



# RADIANT HEALTH NEWS

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## Breathe Easy - Your Home's Air Quality Just Got Better



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**The house you live in may be detrimental to your health!**

**The Environmental Protection Agency (EPA) has declared indoor air quality as one of the top five most urgent environmental risks to public health.<sup>1</sup>**

According to the EPA, the air inside our homes may be two to five times more polluted than outside air. As most Americans spend more than 90% of their time indoors, the quality of that air can impact our health.<sup>2</sup>

Poor indoor air quality can cause or contribute to the development of chronic respiratory diseases such as asthma and hypersensitivity pneumonitis.<sup>2</sup>

### **Children At Greater Risk**

Young people are particularly susceptible to indoor air pollution because their bodies are continuing to develop. Because children breathe in 50% more air per pound than adults, if indoor air quality is poor, they inhale and absorb a great volume of contaminants into the lungs.

Of even greater concern, indoor air quality may be a more likely trigger of childhood asthma than outdoor pollution, according to Dr. Ian Greaves, environmental medical specialist and consultant to the



An essential oil diffuser mists the air in your home with purifying essential oils

American Lung Association Health House program.<sup>2</sup>

### **Top Indoor Air Pollutants**

Here are some of the most common indoor hazards to respiratory health and ideas for limiting your exposure.

#### ♦ **Tobacco smoke**

Secondhand smoke is a major indoor air pollutant which contains 200 known poisons such as formaldehyde and carbon monoxide, as well as 43 carcinogens. Don't let anyone smoke in your home. Period.

#### ♦ **Carpeting**

That lovely new carpeting with the cushy pad likely emits volatile organic compounds (VOCs) which have been reported to cause eye, nose and throat irritation, headaches, shortness of breath and coughs.

When installing new carpet, consider leaving the premises for 2-3 days while you ventilate your home thoroughly.

Carpet can also act as a "sink" for chemical and biological pollutants, including pesticides, dust mites and fungi.<sup>3</sup>

#### ♦ **Toxic household chemicals and personal care products**

No less an authority than the American Lung Association asserts that household cleaning agents and personal care products can cause dizziness, nausea, allergic reactions, eye/skin/respiratory tract irritation and cancer.<sup>1</sup>

Clearly, we need to switch to chemical-free products, such as Young Living's Thieves™ Household Cleaner, Spray and Wipes and their all-natural personal care products.

#### ♦ **Air fresheners and aerosols**

Who would have thought air fresheners could be harmful? In a major longitudinal study, frequent use of air fresheners during pregnancy and early childhood was associated with higher levels of diarrhea, earache in infants and headaches, depression in mothers. See page two for air fresheners that are actually good for you - and more!<sup>4</sup>

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### Banish Indoor Pollution - Diffuse Therapeutic Grade Essential Oils

Fragrant, sparkling clean air will greet you when you enter a room misted with essential oils. Don't let the beautiful scent fool you - many essential oils have powerful purifying action that cleans the air and destroys odor-causing molecules.

In fact, Young Living formulated **Purification** essential oil blend especially for diffusing indoors. Its bright, fresh scent is from Lemon-grass, Citronella and Melaleuca oils.

**Citrus Fresh™** is another favorite essential oil designed for diffusing. Its clean fragrance is relaxing and calming, especially for children.

### How to Diffuse Essential Oils

Always diffuse essential oils properly, with the cold-air diffuser pictured on page one. *Any other method of diffusing which uses heat destroys the therapeutic effect of the oils.* To start, diffuse essential oils daily for 15 minutes morning and night. Lengthen your diffusing time as you adjust to the oils. You'll never buy another air freshener!

### Soothe Respiratory Symptoms Naturally with Golden Touch 1™

At the first sign of a snuffle or cough - whether due to air quality or a cold - reach for your **Golden Touch 1** kit. Many call it their "survival kit" because it includes three essential oil blends made for respiratory and immune systems:

**R.C.** (for "respiratory care") was formulated to give relief from colds, bronchitis, sinusitis and congestion. Contains four kinds of **Eucalyptus**, a powerful antimicrobial agent. Apply topically over sinus areas, massage on chest and back, inhale deeply, diffuse.<sup>5</sup>

**Raven** gives strength in fighting respiratory disease and infection. Diffusing Raven may help decongest and relieve allergy symptoms.<sup>5</sup>

Many have found that alternating R.C. and Raven is very effective in fighting respiratory conditions. Those with sensitive skin may dilute these oils with pure vegetable oil.



Young Living's Golden Touch 1 Kit contains seven essential oils: Di-Tone, EndoFlex, JuvaFlex, Melrose, Raven, R.C., and Thieves

**Thieves** is a particularly potent oil blend, proven to have a 99.96% kill rate against airborne bacteria.<sup>6</sup> It is indispensable as an immune booster. Diffuse for just five minutes initially, then extend time as needed. Apply to soles of feet daily.

Make sure your home is a safe haven with Young Living products.

#### References

<sup>1</sup>American Lung Association. Indoor Air Pollution Fact Sheet. [www.lungusa.org](http://www.lungusa.org).

<sup>2</sup>Press release. American Lung Association. Tips on Creating a Healthier Home for Children. New York. July, 2002.

<sup>3</sup>American Lung Association. Your Carpet and Indoor Air Quality. February, 2000.

<sup>4</sup>Press release. ALSPAC. Air Fresheners Can Make Mothers and Babies Ill. October 2004. [www.alspac.bris.ac.uk/press](http://www.alspac.bris.ac.uk/press).

<sup>5</sup>Essential Desk Reference, 2nd ed. 2001; p. 118-119.

<sup>6</sup>Essential Desk Reference, 2nd ed. 2001; p. 123.

### Radiant Health News

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Product Name	Code # Size	Preferred Customer/ Wholesale Prices
Complete essential oil diffuser	#3828 green	\$115.00
	#3829 pink	\$105.00
	#3830 blue	
	#3831 bronze	
Golden Touch 1 essential oil kit	#3130 7-5 ml	\$59.00 \$53.00
Purification essential oil blend	#3399 15 ml	\$17.00 \$15.00
Citrus Fresh essential oil blend	#3318 15 ml	\$14.00 \$12.00

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