

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 367th Newsletter, I want to give us a chance to consider **clothing**, and the effects it has on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

### THE CLOTHES you are Wearing may contain some of the most DANGEROUS Chemicals that you body comes in contact with!!!

When you step into your closet to pick out your clothes do you think about the impact those clothes will have on your health? Every day we put clothes on our bodies that are literally **filled with toxins** that we would never consider drinking. The bad news is that those toxins on your skin, our biggest and most absorbent organ, are literally as lethal as gulping them down our throats!!! In this newsletter we are going to give you the **shocking** details of how your clothes may be making you ill and taking years off your life!

Many of us have become more conscious of what we put on our bodies, the materials we sleep on

at night and sit on during the day time ... but even those things that we think are safe and may be labeled "natural" may have some surprising **dangers hidden away**. From skin rashes to spinal misalignment and cancer to communicable diseases, clothing may have a major influence on well-being. Please read this newsletter completely as we have **packed** it with information you need to know to keep you and those you love free from the scary impact of toxic clothes and materials in your life.

Your skin **serves** as our body's first line of defense against a host of dangers. The body also uses our skin as an important pathway to eliminate certain toxins, but it also becomes an **easy access** for many toxins to enter into our body. Our skin can be even more dangerous than other ways for toxins to enter our bodies, such as inhalation or **ingestion**, since toxins that enter through the skin bypass the digestive and respiratory tracks and the defenses these systems employ.

When toxins are absorbed through your skin, they are taken-up by the lymphatic system, then into the blood stream and **eventually** the liver - the chemical-processing plant of the body responsible for removing toxins. Chemicals in products that enter through our skin can show up in the bloodstream in less than **sixty seconds** after coming into contact with our skin.

Chemical toxins are a **growing** problem for everyone - you, your family, and people everywhere. Dr. Dick Irwin, a toxicologist at Texas A&M University, stated that,

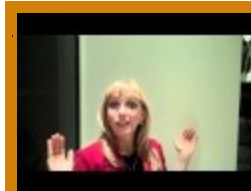


CAROLINA ARAMBURO

"Chemicals have replaced bacteria and **viruses** as the main threat to health. The diseases we are beginning to see as the major causes of death in the later part of (the 1900's) and into the 21st century are diseases of chemical origin."

The chemical toxic **overload** growing around us is taking many forms including increases in cancer, asthma, and a condition called Multiple Chemical Sensitivities. Multiple Chemical Sensitivities (MCS) is a syndrome of medical conditions **ranging from mild to life threatening** and include headache, trouble concentrating, memory problems, nausea, diarrhea, fatigue, muscle and joint pain, dizziness, difficulty breathing, irregular heart beat, and seizures.

**Researchers** have long known that chemical toxins can be stored and accumulated in the fatty tissue and organs such as the liver. MCS is thought to be a result (Cont. on next page)



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## THE CLOTHES you are Wearing may contain some of the most DANGEROUS Chemicals that you body comes in contact with!!! (Cont.)

of the chemical “straw that breaks the back” of our body’s **natural ability** to purify and remove toxins and it causes a temporary or prolonged breakdown in the body’s natural balance.

Today’s clothing industry is a **seven trillion dollar a year industry**

that uses an astounding 8,000 synthetic chemicals. Most consumers have the mistaken illusion that synthetic fibers in clothing are safe. However, for over half a century people have been reacting **negatively** to chemicals interacting with their skin causing disorders like infertility, respiratory diseases, contact dermatitis and, yes, even cancer. Bottom line is that the more synthetic clothing you wear, the greater your risk of **absorbing toxic chemicals** that can precipitate health conditions most often not attributed to synthetic fibers.

Just the allergic reactions alone to these chemicals produce symptoms like these:

- Skin rashes and lesions that can be cancerous
- Nausea
- Unexplained fatigue
- Burning and itching
- Unexplained headaches
- Blurred vision
- Difficulty breathing
- Reoccurring sinus infections not previously experienced
- Sudden inflammation and pain; especially in soft tissues

If you have an undiagnosed illness that lingers and yet you’re told “everything is within normal range,” it’s time to look into whether the **fibers** your clothes, furniture and bedding are made of could be the problem! While individual chemicals might not endanger your health, the synergistic effect of **multiple chemicals** (a “toxic soup”) interacting can have

unpredictable negative health effects.

What exactly is in our clothing and how did it get there? Here is a short **breakdown** of what happens during the processing and manufacturing process:

- Chemicals are used to make fibers suitable for spinning and weaving.
- A **formaldehyde** product is often applied to prevent shrinkage. This product is applied with heat so it is trapped in the fiber permanently.
- **Petrochemical** dyes, which pollute waterways, are used for color.
- Chemicals are added to make clothing softer, wrinkle-free, fire-retardant, moth-repellant and stain-resistant.
- Commonly used chemicals include volatile organic compounds (VOCs) and dioxin-producing bleach.
- Nylon and polyester are made from petrochemicals, whose production creates nitrous oxide, a greenhouse gas that’s **310 times** more potent than carbon dioxide.
- Rayon is made from wood pulp that has been treated with chemicals, including caustic soda and sulphuric acid.
- Dye **fixatives** used in fabrics often come from heavy metals and pollute water systems.
- Acrylic fabrics are polycrylonitriles, which may be carcinogenic.
- Clothing and fabric that is treated with **flame-retardant** chemicals, such as children’s pajamas, emit formaldehyde gas.

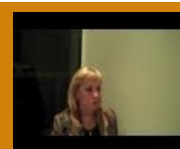
Many petrochemicals used to make the fabric in clothing that people wear everyday are actually **cancer causing**. Examples of these carcinogenic petrochemicals include:

- **Acrylonitrile**: a petrochemical intermediate involved in the pro-

duction of acrylic fabric

- **Benzene**: a primary petrochemical hydrocarbon used to make nylon fabric
- **Formaldehyde**: a petrochemical intermediate employed in the manufacture of polyester fabric.

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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don’t mean listening to your body’s cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking [HERE](#).

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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Here is a short list of the top toxic fabrics (please note that there are many more that you can read more details about in the resources links we provide at the end of this article):

1. **Polyester** is the worst fabric you can buy, particularly if you live in a warm climate. The heaviest weaves are extremely dense. Without the inclusions of natural threads, there's literally no ventilation in the garment. Polyester is made from chemically produced synthetic polymer fibers that are made from esters of dihydric alcohol, terphthalic acid, sodium hydroxide and carbon disulphide, which are derived from coal, oil, or natural gas. **Formaldehyde** is a carcinogenic petrochemical intermediate employed in the manufacture of polyester fabric.

In addition, researches confirmed that many healthy conditions and diseases come from the excessive wear of polyester fabrics, generating problems as severe as **skin cancer and other types of cancer**. Other disorders such as reduced sperm count and behavioral changes are also associated with the constant wearing of Polyesters clothes. Not only is Polyester very harmful for people but also it is dangerous for the environment since it is hard to be recycled or biodegraded and polyester factories produce a **massive** amount of toxins in the water and emits lots of pollutants in the air.

Fabrics woven or knitted from **Polyester** thread or yarn include **Terylene, Dacron, Lycra and Vycron** along with technologic fabrics popular for wrinkle-free, wear resistance, drying up properties and water and wind resistance.

2. **Acrylic** fabrics are polycrylonitriles and may cause cancer, according to the EPA. **Acrylonitrile** is a carcinogenic petrochemical in-

termediate involved in the production of acrylic fabric. **Acrylic** is another fiber manufactured with a combination of toxic substances and it is pointed as one of the causes of women's breast cancer. Besides that, Acrylic's manufacturing process, if not properly monitored can result in an **explosion**. Acrylic fibers are highly inflammable and not easy recyclable nor biodegradable in the environment.

3. **Rayon** is recycled wood pulp or bamboo cellulose that must be treated with chemicals like **carbon disulphide**, caustic soda, ammonia, acetone and sulphuric acid to survive regular washing and wearing. The carbon disulphide emitted from Rayon fabric can cause nausea, headache, vomiting, chest and muscle pain and **insomnia** as well as the toxins released from Rayon can also occasion tissue necrosis, anorexia and Parkinson's disease for people who regularly wear clothing made of it. Rayon's chemicals disposed of by factories can also affect the Eco-system by polluting the water, decreasing the plant's growth and shortening animals' life.

Rayon is known by the names viscose rayon and art silk (abbreviated from "artificial silk") in the textile industry. It usually has a high luster quality, giving it a bright shine. Modal is the second generation and is known for its softness. **Lyocell** is third generation technology. Its advantages include the environmental friendliness of its processing combined with its softness, drape and anti-bacterial properties. You may be familiar with the term **Tencel®**, which is Lenzing's brand name for lyocell.

4. **Acetate and Triacetate** are made from wood fibers called cellulose and undergo extensive chemical processing to produce the finished product.

5. **Nylon** is made from petroleum and is often given a permanent chemical finish that can be harmful. **Benzene** is a primary carcinogenic petrochemical hydrocarbon used to make nylon fabric. It is also treated with caustic soda, sulfuric acid and formaldehyde (linked to a 30 percent increase in lung cancer, skin/lung irritation and contact dermatitis) during its manufacturing.

Moreover, the fabric receives a combination of bleaching and softer agents such as chloroform, limonene, pentene and terpineol. Because of this reason, Nylon is one of the **least eco-friendly textiles** and even after the manufacture process finished, the fabric still retains toxins residues that can be harmful to people's health. Some health conditions are related to the frequent wear of Nylon clothes such as **cancer**, skin allergies, dizziness, headaches, spine pains and system dysfunction.

### Which Fabric Finishes Are packed with Toxic Chemicals?

- Easy Care - Wrinkle-free, anti-cling, anti-static, shrinkage-free - these garments release formaldehyde;
- Moth-proof and mildew resistant
- Chlorine resistant
- Water Repellent - Fluoropolymers (as in Teflon) are used to repel oil and water;

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- Flame Retardants;
- Bacterial and Fungicidal Chemicals—Triclosan and nano-particles are used for these purposes, dangerous neurotoxins and irritants.

You can be guaranteed that anything static resistant, stain resistant, permanent press, wrinkle-free, stain proof or moth repellent are treated with perfluorinated chemicals (PFCs), like Teflon. The U.S. Environmental Protection Agency (EPA) says that PFCs are cancer-causing compounds. However, "no-iron" and "wrinkle-free" clothes are not only popular but have even become part of many schools' compulsory uniforms.

Flame Retardant use began in 1971, when government required children's sleepwear to be self-extinguishing. The solution was to add brominated Tris. Studies measuring urine samples showed that this chemical is readily absorbed. Tris is a mutagen, and causes cancer and sterility. (Mutagens cause *inheritable mutations* by damaging DNA.) They also cause testicular atrophy and sterility.

Tris was banned in children's clothing in 1977 (but lives on in upholstered furniture foam, baby carriers, and bassinets). Today most synthetic fabrics contain a new generation of flame retardants bonded into the fabric, which must survive 50+ washings. Lab studies show that the new flame retardants (PBDEs) can cause a slew of health issues - thyroid problems, brain damage, ADHD symptoms, fertility problems and even cancer.

Silver nanoparticles in name-brand clothing create anti-odor, anti-wrinkle, and anti-stain clothes. Nano-particles in clothing

can create easily absorbed toxins that, due to their miniscule size, are transported into all your organs, including your brain... the consequences are unknown.. Nano-textiles are to organic clothing as GMO crops are to organic foods.

Electrostatic charges also accumulate in synthetic clothing. There are reports of shocking mini-explosions from mixing layers of synthetic clothing with synthetic carpeting. And synthetic undergarments contribute to infertility in men.

The chemicals used to produce dyes today are often highly toxic, carcinogenic, or even explosive. The chemical Aniline, the basis for a popular group of dyes known as Azo dyes (specifically group III A1 and A2) which are considered deadly poisons (giving off carcinogenic amines) and dangerous to work with, also being highly flammable. In addition, other harmful chemicals used in the dyeing process include: 1) dioxin – a carcinogen and possible hormone disrupter; 2) Toxic heavy metals such as chrome, copper, and zinc – known carcinogens; and 3) Formaldehyde, a suspected carcinogen.

Disperse blue dyes put you at high risk for contact dermatitis... especially dark blue, brown, and black synthetic clothing (think jeans for example). It's important to note that laundering does not reverse that risk. Even worse... Disperse Blue 1 is classified as a human carcinogen due to high malignant tumor levels in studies. You need to be careful of light colored clothing also as they also are bleached. Dye factories are also dumping tons of dye chemicals and dye sludge into our planet.

And what about clothes that "seem" to be made from natural products? Let's take a peek at cotton for example: Twenty-five percent of all

the pesticides used on our planet are sprayed onto cotton crops. For this reason, people should always choose organic cotton or other organic natural fibers. But is that even a guarantee of safe clothing? NO – not unless you make sure about the manufacturing processing. Once the fabric is made, and the clothing is cut and sewn then they are dyed, and then chemicals are applied.

Finished clothing is often covered in formaldehyde to keep them from wrinkling or becoming mildewed during shipping – with up to 900 times the recommended safe level of formaldehyde being shipped to brand name clothiers from factories in China and Southeast Asia. These countries also have no industrial pollution or workplace safeguards in place.

Some of the hazardous processing and finishing treatments include:

- Washing, shaping, and bleaching the fabric. Involves the use of dangerous chemicals such as polyvinyl alcohol, chlorine and VOCs like formaldehyde.
- Dyeing, printing and designing the fabric. Involves the addition of harmful VOCs like benzene. Azo dyes used on clothing may cause allergic reactions and skin conditions (Cont. on next page)

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tions like dermatitis. Plastic designs may involve the use of phthalates, which may be carcinogenic and may impair sexual development.

- **Touching up the fabric.** Involves a host of toxic chemicals such as:

- **PBDEs** (Polybrominated diphenylethers) are often used on fire-retardant fabrics. According to the Environmental Protection Agency, these flame retardant chemicals may impair the neurological system, **liver and thyroid**. Even flammable fabric which does not contain **PBDEs** may be comprised of other chemicals that emit toxic fumes when set ablaze.
- **PFCs.** (Perfluorinated chemicals) including the carcinogenic **PFOS** (perfluorooctane sulfonic acid) and **PFOA** (perfluorooctanoic acid) which may show up in **stain, wrinkle and water-resistant** fabrics.
- **Formaldehyde.** May be used to process **permanent-press** clothing, and these fabrics may emit toxic **VOC** fumes as a result.

Keep in mind that many fabrics (including natural fibers) undergo significant processing that often involves:

- Detergents
- Petrochemical dyes
- Formaldehyde to prevent shrinkage
- Volatile organic compounds (VOCs)
- Dioxin-producing bleach
- Chemical fabric softeners

Please note that everything we have discussed also applies to the **bedding** you spend time sleeping in every night, the towels you use, the material in your furni-

ture and a multitude of products made for children and babies.

The insanity of all of this can be seen in examples such as the fact that **brominated** flame retardant chemicals are added to sleepwear primarily due to the combustible nature of the synthetic fabrics most pajamas are made of. The majority of children's pajamas are polyester, which is most often made from petroleum. The **flame resistance** is an extra step needed to counteract the flammable nature of these man-made fabrics, but this additional manufacturing process only "fixes" one bad idea with another.

What about the dangers of certain types of clothing? Doctors actually warn that wearing **tight pants** like skinny jeans can compress the lateral femoral cutaneous nerve, which runs down your thigh and, like all other nerves, is there to register physical sensations like touch and pain. The medical term for this is *Meralgiaparaesthetica*. It is actually a serious **neurological disorder** that causes numbness of the leg, stinging pain, oversensitivity to heat and even atrophied leg tissue in some cases. For men, wearing tight trousers can cause overheating of the testes, **lowering sperm count** and causing fertility problems. For women, wearing skinny jeans can increase your chances of developing thrush.

Control under garments puts increased pressure on the stomach, often leading to **heartburn**, breathing problems and digestive problems. Such restrictive underwear can also worsen conditions such as irritable bowel syndrome.

**High heels** are also a nightmare, leaving women with permanent damage including: ingrown toenails, **irreversible damage** to leg tendons, nerve damage and bunions, overworked or injured leg muscles,

osteoarthritis of the knee, plantar fasciitis and low back pain.

Bras for women have linked with abnormal sleeping patterns and hormonal imbalance. Studies have shown decreased levels of melatonin in the women wearing bras. Many **physicians** and researchers now agree that wearing a tight fitting bra can cut off lymph drainage, which can contribute to the development of breast cancer. It is thought that more than **70 per cent** of women are wearing the wrong bra size, and this can lead to a range of health problems including back, neck and breast pain, breathing difficulties, poor posture, skin irritation, circulation problems and even irritable bowel syndrome.

For men constantly **wearing a tie** can put you at risk for glaucoma. Glaucoma is one of the most common eye diseases in the world and can lead to permanent blindness unless it's treated early. Its primary cause is **increased pressure** in the eye, which in turn can be caused by obstructed blood flow to and from the head.

To prevent genital issues like vulvovaginitis (infections in the vagina or vulva) or jock itch, health experts (Cont. on next page)

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suggest wearing new, clean, loose-fitting pairs of organic, natural fiber underwear to allow for **breathability** and to absorb moisture that can be a catalyst for infection. Just as with tight trousers, wearing tight-fitting Y-fronts for men can cause overheating and lead to reduced sperm production and fertility for up to 11 weeks.

For those of you who think that animal by product clothing and **accessories** should be safe think again about that also. There is nothing "natural" about clothing made from animals' skin or fur. In addition to causing the **suffering** and deaths of millions of animals each year, the production of wool, fur, and leather contributes to climate change, land devastation, pollution, and water contamination and the **processing** of clothing such as leather, wool and fur is a toxic chemical danger for those who wear them.

Even the packaging and purchasing process of clothing has chemicals involved with it. New clothing wrapped in **white tissue** or packaged in some plastics can cause discomfort and health problems for the very chemically sensitive. White tissue wrapping paper has usually been treated with harsh **chlorine bleach** and colored tissues have been soaked in strong chemical dyes. Packaging and wrapping plastic is made from petrochemicals and some plastics off-gas fumes that can cause physical discomfort. New shipping boxes are bonded and held together with **adhesives**, which can off-gas into clothing being shipped inside.

Finally there are the **dangerous** chemicals we clean our own personal clothes with that adds to our human chemical overload and the toxic overload on the planet,

which we then inhale, drink and eat.

"Microscopic fragments of acrylic, polyethylene, **polypropylene**, polyamide, and polyester have been discovered in increasing quantities across the northeast Atlantic, as well as on beaches in Britain, Singapore, and India, says Mark Browne, an ecologist at University College Dublin. Browne found that 80 percent of the **filaments** were either polyester or acrylic and originate in synthetic textiles. What this means is that our clothing is not only endangering our planet and us through manufacturing but also through our own process of cleaning our clothes. **An estimated 1,900 microfibers** can get rinsed out of a single piece of synthetic clothing each time it's washed, and these microplastic fibers might be the biggest contributors to ocean pollution.

The **most abundant** form of waste material found in habitats around the world is clothing fibers, and it can contaminate not just water, but also food and air. "Ingested and inhaled fibers carry toxic materials and a third of the food we eat is contaminated with this material." says Browne. These **ingested fibers** can accumulate in the body and adds to the "Toxic Soup" in our bodies and the environment.

Of the **3-10 gallons of toxic** household cleaning products in a home, the chemicals in dryer sheets and fabric softeners are considered to be among the most toxic as they contain health **hazardous** chemicals such as Benzyl Acetate, Chloroform, Dichlorobenzene & Limonene, Benzyl Alcohol, Camphor & Biodegradable cationic softeners, Ethanol and Ethyl Acetate and Alpha Terpineol, Pentane & Linalool.

The fragrance chemicals added to these products are particularly difficult to remove because they have been designed to cling dearly to fab-

ric so the scent stays in the clothing. Your **fabric softener** is literally off-gassing into your living environment even in their closed containers and these chemicals are accompanying you day and night through your skin and your lungs as you wear your clothes and sleep in your sheets.

Now add to that the dangers in other cleaning products like **wrinkle-free products** that can be sprayed on and the detergents filled with massive amounts of toxins. Since the average family in the United States washes about 80 pounds of laundry each week, with ½ cup of detergent per load, an average of 4 cups of detergent per home ends up in our bodies, the waterways and affecting air quality each week.

Conventional **detergents** are comprised of a concoction of fragrances, endocrine disruptors, neurotoxins and potent cancer-causing chemicals. Most detergents also have dangerous fragrances, which are designed to impregnate and stay in clothes just as they do with dryer sheets. The **unscented** versions add masking chemicals, which simply cover up the fragrance with another chemical.

This all makes your **laundry room** one of the most toxic rooms in your (Cont. on next page)

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home, as these chemicals become airborne when washing and drying your clothes. Then you top that off as each piece of that **chemical infested** clothing comes in contact with your body through wearing them, sitting on them, sleeping in them or using them.

A Raw VEGAN Living Foods DIET including wearing and using 100% organic, natural fiber clothing, bedding at materials, plenty of **Leafy GREENS**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following research links will provide you with more details on fabrics and the **chemicals and toxins** in fabrics and fabric cleaning and care products so you can go deeper with your own research if you care to:

<http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/womens-health/Pages/high-heels.aspx>- High Heels

<http://www.bodytalksystem.com.hk/mavista/cms/en/articles/12650/Naked-Beneath-Your-Clothing>- Naked Beneath Your Clothing

<http://articles.mercola.com/sites/articles/archive/2009/05/19/Can-Wearing-Your-Bra-Cause-Cancer.aspx>- Can Wearing Your Bra Cause Cancer

<http://www.organiclifestyle.com/blog/multiple-chemical-sensitivities/clothes-becoming-intolerable-multiple-chemical-sensitivities/>- Are Your Clothes Becoming Intolerable? Multiple Chemical Sensitivities

<http://shaluprasanth.hubpages.com/hub/Organic-Clothing-and-overall-benefits> - Organic Clothing and overall benefits

<https://branchbasics.com/blog/2014/12/laundry-chemicals/> - Do You Know What's in Your Laundry Detergent?

[http://bodyecology.com/articles/top\\_6\\_fabrics\\_you\\_should\\_avoid\\_wearing.php](http://bodyecology.com/articles/top_6_fabrics_you_should_avoid_wearing.php) - The Top 6 Fabrics You Should Avoid Wearing and Why

<http://www.futurefashion.me/dangers-of-synthetic-fabric/> - Dangers of synthetic fabric- The Dangers of Synthetic Fabric

<http://www.cancerdefeated.com/newsletters/The-Clothes-that-Kill-You-Slowly-but-Surely.html> - The Clothes that Kill You Slowly but Surely

<http://undergroundhealthreporter.com/toxic-clothing-synthetic-fibers-hazard-to-health/#axzz3kQxnOUEI> - Fact or Myth: Are Clothes Made with Synthetic Fibers Toxic Clothing and Hazardous to Your Health?

<http://kriscarr.com/blog/hidden-dangers-of-conventional-fabrics/> - Hidden Dangers of Conventional Fabrics

<http://fashionbi.com/newspaper/the-health-risks-of-toxic-fibers-and-fabrics> - The Health Risks of Toxic Fibers and Fabrics

<http://greatist.com/health/14-health-risks-you-might-be-wearing> - 14

Creepy Ways What You Wear Could Be Hurting Your Health

<http://www.totalhealthmagazine.com/Allergies-Asthma/Consumers-Beware-Toxins-Lurking-in-Your-Clothing.html> - Consumers Beware: Toxins Lurking in Your Clothing!

<https://greencotton.wordpress.com/2008/06/18/synthetic-dyes-a-look-at-the-good-the-bad-and-the-ugly/> - Synthetic Dyes: A look at Environmental & Human Risks

<https://greencotton.wordpress.com/2008/05/31/does-organic-cotton-equal-organic-jeans/> - Does Organic Cotton Equal Organic Jeans?

<http://www.naturalhealth365.com/dangerous-chemicals/0950-toxic-clothing.html> - Cancer causing chemicals found in clothes

<http://naturalsociety.com/chemical-clothing-toxic-chemicals-clothes-sick/> - Chemical Clothing: Which Hidden Toxins are You Wearing?

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## THE CLOTHES you are Wearing may contain some of the most DANGEROUS Chemicals that you body comes in contact with!!! (Cont.)

<http://naturalsociety.com/clothes-filled-toxins/> - Are Your Clothes Filled with Toxins?

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<http://www.chem-tox.com/beds/frame-beds.htm> - New Mattress & Bed Illness Reports

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## ORGANIC NATURAL FIBER clothing and NATURAL processing is THE Answer to Creating an AMAZING layer of protection and health for your Body!

What is the answer to this spiral of toxins in our clothing? Let's start with choosing natural organic fibers first. In fact, organic natural fiber clothes are **next-generation** organic clothes. The clothes use naturally made fibers without the use of chemicals. Another significant aspect is the natural procedure involved in manufacturing such clothes. Hence, it ensures **eco-friendly** clothing without the use of any harmful chemicals.

Organic clothing uses organic materials such as cotton. But, the use of chemicals is still **inevitable** while processing many organic materials. This is not the case with organic natural fiber clothing as it not only uses organic materials, but also ensures there are no **chemicals** used to create such clothing. Moreover, the method of processing and creating is done manually or with the help of simple equipment.

Generally, **organizations** specializing in manufacturing natural fiber clothing use strong elastic fibers, vegetable fibers or protein fibers. These natural fibers have their own properties. Here is a list of those fibers – please make sure they are 100% organic:

- **Cotton** - It still remains the "king" of textiles. Organic accounts for less than 1% of worldwide production.
- **Flax** - one of nature's strongest fibers.
- **Hemp** - grows without any need for fungicides, herbicides, or pesticides because it's naturally insect-resistant. Its fibers are reported to be four times stronger than cotton. This is NOT the hemp known for its mind-altering properties!
- **Linen** – made from flax and other plants
- **China Grass, or Ramie** - is one of the strongest natural fibers used in natural fiber clothing. It is a stem fiber and has been used since ancient times. This fiber is a smooth, refined and durable natural fabric, and is very comfortable to wear during warm weather.

### **Benefits of Organic Natural Fiber clothing:**

- No usage of chemicals
- Less Co2 emission in the environment
- Less water consumption (60% less than other factories)
- Helps the farmers
- Health of employees

- Nil or less water pollution
- Zero side effects on plants
- New Trend in Fashion World – eco-fashion
- Comfort
- Satisfaction
- Organic clothes usually have herbs used in their production that can also fight against diseases.

Organic clothes can also help you to fight against **skin infections**, high blood pressure, diabetes, psoriasis, asthma and insomnia naturally. They can help to stimulate body weight and remove body aches. They also help to boost energy, enhance mood and provide (Cont. on next page)

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## ORGANIC NATURAL FIBER clothing and NATURAL processing is THE Answer to Creating an AMAZING layer of protection and health for your Body! (Cont.)

for overall wellbeing. More than 200 varieties of herbs are used in producing organic clothes. Roots, flowers, seeds, and bark of plants are used in developing the fabric. Some of the herbs used in the organic textile industry are:

**Turmeric**: Used as a natural dye.

**Manjistha**: Ayurvedic herb used as blood purifier is used in organic clothes production.

**Sandalwood**: Yellow in color and has got good fragrance.

**Neem**: Neem is a tree among semi evergreen tree species and is used as toxic in the organic textile industry.

**Indigo, tuls, madder** are some of the other Ayurvedic herbs used in the organic textile industry.

Unlike the conventional production of these natural fibers, organic fibers are grown without the use of toxic and potentially carcinogenic herbicides, insecticides, pesticides, and fertilizers. This means that the organic cotton fabric was not produced with toxic chemicals that endanger your health and pollute our planet.

They also do not come from the toxic petrochemicals that produce synthetic fabrics. Better yet, unlike both mainstream natural and synthetic fabrics, true organic chemical free fabrics undergo no dangerous chemical processing, are colored and printed with vegetable dyes and inks instead of with toxic ingredients and are not finished with dangerous chemical treatments.

The catch is to find TRUE organic clothing from start to finish. This can be very tricky and takes the proper research. The National Organic Program (NOP) is a part of the USDA (United States Department of Agriculture) that sanctions clothing and other textile

products as “organic.” These products are labeled with various organic certifications.

Some organic certification labels on textile products include:

- The “**100 percent organic**” label means that 100 percent of the fibers of the product are organic.
- The “**organic**” label means that at least 95 percent of the fibers of the product are organic.
- The “**made with organic content**” label means that at least 70 percent of the product is composed of organic fibers.

However, the organic certification of textiles only ensures that the fibers are produced organically on the farm according to the on-farm crop regulations mandated by the NOP. The fibers in organic clothing with a “certified organic” label may still have undergone processing and finishing with toxic chemicals once they have left the farm to become a manufactured fabric. Here is where it becomes important to take your research a step deeper.

The next step in having chemical free clothing is to check the label for no chemical finishes, non-toxic dyes and inks, vegan and anti animal cruelty certifications and fair labor practices. A key thing to look for on labels is the The Global Organic Textile Standard (GOTS) organic label. The Global Organic Textile Standard (GOTS) is the worldwide leading textile processing standard for organic fibers, including ecological and social criteria, and is backed up by independent certification of the entire textile supply chain.

The Global Organic Textile Standard International Working Group is comprised of four reputed member organizations, namely OTA (USA), IVN (Germany), Soil Association (UK) and JOCA (Japan),

which contribute to the GOTS, together with further international stakeholder organizations and experts, their respective expertise in organic farming and environmentally and socially responsible textile processing.

Only textiles produced and certified according to the provisions of the standard can carry the GOTS label. There is a sub-division of two label grades in the GOTS standard:

**Label-grade 1: “Organic”** which is  $\geq 95\%$  certified organic fibres,  $\leq 5\%$  non-organic natural or synthetic fibres.

**Label-grade 2: “Made with X% organic”** which is  $\geq 70\%$  certified organic fibres,  $\leq 30\%$  non organic fibres, but a maximum of 10% synthetic fibres (respective 25% for socks, leggings and sportswear), as long as the raw materials used are not from certified organic origin, a sustainable forestry management program or recycled.

Blending conventional and organic fibers of the same type in the same product is not permitted. Conventional cotton, angora and virgin polyester are no longer permitted in the remaining balance of fibers relevant for the fiber composition.

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## ORGANIC NATURAL FIBER clothing and NATURAL processing is THE Answer to Creating an AMAZING layer of protection and health for your Body! (Cont.)

All chemical inputs such as dye and **auxiliaries** used must meet certain (Cont. on next page) environmental and toxicological criteria. The choice of accessories is limited in accordance with ecological aspects as well. A functional **wastewater** treatment plant is mandatory for any wet-processing unit involved and all processors must comply with minimum social criteria.

The dyes allowed under GOTS are limited to natural dyes and some synthetic dyes that meet GOTS specific **requirements**, including limitations on heavy metals, formaldehyde, pesticides, and azo dyes (which are considered chemical carcinogens).

### Bottom line: Shop brands that cover all the bases

If want to buy organic clothing and natural textile products that don't come with extra **disclaimers**, look a little beyond the word "organic" and simplify it by:

- Look for the GOTS logo. Not all GOTS certified textile makers put the **symbol** on their labels or tags, so if you don't see it, ask the company whose brand name is on the label.
- Look for terms like "low-impact dyes," "low eco-impact manufacturing," "no chemical finishes," "clay dyes" or "fiber-reactive dyes," all more eco-friendly alternatives to **conventional** petroleum-based dyes and synthetic finishes.
- Read the company's website or ask a **customer service** rep about the dyes and finishes they use, and how the company monitors what happens to its fabrics and clothing after the fibers are harvested.

**Eco clothing** is a new term that you will see more an more fre-

quently. Eco clothing is specifically clothing made from renewable resources that can be replenished very easily in short **duration**. The fabric is made from eco friendly fabrics such as bamboo, hemp, which have less ecological footprint, is **biodegradable** and therefore a very small amount of land or resources are needed for producing the finished products. The amount of chemicals and fertilizers used in the production of eco clothing raw materials is almost negligible. The **advantages** to Eco clothing is that they are:

- **Non toxic:** Eco clothing is free of toxic elements and therefore safe for human beings.
- **Long lasting:** Eco clothing is extremely durable and since it has the inherent ability to grasp different natural dye **colors** very quickly, they do not fade for long duration.
- **Superior quality:** Organic cotton fabric has natural wax and hence is very smooth, and has a natural sheen. Hemp fabric is anti-microbial and resistant to mold. It also blocks ultraviolet rays. These and many more qualities have proven that eco clothing is superior to synthetic fabrics.
- **Eco-friendly:** Since no pesticides or insecticides are used during the production of organic cotton, bamboo or hemp, fabrics made from these materials do not increase toxicity level in your body or the atmosphere. Cultivation of such plants also makes the soil richer and maximizes soil fertility.

Whenever you opt for eco clothing always read the label and cleaning instructions mentioned on the tags. There are types of eco clothing that can be **washed** in washing machine while some natural organic clothes need to be washed by

hands. Avoid the dry cleaning products because of the toxic chemicals that will go to your body and the earth.

Make sure you are also buying clothing that use natural organic, herbal dyes. Herbal dyes are produced from natural plants such as mushroom, tulsi, turmeric, rama-cham, pomegranate etc and then are used to manufacture clothes **organically** with organic natural fibers. In Ayurveda, tulsi is named as amritha, meant as pure happiness (i.e) it brings spiritual awakensness and you will get relief from skin diseases, fever, psoriasis, fungal infections and **respiratory** diseases etc. If you wear tulsi dyed organic clothes, you will feel comfort and having resistance capability to avoid those diseases mentioned earlier.

For children and babies:

1. **Check the label for fabric composition.** Use the same rules for adult clothing ... natural fibers, organic and chemical free processing.
2. **Always avoid sleepwear labeled:** "To retain fame resistance" or Flame resistant fabric"

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## ORGANIC NATURAL FIBER clothing and NATURAL processing is THE Answer to Creating an AMAZING layer of protection and health for your Body! (Cont.)

### 3. Look for these labels instead:

“For child’s safety, garment should fit snugly. This garment is not flame resistant. Loose fitting (Cont. on next page) garment is more likely to catch fire.” or simply “Wear snug-fitting, not flame resistant” This is the **gold-standard** in pajama shopping. This indicates that the fabric is not inherently flame-resistant and has not been chemically treated. It is a good idea to follow the “snug-fitting rule” since loose fitting clothing captures air between the fabric and the child and ignites much easier when **exposed** to a flame. This also reduces the risk of suffocation in younger babies.

4. Sleepwear for newborns and babies up to 9 months don’t follow the same rules. Sleepwear for babies under 9 months old are not necessarily required to be flame resistant or to carry any labeling. Sleepwear for babies may still contain fabric made of chemically treated fibers, so avoid synthetic fabrics altogether.

5. When purchasing fabric to make your own sleepwear, choose natural fabrics and be prudent about examining the label for any mention of flame resistance or chemical treatment.

Given the numerous toxins to avoid in daily life, there is no surprise that most people won’t stress about **chemicals** in clothing. But there *are* still some simple measures you can take to reduce toxic exposure:

- If you **launder** with common supermarket *toxic* detergents, switch to all natural, organic, chemical free detergents. It will

take a few washings to remove the residual toxic detergent ingredients completely.

- Read **clothing labels** and avoid synthetic materials such as Rayon, Nylon, Polyester, Acrylic, Acetate or Triacetate as much as possible. Also avoid no-iron, wrinkle free and preshrunk items. Basically, try to stay in the 100% pure organic and **natural fiber zone**.
- If you do have synthetic clothing consider adding organic baking soda to help neutralize the chemicals while using natural **chemical free** detergents. Also, avoid those dryer sheets unless you can find them without toxic chemicals.
- Stay away from dry cleaners that use perchloroethylene, commonly known as PERC. There are actually some that don’t. Find them or forget **dry cleaning**. The Centers for Disease Control and Prevention lists guidelines for dry-cleaning workers that give some idea as to how toxic dry-cleaning chemicals may be. Studies have found they can be toxic to the liver, kidneys, and nervous system, as well as **carcinogenic**. The easiest way to reduce exposure to the chemicals is to dry clean less (check care tags carefully and re-wear between washes whenever possible) and then after cleaning, allow clothes to air out before **wearing** or putting them away. Switching to a green cleaner is the safest option if you have dry clean clothes that you cannot depart with.

For cleaning and taking care of your clothes:

- Switch to green, natural, chemical free **detergents**.
- Add a 1/2 cup of baking soda to the water in your washing machine and let it dissolve prior to adding your clothes. This acts as a water softener and helps makes clothes super soft. You can also

add one cup of organic white vinegar to the final rinse of wash cycle. The **white vinegar** can be added to the fabric softener reservoir. This will help to eliminate static cling and wrinkles. The theory is that the white vinegar helps keep the **fabric fibers** soft and flexible so that wrinkles don’t set into the fabric.

- Take clothes out of washer immediately after last spin cycle. Put less clothes in each dryer load. **Remove clothes** from the dryer as soon as they are dry. Hang or fold clothes as soon as the clothes are dry and removed from the dryer.
- If you are hanging clothes on a line to dry rather than using a tumble dryer, give each **garment** a good shake and smooth the fabric when placing on the line to dry. The smoother the clothes when hanging them, the less wrinkles after they dry.

When drying on a line whether outside or indoors, a breeze blowing on the clothes will not only help them dry more quickly, but will also help **remove stiffness** and give a softness to the fabric. When line drying indoors, you can even use an electric fan to create a breeze on the clothes. The motion will keep the **fabric fibers** flexible as they dry which not only helps  
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prevent wrinkles but gives a softness to the fabric.

- After choosing your fabrics wisely and laundering correctly, if there (Cont. on next page) are still **wrinkles** that you must flatten, then the electric steam iron is your trick of last resort. The steam iron combines the two primary factors in wrinkling – heat and moisture – to undo wrinkling.
- The battle against the wrinkle doesn't end in the **laundry room**. When hanging clothes in the closet, give them a little room to hang. If clothes are tightly pushed together then any creases or twists will effectively get pressed back into the clothes. **Shirts** are best hung on natural, chemical free or wood hangers (not metal like the ones you get from the dry cleaners) and pants are best using clamp-style hangers on the bottom cuffs.

**Recycled, used and vintage clothing** is a very real option in purchasing clothing. Many sustainable minded people across the world have instituted clothes swaps and co-ops to utilize clothing in a more mindful way. Be careful even when buying from thrift shops to wash the **purchased** clothing several times in all organic, natural detergent as sometimes they also have been sprayed before being put in hangers and shelves. Still read the labels and look for all organic natural fibers.

When **shopping** please also look for Vegan and cruelty free Brands. Remember that there is no such thing as an animal product material that has not been processed with chemicals **somewhere** along the process. So be kind to all of earth's beautiful creatures and your body by utilizing only plant-based clothing.

It is also critical to find clothes that

are ethically made in **manufacturers** that don't employ children and that are safe for the employees. Much of the garment industry produces garments in sweatshops made by people who can barely breathe due to too many harsh chemicals and who live in **environments** where their homes are at risk with highly toxic water from the manufacturer's waste.

These workers often have to bring children as young as 6 years old to help because their salary can't even cover the cost of the rent, even less for food. Some of the **countries** to watch out for: mostly third-world countries, especially China and India. These two unfortunately have received a deserved bad reputation for allowing companies to ignore their laws and turn a blind eye on the **waste** and child abuse.

A key to avoid subsidizing those situations is to buy Fair Trade clothing. Fair trade means that the people who are at a **disadvantage** are the priority. They are the ones to whom the companies who wish to offer a fairly-traded pay for their product will give the work. Small-scale farmers and producers, those generally **marginalized** by the mainstream market, are the main target. Sustainability is also important in fair trade.

Although an **environmental** certification is not necessary, you can rest assured that your fair-trade product has no genetically modified crops, will sustain itself - so no overusing the land in any way, no monocultures, biodiversity and **permaculture** are encouraged, etc. The price negotiations are done between the Product Organization and the Buyer. Therefore, the buyer does not contact the farmer directly. This actually ensures that the **minimum** price someone has to receive to make it a decent sale

and sustain himself - is always ensured, even if the market prices have dropped.

Although the most **sustainable** option for clothing is to buy second hand, from local thrift stores for example, or to host clothes swaps, there are still times when you need to buy new clothes, and supporting natural, organic, vegan, ethical brands sends a **positive message** to the brands that do produce healthy clothes and is the beginning of turning around the consciousness of those who do not. This way you make a difference for you and your family, for others and for the planet.

The following research links will provide you with more information on how to **determine** the "right" fabrics and where to find and how to buy organic, chemical free clothing and fabric care and cleaning options:

<http://www.januarythreads.com/vegan-and-non-vegan-fabrics/> - Vegan and Non-Vegan Fabrics

<http://www.theflamingvegan.com/view-post/Vegan-and-Organic-Materials> - Vegan Organic Materials

[www.global-standard.org](http://www.global-standard.org) - Global Organic Textile Standard

<http://www.onegreenplanet.org/lifestyle/a-guide-to-buying-sustainable-fair-trade-and-vegan-clothing/> - A Guide to Buying Sustainable, Fair-Trade and Cruelty-Free Clothing

<http://www.onegreenplanet.org/lifestyle/your-guide-to-cruelty-free-clothing/> - Your Guide to Cruelty-Free Clothing

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## ORGANIC NATURAL FIBER clothing and NATURAL processing is THE Answer to Creating an AMAZING layer of protection and health for your Body! (Cont.)

<http://www.treehugger.com/sustainable-fashion/vegan-clothing-explained.html> - Vegan Clothing Explained (Cont. on next page)

<http://theorganicsinstitute.com/organic/organic-clothing/> - Organic Clothing

<http://www.innovateus.net/earth-matters/what-eco-clothing> - What is Eco Clothing?

<https://gimmethegoodstuff.org/safe-product-guides/baby-clothing> - Safe Baby Clothing Guide

<http://life.gaiam.com/article/organic-clothing-can-you-read-between-lines-tag> - Organic Clothing: Can You Read Be-

tween the Lines on the Tag?

<https://www.haenow.com/cart/whyorganic.php> - Why Choose Organic?

<https://blog.honest.com/sorting-understanding-when-to-buy-organic-clothing/#> - Sorting Through Kids' Clothes: Understanding When to Buy Organic

[https://www.organicconsumers.org/old\\_articles/clothes/background.php](https://www.organicconsumers.org/old_articles/clothes/background.php) - Clothes for a Change: Background Info

<http://www.brighthub.com/environment/green-living/articles/11173.aspx> - Natural Fiber Clothing: The Next Best Option in Organic Clothing

<http://www.brighthub.com/environment/green-living/articles/17625.aspx> - Green Laundry Detergents: First Understand

What is in Laundry Detergents

<http://www.organicinstead.com/organic-clothing.html> - Discover Organic Clothing: A Safe Alternative to Mainstream Attire

<http://www.greenlivingonline.com/article/guide-natural-and-eco-friendly-fabrics> - A Guide to Natural and Eco-Friendly Fabrics

<http://www.care2.com/greenliving/6-natural-alternatives-to-toxic-fabric-softeners.html> - 6 Natural Alternatives to Toxic Fabric Softeners

[http://organicclothing.blogs.com/my\\_weblog/2005/11/tencel\\_sustaina.html](http://organicclothing.blogs.com/my_weblog/2005/11/tencel_sustaina.html) - Tencel :: Sustainable but not necessarily healthy

<http://www.debralyndadd.com/>

## YOU can Holistically Balance yourself Physically, Mentally, Emotionally and Spiritually with Organic, Natural Fiber Clothing!!!

Just as with any chemicals, the effects of the chemicals in our clothing are **additive** — their effect is much greater when used in combination. This means that just as the physical dangers are excessively high so are the mental, emotional and **spiritual** impacts of our clothing when added to the “toxic soup” created in our environment, food, personal care products, cleaners, etc.

If we just take one type of chemical found in clothing, Petroleum based **chemicals**, you will begin to see the mental and emotional impact if we multiple that by the multitude of other chemicals. Petroleum based chemicals, found in polyesters, nylon, dyes, laundry detergents, etc. are being found to cause **accelerated** aging to the brain, defense systems including the blood brain barrier and immune system as well as altering critical hormones necessary for teenage neurological and behavioral development.

These chemicals have been proven to be **responsible** for child behavior disorders including learning disabilities, mental retardation, ADHD (attention deficit disorders), hyperactivity, and also alter hormones essential for **maintaining** healthy bodily and brain processes. Petroleum based chemicals are believed to cause these problems by a variety of routes including - impairing proper DNA (Gene) expression, weakening DNA Repair, accelerating gene loss, **degeneration** of the body's detoxification defenses (liver and kidneys) as well as gradual weakening of the brain's primary defense (the Blood Brain Barrier)

Of significant concern, while petroleum based chemicals are required by the U.S. Government (EPA) to be tested for a variety of health effects, they are **not required** to be tested for subtle neurological damage (memory, personality, behavior etc), damage to the developing brain during pregnancy, detailed immune system effects, autoimmunity and

effects upon the brain's primary defense - the blood brain barrier.

And this does not stop with children. Children are more **susceptible** to damage but the same mental and emotional conditions are true for adults. There is a risk with children of permanency of these conditions. Most adults, however, were not only exposed to these chemicals at a young age but have **continued** to be (Cont. on next page)

If you would, please go to this link and give us/me your feedback:  
([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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## YOU can Holistically Balance yourself Physically, Mentally, Emotionally and Spiritually with Organic, Natural Fiber Clothing!!! (Cont.)

exposed to these chemicals for a large portion of their lives.

And **petroleum-based** chemicals are only one type of chemical we discussed with you in our first article. Beyond petroleum based chemicals, each of the toxins used in textile production, processing and **manufacturing** leave a litany of other conditions including hyper-anxiety symptoms, panic attacks, phobias, nervousness and irrational fears, crying outbursts, Obsessive Compulsive Disorder and or depression.

The rate of people experiencing a wide barrage of health problems such as difficulties **focusing mentally due to chemical sensitivities** has been growing alarmingly. Many people diagnosed with Multiple Chemical Sensitivities find organic clothing to be essential in reducing their exposure to the vast array of toxic chemicals that we are unknowingly exposed to every day.

The good news is that by switch-

ing to chemical free organic clothing, bedding and fabric products now you can stop the damage and by adding the **proper nutrition**, exercise, stress reduction and lifestyle you can even begin to reverse any damage done by your clothing and return your body to a beautifully balanced state.

When our body is being flooded with chemicals we are physically, mentally and **emotionally** impacted. All of this also has an impact of our spiritual clarity and connection. Fabric and clothing, just as everything, comes with its own set of characteristics and properties, not only at a physical level but at a vibrational and spiritual level as well. Therefore, when worn, the subtle vibrations that are predominant in the **fabric will affect** us at a vibrational and spiritual level. Our bodies resonate with natural, organic products just as they do with nature.

Just as we obtain optimal health and wellness physically, emotionally and mentally with pure high **vibrational** food we also have an

opportunity to be mindful and assure that the clothing we wear and the fabrics we come in contact with provide us with optimal balance and harmony also. As holistic begins it all counts and I invite you to take the next step in optimal **wellness** with clothes generate a natural balance for you and those you love!

The following research links will provide you with more information on the mental, emotional and spiritual impact of clothing:

<http://www.spiritualresearchfoundation.org/spiritualresearch/spritualscience/spiritual-effect-of-nylon-fabric>  
Spiritual effect of clothes made from nylon fabric

<http://www.health-science-spirit.com/basicrules.html>-HEALTHY LIVING

<http://www.imamreza.net/eng/imamreza.php?id=5518>- Clothing, Colonization and Spiritual Identity

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions: (and our world) in their/our spiritual growth.

- To express **three passions** of mine that I have ironically been suppressing since 1999:
  - my passion for **spirituality**.
  - my passion for our **earth/environment/plants/animals** and the future of them/us all.
  - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
- To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community
- To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
- To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
- To make it all **simple and synergistic**.



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