



KEY CELLULAR NUTRITION

# FOREVER CHEMICALS

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# FOREVER CHEMICALS

ARE YOU AWARE OF THE THREE SOURCES OF STRESS  
THAT ARE KILLING AMERICANS TODAY?

**Are you aware of the three sources of stress that are killing Americans today?**

**They're commonly referred to as physical, emotional, and chemical stressors. Now, each individual can do a tremendous amount to avoid the physical and emotional forms of trauma.**

**But it's a whole different story when it comes to chemical forms of stress.**

**You see, these chemical stressors are in our everyday environments.**

**They're often outside of our control, because we're not even aware they're around - let alone taking a serious toll on our health and well-being.**

**I want to talk about a harmful form of chemical stress that you need to be aware of: forever chemicals.**

Forever chemicals are a term used to describe PFAS compounds. They're given the name "forever chemicals" because their makeup means that they don't break down like others would. Because they're so strong, PFASs show up nearly everywhere: in ur bodies, in the soil, in water, and in our atmosphere.

They truly are everywhere!

There are more than 9000 PFAS compounds. Of those, 600 are commonly used in products all over the U.S., including cookware, food packaging, personal care products, carpet treatments, firefighting foam, and dental floss, amongst many more.

The babies born in America today already have PFAS in their blood. Up to 110 million people are estimated to be drinking water tainted with PFAS.

It's safe to say that forever chemicals have become a national, and even worldwide, crisis.

# *Our Student Success Stories*



"I have replaced non-stick cookware with stainless steel, replaced plastic containers with glass. New laundry detergent and wool dryer balls replaced toxic items in the laundry room. A homemade water and vinegar cleaner replaced many toxic cleaners in the kitchen and bath. Shampoos and conditioners with EWG ratings of 2 or better now reside in the shower. Still working on make up and beauty products, but making progress. When shopping, I always choose the product in a glass container if available. These are also wins. This journey is about so much more than just cleaning up the diet. This is a journey of learning, growth and permanent change."

- Tracy M

[\*Learn More\*](#)



# THE HARM CAUSED TO OUR HEALTH

RESEARCH SHOWS THAT THESE CHEMICALS ARE LINKED TO SOME SERIOUS HEALTH CONCERNS

**I want to make one thing very clear: PFAS are not naturally occurring. They are a group of manufactured chemicals that companies began using because the properties they contained were useful to them in selling their products and making money.**

**And they are absolutely still currently in use, despite that it's now common knowledge how awful PFAS are for us.**

**The original PFAS chemical was used to make Teflon. Though that form has been taken off the market, newer versions are still produced with PFAS that are not proven to be any safer.**

**Plus, PFAS chemicals are found in food wrappers and cartons. They're in clothes that are stain-repellent or water-resistant. They've been shown in the bloodstream of polar bears that live in the Arctic - so if the polar bears have them, you can imagine just how toxic our human bodies are, which are regularly exposed to all forms that PFAS can take.**

Research shows that these chemicals are linked to some serious health concerns, including

- Cancer
- Thyroid disease
- Hormone imbalances
- High cholesterol
- Fertility
- Ulcerative colitis
- Liver damage
- Immune dysfunction
- Pregnancy-induced preeclampsia and hypertension

And it's not just adults; forever chemicals are linked with developmental issues in children, such as low birth weight, accelerated puberty, impaired fetal development, and behavioral changes. In fact, PFAS are found in umbilical cord blood from newborn babies, meaning we're already setting the stage for the effects of these chemicals from when a baby is in the womb!



## *Our Student Success Stories*



★★★★★

"I am so thankful to release these toxins from my body and brain. I'm extra thankful today for finding this amazing program and for this health journey I've been blessed with. I'm so happy to have this group with so many like-minded healthy people. Cheers to you all and to our health !"

- Mindy D

[\*Learn More\*](#)

# WHAT YOU CAN DO

AWARENESS IS ALWAYS THE FIRST STEP, WHICH IS WHAT I HOPE THIS GUIDE HAS HELPED YOU WITH. YOU KNOW NOW WHAT PFAS ARE, THE HARM THEY CAN DO, AND WHERE THEY'RE COMMONLY FOUND.

HERE IS AN ACTION LIST THAT INCLUDES ITEMS YOU CAN START DOING TODAY TO REDUCE THE IMPACT OF PFAS ON YOU AND YOUR FAMILY



Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g	29%	
of which sugars	10.5g	26.3g		
Fat	trace	trac		
of which saturates	trace	tr		
Fibre	trace	t		
Sodium	trace	t		
Salt equivalent	trace	t		

\* Guideline daily amounts

**Vitamins/Minerals** 100ml contains  
values 25.0mg (42% RDA) 62.1



# *Our Student Success Stories*



★★★★★

"I never realized how toxic I was until going through this program. Aches and pains have subsided, I have energy again, and I'm sleeping better. The added bonus is the loss of 45 pounds, which has boosted my self esteem. Thank you for providing me a life line I so desperately needed. "

- Kim F.



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## 01 READ LABELS ON PERSONAL CARE PRODUCTS

Read labels on personal care products. SHaving cream, shampoo, and makeup are all sources of PFAS. They're often listed on product labels as an ingredient that has "fluoro" in the name. Be on the lookout for it, and if you find it, put it back and try another product.

If you'd like to get some advanced help in this area, I highly recommend the Environmental Working Group's Skin Deep database. Just type in the product you're thinking of buying, or the one you're currently using, and EWG will tell you, on a scale of 1-10, how safe that product is, and what the potential problems with it are.

And if your favorite product contains harmful substances, remember: it is your right as a consumer to contact the company and let them know your concerns, and that you'll cease buying their products until they remove the harmful PFAS.

## 02 AVOID FAST FOOD, INCLUDING MICROWAVE POPCORN.

Avoid fast food, including microwave popcorn. The wrappers, cartons, and containers used in takeout food and fast food restaurants contain PFAS. Designed to repel grease, this packaging comes with far too many ill effects to risk it. And microwave popcorn is one that often surprises people. The bag is treated with chemicals. Make your popcorn on the stove from organic kernels. Cook it in virgin coconut oil to give an extra nutritional boost to your snack!



## 03 GET YOUR WATER TESTED.

Get your water tested. PFAS contaminates the tap water of at least 7 million Americans, though it's likely a far higher number. Studies show there is no safe level of exposure to PFAS. Despite that, the Environmental Protection Agency has never set a legal limit for these chemicals in our drinking water. If you know that your water quality isn't great, consider a filter. You can invest in a house filter, which will clean all sources of water in your home. Or get a countertop one like a Berkey, which is my favorite, and use this as your water source.

## 04 REPLACE YOUR COOKWARE

Replace your cookware. If you have any pots, pans, or other forms of cookware that are nonstick, you're going to want to get new ones. Yes, it's an investment to have quality cookware. But putting a price on your health is impossible. Luckily, the nontoxic forms of cookware are incredibly long-lasting, making them more than worth it in the long run.

Good options include stainless steel, cast iron, ceramic, and glass. You can even find nonstick versions of cookware that aren't toxic.



## 05 USE DISCRETION WHEN BUYING CLOTHING AND TEXTILES

Use discretion when buying clothing and textiles. Though having a water-resistant jacket or a stain-resistant couch sounds promising on the surface, think about it: these textiles aren't naturally made that way. They only become so with the help of forever chemicals.

Instead, think a little critically here. Look into a great, natural stain remover (there are plenty of DIY recipes online) or consider wearing a brimmed cap to keep rain out of your face. With some creative thinking, you may realize these products just aren't a necessary part of your household.

## 06 TALK TO THE DECISION-MAKERS

Talk to the decision-makers. Tell your elected officials that you are in favor of regulations that allow harmful chemicals in personal care products, food products, clothing items, and drinking water. Before you write this off as "it'll never work!" hear this: there are some states that have passed laws to ban firefighting foam that contains PFAS, and food packaging that contains forever chemicals.

Remember, our elected officials work for the people, not themselves. It is their job to hear out your concerns and advise you on whether you can take it to the next level. Don't be afraid to contact companies that use PFAS and inform them you won't be buying until they shift their manufacturing policies. When enough people take action, it can and will create change.

Until that happens, please use this guide to help reduce the risk of forever chemicals to you and your family.