family life, I say, “I have 6.5 billion children, but not at home.” My father proudly sent me Happy Earth Mothers Day greeting, which I do for friends for Earth Fathers Day too. Couples shifting from quantity to quality of love time with our children, including through adoption and extended families, is the most critical green humane alternative to today’s ‘Planetary Life Risking’ wars, plagues, and self-inflicted chemical and biological warfare – all profit motivated. **Nostradomas saw us evolving to “either an end of violence, or a violent end...our choice.”** And as each of us evolves we are electing more enlightened beings as our leaders, as they are our mirrors!

‘2012 CHANGES’

Many have heard about these prophesied ‘Changes’ by the Mayans, Egyptians, Hopis, Jews, Christians, Islam, Nostradamus, Masonic Codes, Edgar Casey, and Scientists, surprisingly presented on the *History Channel* January 09. They all say that on December 21, 2012, there will be: A galactic alignment, triple eclipse, solar cycle climax, and possible axial shift, causing a planetary upheaval that Casey and the Elders refer to as a ‘**Purification.**’ The Hopi and others say that those who do not celebrate these compassionate evolutionary changes, will leave. By reexamining our relationship to Earth and each other, the prophets say we have a choice and a hand in molding a bright future. What better way to use this little window to purify ourselves and beloved Earth Mother of these toxins and focus on our unique higher purpose here?

Detoxing also enhances our positive attitude and emotional power to *manifest*, realizing that *all things are possible!* (which Larry King and Oprah shared through leaders of the 'Secret' DVD).

The Wise Ones say an effective way to balance ourselves in the face of all this, is to avoid anything negative – people and news - think positive, surround yourself with supportive people and communities, find your joy (like dolphins and runner/reader Will Smith), express your outrage if necessary to steer America in a wiser direction and focus on your dreams. Give any fear, anger, frustration, sadness, and challenges we cannot figure out, to Mother Mary and Creator. They want to help us **recycle** (excellent role models) them into beautiful energy and solutions.

Monitor our thoughts to prevent or transform any runaway negativity into positivity that rocks. Byron Katie has a brilliant way to help us find peace within and respect other people's paths on <http://www.thework.com/thework.asp#3> Being more of a witness to our emotions helps us stay in balance, all of which athletes must learn to be Olympians, which are great tools for life. Since physicists proved that, "When we change the way we look at things, the things we look at change," our thinking and emotions affect everything, including weather and world harmony - "peace and love within, peace without." So let's try an 'Experiment of Giving Love and Appreciation' to all life forms – Dr Emoto proved it can purify water...), and watch the magic happen, like we did as a 'Child...of the Universe!'

Know that every time we recycle, buy pollution free products, protect our oxygen by planting trees and gardens, we are helping keep the polar shelves intact to prevent a possible 'house of cards scenario,' as our part of global community service. Combining that with gratitude and weather balancing prayers and positive visualizations, like the North American Elders led over Christmas, and tsunamis of love for everyone and thing, we can do wonders. <http://cosmos.bcst.yahoo.com/up/player/popup/?cl=11647836>

The only downside of this 'Detox, Love, and Service Experiment' could be contagious addiction to a New Dawn of Vibrant Health, Genius Thinking, Sustainable Living, 'Gross National Happiness,' and perhaps a Best Dressed List. On Oprah's *Spirituality 101 Show*, a panelist who sees auras, shared that she saw departing souls were cloaked only in garments, of often exquisite colored light of what they did for others.



Dictionary of "Most Wanted Ingredients":

http://plenishskincare.com/ingredient_glossary/ingredient_glossary.pdf and "Most Unwanted Ingredients" at <http://100777.com/node/1117>. "The Big List of Things that Suck" is on EcoStiletto.com Environmental working groups toxicity database of all products, <http://www.cosmeticsdatabase.com/index.php> More green alternative links on: <http://www.sedona.biz/crashcourse.htm> <http://www.kidsorganics.com/Alternatives%20to%20Toxins.htm> www.preventcancer.com A collection of YouTube highlights on much of this is coming soon.

Native American Olympic Team Foundation is a 5019(c)3 partnership of US Tribal leaders, Elders, Olympians, Ski leaders and Stanford U, whose mission is to "create joyful unity through sports and education, to help heal Mother Earth for all our children, including through the Olympics. P.O. 64084, Tucson, AZ 85728, tel: 520-3449511, www.snow-riders.org, www.nativevoices.org, media@naotf.com.

Suzy Chaffee Background:

Chaffee led the DC March for Title 1X for Equal Opportunity for Women in School Sports" in 1975. As a result she got a meeting at the White House to finally get it enforced with the help of VP Mondale, then Senator Edward Kennedy, Senate Health Committee chair, and President George Bush Sr, putting Title 1X under their wings. As a result **women sped up their electrons and have since saved America trillions in healthcare and welfare** because these leaders agreed that **girls/moms** are key to getting the whole family healthy, and the Surgeon General proved that sports delays teen pregnancy. Title 1X helped make up for Suzy's frustration in not **getting the four Presidents Councils on Fitness she served on, to increase their absurd annual budget of \$1 million to promote Prevention through sports in America. Sweden spends approx \$35 million/yr**, and has the highest standard of living and universal healthcare. (A huge Obama opportunity). These empowered girls/moms are now leading this prophetic purification, and may soon save America trillions more in healthcare by buying natural products, and priceless in saving our life support systems. Suzy introduced flexibility and "fun to fitness" to the President's Council's National Fitness Test, as well as through "Suzy Chapstick."

Suzy attributes her genes for these insights: Her father, Keen, worked on the Manhattan Project (she's balancing), and built the nose cone of Von Braun's first two-stage US missile, for a dollar each. He recently died of cancer. And the late Senator John Chafee was a Green Republican leader. In the 80's, Suzy was part of the Healthy America Coalition that got the first Prevention Bill passed Congress, and gave the keynote to the American Hospital Association, which upgraded nutrition of patients, as a result of sharing how her Olympic mom, Stevia, got the "sugar blues" at a hospital. Chaffee spent a year working on a Holistic Native American Health Plan that would include Dr Villafana's Native American Mercury-Free Dental School.

Suzy's green leadership with Matthew Turner (Hopi-Seminole-French) in Sedona, led to her winning a City Council seat. President Clinton praised the foundation she co-founded "for inspiring interracial harmony in America." Thanks to her co-chair Ken Bellmard bringing in gifted reinforcements, like Olympic bronze-medalist wrestler Joe Henson, former President of the AAU, grandfather of a Cherokee Olympic dreamer, along with today's new consciousness, she believes that the Native American Olympic Team Foundation can win the bid to develop Native American Olympic teams as part of the healing of Native America, which is a key to creating of a Golden Age of America.

As a result of her living in more harmony with Nature campaign through switching to all natural products, the **Vermont Country Store Catalog** from her 'green' leader state, contacted Chaffee and just launched a 95% organic "**Suzy Chaffee Naturals**" Lip Balm...

"Bless the *Daily Show*, *Chapstick* (now has a natural version), *Revlon*, my cancer cells for this priceless wake up call. And bless all those who contributed to these solutions, and you for taking them to heart," said Suzy. "If a blond can connect the dots, then anyone can!"

ABC's Good Morning America just did a segment praising Stevia as the **"Holy Grail of Sweeteners."** (<http://abcnews.go.com/GMA/OnCall/story?id=6374075&page=1>). The only brand mentioned was **'NuStevia' by NuNaturals(.com)**, which is preferred by the **Ritz Carltons** and Tucson's **Canyon Ranch Spa** for being the best tasting of all, and also because they believe that their valued clients should have the option of using a healthy sugar alternative. Stevia has been keeping Brazilians and Asians lean and clean for decades. More origins of Stevia: <http://www.yourstevia.com/tag/patrick-b-massey-md/>

"MY BLOOD SUGAR LEVELS DROPPED FROM 350 TO 85 IN THREE MONTHS"

Michael Dukin (Lac Courte Oreilles Band of Lake Superior Chippewa Indians), a gifted radio announcer and internet user, despite being blind from birth, shared his amazing health breakthrough. "After Linda and I got married in 2000, she looked on the internet for sugar free products and found Stevia. After trying the first brand of it, I noticed a bitter aftertaste, but it helped to keep my blood glucose levels at a even keel and my blood sugar dropped from 350 to 250 within three weeks. Within three months of using Stevia, my blood glucose reading stayed down between 75 and 120, and my A1C level went from 10 to 7 – they called me a 'model diabetic' at our tribal clinic. At the same time I decided to **stop drinking alcohol**. Using NuStevia has helped me to keep my glucose reading in check and be **alcohol-free for nine years**. Many diabetics even take their pills with alcohol. Because it is a sugar product, this bad mixture can eventually kill them, so please stay clear from this habit," said Michael.

"Of all the kinds of sugar free products I have tried, NuStevia is the best tasting and I use NuStevia on my oatmeal every morning, as well as in my coffee and teas. Linda makes chocolate chip and oatmeal raisin cookies with NuNaturals "More Fiber Baking Blend," which I thought were the regular sugar ones. Thanks to the sugar free products such as NuStevia I have been able to get my blood sugar levels down and can now enjoy eating everything in moderation, as well as exercising on my air bike every morning. And if my blood glucose levels get under 75, I can have orange juice to raise my blood level. Thank heaven that Olympian Suzy "Chapstick" Chaffee, brought NuStevia by NuNaturals into my life, as well as our reservation. NuStevia is also a proud sponsor of our Native American Olympic Hopefuls, including a benefit here, where Suzy handed out sample packets to everyone. And those who know about NuStevia and have tried it, now have a wonderful Native American-discovered solution to avoid obesity, diabetes and alcohol," said Michael.

SEEING THE LIGHT!

55 year old Loya Cesspooch (N. Ute), a pioneer of bringing her dance troupe to snowdance and ski in Colorado and Utah, through our foundation inspiring ski areas to start "Ute Future Olympians Ski & Snowboard Programs," **reversed her own diabetes-related blindness** by taking up fun skiing at 55,

combined with using Stevia. After seeing the light, she passionately convinced her tribe's Diabetes Department to fund the transportation and food part of the program so "none of our kids would have to get diabetes." Everyone needs a sport that excites them, so for those who are not into playing basketball, going hunting or ice fishing or running, skiing opportunities gives Natives another way to stay in shape in winter. Said a Taos Vice principal, "Our kids live to go skiing and boarding. It helps our teachers a lot because its our No. 1 motivator for good grades and behavior."

ATHLETES AND SUGAR N OF YOUTH is access to the purest water, since we have virtually fouled it globally in the name of what we naively thought was progress.