

Hello!

August is here, and with it comes the perfect opportunity to focus on **clean living**—one of the most powerful ways to support your long-term health and vitality.

In functional medicine, we know that the tiny chemical exposures we get every single day from our food, personal care products, and household items can add up over time. While we can't control every exposure, we absolutely have the power to make choices that significantly reduce our toxic load.

This month, let's explore practical ways to create a cleaner, healthier environment for you and your family—without turning your life upside down!

In the News

Everyday Chemical Exposures: The Hidden Health Cost

A groundbreaking study revealed that exposure to just **7 common hormone-disrupting chemicals** costs the U.S. healthcare system a staggering **\$340 billion annually** in health care costs and lost wages.

These chemicals—found in everyday items like food packaging, personal care products, and household cleaners—are linked to serious health issues including hormone imbalances, metabolic disorders, cardiovascular disease, and even certain cancers.

What's particularly concerning? The Environmental Working Group's landmark study found nearly **300 man-made chemicals** in umbilical cord blood of newborns, including 180 known carcinogens and 217 neurotoxins.

The good news is, unlike many health challenges, this is one area where small, consistent changes in what we buy and use can make a measurable difference in our exposure levels.

Did You Know?

Your Body is Constantly Detoxifying

Here's something that might surprise you: your body is designed to handle toxins! Your liver, kidneys, colon, lungs, lymph system, and skin are working 24/7 to metabolize and eliminate harmful substances.

But here's the catch: these natural detox systems can become overwhelmed or function below optimal levels. According to the American Liver Foundation, more than 100 million people in the U.S. have some form of liver disease that compromises liver function. The solution isn't just taking detox supplements or doing extreme cleanses. Instead, the most effective approach focuses on two key strategies:

✨ **Turn DOWN the volume** on toxic exposures by choosing cleaner products and foods

✨ **Turn UP the volume** on your body's natural detox ability through proper nutrition, hydration, sleep, and movement

✅ Health Tip ✅

Start Your Clean Living Journey in the Kitchen

Want to reduce your toxic exposure by 80-90% in just one week? **Focus on your food choices first.** Multiple studies show that eating a mostly organic diet can dramatically lower pesticide levels in your body within just 3-7 days. Here's how to get started:

🥬 Prioritize Organic When Possible

Focus your organic budget on the foods you eat most often
Even if you can't go 100% organic, every swap counts

🐟 Choose SMASH Seafood

Salmon, Mackerel, Anchovies, Sardines, Herring
These smaller fish are lower on the food chain and accumulate fewer toxins while providing maximum nutrition

🧼 DIY Produce Wash That Actually Works

Skip expensive produce washes! Instead, try these penny-cost alternatives:

Baking soda soak: 1 tsp per cup of water, soak for 2 minutes

Vinegar soak: 1 part vinegar to 3 parts water (not together with baking soda!)

💚 Remember the Big Picture

If choosing between conventional vegetables and no vegetables, always choose the vegetables! The benefits of fruits and vegetables far outweigh the risks from pesticide residues.

A Quote to Ponder

Healthy citizens are the greatest asset any country can have.

- Winston Churchill

🌱 Wishing you a happy and healthy August! 🌱

Dr. Kimber

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