



Tabletop TUTORS

'Nourish' Your Eco-Intelligence!™



Created by Candia Lea Cole

Founder, Eco-Learning Legacies, LLC

www.ecointelligenteating.com

www.eco-mentor.com

651 429-4686

A MESSAGE FROM THE CREATOR OF TABLETOP TUTORS



What Are Tabletop TUTORSTM?

Tabletop TUTORSTM are colorful, text-rich info-graphics that are designed to support you in learning about and teaching others about eco-intelligent living. Eco-intelligent living, in case you are unfamiliar with the term, is living in a way that serves to integrate your personal health needs with the planet's health needs.

Why Were Tabletop TUTORSTM Created?

I created Tabletop TUTORSTM because of my concern for the health and well-being of people and the environment. In my view, there's not a person or living thing walking the face of the Earth that is not affected by the condition known as environmental illness. We cannot separate the Earth's health challenges from our own, --they are inextricably linked. The time has come to understand the issues that are hurting our ecological well-being, and practice a new way of life that will restore the health of our bodies and the Earth!

20 Category Topics Listed Below (Featuring 135 + Posters)

- 1) Eco-Intelligent Living
- 2) Eco-Intelligent Eating Model & Philosophy
- 3) Eco-Intelligent Farming Principles
- 4) Where Do the Foods You eat Come From?
- 5) Custom Dietary Choices
- 6) Eco-Conscious Cookware & Culinary Inspiration
- 7) Essential Health Awareness
- 8) Food & Mood

- 9) Sweets: Wholesome and Un-Wholesome
- 10) Fats: Healthy and Un-Healthy
- 11) Special Needs-Candida, Leaky Gut. And Autism Spectrum
- 12) Wheat & Gluten Free Eating & Recipes
- 13) Dairy & Soy-Free Eating & Recipes
- 14) Delicious Whole Foods Recipes
- 15) Nourishing Male and Female Hormones
- 16) Eco-Conscious Moms and Dads to Be
- 17) Drugless, Holistic Health Care
- 18) Non-Toxic House Cleaning
- 19) Non-Toxic Laundry & Eco-Conscious Clothing
- 20) Eco-Friendly Beauty & Personal Care

NOTE: On my website, complete sets are available here:

<http://www.ecointelligenteating.com/eco-mentoring> and smaller category sets are available here : <http://www.ecointelligenteating.com/tabletop-tutors>



What Makes Tabletop TUTORS™ So Useful?

Each poster highlights a single health related topic. The graphic design elements give the eyes and brain a way to absorb the text in small, easily digestible chunks, making them useful for those with reading challenges, attention deficits, and time restraints.

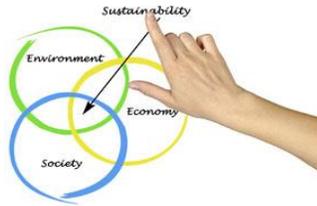
How Are Tabletop TUTORS™ © Used?

- **Dining table placemats.** They are a great conversation starter at mealtimes whether you're serving food from home, or from a café or juice bar! Do you

have a community event or church event? “Be the one” to promote a message about health and sustainability!

- **Refrigerator door attraction.** Day care centers and college dorm rooms are a great place to advertise your passion for eco-friendly living! The messages featured on the posters are never out of sight or mind!
- **Ed. Gifts.** The posters make wonderfully creative gifts for anyone on your list that’s passionate about green living, holistic health care, natural beauty, organic cooking, gardening, and much more!
- **Home school learning tools.** There are close to a million home schools (if not more) in the US. The need for ed. materials that speak directly to our ecological needs is growing by leaps and bounds. Empower learners to take care of their health and the planet’s health!
- **Public school projects.** Public schools are starting to answer to student concerns about the health of the environment. You can use the info-graphics to assist students in understanding the connection between personal and planetary health.
- **Ed. aids for businesses:** Are you a wellness educator, nutritionist, chiropractor, spa owner, nutrition store owner, or green salon owner? Use the educational info-graphics in your practice to educate your clients, and save time in the process! Advertise the availability of the info-graphics on your website. Eco-Learning Legacies will provide you with a banner ad, promotional copy, and a purchase link. Any sales are tracked through a third party site and payouts are made monthly.
- **Fundraising tool for non-profits.** Are you a non-profit organization that promotes holistic health education, sustainability, and/or leadership initiatives? Advertise the availability of the posters on your website, or in your newsletter. Eco-Learning Legacies will provide you with a banner ad, promotional copy, and a purchase link. Sales are tracked through a 3rd party site and payouts are made monthly.

All Organizations, Service Providers, and Product Info Suppliers, Need Consumer Insight into Sustainable Living!



Do You Want to Be a Reseller of Tabletop TUTORSTM?

- Consumers are practicing eco-focused behaviors in new and different ways! Millennials are driving the growth of green products and are more likely to buy from businesses whose values reflect their own.
- Despite years of talking “green,” many big corporations still lag consumer expectations for taking environmental responsibility. The percentage of the general public who’ve indicated they are willing to pay a premium for environmentally-friendly products has doubled since 2012.
- Information is powerful, and Tabletop TUTORSTM contribute to the social rise of sustainability.

To become a RESELLER, please contact me directly at: candia@eco-mentor.com. It takes only 20 minutes to set you up.



What Others Are Saying about Tabletop TUTORSTM™

“Tabletop TUTORSTM offer brilliant guidance for eco-friendly living that will educate and inspire the inhabitants of every household, home school, day care center, and natural health care clinic, as well as the customers of natural foods stores and cafes!” -
Anne Michelsen, Sustainability Writer

"Candia is a true visionary entrepreneur with great dedication and passion for a holistic, sustainable lifestyle. Her Tabletop TUTORSTM will delight anyone who is dedicated to healthy sustainable eating and green living!" -*Hanna Meiners, Sustainability Writer*

"Tabletop TUTORS are a valuable learning tool to help parents, educators, kids and young adults, explore vitally important health issues that affect our bodies and the Earth. I look forward to sharing the content on my podcasts and making them available to listeners on my website." -*Jen Mendez, Founder of PERMIE KIDS*

"Candia, the language that you feature on the posters has just the right appeal, to inspire awareness about organic farming, eating, and living. Love the posters!" -*Rose Welch, Co-Founder of Organic Consumer's Association*

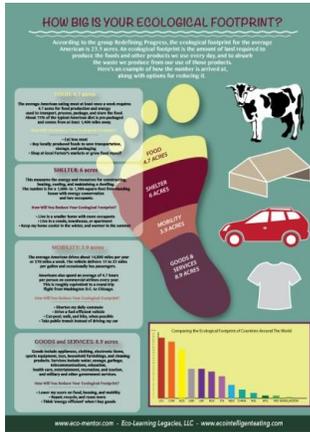
CHECK OUT THE FOLLOWING PAGES, TO READ DESCRIPTIONS OF THE INFO-GRAPHICS!

TABLETOP TUTORSTM COLLECTION

Within this document, you'll find a description for each info-graphic that is currently featured within my collection. The collection is always expanding!

Eco-Intelligent Living (Series)

How Big Is Your Ecological Footprint? ©



According to the group *Redefining Progress*, the ecological footprint for the average American is 23.5 acres. An ecological footprint is the amount of land required to produce the foods and other products we use every day, and to absorb the waste we produce from our use of those products. This poster depicts the amount of land that average American's use in the annual production of food, shelter, mobility, goods and services. It also asks the reader simple questions about how they might reduce their ecological footprint. The graph featured on the poster illustrates how the United States compares to other countries around the world, in terms of energy use. looks like.'

Do You Suffer from Affluenza? ©

Affluenza is a painful, *socially transmitted condition* of excessive spending, unnecessary debt, and anxiety resulting from the pursuit of MORE. The term 'affluenza' generally defines the consumerist society we find ourselves in today, one in which our "wants" trump our essential "needs."

DO YOU SUFFER FROM 'AFFLUENZA'? ©

What is Affluenza?
The book, *Affluenza: The All-Consuming Epidemic*, aptly defines it as "a painful, contagious, socially transmitted condition of overload, unnecessary debt, anxiety, and waste resulting from the dogged pursuit of MORE."

Our 'Wants' Trump Our 'Essential Needs'
The term *Affluenza* generally defines the consumerist society we find ourselves in today, where our 'wants' trump our essential 'needs.' Our 'wants' are the luxuries we crave, that serve (in our imaginations) to relieve our anxieties and puff up our value and self-esteem. Our 'wants' often blind us to uncomfortable secret feelings, including the feeling of being inadequate, unloved, or unworthy.

Does Your Self-Talk Scream 'Affluenza'?
If you're saying to yourself, "Affluenza" doesn't apply to me," stop for a moment and think. Then ask yourself if any of these statements sound at all familiar:

- I dislike/hate my job, but I keep working there so I can hit the "self" I want/have!
- I'm OK with taking on debt so I can buy a new house/new car/vehicle--I'll pay it off over time.
- My things are broken and I'm too lazy to fix it...I'll just buy a new one!
- I'd trade be happy if I owned (fill in the blank).
- Whoever dies with the most money, wins.

The Personal and Planetary Consequences of Affluenza

Personal Consequences: Priorities are skewed, overwork is encouraged, direct relationships, friends and family are alienated, future connections are lost, substance abuse is increased, and resourcefulness wanes.

Social Consequences: Social conditioning is encouraged, achieving rank and status becomes a priority, competition (vs. cooperation) rules, and material inequality leads to cultural imbalance and violence.

Environmental Consequences: Natural resources are depleted, industrial waste and pollution is increased, biodiversity is lost, living species die, climate change worsens, and all people and living things are put in the position of living in uncertain future.

Simple Abundance: The Antidote to Affluenza
Simple Abundance is the antidote to Affluenza. At its core, simple abundance is the idea that all you have is all you need, to be happy. To appreciate the possessions, relationships, resources, and opportunities that you already have is to be happy. That the simple your life is, the more fulfilling it becomes! That contentment stems from harmony in your life, and that harmony is found in the ordinary, unexceptional details of life. And most importantly, that happiness is not a luxury--it is your purpose!

Source: <http://en.wikipedia.org/wiki/Affluenza> eco-Learning Legacies, LLC www.eco-mentor.com

Our 'wants' are the luxuries we crave, that serve in our imaginations, to relieve our anxieties and puff up our value and self esteem. Our 'wants' often blind us to uncomfortable secret feelings, such as the feeling of being inadequate, unloved, or unworthy. This poster lists several statements that help you determine whether or not you are suffering from Affluenza. It spells out the personal and planetary consequences we must deal with when we place our 'wants' above our 'needs.'

It's Time to Create The 'New' American Dream! ©

It's Time to Create The 'New' American Dream! ©

5 Tips for Celebrating Non-Material Values

The Old American Dream is Not What It's Cracked Up to Be!
In generations past, the American Dream centered on owning a home and two cars, while raising 2.5 kids. That dream had its heyday in the 20th century. Unfortunately, the American Dream doesn't fit modern reality in the 21st century. Home ownership--that's great, if you don't have to work 3 jobs to do it. His 'n' hers cars?--a pollution nightmare, from manufacturing to emissions.

Why Does the American Dream (Rightward) Need to Change?
Rampant hyper-consumerism has ended in the social and environmental problems caused by our hyper-consumerism. The condition is the pursuit of MORE, made real through the matter how much stress is involved in acquiring it. While the century's pursuit of MORE has already set up the next generation for the same hamster wheel, running around in circles and never arriving at happiness.

Questioning Your Values, Defining Your Legacy
If we are going to create a new 'American Dream', one that serves to undo the personal and environmental problems caused by our hyper-consumerism, we need to ask ourselves the questions: "What will my legacy be?" and "how can I go beyond consumerism, to imagine and create a lifestyle that is rooted in the principle of simple abundance?"

Simple Abundance--A Dream That's Worth Living For!
Simple abundance invites you to appreciate what you have, de-clutter your life, beautify your environment naturally, and preserve your connection to the natural world.

eco-Learning Legacies, LLC www.eco-mentor.com Source: http://www.simpleabundancepress.net/?page_id=21

In generations past, the *American Dream* centered on a owning a home and two cars, while raising 2.5 kids. That dream had its heyday in the 20th century. Unfortunately, the American Dream doesn't fit modern reality in the 21st century. Home ownership--that's great, if you don't have to work 3 jobs to do it. His 'n' hers cars?--a pollution nightmare, from manufacturing to emissions. If we are going to create a new 'American Dream', -one that serves to undo the personal and environmental problems caused by our hyper-consumerism, we need to ask ourselves the questions: "What will my legacy be?" and "how can I go beyond consumerism, to imagine and create a lifestyle that is rooted in the principle of simple abundance?" This poster offers 5 Tips for celebrating non-material values and defines what a life rooted in the principle of 'simple abundance'

Anxious or Depressed? Treat Your Brain to Nature! ©

Anxious or Depressed? Treat Your Brain to Nature!

Stress Always Affects Our Well-Being
Did you know that your brain is hardwired from an evolutionary standpoint to experience health, creativity, and productivity, when it's interacting with the natural world? Our early ancestors (the original hunters and gatherers) instinctively knew this was true. In today's modern world, however, many people forget (or ignore) the importance of interacting with nature to cultivate their sense of health, belonging, and happiness. They'd rather have a connection with the internet than cultivate their "eco-intelligence."

Today's Brains Are Experiencing "Information Overload!"
While the process of going online to make mental connections with people, places, and new things can feel good to us because it activates some of the same pathways in our brains that get activated in the brains of our primitive ancestors when they hunted for food and shelter, our brains can easily be overwhelmed in their efforts to sift through a lot of random information that may, or may not be, useful to us.

Too Much Information? It's Not Just For The Birds
In the same way that junk food might activate the brain's pleasure centers, the flow of screen-based information and connections can be addictive and overwhelming. Unfortunately, the more time we spend in front of our screens, the less inclined we are to seek out a pleasurable connection with nature.

Nature Calms the "Stress Center" in Our Brains
Our primal brains remember the healing benefits of nature, even when we ignore the calling to be in it. To reestablish the brain's sense for "green time" in your life, take a walk each day in your neighborhood. Find a park...at with your back up against a tree...and enjoy take in the sights and sounds all around you. This activity has a calming effect on the stress center of your brain. It's almost enough to be re-directed to our prefrontal cortex—the part of the brain that Dr. Eva Selhub says enhances immunity, creativity, intuition, memory, and clear decision making.

Green Your Home and Outdoor Space
At home, make the effort to "green" your outdoor living space with a few plants that contain flavonoids or terpenes. Did you know that the soil which provides sustenance for your plants contains a beneficial strain of bacteria that is reported to release a chemical in your brain known as serotonin, which has the power to elevate your mood and decrease your anxiety? Maybe it's time to sink your hands in some dirt!

How to Find Green Space in the City
For urban dwellers, it may be tricky to find green spaces that feel safe and inviting. Yet, urban dwellers that live within one kilometer of green space are reported to be happier. So, if you're a city dweller who typically goes "back your pants" to your office, and back again with no nature contact, look for mini-parks that are situated among buildings and sidewalks.

Nature Is an Antidote to A.D.D. and Our Societal ills
Is there a person you know (even yourself) that has been diagnosed with impulsivity, hyperactivity, and attention deficit disorder? These issues are often made much worse by our modern day addiction to technology. Because they lead to distraction from our selves, each other, and nature, which is the root cause of many societal ills. Our connection with nature, by contrast, helps us to develop more empathy as we come into contact with other sentient life forms, and grow our ability to be caring, attuned people.

Photo: Mike DeWitt, By: Ben A. Clark. © 2014. www.greenmindandbody.com. All rights reserved. For more information, visit: www.greenmindandbody.com. All rights reserved. For more information, visit: www.greenmindandbody.com. All rights reserved.

Did you know that your brain is hardwired from an evolutionary standpoint to experience health, creativity, and productivity, when it's interacting with the natural world? Our early ancestors (the original hunters and gatherers) instinctively knew this was true. In today's modern world, however, many people forget (or ignore) the importance of interacting with nature to cultivate their sense of health, belonging, and happiness. They'd rather have a connection with the internet than cultivate their "eco-intelligence." In this poster, you will learn how nature calms the stress centers in your brain. You'll also be inspired with suggestion for how to green your home and outdoor space, and you'll consider how nature offers to be an antidote to A.D.D. and our societal ills.

Are You 'Cooking' Your Brain with Your Cell Phone? ©

ARE YOU 'COOKING' YOUR BRAIN WITH A CELL PHONE!

Cell Phones Emit Radiation
There's no doubt that cell phones emit radiation from the same electromagnetic spectrum as a radio or television. The difference is the power. The radiation from a cell phone is much more powerful than that of a radio or television. This radiation is called radiofrequency electromagnetic radiation (RFR). RFR is a form of non-ionizing radiation that can penetrate the human body and cause damage to the brain.

Cell Phones Interfere with Flight Navigation
When we fly, we are not just flying through the air, we are also flying through a field of electromagnetic radiation. This radiation is called radiofrequency electromagnetic radiation (RFR). RFR is a form of non-ionizing radiation that can penetrate the human body and cause damage to the brain.

What Cell Phone Companies Don't Tell You
The cell phone companies aren't going to tell you that their products emit electromagnetic radiation. They won't tell you that their products can cause damage to the brain. They won't tell you that their products can cause damage to the brain.

Is Your Cell Phone 'Cooking' Your Brain?
What's reported to have about the radiation that your cell phone emits is that it can cause damage to the brain. In the brain, the radiation can cause damage to the brain. In the brain, the radiation can cause damage to the brain.

Radiation Interferes with the Human Energy Field
The human energy field is a field of electromagnetic radiation that surrounds the human body. It is a form of non-ionizing radiation that can penetrate the human body and cause damage to the brain.

Thinking Twice About Cell Phone Use!
All of the other radiation we get in our daily lives, such as from the sun, is ionizing radiation. It can cause damage to the brain. Cell phone radiation is non-ionizing radiation. It can cause damage to the brain.

© 2014. www.greenmindandbody.com. All rights reserved. For more information, visit: www.greenmindandbody.com. All rights reserved.

There's no doubt that cell phones emit radiation. While using a headset can reduce the radiation you are exposing yourself to, it can't eliminate it. In fact, the "hands-free" kits that attach the receiver directly to your ear can actually expose you to even more radiation than the phone itself. The bad news: *Cell phone companies aren't going to tell you that there's any danger whatsoever to using their product*, but there are plenty of reports from people and health researchers about how cell phone use has affected them—everything from disrupted sleep, to headaches, to seizures in certain susceptible people. This poster addresses how radiation interferes with the

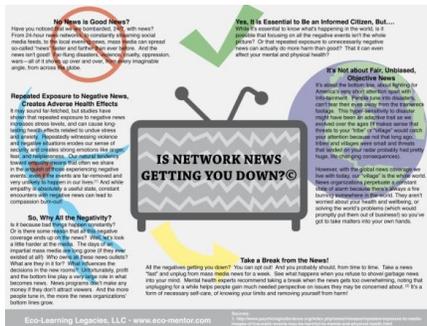
human energy field, including your brain, the master controller of all your bodily functions!

Are You Crowding Out the World with Your Cell Phone? ©



In most advanced countries, there are more cell phones than there are people! Having a cell phone means you are always in touch—your friends and family can reach you anywhere, anytime. That’s being connected, isn’t it? In most advanced countries, there are more cell phones than there are people! Having a cell phone means you are always in touch—your friends and family can reach you anywhere, anytime. That’s being connected, isn’t it? Connection with friends and loved ones is very important. But what kind of society are we creating when so many people are connected to someone’s voice, but completely disconnected from everyone around them at that moment? What is the impact on how we feel connected as a whole society? This poster asks you and your family members to study the behavior of cell phone users and consider how cell phone use is weakening the social bonds that tie us together!

Is Network News Getting You Down? ©



Have you noticed that we are bombarded, 24/7, with news? From 24-hour news networks, to constantly streaming social media feeds, to the local evening news, mass media can spread so-called “news” faster and farther

than ever before. And the news isn't good! Far-flung disasters, violence, cruelty, oppression, wars—all of it shows up over and over, from every imaginable angle, from across the globe. While it's essential to know what's happening in the world, is it possible that focusing on all the negative events isn't the whole picture? Or that repeated exposure to unnecessarily negative news can actually do more harm than good? That it can even affect your mental and physical health? In this poster, you'll look a little harder at the media to understand why the days of impartial, positive news are gone, and why news stations don't care about your health!

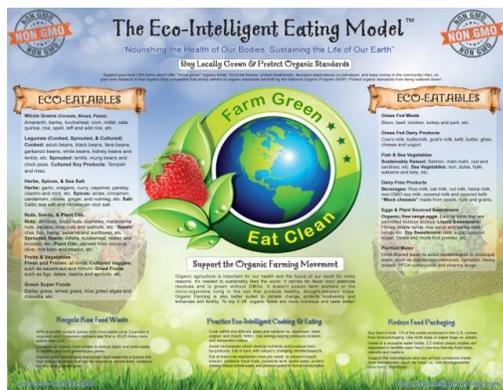
Exploring the Antidote to Toxic TV News ©



We know that watching every tragedy in the world is going to negatively affect our psyches. But sticking your head in the sand and avoiding all the news you can isn't really a solution either. You have to carve out a middle ground. Remember that there are many good things happening in the world every day, and seek out information on those stories! It's still important to understand what's happening across the globe, but this poster urges you to balance the bad with the good. Get helpful tips about why to make your own positive news and how to build your own positive news network.

Eco-Intelligent Eating Model (Series)

The Eco-Intelligent Eating Model ©



The Eco-Intelligent Eating Model™ promotes our consumption of organically raised, traditional whole foods that are GMO free.

The food groups featured in the model include sustainable raised plant-based foods as well as animal foods. Tips are offered which guide you to buy locally grown food, reduce and recycle food waste, and use energy-saving cooking methods.

From Farm to Table / Companion Series ©



This collection of posters supplements the premise for farming organically and eating organically raised foods. Discover the difference between eating “the eco-intelligent way” and the “eco-negligent way.”

Eco-Farming Principles (Series)

Do You Say ‘No’ to GMO Food & Farming Practices? ©

Are you eating foods whose DNA has been tampered with? Is this healthy? Do you know why and when GE foods entered our food system? What GE foods do you eat? How many products on store shelves contain GE ingredients? What countries have banned GE foods, and why aren't they labeled in the U.S.?

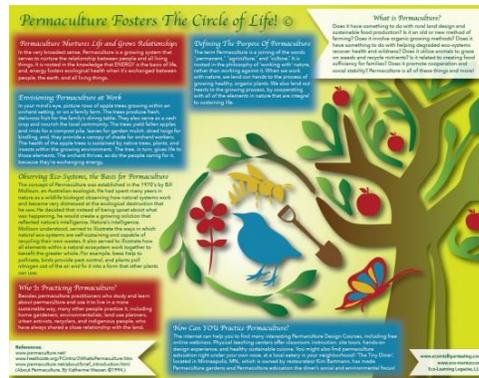
How do GE foods threaten the health of our earth's ecology and all living things?
 Why do GE foods have the potential to hurt our human ecology system by causing allergies and other more potentially serious health problems?

Farm & Eat Organic, Join the Organic Movement! ©



What is the 'organic movement' and who started it? What does the organic movement stand for? How does the USDA National Organics Standard Board define organic food and growing processes? How does it protect the health our planetary ecology system, including water, air, land, wildlife, plants and animals? In what ways does organic agriculture protect and sustain the health of our human ecology system? Where can you find a scientific, peer reviewed report on the benefits of organic farming in North America?

Permaculture Fosters The Circle of Life! ©



What is Permaculture? Does it have something to do with rural land design and sustainable food production? Is it an old or new method of farming? Does it involve organic growing methods? Does it have something to do with helping degraded eco-systems recover health and wildness? Does it utilize animals to graze on weeds and recycle nutrients? Is it related to creating food sufficiency for families? Does it promote cooperation and social stability? Permaculture is all of these things and more! In this poster, you'll learn who coined

the term permaculture and why. You'll also discover how this growing system serves to nurture the exchange of energy between people and all living things.

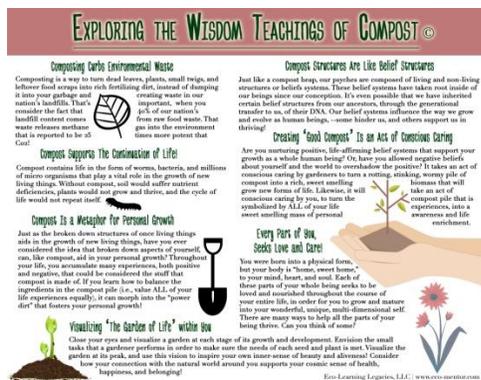
Seeds: Why We Must Protect Their Diversity! ©



eco system that allows species to adapt to their ever-changing environment and thrive. If seeds become compromised, entire ecosystems can become unbalanced, putting human food supplies at risk for permanent damage. In this poster, you'll learn why seed diversity is crucial for sustainable food security and healthy ecosystems. You'll also learn why not all seeds are not created equal, especially genetically modified seeds that cause health problems in humans and the earth and create a monopoly on certain crops, making it illegal for farmers to save seeds from their own crops.

If you want to be proactive about protecting seed diversity, this poster provides the name of an organization that is protecting our endangered garden and food crop heritage for future generations.

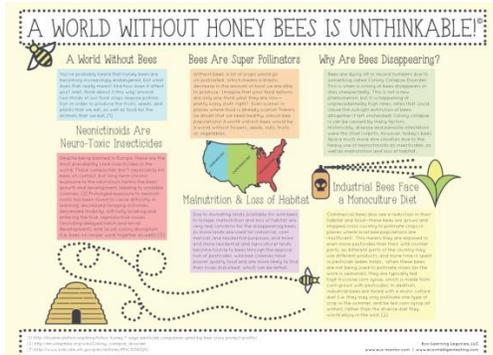
The Wisdom of Compost ©



Compost plays a vital role in the growth of living things. In this sense, it is an essential ingredient of the cyclic nature of life. Compare this with the cycles of self-growth that we all go through during the course of our

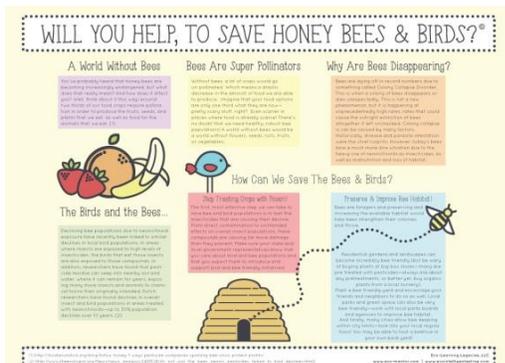
lives, from childhood to adulthood. Sometimes the experiences in our lives are painful and they look and smell in our imaginations, like a pile of rotting compost. But as this poster suggests, if we pause to understand how we use our life experiences in a positive way (to create a healthy, balanced, self-sustaining compost pile), we can draw upon the rich, sweet smelling wisdom that it provides for our personal growth.

A World Without Honey Bees Is Unthinkable! ©



You've probably heard that honey bees are becoming increasingly endangered, but what does that really mean? And how does it affect you? Well, think about it this way: Around two-thirds of our food crops require pollination in order to produce the fruits, seeds, and plants that we eat, as well as food for the animals that we eat. Without bees, a lot of crops would go unpollinated. Imagine that your food options are only one-third what they are now-- pretty scary stuff, right? A world without bees would be a world without flowers, seeds, nuts, fruits, or vegetables. In this poster, you will learn about why bees are disappearing, including disease caused by parasite infestation, and the heavy use of neonicotinoids as insecticides, as well as malnutrition and loss of habitat.

Will You Help, To Save Our Honey Bees & Birds? ©



Declining bee populations due to neonicotinoid exposure have recently been linked to similar declines in local bird populations. In areas where insects are exposed to high levels of insecticides, the birds that eat those

insects are also exposed to those compounds. In addition, researchers have found that pesticide residue can seep into nearby soil and water, where it can remain for years, exposing many more insects and animals to chemical toxins than originally intended. In this poster, you will learn some action steps that you can take to save birds and bees from extinction!

Are You, and Other Living Things, Eating the World's Most Toxic Weed Killer? ©



Glyphosate, is a broad-spectrum herbicide that kills most plants. It prevents the plants from making certain proteins that are needed for their growth. While it is used mainly as a weed killer, it's also sprayed on crops a few weeks before harvest to speed the drying process so crops can be harvested sooner, especially in colder/northern climates. In this poster, you will learn about which crops glyphosate is sprayed onto and how it harms the health of not only the crops, but the environment and the living things that are part of a food's production cycle. You'll also get a sense about the kinds of foods that contain this toxic herbicide, and the health problems that humans are experiencing as a result of ingesting it!

Is Glyphosate Eroding Your Family's Health? ©

Glyphosate is a toxic herbicide that is used as a weed killer on food crops. Scientists have discovered that it interferes with the synthesis of aromatic amino acids in the shikimate pathway in plants. These amino acids are crucial to the human organism, and must be obtained through diet. In this poster you will learn about how glyphosate disrupts four vitally important biological functions in the human body.



You'll learn about several disease conditions that are being linked with glyphosate consumption. Finally, you'll learn about an organization that invites you to raise awareness about glyphosate toxicity and be proactive about sharing solutions nationwide.

Where Does the Food You Eat Come From (Series)

Where Does the Meat You Eat, Come From? ©



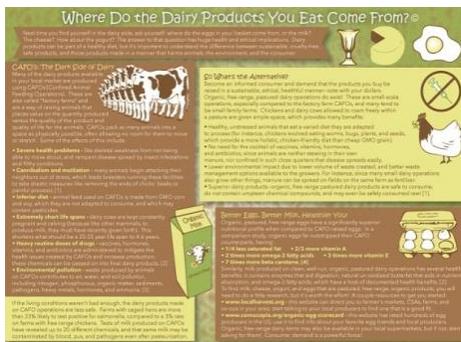
Did you ever wonder where the meat you buy in the store really comes from? How the animals are raised? Maybe you've heard of "factory farms" and "grass-fed" meat, and want a bit more information. Or maybe you're wondering how to integrate meat into a healthy diet? This poster will shed light on all of those questions, and more. It highlights the difference between meat produced using industrial, factory farming methods versus grass-fed, free-range/ organic methods, including explanations of the environmental impacts and quality-of-life considerations of these different animal raising methods. The poster also discusses tips and strategies for sourcing high-quality, cruelty-free, healthy meats, and for using that meat in a healthy diet. There are many options when it comes to meat, and this poster will help you be well-equipped to choose the best meat for you and your family.

Where Do the Fruits & Vegetables You Eat, Come From? ©



Do you know where the fruits and vegetables you eat come from? The methods used to grow fruits and veggies can have a remarkable impact on both the environment and on your health. In this poster, you'll learn about the difference between conventionally grown produce and organic produce, including information about the farming practices that are used to bring produce to your table. You'll also learn about *The Environmental Working Group's "Dirty Dozen"* list--these are the food crops that are the most contaminated with pesticides. The reasons for buying locally grown food is also a focus of this poster, -you'll discover the health, economic, and environmental drawbacks of shipping food long distance and find out where you can sources organic produce in your area.

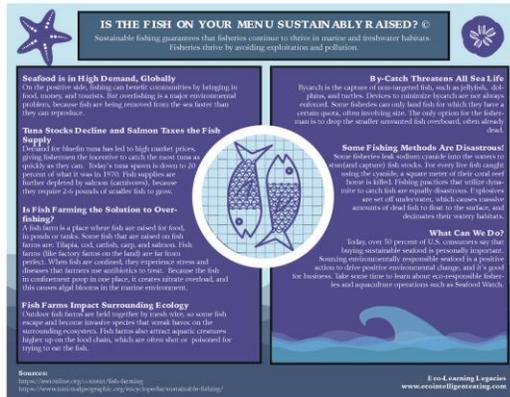
Where Do The Dairy Products You Eat, Come From? ©



There are a wide variety of dairy products available in your local supermarket, from eggs to yogurts to cheese and milk. Have you ever wondered where they come from? How they're made? How the ingredients are produced? This poster can help you answer those questions! It covers how different dairy products are made, the difference between those made with milk and eggs from organic, free-range chickens and dairy cows and products made with industrial, factory-farm raised eggs and milk. The poster also explores how you can choose dairy

products that are environmentally conscious, cruelty-free, and healthy. You will demystify the dairy case and learn why to choose products that integrate your health needs with the needs of dairy animals and the environment.

Is the Fish on Your Menu Sustainably Raised? ©



Seafood is in high demand. On the positive side, fishing can benefit communities by bringing in food, money, and tourists. But overfishing is a major environmental problem, because fish are being removed from the sea faster than they can reproduce. This poster helps you to understand the fishing practices that are exploiting the ocean and fish stocks, and explains how sustainable fishing guarantees that fisheries continue to thrive in marine and freshwater habitats.

Custom Dietary Choices (Series)

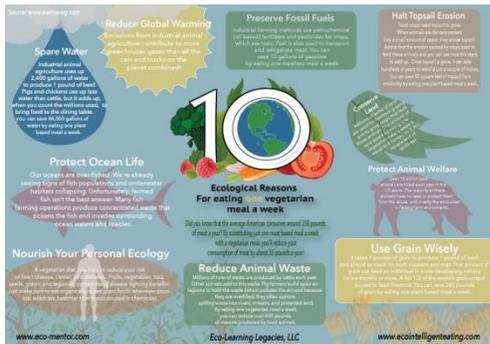
I'm A Health Loving, Eco-Conscious Vegetarian ©



Are you a vegetarian? Do you have a friend or family member who is? Vegetarians are passionate about being plant food eaters because a plant-based diet offers to be ethical, humane, and environmentally friendly. A plant-based diet also offers to be healthy for those who take care to balance the diet

with all of the food groups and nutritional elements that keep the human ecology system in good working order, such as water, fiber, and oxygen. This poster serves as an affirmation for vegetarians, reminding them (and others) about the health and ecological reasons for eating the vegetarian way. It speaks to the joy of eating whole foods, eating in harmony with the changing seasons, and being true to one's changing dietary needs. And lastly, it affirms that vegetarianism is a personal choice, not a dietary mandate for all.

Ten Ecological Reasons for Eating One Vegetarian Meal a Week ©



Did you know that the average American consumes around 250 pounds of meat a year? By substituting just one meat based meal a week with a vegetarian meal, you'll reduce your consumption of meat by about 35 pounds a year. You'll also protect the health of the environment and enhance your health. This poster lists the top ten ecological reasons for eating one vegetarian meal a week, including the need to reduce global warming, protect water, preserve fossil fuels, use grains crops wisely, conserve land, protect animals, reduce animal waste, halt topsoil erosion, protect ocean life, and nourish your personal ecology system.

The Paleo Diet Is Ancestor Approved! ©



Up until very recently (historically speaking), humans foraged as hunter-gatherers, and many modern day dietary authorities suggest that our

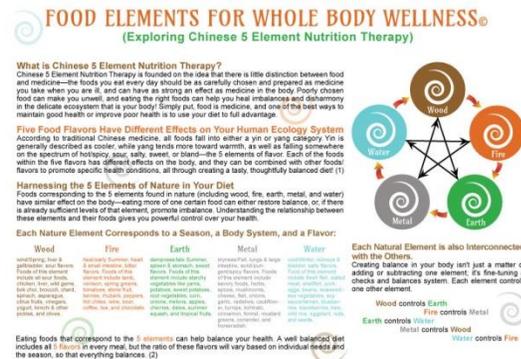
metabolisms are still best equipped to process the types of foods they gathered. The Paleo Diet focuses on eating whole foods such as fruits, vegetables, nuts, seeds, meats, seafood, and other healthy fats that work with your genetic predisposition to help you promote your health and enjoy life as a lean, strong, and energetic individual. This poster gives you a breakdown of the types and percentages of foods that make up a Paleo diet. It also shares the benefits to your body's cellular health.

What's on a Paleo Plate? ©



The term 'Paleo' means 'older', especially relating to the geological past. When coupled with the word 'plate', it suggests the kinds of foods that our ancestors (hunter-gatherers) ate. Alright, so what did our paleo peeps *actually* eat? Quite a variety, actually! Paleo diets include meat, seafood, fruits, vegetables, nuts, seeds, and healthy fats. Just as important as what's on your plate, this poster teaches you to pay attention to what's NOT on the Paleo menu, including processed grains and starches, legumes, refined sugars, dairy products, and alcohol. It will give you a good visual idea of how a Paleo plate looks, when it has food on it!

Foods for Whole Body Wellness (Chinese 5 Element Nutrition Therapy) ©



Chinese 5 Element Nutrition Therapy is founded on the idea that there is little distinction between food and medicine—the foods you eat every day should be as carefully chosen and prepared as medicine you take when you are ill, and can have as strong an effect as medicine in the body. Properly chosen food can make you unwell, and eating the right foods can help you heal imbalances and disharmony in the delicate receptors that is your body. Simply put, food is medicine, and one of the best ways to maintain good health or improve poor health is to use your diet to full advantage.

eat every day should be as carefully chosen and prepared as medicine you take when you are ill, and can have as strong an effect as medicine in the body. Poorly chosen food can make you unwell, and eating the right foods can help you heal imbalances and disharmony in the delicate ecosystem that is your body! In this poster, you will learn the effects on your health of the *Five Food Flavors*, -spicy, sour, salty, sweet, or bland. Each of the foods within the five flavors has different effects on the body, and they can be combined with other foods/flavors to promote specific health conditions, all through creating a tasty, thoughtfully balanced diet!

Understanding the relationship between these foods, and the seasons they grow in, gives you powerful control over your health.

The Yin and Yang of Healthful Eating ©

THE YIN & YANG OF HEALTHY EATING®
"It's All About Balance!"

All Foods Are Either Yin or Yang
According to traditional Chinese medicine, all foods fall into either a yin or yang category. Yin is generally described as cooler, while yang tends more toward warmth, as well as falling somewhere on the spectrum of hot/spicy, sour, salty, sweet, or bland—the 5 elements of flavor. [1] Each of the foods within the five flavors has different effects on the body, and they can be combined with other foods/flavors to promote specific health conditions, all through creating a tasty, thoughtfully balanced diet!

Common Signs of Imbalance & Foods That Restore Balance
Understanding yin and yang foods can help your body maintain peak health by balancing energies. Conditions characterized by excess yin energy can be addressed by eating foods that fall into the yang side of the equation, and vice versa.

YIN ENERGY – Signs of too much yin include feeling cold, listless, or depressed, as well as experiencing abdominal bloating, fluid retention, stuffy/stinging sinuses, mental "foggy-ness," a quiet/withdrawn nature, and overweight body type.

Foods that restore balance include yang foods like lightly cooked greens, asparagus, kale, fish, grilled or roasted meats & poultry, radishes, turnips & other root vegetables, pumpkin seeds, green tea, cinnamon, garlic, ginger, turmeric, and pepper. Food and drinks are best when eaten warm, and cold beverages should be minimized.



YANG ENERGY – Signs of too much yang include feeling warm and often thirsty for cool beverages, or experiencing constipation, headaches, nosebleeds, night sweats, a talkative nature, and underweight body type.

Foods that restore balance include yin foods like fresh, raw salads, lightly cooked green leafy vegetables, melons, pears, beans, sprouts, and mild soups. Water should be amply consumed, and meat, sugar, and alcohol are best limited. Cooling herbs are helpful, like mint, and seasonings like garlic, ginger, onions, and pepper are best avoided. [1]

Sources:
[1] <http://www.eco-friendly-lifestyles.com/health/healthy-eating/>
<http://www.yin-yang-healthy-eating.com/>

Eco-Learning Legacies, LLC
www.eco-learning.com
www.eco-friendly-lifestyles.com

According to traditional Chinese medicine, all foods fall into either a yin or yang category. Yin is generally described as cooler, while yang tends more toward warmth, as well as falling somewhere on the spectrum of hot/spicy, sour, salty, sweet, or bland—the 5 elements of flavor. Each of the foods within the five flavors has different effects on the body, and this poster teaches you how they can be combined with other foods/flavors to promote specific health conditions, all through creating a tasty, thoughtfully balanced diet!

Eco-Friendly Cookware & Cooking Inspiration (Series)

Are You an Eco-Conscious Cook? ©

An Eco Conscious Cook is someone with an understanding of the ecological impact of the tools, methods, and ingredients they choose to use in their cooking. Eco-Conscious Cooks recognize that, while sustainable foods are important to the health needs of both people and the earth, the tools and methods used to prepare meals also have a substantial impact on both!

researchers have long known that food colors can also be therapeutic in a mental, emotional, and spiritual sense. This poster correlates the colors in the rainbow, -the light spectrum that develops a food's color content, -with the holistic health benefits that various colored foods contain. This poster also includes tips for enhancing your dining experiences with colorful plates, cups and bowls that match your mood. You'll be well equipped to use a little color therapy in your meal planning, and well on your way to a diet rich in color and vitality!

Essential Health Awareness (Series)

Hydrate for Health, Harmonize with the Environment ©

HYDRATE YOUR BODY, HARMONIZE WITH THE ENVIRONMENT

Like nature, your body thrives on water. Hydrating your body is a function of drinking enough water to sustain your health, happiness, and longevity. You don't drink enough water until you're dehydrated. Then you look and feel like you're not drinking enough. You don't drink enough water until you're dehydrated. Then you look and feel like you're not drinking enough. You don't drink enough water until you're dehydrated. Then you look and feel like you're not drinking enough.

15 Reasons to Drink More Water!

- 1) Support Your Human Biology:** Just as water circulating in the environment supports life, the blood in your body, which is 80 percent water, supports all the going on in you.
- 2) Enhance Your Brain Capacity:** Under a microscope, your brain neurons look like a network. These neurons are made of a network of water. In fact, your brain is 70 percent water.
- 3) Feed and Replenish Your Cells:** Just as water feeds and renews the natural environment, water goes back to your skin when environmental elements take their toll.
- 4) Enhance Your Metabolism:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 5) Give Your Digestive System a Boost:** Just as water gently supports life in the earth, water breaks down food particles, your stomach and liver need a boost from your food water to absorb. Drinking low water on an empty stomach has a cleansing effect, and may even help reduce acid reflux.
- 6) Prevent Muscle Fatigue:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 7) Enhance Your Energy:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 8) Prevent Asthma:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 9) Prevent Allergies:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 10) Prevent Headaches:** Just as a network of water in nature feeds life, high hydration in your body feeds metabolism.
- 11) Prevent Heart Disease & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.
- 12) Prevent Arthritis:** Water is needed in the joints to keep the art passages moist, ease the movement, and prevent muscle from getting too tight.
- 13) Reduce the Risk of Stroke:** Water helps reduce the concentration of cholesterol in the arteries and preventing that exposure to the blood. Drinking 100 oz. of water daily helps in your ability to function. The percentage of water in the joints is a natural part of your health.
- 14) Reduce Blood Pressure & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.
- 15) Lower Weight:** The consumption of water allows a regular metabolism. Use water to your advantage in the burning out of the byproduct of fat breakdown.
- 16) Prevent Constipation:** Water helps your body move and digest food.
- 17) Reduce Blood Pressure & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.
- 18) Reduce Blood Pressure & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.
- 19) Reduce Blood Pressure & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.
- 20) Reduce Blood Pressure & Lower Cholesterol:** Water helps lower your risk of a heart attack by up to 47 percent. Drinking water before eating may help fight food.

Plastic Water Bottles Pollute Human Ecology & Earth Ecology

Impact on Human Ecology: Number 1 Plastic Bottle (PET) or PVC (polyvinyl chloride) bottles may release toxic chemicals into food and drinks. PVC manufacturing releases toxic chemicals that are absorbed by the body. PVC bottles are made from toxic chemicals and release toxic chemicals. Impact on Earth Ecology: Americans consume about 2.8 billion plastic bottles each year, but only 5 percent of a recycled and 7 percent is landfilled in a sanitary manner. The rest ends up in a landfill, where it takes 1,000 years to decompose. In addition, nearly 100 million tons of plastic end up in the oceans threatening the health and safety of marine life.

Do You Drink Pure Water?

Microbial water from the tap contains chemical agents including chlorine, lead, leaching agents and fluoride to toxic byproduct of the government industry.

Protect & Conserve Water!

Water is a precious resource. Only 1% of the total water resources on earth are available for human use. What most of us does in the world, how we live, can make a difference. As we open the tap, we use water and how we use it, we can see the steps to protect it and to give it to people who need it.

Like the natural world itself, your body depends on water to survive and thrive! Hydrating your body is a function of drinking enough water to sustain your health and avoid the symptoms of dehydration. This poster introduces 15 Fascinating Reasons to Drink More Water. You'll be enlightened about the disease preventative effects of water on every organ within your human ecology system. You'll also learn about the positive impact that water can have on personal and planetary consciousness when it's exposed to loving thoughts and emotions. If you have forgotten why plastic water bottles are toxic to human and earth ecology, this poster will remind you the reasons why, and encourage you to protect the earth's limited water supply.

Do the Bugs In Your Gut Make You Skinny or Fat? ©

The human digestive tract is home to around 100 trillion types of bacteria and microbes. These microbes have a huge impact on your overall health and even your body weight!



This poster explores how that happens, citing some fascinating studies on mice that grew fat in the laboratory tests when injected with bacteria from human guts. This poster also suggests ways you can help your "gut flora" help you be your healthiest using healthy sources of probiotics. It outlines several home-grown probiotic food sources you can make right in your own kitchen, including kefir, kombucha, and kimchi to name a few! You'll have a great understanding of how you can cultivate a healthy digestive tract, and you'll understand and appreciate what health benefits you can derive from 'good bacteria' rich food.

Why to Eat (The Right Kind of) Salt ©



Salt is an ingredient of nature's ecological balance, and we humans are part of that balance. Our tears and sweat are salty, and we were bathed in our mother's wombs in a salty ocean-like fluid. In this poster, you will learn about the most common and uncommon symptoms of salt deficiency ranging from muscle cramps and dizziness, to allergies, fatigue, bone loss, poor digestion, and more. You'll learn what minerals are missing from table salt that make is an irritant in the body's cells.

In addition, you will learn about 3 forms of whole, balanced salt (derived from land and sea) which contain a broad range of trace minerals in perfect balance, and which function in the body as a spark plug. Is salt the culprit of high blood pressure as it has been suggested? The answer on this poster might surprise you!

Are the Colors In Your Meal 'Real' or 'Fake'? ©



With today's technology, a food science laboratory can churn out foods in pretty much any color using chemical dyes. Home cooks can do similar tricks with fake food coloring. Unfortunately, artificially dyed foods do NOT have the same benefits as natural un-dyed foods. Artificial food dyes are most commonly found in beverages, candy, processed meats, ice cream, cereals, baked goods, and even natural-looking products. In this poster, you will learn about the 4 most widely used toxic food dyes, including Red 40, Blue 2, Yellow 5, and Yellow 6, which many countries have banned the use of, and you'll explore the serious health problems they are known to cause! You'll also discover the eco-friendly alternative: *natural food dyes*, whose vibrant colors (derived from whole foods) are purely medicinal in nature!

Food & Mood (Series)

Eat Your Way to a Better Mood! ©

Our moods have nearly everything to do with the food we eat! That's because the chemicals in our food are the precursors to brain neurotransmitters (the body's feel-good messengers); levels of these neurotransmitters have a direct effect on emotion, well-being, and mood.

Unearthing the Merits of Fair Trade Coffee ©



What is Fair Trade coffee? Essentially, it's ethically produced coffee that is purchased from growers who are paid a just, non-exploitive price for their beans. In addition, certifying organizations stipulate that no child labor be used to grow, harvest, or produce the coffee, and most ban the use of pesticides, herbicides, and GMOs. | This poster cites multiple reasons why fair trade coffee is better for the environment, including the ban on pesticides and GMO's used to produce it, as well as crop rotation methods that prevent soil depletion. It also presents information about how fair trade coffee production benefits workers, including the offer of better pay and the ban on child labor practices, as well as support for community development and education. Discover where to find fair trade coffee and imagine new ways to enjoy it. Learn how coffee may benefit your health when consumed in moderation.

Romance Your Taste Buds with Organic Chocolate ©



Does your heart desire chocolate? Chocolate has long been a favorite treat, and with good reason! Beyond its delicious flavor and myriad uses, organic dark chocolate is actually good for you, too. Did you know: cacao, the raw material used to make chocolate is chock-full of antioxidants and contains the

chemical anandamide, which is responsible for the mild euphoria that some experience when eating chocolate. It is even known to fight inflammation. This poster addresses the personal and planetary benefits of eating organic chocolate. It points out the ecological problems with clearing rainforests to grow chocolate and stresses the benefits to all living things of growing shade-grown cacao. Three super-simple and tasty recipe treats are featured in this poster, including hot cocoa, chocolate ganache frosting, and homemade chocolate truffles.

Sweeteners: Whole and Un-Whole (Series)

Savoring Nature's Liquid Whole Food Sweeteners ©



Mother Nature provides us with a delightful bounty of natural sweeteners (in liquid form) such as honey, maple syrup, barley malt syrup, brown rice syrup, and molasses which are derived from a variety of trees, flowers, and grains. Besides having unique tastes, culinary uses, and nutritional benefits, they sustain the health of different geographical growing regions. This poster shows you how to make liquid sweeteners part of a balanced diet and avoid refined sugar. You'll learn why organic sweeteners are superior for human health and even the earth's health, including the honeybee population. Each sweetener is listed along with its benefit to human and earth ecology, and food ideas for its use, as well as directions for its use as a sugar replacer in recipes.

Unearthing Nature's Healthiest Sugar Substitutes ©

Mother Nature provides us with a delightful bounty of (dry) natural sweeteners such as birch tree sugar, coconut palm tree sugar, organic cane sugar, date sugar, and stevia, which are sourced from a variety of trees, plants, and shrubs. Besides having unique tastes, culinary uses, and nutritional benefits, they sustain the health of different geographical growing regions.



This poster shows you how to make granular and powdered sweeteners part of a balanced diet, and avoid refined sugar. Each sweetener is listed along with its benefit to human and earth ecology, and food ideas for its use, as well as directions for its use as a sugar replacer in recipes.

Is Sugar Toxic to Your Body Ecology? ©



It's no secret that processed white sugar is not good for us.

Sugar has long been linked to health conditions such as obesity, and it's practically synonymous with hyperactivity, and behavioral challenges in kids who frequently eat sugary foods. When we address the subject of sugar, it's important to realize that sugar (including high fructose corn syrup) is hidden in most processed foods and beverages. In this poster, you'll get guidelines to help you curb your sugar consumption. You'll also will learn about ten of the most common disease conditions related to sugar consumption, including (but not limited to) obesity, dementia, yeast infection, immune system dysfunction, and even cancer, all of which have an inflammatory component that sugar is reported to feed.

A fact that no one can dispute is that these fake sweeteners are made from chemicals, some of which are known to be not only harmful, but truly toxic to the human brain and body. In this poster, you will find a list of the most dangerous artificial sweeteners, along with sobering information about the negative impact they can have on your health, and your family's health.

Fats: Healthy & Un-Healthy (Series)

Hunting Down Healthy Fats! ©



Healthy fat is a very important component of the human diet, acting as a compact source of energy, aiding absorption of vitamins (esp. A, D, E, and K), and functioning as building blocks for cellular activity--all vitally important to human survival! But trans fats, found in products such as margarine and processed vegetable oils are unhealthy and non-essential! How can you avoid harmful trans fats in your diet? It's a little harder than you might think because they are so pervasive, but this poster points you in the right direction. Use the information on this poster to understand nutrition labels, avoid hydrogenated fats, plan a diverse whole foods diet, cook with heat stable fats, choose good oils for salad dressings, keep oils fresh, and avoid those oils that are derived from GM (genetically modified) products!

Processed Vegetable Oils: The Unappetizing Truth ©

Vegetable oil was practically unheard of in the early 1900s. Until that time, most people got their fats from animal sources such as meat, lard, butter, and cream, all of which contain saturated fats.



Although the amount of fat consumed by people has not changed much since then, the type of fat they eat has changed dramatically due to the heavy promotion of non-saturated fats (i.e., vegetable oils), and margarine, the so-called healthy alternative to butter. (NOT!) This poster explains how vegetable oils are made, including the chemical toxins used in the process of extracting oil from seeds and grains. Insights are offered about genetically modified crops such as soy and canola.

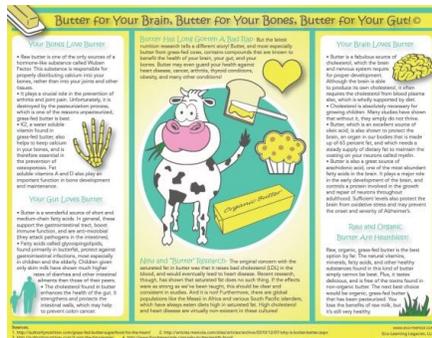
Coconut Oil: A Nutritional Prescription for the Aging Brain ©



An estimated 5.2 million adults are currently living with Alzheimer's disease. With 1 in 3 seniors dying with Alzheimer's or another form of dementia, and with the costs associated with them expected to grow exponentially in the coming years, scientists everywhere are actively pursuing a cure. Current drug therapies are expensive and have shown marginal benefits at best. In recent years, however, research has presented a natural food alternative. The alternative is coconut oil, and it could offer profound and immediate benefits in the fight against Alzheimer's, neurological disorders, and other diseases of the aging brain.

This poster addresses the role of ketones in restoring brain function and describes how the fats found in coconut oil (known as medium-chain triglycerides or MCT's), boost ketone production in the body. Seven simple diet and lifestyle tips are offered for the prevention of brain disease, including the suggestion to avoid gluten, which is known to elevate gut and brain inflammation.

Butter for Your Brain, Your Bones, and Your Gut! ©



Butter has long gotten a bad rap. But the best nutrition research tells a different story! Butter, and most especially butter from grass-fed cows, contains compounds that are known to benefit the health of your brain, your gut, and your bones. Butter may even guard your health against heart disease, cancer, arthritis, thyroid conditions, obesity, and many other conditions! The original concern with the saturated fat in butter was that it raises bad cholesterol (HDL) in the blood and would eventually lead to heart disease. Recent research, however, has shown that saturated fat does no such thing. In this poster, you'll learn how low-fat diets contribute to increases in blood triglycerides and decreases in good cholesterol, two risk factors in the development of heart disease. You'll also get a succinct rundown of the ways in which butter supports the health of your brain, bones, and gut! Finally, you have great reasons to eat butter, without feeling guilty!

[Special Needs Kids/Autism, Candida, & Leaky Gut \(Series\)](#)

I'm the Parent of a Special Needs Child©

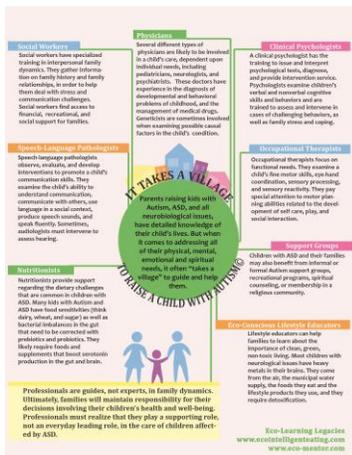
Does your child have special needs that call for special understanding and care? Do other people have trouble understanding your child's unique needs? Do people sometimes form erroneous judgments about "what they think you should be doing" to improve your child's life and health?



As you know, they probably are not seeing the whole picture!

This poster offers six guiding principles for respectfully interacting with you and your child.

It Takes a Village to Raise a Child with Autism ©



Parents raising kids with Autism, ASD, and all

neurobiological issues, have detailed knowledge of their child's lives. But when it comes to addressing all of their physical, mental, emotional and spiritual needs, it often "takes a village" to guide and help them. This poster teaches about the different kinds of professional that parents and educators are likely to rely on to meet their child's special needs. It emphasizes the idea that professionals are guides, not experts, and they play a supporting role, not an everyday leading role, in the care of children affected by ASD.

What Is Autism Spectrum? (Piecing the Puzzle Together) ©

Do you, or someone you know, experience the symptoms of Autism? The autism spectrum includes complex neurobiological disorders such as classic autism, regressive autism, and Asperger's Syndrome.

WHAT IS AUTISM & AUTISM SPECTRUM DISORDER? (Piecing the Puzzle Together)

Autism's Origins of Diagnostic Labels
Autism is known as a developmental disorder that generally shows itself in the early stages of child development. It is known to occur alongside with other developmental disorders, such as intellectual disability, anxiety disorders, OCD, Tourette Syndrome, Attention Deficit Hyperactivity Disorder, and PDDs. Autism is a developmental disorder. Labels include: low-functioning, Asperger's syndrome, Childhood Disintegrative Disorder, and PDD-NOS (Atypical Developmental Disorder).

Unraveling the Spectrum of Autism (PDD)
Many people with autism and other developmental disorders have a hard time recognizing that they possess an anxiety disorder. People with anxiety disorders are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder. People with anxiety disorders are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

Can't You Just Identify the Sub-Type of ASD?
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

Who Does Autism Affect and What Causes It?
Autism is a developmental disorder that generally shows itself in the early stages of child development. It is known to occur alongside with other developmental disorders, such as intellectual disability, anxiety disorders, OCD, Tourette Syndrome, Attention Deficit Hyperactivity Disorder, and PDDs. Autism is a developmental disorder. Labels include: low-functioning, Asperger's syndrome, Childhood Disintegrative Disorder, and PDD-NOS (Atypical Developmental Disorder).

Child Inclusion: Don't Forget to Children with Autism (PDD)
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

Autism's Relationship to Epilepsy and Seizures
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

How to Know if You or Your Child Has Autism
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

What Causes It?
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

Autism's 'Clue' a Label: 'You Can't Hear to Do Much More'
Information based on the website National Center for Autism Research. The following items are a list of ASD subtypes with an autism spectrum. People with autism are often fearful, nervous, and have a hard time recognizing that they possess an anxiety disorder.

These conditions have the potential to interfere with a child's normal development, communication abilities, and relationship skills. What causes Autism? Why are 1 in 88 babies being diagnosed with the condition? Why have OCD and Epilepsy been added to the Autism Spectrum?

What is the relationship between autism, gut imbalances, and the human immune system? How do you recognize the expression of Autism? Why is the 'label' of autism unnecessary and limiting?

Are Your Child's Brain Chemicals Misbehaving? ©

ARE YOUR CHILD'S BRAIN CHEMICALS MISBEHAVING?

The Neurochemistry behind Your Child's Moods
Did you know that your child's brain produces three primary chemicals called neurotransmitters that influence his or her growth, development, and overall sense of wellbeing? Neurotransmitters (released by nerve cells) are needed to create the environment needed for optimal language and social and cognitive development.

Brain Chemicals Your Child's Body Depends On

- Serotonin** is a neurotransmitter that regulates the stability of your child's moods and motor skills. It is the chemical that helps your child to sleep well and eat well, digest their meals, and handle sensory stimuli. When your child's serotonin levels are low, they may feel depressed and anxious. When serotonin is balanced, your child will feel happy, calm, more focused, and emotionally stable.
- Dopamine** is a neurotransmitter that plays a vital role in how your child moves, what they eat, and how they learn. When your child's dopamine levels are low, they may experience symptoms of autism and ADHD, or they may be tempted to use drugs, which raise dopamine levels. Dopamine linked with pleasure and reward in what people will want to press a lever to get tasty pellets of food, or what prompts a human to eat another cupcake.
- Norepinephrine** acts as both a stress hormone and neurotransmitter. As part of the body's response to stress, norepinephrine effects the way the brain pays attention and responds to stress. It increases the heart rate, triggers glucose production, increases blood flow to muscles, and increases alertness and arousal. When your child's norepinephrine levels are low, they may experience ADHD, depression, and lethargy.

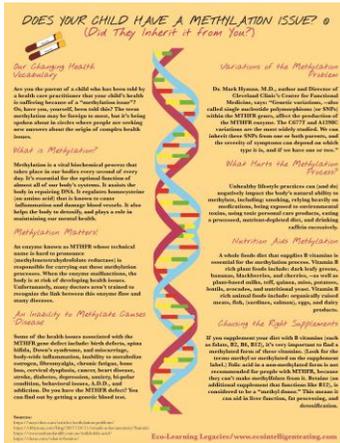
Good Nutrition Balances Brain Chemicals!
Balancing your child's brain chemicals may be easier from you think! It's important to feed them a balanced diet that is rich in antioxidants and phytochemicals, which are known for their ability to improve cognitive functions. Beans, fruits, and dairy products contain amino acids. Fermented foods and dairy products contain high levels of tryptophan, which are needed by the body to make serotonin. Nutritional supplements that offer to be helpful include GABA, 5-HTP, blue-green algae, and CBD oil.

Sources:
<https://www.healthline.com/health/brain-chemicals>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4282222/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4282222/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4282222/>

See Learning Legacies/awecointelligence.com

Did you know that your child's brain produces *three primary chemicals* called neurotransmitters that influence his or her growth, development, and overall sense of wellbeing? Neurotransmitters (released by nerve cells) are needed to create the environment needed for optimal language, and social and cognitive development? In this poster you will learn about lifestyle risk factors that cause these brain chemicals to become unbalanced, and you discover the foods and nutritional supplements that have proven to make a big difference in balancing brain chemistry without psychoactive drugs.

Does Your Child Have a Methylation Issue? © (Did They Inherit It from You?)



Are you the parent of a child who has been told by a health care practitioner that your child's health is suffering because of a "methylation issue"? Or, have you, yourself, been told this? The term methylation may be foreign to most, but it's being spoken about in circles where people are seeking new answers about the origin of complex health issues. In this poster, you will learn about the biochemical process known as methylation including the gene defects that some researchers believe causes it to malfunction and predispose a person to various diseases. Is there a way to support the methylation process? Yes, there is, and this poster gives you ideas about how your lifestyle practices can support you!

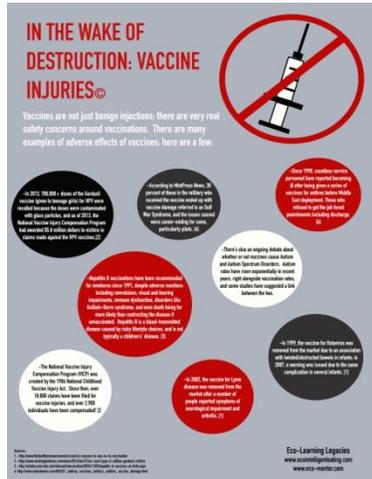
Are Heavy Metals Creating a Fire in Your (Child's) Brain? ©



Doctors and researchers are learning that brain inflammation, caused by heavy metal toxicity, is an underlying factor in the development of Autism, dementia, Parkinson's disease, and Alzheimer's disease, as well as anxiety, brain fog, depression, insomnia, OCD, and even impaired motor control including hearing, speech, and gait. In this poster you will learn what heavy metals are, where they come from, how they affect your health and how you can use your diet to help detoxify them.

In this poster, you will learn about the benefits of earthing, a practice of connecting with the earth to balance the body's energy.

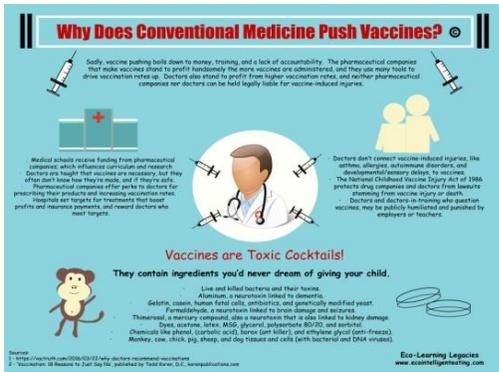
In the Wake of Destruction: Vaccine Injuries ©



Vaccines are not just benign injections; there are very real safety concerns around vaccinations. There are many examples of adverse effects of vaccines, and this poster lists several, including the people who have been harmed by injections, such as infants, teens, people serving in the military, as well as the widely publicized and promoted types of vaccines that have caused injury. Vaccines are not just benign injections; there are very real safety concerns around vaccinations. There are many examples of adverse effects of vaccines, and this poster lists several, including the people who have been harmed by injections, such as infants, teens, people serving in the military, as well as the widely publicized and promoted types of vaccines that have caused injury. Is autism caused by vaccines? Many doctors and public health officials insist that they don't. But parents of kids with autism whose symptoms developed shortly after, insist that they do.

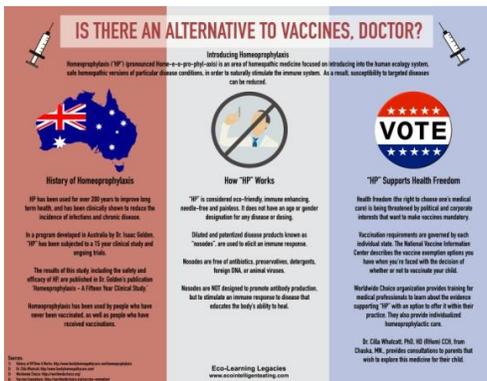
Why Does Conventional Medicine Push Vaccines? ©

Sadly, vaccine pushing boils down to money, training, and a lack of accountability. The pharmaceutical companies that make vaccines stand to profit handsomely the more vaccines are administered, and they use many tools to drive vaccination rates up.



Doctors also stand to profit from higher vaccination rates, and neither pharmaceutical companies nor doctors can be held legally liable for vaccine-induced injuries. In this poster, you'll get the inside scoop on why doctors and hospitals promote vaccines and you'll learn about the toxins contained in vaccines.

Is There an Alternative to Vaccines, Doctor? ©



Did you know that there's a therapy that has been used for over 200 years to improve long term health, and has been clinically shown to reduce the incidence of infections and chronic disease? Homeoprophylaxis ("HP") (pronounced Home-e-o-pro-phy-l-ax-is) is an area of homeopathic medicine focused on introducing into the human ecology system, safe homeopathic versions of particular disease conditions, in order to naturally stimulate the immune system. As a result, susceptibility to targeted diseases can be reduced. Discover how this treatment is being used as an alternative to vaccines by a growing number of parents.

Is Your Child Eating Foods that Excite Their Brain Cells to Death? ©

Is your child eating excito-toxins? The topic of excitotoxins was the focus of a book written by neurosurgeon Dr. Russell Blaylock M.D., titled 'Excitotoxins: The Taste that Kills.'

Salicylates: Your Child's Dietary Friend or Foe? ©



Did you know that there are substances within some “healthy foods” that are known to cause physical and emotional side effects? Salicylates are one such food substance that some people with food sensitivities may need to avoid. In this poster, you will learn what salicylates are, which foods contain them, and the symptoms of salicylate intolerance. You’ll also be introduced to an allergy treatment that may be helpful for minimizing or even eradicating the sensitivity.

Are You and Other Living Things, Eating the World's Most Toxic Weed Killer? ©



Glyphosate, is a broad-spectrum herbicide that kills most plants. It prevents the plants from making certain proteins that are needed for their growth. While it is used mainly as a weed killer, it’s also sprayed on crops a few weeks before harvest to speed the drying process so crops can be harvested sooner, especially in colder/northern climates.

In this poster, you will learn about which crops glyphosate is sprayed onto and how it harms the health of not only the crops, but the environment and the living things that are part of a food's production cycle. You'll also get a sense about the kinds of foods that contain this toxic herbicide, and the health problems that humans are experiencing as a result of ingesting it!

Is Glyphosate Eroding Your Family's Health? ©



Glyphosate is a toxic herbicide that is used as a weed killer on food crops. Scientists have discovered that it interferes with the synthesis of aromatic amino acids in the shikimate pathway in plants. These amino acids are crucial to the human organism, and must be obtained through diet. In this poster you will learn about how glyphosate disrupts four vitally important biological functions in the human body. You'll learn about several disease conditions that are being linked with glyphosate consumption. Finally, you'll learn about an organization that invites you to raise awareness about glyphosate toxicity and be proactive about sharing solutions nationwide.

Does Your Child) Suffer From Gut Dysbiosis? ©

Gut dysbiosis is an imbalance in the populations of your gut bacteria. In layman's terms, it means that harmful bacteria populations are too high, and beneficial bacteria populations are too low.

WHAT IS CANDIDA YEAST SYNDROME?
 (Often the 'Yeast Beast' that is Fodding the Health of Millions?)

Candida is a great organism that resides naturally in the human body in places such as the intestinal tract, mouth, throat, and genital region. (Candida) lives as Candida albicans. This yeast lives alongside a wide variety of other microorganisms and is designed by nature to perform vital functions inside the body that maintain its homeostasis (balance). Candida becomes destructive in any fashion only when it proliferates, as a result of its, in an otherwise healthy person. The proliferation of yeast occurs in relation to health-promoting organisms in the body and it can proliferate as much as 700 different fungi by products in the bloodstream. In an otherwise, great can become like a parasite's role as intestinal flora and create microorganism systems. These yeasts alter the balance of the body's yeasts and produce food for products and other available yeast that then become a burden on the human ecosystem. As a result, allergies and other immune system health problems may result.

Connecting Yeast Overgrowth to Hormone Dysfunction & Depressed Immunity

Some researchers believe that candida in the body causes health problems by the body's ability to respond normally to hormones. Dr. Orion Tsou, M.D. (Ph.D.) when tests are done on estrogen levels, thyroid levels, or other hormone levels and people are suffering from symptoms of candida overgrowth, the hormones and there is high likelihood that there are not achieving any response. Dr. Tsou surmises that toxins produced by Candida somehow inhibit the tissues from responding normally to hormones. It may also directly affect the functions of the glands themselves. This could explain why candida causes immune dysfunction. If candida toxins are affecting the immune gland, it can no longer produce enough T cells, thus severely depressing the immune system.

Our exposure to chemicals, toxins, and drugs are contributing to our yeast epidemic. Thousands of chemicals in our environment expose each of us to a cumulative load of industrial chemicals, agricultural pesticides, paints, perfumes, laser chemicals, carpet chemicals, vinyl and plastic chemicals, and more. In addition, our culture is addicted to prescription drugs. These drugs, including antibiotics, pain meds, birth control pills, and psychotropic drugs, end up in our sewage and our drinking water. As a result, these substances disrupt our ecological flora.

Candida (Yeast) Overgrowth Syndrome is becoming an epidemic in our body and is contributing to many serious health challenges in humans. The problems include sensitivities to chemicals (Chemically Sensitivity Syndrome), fatigue, brain fog, anxiety and mood swings, cravings for sweets, digestive problems, bloating, gas, constipation, skin rashes, bladder infections, vaginal yeast infections, ear and sinus pain or pressure, PMS, hormone imbalances, learning difficulties, pain, muscle weakness, and more.

can arise when the body may be harboring a yeast/fungal condition. This poster addresses the causes of yeast overgrowth, including over-consumption of prescription drugs, poor diet, and exposure to everyday toxins. It explains the adverse effect that some doctors believe yeast/fungal overgrowth has on the hormonal system.

Eating to Defeat Yeast ©

Eating to Defeat Candida Yeast Syndrome

Yeast overgrowth in the human body leads to a wide range of health problems, from skin rashes to chronic fatigue. The symptoms of candida overgrowth are often mistaken for other conditions, such as allergies, autoimmune diseases, and hormonal imbalances. This poster provides a comprehensive guide to identifying and managing yeast overgrowth through diet and lifestyle changes.

CAUTION: AVOID THESE FOODS:

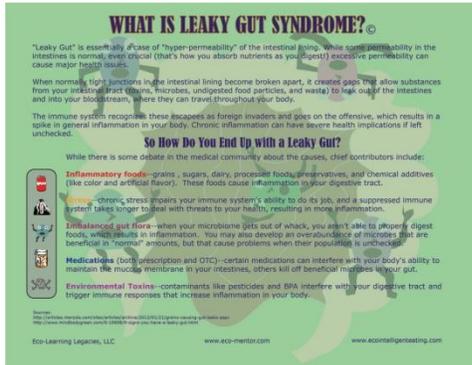
- DO NOT consume refined carbohydrates, including white bread, white rice, and pasta.
- DO NOT consume high-fructose corn syrup (HFCS), including soft drinks and processed foods.
- DO NOT consume grains, including wheat, barley, and rye.
- DO NOT consume dairy products, including milk, cheese, and yogurt.
- DO NOT consume alcohol, including beer, wine, and spirits.
- DO NOT consume processed meats, including hot dogs, sausages, and deli meats.
- DO NOT consume refined oils, including vegetable oil, corn oil, and soybean oil.
- DO NOT consume artificial sweeteners, including aspartame, saccharin, and sucralose.
- DO NOT consume antibiotics, unless prescribed by a doctor.
- DO NOT consume birth control pills, unless prescribed by a doctor.
- DO NOT consume prescription drugs, unless prescribed by a doctor.
- DO NOT consume recreational drugs, including marijuana, cocaine, and heroin.
- DO NOT consume tobacco products, including cigarettes and cigars.
- DO NOT consume alcohol, including beer, wine, and spirits.
- DO NOT consume processed foods, including fast food, frozen meals, and canned soups.
- DO NOT consume refined grains, including white rice, white bread, and pasta.
- DO NOT consume high-fructose corn syrup (HFCS), including soft drinks and processed foods.
- DO NOT consume grains, including wheat, barley, and rye.
- DO NOT consume dairy products, including milk, cheese, and yogurt.
- DO NOT consume alcohol, including beer, wine, and spirits.
- DO NOT consume processed meats, including hot dogs, sausages, and deli meats.
- DO NOT consume refined oils, including vegetable oil, corn oil, and soybean oil.
- DO NOT consume artificial sweeteners, including aspartame, saccharin, and sucralose.
- DO NOT consume antibiotics, unless prescribed by a doctor.
- DO NOT consume birth control pills, unless prescribed by a doctor.
- DO NOT consume prescription drugs, unless prescribed by a doctor.
- DO NOT consume recreational drugs, including marijuana, cocaine, and heroin.
- DO NOT consume tobacco products, including cigarettes and cigars.

Shipping and Kitchen Tips:

- DO NOT consume refined carbohydrates, including white bread, white rice, and pasta.
- DO NOT consume high-fructose corn syrup (HFCS), including soft drinks and processed foods.
- DO NOT consume grains, including wheat, barley, and rye.
- DO NOT consume dairy products, including milk, cheese, and yogurt.
- DO NOT consume alcohol, including beer, wine, and spirits.
- DO NOT consume processed meats, including hot dogs, sausages, and deli meats.
- DO NOT consume refined oils, including vegetable oil, corn oil, and soybean oil.
- DO NOT consume artificial sweeteners, including aspartame, saccharin, and sucralose.
- DO NOT consume antibiotics, unless prescribed by a doctor.
- DO NOT consume birth control pills, unless prescribed by a doctor.
- DO NOT consume prescription drugs, unless prescribed by a doctor.
- DO NOT consume recreational drugs, including marijuana, cocaine, and heroin.
- DO NOT consume tobacco products, including cigarettes and cigars.

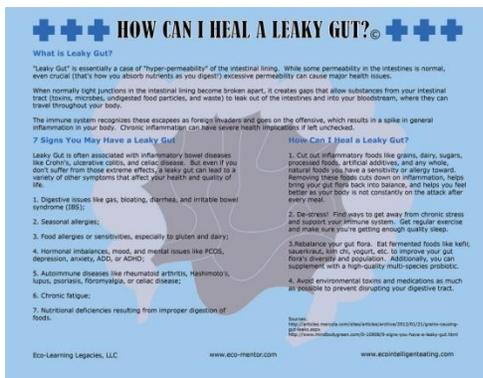
Are there “do’s and don’ts” when it comes to managing candida with your diet? This poster suggests there are! Keeping the ‘yeast beast’ in check begins with eliminating sugary products and refined carbohydrates from your diet, which are known to feed and multiply yeast organism. Many people with yeast and fungal conditions need to avoid grains, even whole grains, which for some people are hard to digest. Learn which foods to avoid in your diet at the outset of your anti-candida dietary regime. Get an idea about which foods you may be able to eat in moderation or reintroduce at a later time. Also, get helpful kitchen tips.

What is Leaky Gut (How Did I Get It?) ©



"Leaky Gut" is thought by some health experts, to be a case of "hyper-permeability" of the intestinal lining. While some permeability in the intestines is normal, even crucial (that's how you absorb nutrients as you digest!) excessive permeability can cause major health issues. While there is some debate in the medical community about the causes, this poster helps to define some of the lifestyle factors that may be stressing your gut health.

How Can I Heal My Leaky Gut? ©



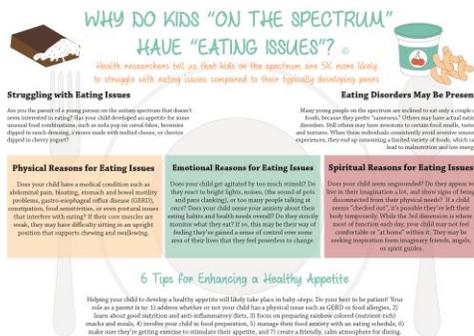
Leaky Gut is often associated with inflammatory bowel diseases like Crohn's, ulcerative colitis, and celiac disease. But, as this poster spells out for you, even if you don't suffer from those extreme effects, a leaky gut can lead to a variety of other symptoms that affect your health and quality of life. The process of healing a leaky gut starts with avoiding the causes of gut flora damage and intestinal barrier destruction, and this poster outlines 4 simple actions you can take to start improving your gut health immediately.

Eating to Defeat Autism & Autism Spectrum ©



Oftentimes, the symptoms of autism reflect a nutrient deficient diet that contains too much fat, sugar, and food additives (including chemicals that excite brain cells to death), and not enough *real food*. Other times, toxins in the diet are to blame, including food treated with chemical pesticides which are known to burden the liver and poison the bloodstream. This poster introduces the concept of eating in harmony with nature and consuming the organic elements in whole natural foods that play a vital role in maintaining the optimal health of our human ecology system. You'll also learn about the relationship between brain health and gut health, and discover the three foods that exacerbate brain and gut inflammation.

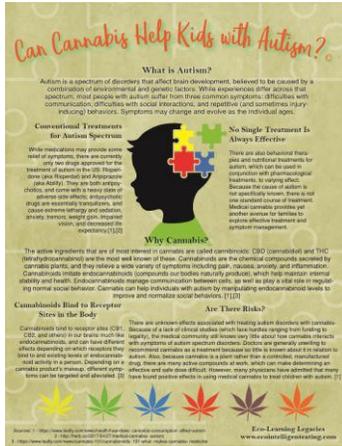
Why Do Some Kids “On the Spectrum” Have “Eating Issues?” ©



Health researchers tell us that kids on the spectrum are *five times* more likely to struggle with eating issues compared to their typically developing peers. Are you the parent of a young person on the autism spectrum that doesn't seem interested in eating? Has your child developed an appetite for some unusual food combinations? Some young people on the spectrum are inclined to eat only a couple of foods, because they prefer “sameness.” Others may have actual eating disorders because they perceive smells, tastes, and textures as distasteful, or even harmful. In this poster, you will discover the physical, emotional, and spiritual

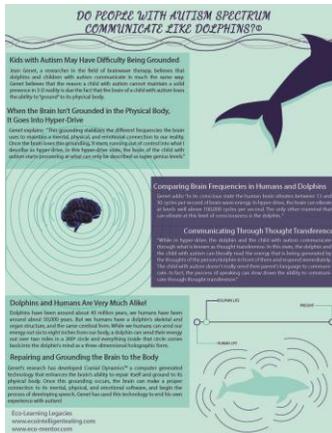
reasons why kids on the spectrum have eating issues. Six helpful tips are offered for stimulating your child's healthy appetite.

Can Cannabis Help Kids with Autism & ASD? ©



getting that treatment. In addition to resistance from the medical community, there are legal considerations. And because doctors won't prescribe cannabis, the parents must possess the wherewithal to determine and monitor proper dosage. Share this poster with doctors, family members and friends who have been brainwashed to think that cannabis is anything other than a God-given prescription for wellness.

Do People with Autism Spectrum Communicate Like Dolphins? ©



Jean Genet, a researcher in the field of brainwave therapy, believes that dolphins and children with autism communicate in much the same way. Genet believes that the reason a child with autism cannot maintain a solid presence in 3-D reality is due the fact that the brain of a child with autism loses the ability to “ground” to its physical body. In this poster, you’ll learn the similarities between dolphin brains and human brains, and understand what causes the Autism brain to function in hyper-drive. Genet (recovered from Autism, himself) has developed an educational tool that serves to repair the brain and ground it to the body.

I Am a Face on the Autism Spectrum (I Am Here to Awaken & Heal Humanity) ©

Is Autism a ‘gift’ in disguise? Autism helps individuals get in touch with the idea that they are ‘different’ for ‘good’ reasons. These reasons have to do with being themselves, discovering new ways to meet their authentic needs, and inviting greater sensitivity from others.



Autism helps parents be aware that there is 'perfection' in 'imperfect circumstances.' They are encouraged to think outside the box and reject what's not working with the status quo, in favor of doing whatever is needed, for their child to thrive. Autism wakes humanity at large, to the reality that an entire generation of young people's health is at risk, if we don't change our unconscious ways of living. Those with Autism can contribute great gifts to the world, at a time when their gifts are needed!

Wheat/Gluten-Free Eating & Recipes (Series)

Is The Gluten In Your Diet Making You Sick? ©



Gluten is a substance present in whole cereal grains, especially wheat, rye, barley, oats, spelt, and kamut, that is responsible for the elastic texture of dough. But it also shows up in the diet in the form of food starches, stabilizers, dextrans, malt extract, malt syrups, emulsifiers, thickeners, hydrolyzed plant proteins, taste enhancers, and food colorings that are added to thousands of commercial food products. On this poster, you'll get a snapshot of many gluten-rich foods, and you'll learn what makes gluten the cause of many undesirable health problems.

If *hot* cereal isn't your thing, you can always prepare *cold* cereal, such as **gluten-free granola**. Toasted, **gluten-free bread or bagels** offer to be another breakfast option. You can spread them with nut butter, nutritional yeast, eggs, and countless other toppings. **Smoothies** are one of the easiest gluten-free breakfasts to prepare, you can fortify them with chia seeds, protein powder, or green super-food powder. Or, you can try out an exotic sweet potato smoothie recipe, enriched with sunflower butter or hemp seeds. Fruit, eaten by itself, is another easy “on the go” option. Just boost its health value with *a side* of cheese, nut butter dip, or fruit/veggie flavored yogurt.

Sweet Wheat & Gluten Free Snacks, At Your Fingertips! ©



While processed snacks containing wheat, sugar, bad fats, and additives take a bite out of your health, snacks prepared from fresh, whole foods put a bite of nourishment into your body! On this poster, you'll find **delicious and creative** ways to include more fresh fruits, vegetables, nuts, seeds, and GF (gluten-free) grains into your snacks. **Beverages Featured:** Orange Carrot & Coconut Milk, Cinnamon-Spiced Chia Seed Milk, Creamy Cocoa Nut Milk, Orange Apricot Almond Smoothie, Berry Kefir Smoothie, Maple Pecan Banana Smoothie and more. **Fresh Fruits Featured:** Apple w/Nut Butter, Yogurt, Applesauce Crunch, and Stuffed Dates. **Waffles & Pancakes Featured:** Waffles and cakes topped with nut butters, non dairy ice cream, coconut spread, and fresh fruit. **Confections Featured:** Nutty Date Energy Bar and Sesame Sunflower Raisin Treats. **Creamy Treats Featured:** Sweet Potato Pudding (3 flavors!), Pumpkin Pudding, Avocado Ice Cream and Chia Seed Puddings. YUM!



Savory Wheat & GF Snacks, At Your Fingertips! ©

While processed snacks containing wheat, salt, bad fats, and additives take a bite out of your health, snacks prepared from fresh, whole foods put a bite of nourishment into your body! On this poster, you'll find easy and delicious ways to include more vegetables, cooked beans, GF (gluten-free) grains, and high protein nuts and seeds in your snacks! **Veggie Snacks Featured:** Veggies w/Sesame Tahini Dip, Veggies w/Zucchini Parmesan Dip, Celery Ribbs and Bell Peppers stuffed, Italian Style Tomatoes and more. **Bean Snacks Featured:** Garlicky Fava Bean, White Bean & Red Bell Pepper, which are great spreads for W-F crackers. **Oven-Baked Snacks Featured:** Tortilla Pizzas, Italian WF Bagel Pizzas, Sweet Potato Fries & Zucchini Fries, and Toasted Spiced Nuts. **Extras:** Instant Miso Soup and Sesame Buttered Popcorn. YUM!

A Sandwich without Wheat & Gluten Is a Lunch-Worthy Treat ©



Sandwiches are synonymous with lunch, but how do you make one when you decide to go 'wheat free' and 'gluten free'? Finding a good n' tasty WF (wheat-free) and GF (gluten free) sandwich bread is essential. On this poster, you'll find a great suggestion for one, along with delicious toppings the whole family can enjoy!

No-Cook Sandwiches Featured: Avocado Veggie Deluxe, Sprouted Sunflower Seed Pate, Banana Date & Nut Butter, Tomato and Cheese with Cilantro, Herbed Cream Cheese & Radish, Avocado, Pineapple and Cream Cheese with Sprouts, Happy Hummus, and Tofu Egg Salad with Toasted Sunflower Seeds.

Minimal-Cook Sandwiches Featured: Melt-in-Your-Mouth Squash n' Cheese, Egg Salad with Toasted Cashews, Turkey (or Tempeh) BLT, Pesto Fried Zucchini, Chicken Sausage with Sauerkraut and Dressing, and Garlicky Grilled Cheese. Plus More!

6 Wheat Free Muffins, Made Simple ©

Muffins, like cupcakes, are fun to eat, whether they're sweet or savory. But most bakery style muffins are made from genetically modified wheat, refined sugar, partially-hydrogenated fats, and chemically treated fats, all of which are known to cause inflammation in the body. Why not make a totally healthy, delicious, toxin-free muffin, using organic eggs, non-hydrogenated oils, wholesome plant-based sweeteners, and wholegrain flours that are derived from quinoa, amaranth, oats, rye, and coconut?

1. Fresh Blueberry Muffins
 Ingredients: 1/2 c. coconut oil, 2 Tbsp. vanilla extract, and 1 c. Himalayan salt. 1/2 c. baking soda, 4 eggs, 1 1/2 c. agave syrup, 1 1/2 c. coconut oil, 2 Tbsp. vanilla extract, and 1 c. blueberries. Prep & baking instructions: In a small bowl, combine dry ingredients in a large bowl, combine wet ingredients. Stir until well combined. Fold in blueberries. Do not overmix. Fill greased muffin cups at 400°F for about 20 minutes. Makes 12 muffins.

2. Broccoli Cheese Muffins
 Ingredients: 3 eggs, 2 T. butter or coconut oil melted, 2 T. coconut milk, 1/2 c. Himalayan Pink salt, 1/8 c. pepper, 1/2 c. onion powder, 3 T. dried coconut flour, 1/2 c. almond flour, finely chopped, and 1/2 c. grated sharp cheddar cheese. Prep & baking instructions: In a small bowl, combine dry ingredients. In a larger bowl, combine wet ingredients. Blend wet and dry ingredients together and stir. Fold in broccoli and cheese. Fill greased muffin cups. Sprinkle on the remaining cheese. Bake at 400°F for 15 minutes. Makes 6 muffins.

3. Citrus Orange Muffins
 Muffin Recipe Ingredients: 3 eggs, 3 T. coconut milk, 1/2 c. coconut water, 1/4 c. agave syrup, 1/2 c. Himalayan Pink salt, 1/2 c. vanilla, 1/2 c. dried coconut flour, and 1/2 c. baking powder. (Coconut flour is a finely ground, washed and peeled, 100% organic coconut flour.)
 To make the muffins: Mix together milk, agave, coconut oil, and butter and set aside. In a large bowl, combine dry ingredients. Add wet ingredients and mix. To make the muffins, combine wet and dry ingredients. Grease muffin cups. Sprinkle reserved on top. Bake at 400°F for 10-15 minutes. Begin checking muffins after 10 minutes with a toothpick inserted in center. When it comes out clean, they are done. Cool and serve. Makes 12 muffins.

4. Buttery Corn & Quinoa Muffins
 Ingredients: 1 c. cornmeal, 1 c. quinoa flour, 1 T. flaxseed, 4 T. raw sugar (such as Rapadura or Dutch), 1 T. honey, 2 1/2 baking powder, 1 1/2 baking soda, 1/2 c. sea salt, 2 eggs, 1/2 c. coconut milk, 1/2 c. melted butter, 1/2 c. coconut oil, 1/2 c. whole kernel corn, 1/2 c. grated cheddar cheese or pepper jack, 1/2 c. corn kernels. Grease muffin cups and fill seeds into flourmeal using a coffee bean grinder in a small bowl, combine dry ingredients in a larger bowl, combine wet ingredients. Puree corn with buttermilk before adding to the wet bowl. Mix all the dry ingredients into the wet. Fill greased muffin cups. Bake at 400°F for about 20 minutes. Makes 14 muffins.

5. Nut-Free Quinoa Oatmeal Muffins
 Ingredients: 1 c. amaranth, 1/2 c. quinoa, 1 T. flaxseed, 1 T. baking powder, 1/4 c. baking soda, 1/2 c. sea salt, 3/4 c. oatmeal or quinoa, 2 eggs, 1/4 c. agave syrup, 1/2 c. raw cane sugar, 1/2 c. coconut oil or butter (melted), 1 c. mashed banana, 2 sunflower seed butter, and 1 c. oatmeal.
 Instructions: Grease muffin tins. In a separate batch, blend the amaranth, quinoa, and flaxseed, into flourmeal using a coffee bean grinder. In a small bowl, combine the dry ingredients in a larger bowl, combine the wet ingredients. Mix the dry ingredients into the wet. Fill greased muffin cups. Bake at 400°F for about 20 minutes. Makes 12 muffins.

6. Chocolatey Coconut Tuff Muffins
 Ingredients: 1/2 c. coconut oil, 1/2 c. almond flour, 1/2 c. dehydrated coconut flakes, 1 T. flaxseed, 3 T. cacao powder, 1/2 c. coconut sugar, 2 T. baking powder, 1/2 c. baking soda, 1/4 c. sea salt, 1/2 c. chocolate chips, 3/4 c. mashed banana, 2 T. honey or coconut nectar, 2 organic eggs, 1/2 c. melted coconut oil, 1/2 c. coconut milk, 1/2 c. water. Prep & baking instructions: Grease (in separate batches) the muffin tins, dry coconut flakes, and flax using a coffee bean grinder in a small bowl, combine the dry ingredients in a medium bowl, combine the wet ingredients. Mix the dry ingredients into the wet. Fill greased muffin cups. Bake at 400°F for about 22-24 minutes. Makes 12-13 muffins.

Recipes 1, 2, 3, by Rachel Drew-Thun, from Wilderness Family Naturals Kitchen.
 Recipes 4, 5, 6, by Candia Lee Cole, cookbook author and founder of Eco-Learning Legacies.
 All ingredients can be found at: www.wildernessfamilynaturals.com www.eco-mentor.com

Traditional muffins are usually made from whole

wheat flour, processed dairy products, eggs, sugar, and processed vegetable oils. But what if you have food sensitivities that restrict you from eating these foods? Can you still make a muffin that tastes good on your palate and rises in your muffin tins? This poster introduces you to muffin recipes that swap high allergenic ingredients with low allergenic ingredients. See how you can substitute milk in recipes with rice milk or coconut milk, and substitute eggs with flaxseed puree, -which adds moisture and texture to baked goods. Experiment with grains other than wheat, such as quinoa, rice, corn, and gluten-free oats. Replace white sugar with more wholesome sweeteners and substitute processed oils with organic coconut oil, organic butter, or dairy-free ghee.

Soy & Dairy-Free Eating & Recipes (Series)

Should You Rethink Soy? ©

Because of clever marketing, Americans are now consuming more soy foods than any culture has ever consumed, but research shows that it might not be a very healthy idea.

suggestions for tasty dairy-free alternatives (GE free and drug free) that help you ease milk out of your diet and meet while still meeting your dietary needs for calcium.

The 'Story' of Raw Milk ©

The Daily Moos

The 'Story' of Raw Milk

What is "Raw" Milk, Anyway?

So what's all the fuss about? Milk is milk, right? Except when the milk you buy in the grocery store turns out to be a pale ghost of its former self—devoid of many nutrients, stripped of healthy fats, and loaded with additives to "improve" texture and flavor that are too bad to influence pricing.

Drawbacks of Commercial Milk

Commercial milk is produced by cows in factory farms and bred specifically for massive milk production. Within commercial farm health, as they're pumped full of antibiotics and hormones to boost production and keep them on their feet. The milk that grows is lower in vitamins and minerals to begin with just due to the massive volume of milk they produce. It is then homogenized, "ultra"-UHT pasteurized and receives disease treatment by itself.

Pasteurization Harms Milk's Benefits

Pasteurization, the process of heating milk to kill germs, does more harm than good:

- It destroys naturally occurring enzymes
- It reduces vitamins essential: ones destroyed are vitamins like C, B12, and B6
- It degrades milk proteins
- It kills beneficial bacteria
- It triggers the immune system
- It is associated with heart disease, cancer, osteoporosis, tooth decay, and arthritis [1]

Is it Safe to Drink Unpasteurized Milk?

Commercial pasteurization was originally instituted to address disease transmitted in milk due to poor nutrition and unsanitary practices. Pasteurization is not a process, however, it is a technology. Low-temperature pasteurization when the milk is fresh, healthy, cultured and not processed in a factory facility. This milk is not pasteurized because the milk was healthy and not a "product" of milk, which supports the nutritional profile of the milk and improves milk's taste and appearance. The temperature and time used to pasteurize milk is not the same as the time and temperature it is not pasteurized.

Raw Milk Isn't Homogenized, For Good Reasons!

Raw milk is not homogenized, a process that breaks down the fat globules in the milk doesn't separate. This allows fats to be not recognized by the body as food and actually triggers an inflammatory immune response, much like allergen. Homogenized milk consumption has been linked to heart disease, and those who consume it are more likely to have people from having to share their jug of milk before putting it in their coffee.

Sources: 1. <http://www.rawmilk.com> Bio-Innovating Legumes, LLC

What is "Raw" Milk? Milk is milk is milk, right? Except when the milk you buy in the grocery store turns out to be a pale ghost of its former self—devoid of micro nutrients, stripped of healthy fats, and embalmed with additives.

This poster addresses the drawbacks of commercial milk which is produced by cows bred specifically for massive milk production (which compromises their health, so they're pumped full of antibiotics and hormones to boost production and keep them on their feet). Learn how pasteurization and homogenizations harms milk's benefits and lays the foundation for many unwanted health problems. Get the inside scoop on the practices that are used on independent dairy farms to produce raw milk safely.

Sipping the Eco-Benefits of Drinking Raw Milk ©

Sipping the Eco-Benefits of Drinking Raw Milk

Personal Benefits of Drinking Raw Milk

Raw milk is produced by grass-fed cows that graze on a diet of healthy, nutrient-rich grasses and legumes. This diet is rich in naturally occurring compounds that are beneficial to your health. Raw milk is rich in vitamins and minerals, and it contains a variety of beneficial fats. Raw milk is also rich in probiotics, which are beneficial to your gut health. Raw milk is also rich in enzymes, which are beneficial to your digestion. Raw milk is also rich in antioxidants, which are beneficial to your overall health.

Benefits To Cows & The Environment

Grass-fed cows are healthier and live longer. They are also more productive and produce more milk. Raw milk is also better for the environment because it is produced on smaller farms that use fewer resources. Raw milk is also better for the environment because it is produced on farms that use fewer antibiotics and hormones.

Don't Believe The "No-Fat" Campaigns!

Raw milk is rich in healthy fats, including omega-3 fatty acids. These fats are essential for your health and are found in many other foods. Raw milk is also rich in cholesterol, which is essential for your health. Raw milk is also rich in vitamins and minerals, which are essential for your health.

Can You Trust the Safety of Raw Milk?

Raw milk is safe to drink when it is produced on a farm that follows good practices. Raw milk is also safe to drink when it is produced on a farm that uses fewer antibiotics and hormones. Raw milk is also safe to drink when it is produced on a farm that uses fewer resources.

Sources: 1. <http://www.rawmilk.com> Bio-Innovating Legumes, LLC

Raw milk produced by grass fed cows brings a host of health benefits to your glass. As this poster explains, it stimulates the immune system, aids in the assimilation of nutrients, and nourishes your brain and gut with healthy fats.

(You'll learn why low-fat food products aren't "better" for you.) Discover why children who consume raw milk have been shown to have greater resistance to disease, stronger teeth, and better growth than children consuming conventional, pasteurized milk. Beyond the personal health benefits that raw milk offers to provide, this poster also educates you about the environmental health benefits of drinking raw milk, -benefits to cows and eco-systems. Can you trust the safety of raw milk? Do you know if raw milk is available where you live? This poster will answer both of these questions for you, too!

How to Make A Nut Milk in 5 Simple Steps! ©



Nut milks are a great dietary solution for individuals who have milk allergies or lactose intolerance. They are also an ethical and humane solution to the problem of using cows as 'milk producing machines' and hurting their health with drugs and growth hormones. These substances taint the milk supply and pass toxins into our bodies and the earth. In this poster, you are offered 3 gourmet nut milk recipes (featuring banana, chocolate, and apricot flavors), along with 5 five simple steps to prepare them! See how easy it is to create a delicious smooth-sipping beverage made from fresh nuts, seeds, fruits, natural sweeteners, and flavoring extracts, as well as liquids. Nut milks have the mouth appeal of cream, and they taste great with a muffin or cookie!

Making Tasty, Nutritious Cheese, from Fresh Nuts & Seeds ©

Do dairy products disagree with you? Have you been advised by a doctor or nutritionist to cut back on your consumption of dairy cheeses? Seed and nut cheeses may be the answer to your dietary dilemma! Seed and nut cheeses were developed by the late health pioneer and raw foodist, Ann Wigmore.



They are made from different raw, organic nuts and seeds that are soaked, rinsed, blended, and naturally fermented (just as yogurt is) with a culture starter or a probiotic powder. These ingredients break down the plant proteins into more easily digestible food that contains healthy living bacteria. This poster gives you the step-by-step instructions for making delicious seed and nut cheeses (some flavored with herbs), along with tips for using them in your diet. It also addresses how they can aid digestion, enhance regularity, and improve colon health overall.

How to Make Non Dairy Yogurt from Nuts & Seeds ©



Are you looking for an easy alternative to classic dairy yogurt?

Looking to branch out and try something new? Give nut and seed yogurt a try. It's simple to make, can be flavored in any way you like, and is a great source of healthy fats and protein! Replacing dairy products in your diet with healthy, raw, hormone-free nut and seed options can alleviate discomfort associated with lactose sensitivity, improve digestive regularity, and boost overall colon health. This poster gives you the simple instructions for making seed and nut yogurt, including seed soaking, fermenting, and blending. Get ideas for how to use the yogurt in taco dip, raita, creamy herbed salad dressing, and parfaits.

basis. These ingredients include genetically modified soy; processed with the chemical hexane, which is linked to brain tumors, GMO corn; which is linked to allergies, GMO canola oil; which is linked to improper metabolism of foods and enzyme function, MSG, which is a neuro-toxin; wheat gluten; *which is an allergen*, and fake caramel color; which is a *carcinogen*. Get inspired by this poster to make your own heavenly tasting vegetarian burgers, such as Savory Sage & Millet Sweet Potato Burgers, BBQ Rice and Mushroom Burgers, and Eggplant Parmesan Burgers with Rice and Amaranth!

Sprout Your Way to Good Health! ©



Farmers and home gardeners plant hundreds of seed varieties in the earth each year, bringing soil to life. But did you know that you can grow seeds indoors ‘all year round’ without using a single ounce of dirt and produce delicious, edible SPROUTS, which are a stellar source of nutrition? This poster addresses the value of eating soaked seeds, which become an enzyme activated food in the soaking process. Enzyme activated foods regulate digestion and absorb nutrients for greater energy and well-being! This poster features simple directions for soaking and sprouting sunflower seeds and almonds, which produce tiny buds versus long tails, and are ready to eat in a flash! Use this poster to learn the basics of seed selection, seed storage, seed equipment and sprouting, seed rinsing and circulation, recipe ideas, and nutritional food value.

Making Popcorn the Eco-Friendly Way! ©

Americans consume more than 15 billion quarts of popped popcorn each year, but did you know that popcorn is one of the top 10 foods most contaminated with POPS (persistent organic pollutants)? POPS are reported to have serious health implications for people, animals, and birds, even with low exposure.

Delicious No-Bake Treats from Candia's Kitchen ©



No-Bake treats can be made in just minutes with the help of a food processor. Candia's no-bake treats are made from nuts, seeds, and dried fruits, along with wholesome sweeteners, super foods, and natural flavorings. Besides being delicious, they are a rich source of protein, fiber, and healthy fat. The treats can be enjoyed as a breakfast, a snack, or a dessert! The six recipes featured on this cute refrigerator poster include: Butterscotch Pecan Treats, Lemony Cashew Hemp Heart Treats, Almond Pecan Cherry Treats, Mocha Mint Fig & Pumpkin Seed Treats, Orange Date Coconut Walnut Treats, and Apple, Date Nut & Cardamom Spiced Treats. YUM!

Use Your Meal to Heal, with Culinary Herbs ©



The tiny spice seeds (and spice powders) available to us for meal flavoring purposes contain more food nutrients than what we might find in many other essential food groups! Besides being “super foods”, they add delightful flavor and zest to basic food staples. You can find a plethora of fresh, organic spices at many natural food coops and online stores. Take some time to gather up the collection featured on this poster, and use them regularly to change up monotonous eating habits and give your meals a medicinal edge!

In this poster, you'll discover the health and medicinal benefits of culinary herbs including: garlic, dill, mint, cayenne pepper, turmeric, cilantro and sage.

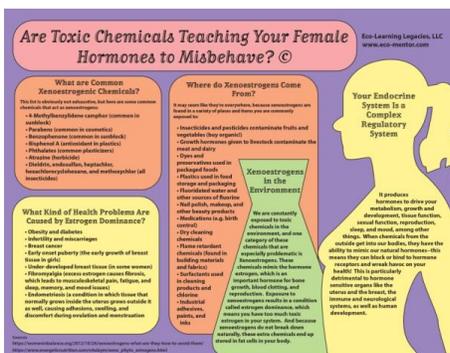
Use Your Meal to Heal, with Culinary Spices ©



The tiny spice seeds (and spice powders) available to us for meal flavoring purposes contain more food nutrients than what we might find in many other essential food groups! Besides being “super foods”, they add delightful flavor and zest to basic food staples. You can find a plethora of fresh, organic spices at many natural food coops and online stores. Take some time to gather up the collection featured on this poster, and use them regularly to change up monotonous eating habits and give your meals a medicinal edge! In this poster, you'll discover the health and medicinal benefits of culinary spices, including nutmeg, cinnamon, anise, nutmeg, ginger, cardamom, coriander, and fennel.

Nourishing Male & Female Hormone Health (Series)

Are Toxic Chemicals Teaching Your Female Hormones to Misbehave? ©



The female endocrine system is a complex regulatory system. It produces hormones to drive metabolism, growth and development, tissue

function, sexual function, reproduction, sleep, and mood, among other things. When chemicals from the outside get into our bodies, they have the ability to mimic our natural hormones--this means they can block or bind to hormone receptors and wreak havoc on your health! This is particularly detrimental to hormone sensitive organs like the uterus and the breast, the immune and neurological systems, as well as human development. In this poster, you'll learn about Xenoestrogens (chemicals that mimic the hormone estrogen), including where they come from, and the health problems they are known to cause.

Balancing Your Females Hormones Naturally (with Foods, Herbs, and Supplements) ©



Imbalances in female hormones can cause all sorts of physical and mental health problems, but the good news is that balancing hormones naturally is possible with proper diet and the help of herbs and vitamins, and by avoiding chemicals that mimic hormones and disrupt your body's natural endocrine system. This poster supports women of all ages in adopting health care practices that support physical energy and mental well-being. You'll learn why to avoid toxic chemicals, eat the right fats, limit sugar and caffeine, and eat more whole organic foods, including plants, animals, sea vegetables, culinary spices and herbs. You'll also learn about the vitamin supplements and medicinal herbs that help to correct female issues ranging from menstrual cycle irregularities and menopausal symptoms to premature aging concerns. A great teaching tool for women, both older and younger alike!

Are Toxic Chemicals Teaching Your Male Hormones to Misbehave? ©



A disturbing trend in modern medicine is the increase in low testosterone in otherwise healthy-seeming men. Males are experiencing symptoms like depression, weight gain, low energy, and erectile dysfunction. While prescribing hormone replacement therapy for this deficiency seems like the logical response, it can have dire consequences (think strokes, heart attack, and more!) A healthy male should have no trouble maintaining normal testosterone levels throughout their life span, so why are so many men in this predicament? This poster talks about the effect of Xenoestrogens (toxic chemicals that mimic human estrogen) on male health. You'll learn the source of these toxins and how they impact male hormone balance.

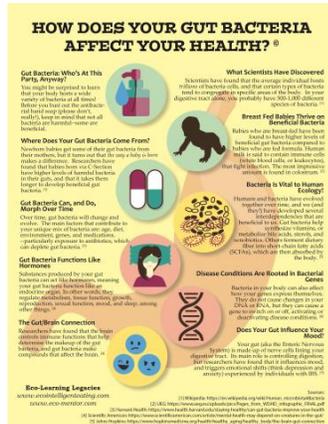
Balancing Your Male Hormones Naturally (with Foods, Herbs and Supplements) ©



This poster supports men of all ages in adopting health care practices that support physical energy and mental well-being. You'll learn the top six common causes of low testosterone. You'll also learn about avoid toxic chemicals, eat the right fats, limit sugar and caffeine, and eat more whole organic plant and animal foods.

Vitamins and medicinal herbs play a vital role in protecting your health and booting your T-levels as well as your libido, and you'll learn which ones have a long history of helping men. Lastly, you'll be reminded of the role that sleep and exercise play in hormone production and regulation. A great teaching tool for men, both older and younger alike!

How Does Gut Bacteria Affect Your Health and Hormones? ©



You might be surprised to learn that your body hosts a wide variety of trillions of bacteria at all times, some of which are harmful and some of which are beneficial. Bacteria in your body can affect how your genes express themselves, and they can affect the activation or deactivation of disease conditions. In this poster, you will learn how gut bacteria functions as hormones do, and you'll discover why your brain and gut need healthy bacteria to thrive. You'll also discover the everyday lifestyle factors that contribute to your unique mix of bacteria.

Eating to Enhance Your Fertility ©



Eating a fertility diet in preparation for pregnancy is a vitally important thing to do for yourself and for your baby-to-be. Numerous studies have shown that specific changes to the diet can improve fertility and support a healthy and

comfortable pregnancy that has the best ability to prevent the risk of “failure to thrive” and miscarriage. In this poster, you will learn what a fertility diet is, including the specific types of foods that support and protect the health of your reproductive system and provide you with the cellular energy and vitality you need, to grow a miniscule embryo into a healthy, full-term baby.

Moms & Dads-to-Be (Series)

Is Your Body ‘Clean Enough’ to Conceive and Grow a Healthy Baby? ©

IS YOUR BODY CLEAN ENOUGH TO CONCEIVE AND GROW A HEALTHY BABY? ©

Newborns Test Positive for Toxins
Babies look as pure as they do innocent, in the days following their emergence into the world from the womb. But are they? According to the *Environmental Working Group*, the umbilical cord blood of newborns contains over 200 toxic chemicals. These chemicals are the same ones that have long been known to be harmful to our bodies. They can be found in the air, in our food, in our clothing, in our homes, in our cars, and in our workplaces. They can be found in our bodies, too, and they can be passed on to our babies.

How Toxic Are You?
Toxicity on the human body often manifests in the form of health issues. Birth defects, miscarriages, and stillbirths are just a few examples. In fact, the Environmental Working Group has found that the more toxic chemicals a woman is exposed to, the more likely she is to have a miscarriage or stillbirth. This is because the chemicals can interfere with the normal development of the fetus.

Pre-Pregnancy Detoxification
Did you know that the toxins in our bodies can impact the health of our eggs and sperm? This is why it's so important for you to detoxify your body before you get pregnant. This can be done through a variety of methods, including diet, exercise, and detoxification treatments.

Eating Clean, Whole Foods
You can detoxify your body naturally when you eat the right foods. Whole, organic, and locally sourced foods are the best choices. These foods are rich in antioxidants and other nutrients that help to protect your body from toxins.

Radical Cleansing Options
In addition to eating clean, there are other ways to detoxify your body. These include sauna, infrared light therapy, and other detoxification treatments. These treatments can help to remove toxins from your body and improve your overall health.

References:
1. Environmental Working Group, "Toxic Chemicals in Umbilical Cord Blood," <http://www.ewg.org>, accessed 10/10/2013.
2. Environmental Working Group, "Toxic Chemicals in Air," <http://www.ewg.org>, accessed 10/10/2013.
3. Environmental Working Group, "Toxic Chemicals in Food," <http://www.ewg.org>, accessed 10/10/2013.

Ever Learning Epiphanies/©www.cosmicEpiphanies.com

Babies look as pure as they do innocent, in the days following their emergence into the world from the womb. But are they? According to the *Environmental Working Group*, the umbilical cord blood of newborns contains hundreds of toxic chemicals. In this poster, you will learn the source of these chemicals, and you'll discover why it's important for moms and dads “to be” to detoxify their bodies at least three months in advance of getting pregnant. You'll learn about a diagnostic tool that helps determine your level of toxicity, as well as cleansing options ranging from a detoxification diet to radical cleansing options.

Babies in the Womb Are Ultra Conscious©

BABIES IN THE WOMB ARE ULTRA-CONSCIOUS BEINGS! ©

Birth Psychology Revelations
Did you know that newborns in the first few hours of life are fully conscious and aware of their surroundings? This is because they have been in the womb for nine months, and they have been able to observe and remember the details of their birth experience.

Relationships Impact Ultraconscious Babies
The relationships you have in your life can impact the health of your babies. This is because the energy of your relationships can be passed on to your babies through the placenta.

Why Babies Fear Birth
Babies are born with a natural fear of birth. This is because they have been in the womb for nine months, and they have been able to observe and remember the details of their birth experience.

Birth Trauma Is Real
Birth trauma is a real thing, and it can have a lasting impact on a baby's health. This is because the energy of the birth experience can be passed on to the baby through the placenta.

Healing Birth Trauma
There are many ways to heal birth trauma, including therapy, meditation, and other healing practices. These practices can help to release the energy of the birth experience and improve the baby's health.

References:
1. Dr. John E. Sarno, M.D., author of the book "Waking the Spirit," <http://www.wakingthespirit.com>, accessed 10/10/2013.
2. Dr. John E. Sarno, M.D., author of the book "The Mind and Body Connection," <http://www.mindandbodyconnection.com>, accessed 10/10/2013.
3. Dr. John E. Sarno, M.D., author of the book "The Mind and Body Connection," <http://www.mindandbodyconnection.com>, accessed 10/10/2013.

Ever Learning Epiphanies/©www.cosmicEpiphanies.com

Did you know that researchers in the field of birth psychology have long gathered evidence that infants are *ultra-conscious beings* that observe and remember the details of their birth experience?

The function of the birth memory, according to Dr. Stanislov Grof, M.D., Ph.D., is to form a picture of reality in the baby's consciousness. This picture of reality is then "played out" in their conscious minds throughout the course of their lives. In this poster you will learn how birth-parent relationships impact unborn babies. You'll discover the kinds of stresses that babies react to outside of the womb, which (according to research) make them want to remain unborn. You'll also learn how birth trauma gets reactivated throughout the course of a person's life, and what can be done to heal it.

Eating to Enhance Your Fertility ©



Eating a fertility diet in preparation for pregnancy is a vitally important thing to do for yourself and for your baby-to-be. Numerous studies have shown that specific changes to the diet can improve fertility and support a healthy and comfortable pregnancy that has the best ability to prevent the risk of "failure to thrive" and miscarriage. In this poster, you will learn what a fertility diet is, including the specific types of foods that support and protect the health of your reproductive system and provide you with the cellular energy and vitality you need, to grow a miniscule embryo into a healthy, full-term baby.

Boost Your Fertility with Foods vs. Synthetic Vitamins ©

Doctors often recommend prenatal vitamins for a healthy pregnancy. Vitamins, it's important to note, are either synthetic or crystalline-pure fractions of vitamin complexes that can impair bodily functions and cause imbalances in the body.

Boost your fertility with foods vs. synthetic vitamins

Doctors Recommend Vitamins
Doctors often recommend vitamin pill supplements to boost female and male fertility and create the right conditions for a healthy pregnancy. It should be noted, however, that many vitamins that are marketed to the public contain several undesirable, even potentially harmful, ingredients.

Five Dangerous Vitamin Ingredients
Five dangerous ingredients found in vitamins that you may already be consuming include: 1) artificial colors, which may impact attention in adults and kids; 2) hydrogenated oils, which are often used in many vitamins; 3) heavy metals, such as lead, mercury, cadmium, and copper; 4) talc and magnesium stearate, which are anti-caking agents linked to cancer; and 5) titanium dioxide, a pigment that has been linked with immune system dysfunction and DNA damage.

Synthetic Vitamins vs. Whole Food Complexes
Synthetic vitamins, which contain a highly refined, purified version of specific nutrients, have a much higher bioavailability than natural vitamins. Synthetic vitamins are often made from synthetic or crystalline precursors of vitamins, which can be difficult for the body to absorb and use. Synthetic vitamins are often made from synthetic or crystalline precursors of vitamins, which can be difficult for the body to absorb and use. Synthetic vitamins are often made from synthetic or crystalline precursors of vitamins, which can be difficult for the body to absorb and use.

Alphabet of Fertility Boosting Vitamins
While all nutrients are important for health, these are several that play a vital role in enhancing fertility. In this chart, you'll learn the top 26 nutrients that are found in whole foods that are essential to contain natural organic sources of them.

Source: www.ecointelligence.com

In this poster, you'll learn the reasons why it's important to consume vitamins in the form of whole foods and whole food vitamin complexes, and avoid cheaply manufactured vitamins that may contain fillers, dyes, heavy metals, and other undesirable toxins.

Why to Limit Your Cell Phone Use when You're Pregnant! © (Coming Soon)

Nurture the Well-Being of Your Unborn Baby with Sound and Music ©

Nurture the Well-Being of Your Unborn Child With Sound and Music

Music for the End & Beginning of Life
Music therapy is used to help you to enhance a person's quality of life by easing symptoms present during illness, and helping emotional needs that are unique to dying patients. Music therapy for "beginning of life" can be the same for the same for the unborn baby, and even your newborn.

Music Is Loved by All!
Most babies who take their first breath have a high capacity for music. Music is a natural language for all people and cultures, and it's known to physically soothe and emotional comfort. Music is a natural language for all people and cultures, and it's known to physically soothe and emotional comfort. Music is a natural language for all people and cultures, and it's known to physically soothe and emotional comfort.

Can Music Boost Your Baby's IQ?
Many child development specialists suggest that exposing a fetus to classical music is possible after the first trimester of pregnancy when the auditory system is fully developed. Exposing a fetus to classical music is possible after the first trimester of pregnancy when the auditory system is fully developed.

Don't Like Classical Music?
If you think classical music will give your baby's brain an intellectual advantage, and if you enjoy it, by all means listen to it for your own sake. However, you can always explore other types of music, such as folk music, Celtic music, Celtic harp music, country music, or gospel just.

Why Does Baby Want to Hear?
If the music you play is loving to yourself, which "spreads" music... your baby will love your baby's different way. In other words, you can hear and enjoy music that your baby will love to hear. Your baby will love to hear music that you love to hear.

Nature Sounds Soothe Baby
Just as "being in nature" is known to health researchers to reduce stress hormones, lower blood pressure, and ease mental issues, your baby can be soothed by nature sounds. The soothing of nature is known to be a natural language for all people and cultures, and it's known to physically soothe and emotional comfort.

Acquainting Baby's Divinity
Sound healing uses vibrational and sound frequencies, combined with love, to help the body to release emotional and mental blockages. Sound healing uses vibrational and sound frequencies, combined with love, to help the body to release emotional and mental blockages.

Your Child, Your Love
Your unborn baby also experiences hearing the natural language of your family, and you can even create a natural language for your baby. Your unborn baby also experiences hearing the natural language of your family, and you can even create a natural language for your baby.

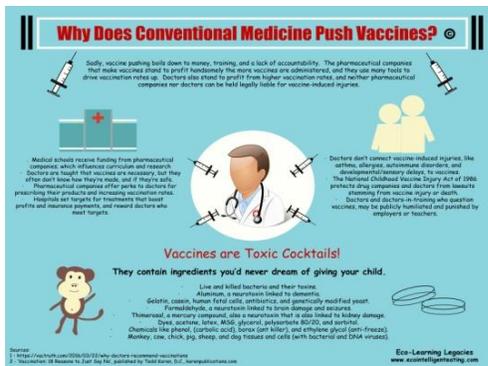
Music therapy for "end-of-life" care is known to enhance a person's quality of life by easing symptoms present during this time, and addressing emotional needs that are unique to dying patients. Music therapy for "beginning of life" care has the power to do the same for your unborn baby, and even your newborn! In this poster, you'll get a sense of how music and sound serve to positively influence your baby's brain development, both inside of the womb and outside of it.

Why Moms-to-Be Need to Think Twice about Getting a C-Section ©



Cesarean delivery rates are reported to have increased by nearly 60 percent between 1996 and 2009. Sometimes C-sections are necessary to ensure the safety of the mother and child. But much of the time they are unnecessary and do more harm than good. In this poster, you will learn about the risks (and complications) that face mothers and their babies when they undergo this procedure. The way that a baby is born, you'll see, impacts its lifelong health and immunity. Should doctors be held more accountable for overprescribing this procedure? You decide!

Why Does Conventional Medicine Push Vaccines? ©



Sadly, vaccine pushing boils down to money, training, and a lack of accountability. The pharmaceutical companies that make vaccines stand to profit handsomely the more vaccines are administered, and they use many tools to drive vaccination rates up. Doctors also stand to profit from higher vaccination rates, and neither pharmaceutical companies nor doctors can be held legally liable for vaccine-induced injuries. In this poster, you'll get the inside scoop on why doctors and hospitals promote vaccines and you'll learn about the toxins contained in vaccines.

Is There an Alternative to Vaccines, Doctor? ©

Introducing Homeoprophylaxis
Homeoprophylaxis (HP) (pronounced Home-e-o-pro-phyll-axis) is an area of homeopathic medicine focused on introducing into the human ecology system, safe homeopathic versions of particular disease conditions, in order to naturally stimulate the immune system. As a result, susceptibility to targeted diseases can be reduced.

History of Homeoprophylaxis
HP has been used for over 200 years to improve long term health, and has been clinically shown to reduce the incidence of infections and chronic disease. It is a program developed in Australia by Dr. Isaac Salzman. HP has been subjected to a 10-year clinical study and ongoing trials. The results of this study, including the safety and efficacy of HP are published in Dr. Salzman's publication Homeoprophylaxis - A Clinician's "Clinical Guide". Homeoprophylaxis has been used by people who have never been vaccinated, as well as people who have received vaccinations.

How "HP" Works
HP is considered non-toxic, immune enhancing, non-toxic and painless. It does not have an age or gender designation for any disease or timing. Diluted and potentized disease products known as "remedies", are used to elicit an immune response. Remedies are free of antibiotics, preservatives, detergents, foreign DNA, or animal viruses. Remedies are NOT designed to provide antibody production, but to stimulate an immune response to disease that activates the body's ability to heal.

"HP" Supports Health Freedom
Health freedom (the right to choose one's medical care) is being threatened by political and corporate interests that want to make vaccines mandatory. Vaccination requirements are generated by each individual state. The National Vaccine Information Center describes the vaccine exemption options you have when you file with the decision of whether or not to vaccinate your child. Worldwide Choice organization provides training for medical professionals to learn about the evidence supporting HP, with an option to offer vaccine practices. They also provide individualized homeoprophylaxis care. Dr. Celia Wheeler, PhD, MS, Whom LDC, from Chicago, WA, provides consultation to parents that wish to explore this medicine for their child.

Homeoprophylaxis
Eco-Learning Legacies
www.ecolearninglegacies.com

Did you know that there's a therapy that has been used for over 200 years to improve long term health, and has been clinically shown to reduce the incidence of infections and chronic disease? Homeoprophylaxis ("HP") (pronounced Home-e-o-pro-phyll-axis) is an area of homeopathic medicine focused on introducing into the human ecology system, safe homeopathic versions of particular disease conditions, in order to naturally stimulate the immune system. As a result, susceptibility to targeted diseases can be reduced. Discover how this treatment is being used as an alternative to vaccines by a growing number of parents.

Creating a Clean, Green Nursery for Your Baby-to Be! ©

WHY IS THIS A NEWS?
If you're newly pregnant, you're likely dreaming of ways to create an adorable nursery. Have you considered the importance of creating a clean, green nursery where you will hold your baby until you're ready to let her through their exposure to noxious paint fumes and furniture glue?

CONCERN OF TOXIC FURNITURE AND OTHER REMEDIES
Many companies are beginning to accept this idea that health conscious consumers be used chemical free cleaning products. Even the number of conventional products have jumped onto the "green bandwagon", offering a variety of eco-friendly alternatives, including clean wall and floor coverings, nursery products, artwork, and toys.

WHAT DO YOU NEED TO KNOW?
There is a reason why manufacturers of paints and artwork even warn consumers to use their products in well-ventilated areas. They contain heavy chemicals known as VOCs, Volatile Organic Compounds which pollute your indoor air in their emissions. When you sleep in your bed, for sure to bring those that are labeled "Low-VOC" or "VOC-Free".

CHOOSE YOUR CHILDREN'S FURNITURE
You might love the thought of carpet beneath your feet when you get up in the middle of the night to rock your little bundle to sleep. But, you may not realize that it's not so safe. Carpet is full of formaldehyde, a known carcinogen, and is often treated with flame retardants. If you can't wait to see your new baby in your baby's room, get it down covered using methods that don't apply these toxins and chemicals.

CELEBRATE AN ALTERNATIVE AND CONSIDER A GREEN NURSERY
If your baby's nursery has a base floor, consider covering it with bamboo or cork. Bamboo is a renewable energy resource and provides a strong, durable, moisture resistant alternative to hardwood. Cork floor comes from the oak tree, is anti-allergenic and eco-friendly. It also provides a comfortable, durable, soft play surface for your little one that will last for many years.

TOXIC FURNITURE-TO-EXPOSURE FURNITURE
If a green, healthy alternative isn't so green, you're an appealing choice too. But it's made from pressed wood such as plywood and particle board. When you read with formaldehyde. Not only does this chemical "leak" during drying, heat, humidity, and other factors, it's a carcinogen. If you do have wood-based furniture, if it's second-hand antique that you get at a flea market, they may have been painted with lead paint, or stained and varnished.

GREEN, ORGANIC, INSISTENT TO VOCs
While conventional options you've already sorted with toxic materials, organic cotton is not. When you invest in cotton bedding for your baby's crib, you'll get a healthier alternative. You can use wool, silk, or bamboo. To green bedding methods that come to protect the health of other humans, as well as other species where the chemicals typically will slip.

TOXIC-TO-TOXIC TOXIC TOXIC
While they appear to be harmless, they help you create a clean nursery. Some toys, made of foam and plastic, have been found to contain lead. A health warning. If you can't wait to do some research, you should have no trouble finding toys made from eco-friendly materials like organic cotton, bamboo, and sustainable wood.

GREEN COLORED CHILDREN'S TOYS
After choosing your time and energy to create a green nursery, don't let it take perfect sense to keep it dirty with green cleaning products. You can use and clean surfaces in your baby's room using vinegar in water, and pink-scented furniture with olive oil. Detergent-free can be cleaned with warm water, but make a cup of essential oils, and use to clean. Or, try hydrogen peroxide which removes mold and mildew, and disinfects and sanitizes household surfaces.

VOCs

Eco-Learning Legacies
www.ecolearninglegacies.com

If you're newly pregnant, you're likely dreaming of clever ways to create an adorable nursery. Have you considered the importance of creating a clean, green nursery—one that will not lull your baby into a toxic slumber through their exposure to noxious paint fumes and furniture glue? In this poster, you will learn about the healthy, eco-conscious alternatives to toxic paints, carpets, furniture, bedding, toys, and cleaning supplies.

Diapering or 'Not' Diapering Your Baby's Tush- The Eco-Conscious Way! ©

Diapering, Or Not' Diapering, Your Baby's Tush- The Eco-Conscious Way!

Landfills Are Overflowing with Disposable Diapers
Disposable diapers are a popular consumer convenience product. However, they aren't healthy for your baby, or the planet he or she will grow up to live on. They have you ever thought about just how many diapers get thrown away each year? According to the EPA, more than 10.5 billion disposable diapers end up in landfills annually, which accounts for more than 3.5 million tons of waste!

Plastic Resources Used to Make Diapers
The Good Housekeeping Institute has reported that more than 250,000 trees each year are used each year in the U.S. to make the disposable diaper. Production of 1 million disposable diapers requires 3.4 cubic meters of gas oil annually. It also requires 100,000 kilowatt-hours of electricity, 20 times more raw materials, 24 more water, and 100 more energy are used to make than cloth diapers.

Diapers Don't Biodegrade, and They Contaminate
Disposable diapers need to be exposed to oxygen and sunlight to biodegrade, and because they are buried deeply with other trash, they take about 500 years to biodegrade. In diaper factories, the heat they contain (which contains viruses and bacteria) contaminates the groundwater and threatens the health of people and living things that are exposed to it.

Diapers Escalate Global Warming
According to the Atmospheric Pollution Measurement program, hydroflurocarbons (HFCs) and perfluorocarbons (PFCs) are used in the production of disposable diapers. These chemicals are powerful greenhouse gas emitters, which can contribute to global warming. Hydroflurocarbons and perfluorocarbons release fluoromethane methane gas into the air, which is dangerous to breathe in because it reduces oxygen.

Diapers Aren't Really Tush-Friendly
The inner absorbent layer of a disposable diaper is treated with chemicals, which can trigger allergic reactions in babies. These chemicals contain sodium and/or zinc, which has been linked to back arch syndrome. They also contain dioxin, a by-product of the chlorine bleaching process, which is a carcinogen. Diapers also release volatile organic compounds such as benzene, ethylbenzene, toluene and xylene.

Cloth Diapers Are Better for Baby and the Earth!
Organic cloth diapers, usually made from cotton or hemp, will not absorb moisture and will keep the baby's delicate skin dry and irritation free. Cloth diapers also don't pose a risk for an allergic reaction to their fabric. The good news? You choose cloth diapers to find those eco-businesses that will save your earth. Cloth diapers for your baby are more durable, they include organic and absorbent, and are environmentally friendly materials and energy-saving cleaning methods.

What Are Eco-Friendly Diapers Made From?
Like the diapers that ancient cultures crafted from natural materials such as rice, bamboo, flax, or wool. Modern cloth diapers are made from natural materials such as cotton, bamboo, and wool. They are often made with corn-based plastic and wood pulp that biodegrades naturally in diaper composting facilities.

Fit of People and Culture Diapers Differ
In the U.S., babies wear open-crotch pants that allow them to "sit" without making a mess. Other countries (such as Kenya and Vietnam) prefer to wear their babies. In these countries, the baby is held in a "piggy back" position. This method doesn't use a diaper at all. Instead, parents clean as their babies "go" by using a cloth or a piece of toilet paper. In some cultures, parents use a cloth to wipe their babies' bottoms and bring them to the bathroom in case they make it specific "sounds" when they're going to pee or poop. They make it specific "sounds" when they're going to pee or poop.

Diapering Legacies
www.ecolearninglegacies.com

Disposable diapers are a popular consumer convenience product. However, they aren't healthy for your baby, or the planet he or she will grow up to live on. Have you ever thought about just how many diapers get thrown away each year and how many tons of waste they produce? In this poster you will learn how diapers contribute to landfill and water pollution and increase global climate change. You'll also discover the chemicals in diapers that are not healthy for a baby's bottom and his or her body as a whole. What can you do about this problem? Learn about eco-friendly diaper cleaning, and non-diapering methods that have been used throughout history.

Is Your Laundry Soap Sickening Your Baby and the Planet? ©

IS YOUR LAUNDRY SOAP SICKENING YOU AND THE PLANET? ©

Antimicrobials Hurt the Environment
Dr. Anne Dyer O'Connell says that many of the chemicals which cause these toxins decrease oxygen in the water and disrupt the balance of aquatic ecosystems. Like pesticides (used as herbicide-antibiotic) they are strongly suspected of interfering with the reproduction of animals, especially amphibians, fish, and humans. They could cause sea turtles to lay eggs and fish to die. The death of frog populations, and the decline of human sperm count.

Most Detergents Aren't Regulated
A 2008 University of Washington study of top-selling laundry products found that detergents contained nearly one hundred different volatile organic compounds. Only seven have been regulated as hazardous under federal laws.

Toxic Triclosan Gets a Bad Rap!
Triclosan has been found in 75 percent of the US population, and breast milk samples have tested positive for it in studies. How does it impact health? It's reported to disrupt healthy bacteria in the body, as well as hormones.

Bleaching Agents Destroy Organic Matter
Bleach and peroxides (contained in many detergents) have the potential to destroy organic matter, and generate free radicals, which are highly toxic. These compounds don't break down after wastewater treatment, and they often end up in agricultural soil.

How to Wash Clothes in 'Clean' Soap
It's important to use eco-friendly laundry soap whenever possible. A great homemade alternative to toxic laundry soap can be made from the following recipe: Baking soda (2 C.), Borax (4 C.), Washing soda (4 C.), Castile bar soap (4 C. grated), and Essential Oils (20 drops). Use vinegar in the rinse cycle.

Avoiding Scented Dryer Sheets
Like detergents, dryer sheets release toxic chemicals into the air that aren't healthy for the respiratory system. To reduce odor cling in your clothing or add a scented up feel of fabric, to your dryer. Adding a cotton ball that you've dabbed with a few drops of non-toxic essential oil will give your clothes a fresh scent!

Be a Proactive Consumer!
Families in the U.S. wash around 300 loads of laundry per year, which increases their carbon footprint by a whopping 400 pounds annually! Write letters to the manufacturers of toxic laundry soaps, to tell them their unhealthy, non-sustainable products are not okay with you!

Diapering Legacies
www.ecolearninglegacies.com

Many of the soaps on the market that parents wash baby clothes in are made up of toxic compounds such as triclosan, triclocarban, nanosilver, and quaternary ammonium salts (which are abbreviated to "quats"). These are present in other items such as kitchenware, clothing, flooring, countertops, and paint. When laundry products containing antimicrobials are disposed of, usually down a drain, they bio-accumulate within bodies of water and aquatic habitats. These compounds do not break down after wastewater treatment and can be present in agricultural soil. In this poster, you will learn how you can wash your clothing in a gentle and sustainable way, avoid the use of toxic dryer sheets, and be a proactive consumer.

Why Breast Milk Is Still the 'Best' Milk (for Your Precious Newborn) ©

Drugless Holistic Health Care (Series)

Holistic Health Care vs. Conventional Medicine©



Chronic health conditions weigh heavily on our

global society. We could make huge strides in improving our health by preventing illnesses before they begin. But many people are intimidated by the thought of “being their own doctor.” When you feel sick, do you turn to western allopathic doctors for a “quick fix?” Or, do you turn to holistic practitioners who encourage you to be an active life-long participant in your healing process? In this poster, you will learn the keys differences between holistic medicine and allopathic medicine. You’ll also discover the meaning of patient-centered health care, and explore its multi-faceted approach for diagnosing and treating health problems.

(View other portions of this catalog to see these)

- Homeoprophylaxis: A Tried and True Alternative to Vaccines
- The Yin and Yang of Healthy Eating
- Chinese 5 Element Nutrition Therapy
- Managing Autism with Cannabis
- Is Your Dentist Eco-Friendly?
- Why Does Medicine Push Vaccines?
- Vaccines: In the Wake of Destruction

(Planned for Development)

- Is it Time for You to Detoxify Your Body? ©**
- How to 'Read' the Symptoms of Ill Health on Your Face ©**
- Cleansing Your Human Eco-System with Juice Fasting ©**
- Why Should You Consider Getting a Colonic? ©**
- Why and How to Use Charcoal Powder for Healing ©**
- Rubbing the Tension Out of Your Body with Acupressure ©**
- Quieting Your Gassy Gut, Naturally ©**
- Taming Your Tummy Ache, Naturally ©**
- Moving Your Bowels with Ease, Naturally ©**
- Stopping Your Run-a Way Stools, Naturally ©**
- Calming Your Cranky Bladder, Naturally ©**
- Soothing Your Sore Throat, Naturally ©**
- Un-Stuffing Your Inflamed Sinuses, Naturally**
- Building Your Bone Strength, Naturally ©**
- Tuning Up Your Tired Brain, Naturally ©**
- Healing Your Headache, Naturally**
- Soothing Your Cough, Naturally ©**
- Sleeping Better, Naturally ©**

Non-Toxic, Eco-Friendly House Cleaning (Series)

Why to Green Clean Your Home! ©



When we ‘green clean’ our homes, we use non-toxic ingredients to make them a safer, healthier, more beautiful place to live. We avoid the human health risks that are associated with storing, handling, breathing, and disposing of toxic, chemical-based cleaning products. We avoid the planetary health risks that are associated with manufacturing toxic cleaning products; we also avoid flushing them down the drain, which further pollutes aquatic ecosystems.

How to Make Your Own Green Cleaning Aids©



In this poster, you’ll learn about several toxic chemical ingredients (including ammonia, triclosan 2-Bututoxyethanol, and others), found in everyday products and the symptoms of ill health they produce. While manufacturers of cleaning products state that our human exposure to the chemicals contained in their products aren’t likely to be a problem in “small amounts”, our long-term exposure adds to the body’s “toxic burden” — the cumulative effect of chemicals stored in its tissues at a given time. When the body reaches its limit, it may create conditions such as Multiple Chemical Sensitivity Syndrome (MCSS) and even cancer. In this poster, you are given simple recipes to clean every room in your home, the non toxic way! You can find the recipe ingredients at any grocery store, and they are a snap to make! Feel good about cleaning the non toxic way, and see if you, along with your family members and pets don’t “feel better” after cleaning your home naturally.

to consider the effort that goes into the making of clothing, from conceptualizing a fashion, to creating it with your own two hands. Get inspired to save money on your wardrobe by becoming your own fashion designer!

Are You Dressed in 'Toxic Clothing'? ©



When you find clothing items in department stores that express your unique style and enhance your body shape, it's easy to be romanced by them. But did you know that the manufacture of your clothing is poisoning the Earth, as well as your body? The clothing production cycle has a massively depleting impact on the environmental resources. And the fabrics you wear on your body, which are the end product of this process, carry alarming human health risks, including the risk for cancer! In this informative poster, you'll your eyes will be opened to the poisons that are routinely used in the manufacture of polyester (*a petroleum-based product*), cotton (*a pesticide-drenched product*), and wrinkle-free clothing (*a formaldehyde and Teflon treated product*). Is it true that lead is used to create clothing accessories? OMG! What's the alternative to toxic clothing?! Find the answers in this poster!

Is Your Clothing Eco-Conscious? ©

Eco-conscious, ethically produced clothing is made from the traditional fabrics that have been used for centuries to make non-toxic clothing. They include hemp – a highly renewable fabric, and grown without fertilizer or pesticides, that doesn't deplete the soil.

IS YOUR CLOTHING ECO-CONSCIOUS? ©

These Eco-Conscious Natural Fibers Are Earth-Friendly and Body-Friendly

Hemp - Highly renewable and grows without fertilizer or pesticides, doesn't deplete the soil and is easy to harvest.

Organic Cotton - grows sans toxic pesticides (though still uses lots of water). Look for naturally shed cotton to further minimize the environmental impact. Organic cotton is currently grown in over 12 countries, so clothes are in the clear.

Silk - According to The Ethical Silk Council, there is a kind and eco-friendly way to produce silk. This manufacturer method entails no silkworms are harmed in the production process. In the manufacture of regular silk, the silk worms inside their cocoons are immersed in boiling water to kill them so they do not emerge and damage the cocoons when they emerge from it. Ethical silk is extracted after the silkworm has completed metamorphosis and emerged from the cocoon as a moth. Each cocoon is checked individually to ensure the moth has emerged before the silk thread is spun. The process of silk production requires there to be no killing, so unlike at the same time the eco friendly fabric itself is totally eco-friendly.

Wool - renewable, naturally fire resistant, and chemical free; look for organic wool from humanely raised animals (fabrics) for the most sustainable choice.

Linens - made from flax. The whole plant can be used, leaving no waste. It grows naturally and requires less water and fewer pesticides than cotton. It's grown on the land and is easy to incorporate into rotation crop rotation cycles, preventing soil depletion. Very little energy is required to process flax. The flax is much more stronger than cotton. The industrial processes of acetate and acetate have very little to do with the environment.

Cashmere - comes from the cashmere goat. Eco-conscious cashmere farmers allow their goats to roam outdoors with no restrictions. When it does come time for the goats to shear their wool, it's done the old fashioned way by hand, and no goat is harmed. Plus, because the goats are not restricted to where they can roam, they are also free allowed to eat natural, as nature intended.

Some Clothing Is Designed to Be "Eco-Friendly", But Do Your Research!

Recycled Polyester - made from discarded polyester fabric and soda bottles, this fabric's carbon footprint is 25% less than virgin polyester (a toxin), so research the manufacturer before you buy.

Bamboo - a highly renewable grass, usually grown with minimal chemical additives. However, watch out for "Bamboo Rayon", this fabric is produced using toxic chemicals to turn the plant fibers into fabric.

Viscose - made from natural cellulose wood pulp; this material is fully biodegradable, though some toxic chemicals may still be used in its production.

Shoppers for Ethically Produced Clothing Isn't as Hard as You Might Imagine!
There are many resources to help you find clothes you can feel good about purchasing!

The Clean Clothes Campaign works with manufacturers to improve labor conditions and wages, and has a wealth of information to help you make informed decisions.

Transparency has made a database on brands from workwear conditions to wages to pollution and tobacco activities.

Sources:
http://www.eco-textiles.com/2011/11/10/eco-friendly-fabrics/ http://www.fairtrade.com/fairtrade-eco.html
http://www.ethicalchoices.com/eco-friendly-wear/ http://www.eco-clothing.com/eco-friendly-clothing/ http://www.eco-clothing.com/eco-friendly-clothing/

Eco-Learner Lectures, LLC
www.eco-learner.com

They also include fabrics such as wool, a renewable, naturally fire resistant, and chemical free fabric. Of course, they include organic cotton, linen, and silk. Did you know that linen is a very sustainable fabric with long life and little environmental impact? Are you aware that there is a cruelty free way to produce silk? Some of the new polyester clothing is being called eco-friendly, because it's made from recycled soda bottles. But is it? And what about Tencel (made from wood pulp) and bamboo? The information on this poster will help you to make informed decisions about the clothing you buy and wear.

Why to Green Clean Your Clothing! ©

WHY TO 'GREEN CLEAN' YOUR CLOTHING! ©

Do You Know What Is In Your Laundry Soap?
While eco-friendly laundry products are on the rise, conventional laundry soaps are still quite prevalent. In fact, they contain many toxic chemicals. But the manufacturer doesn't always have to list on the label, such as sodium lauryl sulfate and sodium laureth sulfate (SLS & SLES), as well as 1,4-dioxane, nonylphenol ethoxylate (NPE), and phosphates (1).

Effects of Detergents on Human and Earth Ecology
So what's the big deal? SLS or SLES have been linked to organ toxicity and developmental issues. 1,4-dioxane has been linked to cancer and respiratory issues, and is also a major groundwater contaminant. NPE is a known endocrine disruptor linked to kidney and liver damage. Phosphates are notorious for their environmental impact; they contribute to toxic algae blooms that choke out fish and other aquatic life by starving the water of oxygen, resulting in fish kills and unbalanced aquatic systems.

What Fabric Softeners Are Designed to Do
While fabric softeners and dryer sheets may seem like a good idea (who doesn't want soft, fluffy clothes?), they're rife with toxic chemicals as well. From chlorofluorocarbons (CFCs) linked to health concerns like cancer, Alzheimer's, and respiratory and cardiac issues. Fabric softeners are designed to deposit chemicals on clothing that linger (that's what keeps the static away all day!), but that means that you are constantly exposed to these chemicals against your skin, the body's largest organ.

Safe Alternatives for Cling-Free Clothing
The most common ways to get soft, static-free clothes? While softeners can help, they're not the best solution. A cupful of vinegar or baking soda (not both!) in your wash will also soften clothing (and fight the odors, too!). Though garments can't be dry in the sun is an excellent way to avoid static, save money, and reduce odors. If you must use your dryer, follow to avoid dryer heat, use an exhaust hood fan, and you can even make them yourself by lifting, wool-caring. The sun also avoids drying synthetic fabrics in the dryer—they create all that static in the first place.

What about Dry Cleaning?
Dry cleaning is not actually "dry", it's just one chemical compound instead of water (2). And it comes with a host of environmental and human health troubles. The basic procedure of dry cleaning is to wash clothing in a chemical solvent solution that dissolves dirt and oil without permeating the clothing fibers like water would. The clothing is then dried and the solvent filtered for reuse.

Dry Cleaning Chemicals Present Serious Eco-Risks
Per is also a likely human carcinogen, according to the EPA (3). Studies have shown that chronic exposure can lead to headaches, vision problems, and impaired motor skills. It is present in over half the Superfund cleanup sites in the US (4). While dry cleaning may seem like the safe bet, the health and environmental risks far outweigh the convenience.

A Reasonable Cleaning Solution Sounds Great, But Is It?
Reusable cleaning solutions sound great, right? But the problem is the ingredients of that solution—perchloroethylene ("perc" for short), the same solvent used in most softeners and spot removers. Perc remains in recently dry-cleaned clothes and dirty off-gases!

Footnote:
1. Environmental Protection Agency (EPA) website
2. Environmental Protection Agency (EPA) website
3. Environmental Protection Agency (EPA) website
4. Environmental Protection Agency (EPA) website

Fun Learning Experiences, LLC
www.funlearning.com

While eco-friendly laundry products are on the rise, conventional laundry soaps are still quite prevalent. In fact, they contain many toxic chemicals that the manufacturer doesn't always have to list on the label, such as sodium lauryl sulfate and sodium laureth sulfate (SLS & SLES), as well as 1,4-dioxane, nonylphenol ethoxylate (NPE) and phosphates. This poster spells out the effects of toxic detergents on both human ecology and Earth ecology. It also addresses what fabric softeners are designed to do, and offers safe alternatives for cling-free clothing. If you rely on dry cleaners to clean your laundry, the information on this poster will make you think twice! That's because dry cleaning your clothes exposes them to toxic

solvents that adhere to your clothing and skin. Long after you pick them up from the cleaners! Frequent exposure to these chemicals can wreak havoc on your health!

Is Your Laundry Soap Sickening You and the Planet? ©



Many of the soaps on the market that people wash their clothes with are made up of toxic compounds such as triclosan, triclocarban, nanosilver, and quaternary ammonium salts (which are abbreviated to “quats”). These are present in other items such as kitchenware, clothing, flooring, countertops, and paint. When laundry products containing antimicrobials are disposed of, usually down a drain, they bio-accumulate within bodies of water and aquatic habitats. These compounds do not break down after wastewater treatment and can be present in agricultural soil. In this poster, you will learn how you can wash your clothing in a sustainable way, avoid the use of toxic dryer sheets, and be a proactive consumer.

7 Easy Ways to ‘Green Wash’ Your Clothing ©



How often do you do laundry? What kind of soap do you use to clean your clothing? Do you dry your clothes in the dryer or hang them out to dry? In this simple, straightforward poster, you'll get seven simple tips for doing your laundry the “green” way. Learn what you can do to save energy and get your clothes clean without toxins!

Eco-Friendly beauty and Personal Care (Series)

Clean Beauty, Toxic Beauty ...Which Do You Choose? ©

Clean Beauty, Toxic Beauty, ...Which Do You Choose? ©

Finding Clean Beauty Products
 It can be difficult to find make-up that's healthy. Even some products that are labeled "organic" or "natural" may not be closely regulated for ingredients by the beauty industry. But by reading labels carefully and learning to find products with the cleanest ingredients, you can protect your health. When buying clean beauty products to buy and use, a good rule of thumb is: **If you wouldn't eat it, don't feed it to your skin!**

Here are some examples of common ingredients used in both clean and toxic beauty products. Which do you choose?

| Beauty Product | Clean | Toxic |
|-------------------|---|---|
| Foundation | Fruit and Vegetable Pigments | Synthetic dyes, Sodium Lauryl Sulfate, Retinol, BHA and BHT |
| Powders | Mineral Salts, Clay | Talc, Parabens |
| Blush | Mineral Salts | Parabens |
| Lipstick | Clay, Fruit pigments, Cocoa Seed Butter | Lead, Parabens, Heavy Metals |
| Mascara | Algal and Mineral pigments | Mercury, Pseudoephedrine, Polyethylene Glycol |
| Eye Shadow | Algal, Shell, Iron, Botanical | Talc |
| Hair Dyes | Herbs, Vegetable dyes | Coal tar, Toluene |

Do You Wear Make-Up?
 Millions of women consider make-up their "best friend" because it hides skin imperfections and gives them a way to create the illusion of flawless beauty. The down side of wearing make-up is that it exposes those who wear it to as many as 160 chemical ingredients, -ingredients that, for the most part, are not evaluated for safety by the FDA. It can be difficult to find make-up that's healthy. Even some products that are labeled "organic" or "natural," may not be closely regulated for chemicals by the beauty industry. But by reading labels carefully and learning the difference between clean and toxic ingredients, (which this poster spells out), you can protect your health!

Our Skin Absorbs What We Feed It!
 One of the largest organs in your body, and it's right there where you feed it. What you eat during the day when you apply your makeup products to your skin is going to be absorbed by your skin. The skin is a porous organ that allows many chemicals to pass through it, including parabens, phthalates, and other toxins. The skin is also the largest organ in your body, and it's right there where you feed it. What you eat during the day when you apply your makeup products to your skin is going to be absorbed by your skin. The skin is a porous organ that allows many chemicals to pass through it, including parabens, phthalates, and other toxins.

How Are These Toxic Chemicals Affecting Your Health?
 • **Parabens** are a family of synthetic preservatives that are used in many beauty products. They are endocrine disruptors and have been linked to breast cancer, reproductive problems, and developmental issues in children.
 • **Retinol** and other retinoids can cause skin irritation, dryness, and peeling. They can also cause photosensitivity and increase the risk of skin cancer.
 • **BHA** and **BHT** are associated with reproductive problems and may cause cancer.
 • **Talc** is known to act as a carcinogen and has been linked to ovarian cancer. When inhaled, it can lead to the formation of lung tumors.
 • **Phthalates** mimic the hormone estrogen, and endocrine disruptors. They interfere with reproductive functions, may cause a variety of developmental problems, and contribute to reproductive system damage, skin irritation, toxicity, and neurological damage.
 • **Lead** is a known neurotoxin and has been linked to developmental delays.
 • **Coal tar** has been found to cause cancer and may be contaminated by other heavy metals.
 • **Mercury** is a potent neurotoxin that can cause brain damage, kidney failure, and other serious health problems. It is also a known carcinogen.
 • **Formaldehyde** is a known carcinogen and can cause skin irritation, respiratory problems, and developmental issues in children.

Stay 'No!' To Toxic Make-Up on Animals & the Environment
 Many toxic ingredients continue to pollute our rivers, streams, and oceans, often ending up in our food and water. Parabens, phthalates, and other chemicals found in many beauty products can harm the environment and our health. Many of these chemicals are also found in our food and water. Parabens, phthalates, and other chemicals found in many beauty products can harm the environment and our health. Many of these chemicals are also found in our food and water.

Make Make-Up Go 'Good' for Your Skin!
 Based on the principle of the skin as a porous organ, many beauty products are made only with natural and top-quality ingredients. These products are made from the best ingredients available and are safe for your skin. These products are made from the best ingredients available and are safe for your skin.

References:
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>

Millions of women consider make-up their 'best friend' because it hides skin imperfections and gives them a way to create the illusion of flawless beauty. The down side of wearing make-up is that it exposes those who wear it to as many as 160 chemical ingredients, -ingredients that, for the most part, are not evaluated for safety by the FDA. It can be difficult to find make-up that's healthy. Even some products that are labeled "organic" or "natural," may not be closely regulated for chemicals by the beauty industry. But by reading labels carefully and learning the difference between clean and toxic ingredients, (which this poster spells out), you can protect your health!

Don't Pollute Your Body...Pamper It the 'Eco-Friendly' Way! ©

Don't Pollute Your Body...Pamper It the 'Eco-Friendly' Way! ©

Do You Use Toxic Personal Care Products?
 You can find toxic chemicals in many personal care products. Shampoo, conditioner, deodorant, antiperspirant, perfume, toothpaste, mouthwash, shaving gel, and body lotion also may be heavily polluted with many of the same toxic ingredients found in your food and water. Many of these ingredients have never been evaluated by the FDA.

Our Skin Absorbs What We Feed It!
 When you apply personal care products to your skin regularly, it absorbs them. The skin is a porous organ that allows many chemicals to pass through it, including parabens, phthalates, and other toxins. The skin is also the largest organ in your body, and it's right there where you feed it. What you eat during the day when you apply your makeup products to your skin is going to be absorbed by your skin. The skin is a porous organ that allows many chemicals to pass through it, including parabens, phthalates, and other toxins.

Finding Clean Personal Care Products
 It can be difficult to find healthy personal care products. Even some products that are labeled "organic" or "natural" may not be closely regulated for ingredients by the beauty industry. But by reading labels carefully and learning to find products with the cleanest ingredients, you can protect your health.

Here are some examples of common ingredients used in both clean and toxic beauty products. Which do you choose?

| Beauty Product | Clean | Toxic |
|---|--|--|
| Shampoo | Shea Butter, Plant Extracts, Aloe Vera | Formaldehyde, Sodium Lauryl Sulfate, Polyethylene Glycol, Parabens, Phthalates, Phthalates, Perfluorinated Compounds |
| Conditioner | Leaf Extracts, Natural Oils | Parabens, Phthalates, Phthalates, Perfluorinated Compounds |
| Face Cleanser | Gentle Soaps, Natural Oils, Clay | Retinol, BHA, BHT, Pseudoephedrine, Polyethylene Glycol |
| Moisturizer | Natural Oils, Shea | Retinol, BHA, BHT, Pseudoephedrine, Polyethylene Glycol, BHA |
| Shaving Gel | Shea Butter, Natural Oils | Parabens |
| Deodorant & Antiperspirant | Essential Oils, Coconut Oil | Aluminum Chlorohydrate, Phthalates, Glycol, Polyethylene Glycol |
| Perfume & Cologne | Essential Oils | Phthalates, Parabens, Toluene |
| Fingerprint Polish & Remover | Waxes, Soy, Mica | Formaldehyde, Phthalates, Toluene, Acetone |
| Toothpaste | Baking Soda, Natural Oils | Sodium Fluoride, Sodium Lauryl Sulfate, Sodium Bicarbonate, Artificial Colors and Sugars |
| Mouthwash | Baking Soda, Essential Oils | Sodium Fluoride, Alcohol, Pseudoephedrine, Polyethylene Glycol, Artificial Colors and Sugars |

How Are These Toxic Chemicals Affecting Your Health?
 • **Formaldehyde** is a known carcinogen and can cause skin irritation, respiratory problems, and developmental issues in children.
 • **Mercury** is a potent neurotoxin that can cause brain damage, kidney failure, and other serious health problems. It is also a known carcinogen.
 • **Parabens** are a family of synthetic preservatives that are used in many beauty products. They are endocrine disruptors and have been linked to breast cancer, reproductive problems, and developmental issues in children.
 • **Retinol** and other retinoids can cause skin irritation, dryness, and peeling. They can also cause photosensitivity and increase the risk of skin cancer.
 • **BHA** and **BHT** are associated with reproductive problems and may cause cancer.
 • **Talc** is known to act as a carcinogen and has been linked to ovarian cancer. When inhaled, it can lead to the formation of lung tumors.
 • **Phthalates** mimic the hormone estrogen, and endocrine disruptors. They interfere with reproductive functions, may cause a variety of developmental problems, and contribute to reproductive system damage, skin irritation, toxicity, and neurological damage.
 • **Lead** is a known neurotoxin and has been linked to developmental delays.
 • **Coal tar** has been found to cause cancer and may be contaminated by other heavy metals.
 • **Mercury** is a potent neurotoxin that can cause brain damage, kidney failure, and other serious health problems. It is also a known carcinogen.
 • **Formaldehyde** is a known carcinogen and can cause skin irritation, respiratory problems, and developmental issues in children.

A Good Rule of Thumb When Buying & Using Personal Care Products: If you wouldn't eat it, don't feed it to your skin!

References:
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>
<http://www.healthyhormones.com/chemicals-in-beauty-products/>

If you use face cleanser, shampoo, hair conditioner, deodorant, antiperspirant, perfumes, toothpaste, mouthwash, shaving gel, and body lotion, you may be exposing yourself to as many as 160 chemical ingredients during your beauty routine every single day -ingredients whose safety hasn't been evaluated by the FDA.

Our skin absorbs what we feed it! When you apply personal care products to your skin regularly, it doesn't take long for your bloodstream to absorb the toxic chemicals they contain. If used every day, the chemicals will bio-accumulate in your organs, bloodstream, and fatty tissues, and they may eventually cause health concerns such as allergies, asthma, skin irritations, reproductive problems, and even cancer! Use this poster to learn what ingredients make a product clean or toxic.

Do the Ingredients in Your Pit Stick or Pit Spray STINK? ©

Do the Ingredients in Your Pit Stick or Pit Spray STINK? ©

For most people these days, the idea of leaving the house without a substantial smear of their favorite deodorant/antiperspirant sounds absolutely crazy! Nobody wants to be a sweaty hot mess or a smelly hippy, but conventional deodorants aren't the answer. They contain many harmful chemical ingredients that aren't pit-friendly, no matter how pretty they make you smell!

Are Your Body Hair Glands Anxious?
 Well, you can't think hairless and your axillary glands for that! Did you know that your body has 20 million glands? The axillary glands (underarm) and apocrine glands (armpits) are the most active. Conventional deodorants block your axillary glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your apocrine glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your sebaceous glands from doing their job, which can lead to a host of health problems.

Are Conventional Deodorants Working?
 Most deodorants you find in the store are conventional products. They contain an aluminum compound that blocks your axillary glands from doing their job. This blocks the bacteria that cause body odor. This is why you don't have any body odor. But, it's not a good idea to block your axillary glands! Think about what sweating does for you. It helps you regulate your body temperature and you don't overheat. Conventional deodorants block your axillary glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your apocrine glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your sebaceous glands from doing their job, which can lead to a host of health problems.

What's So Toxic?
 So what's so bad about conventional deodorant ingredients? Several of the most common ingredients have many health risks.

- Aluminum:** a known carcinogen (cancer-causing agent), used in deodorants to block axillary glands. Found in common household items, aluminum is linked to breast cancer, prostate cancer, and Alzheimer's disease.
- Parabens:** a group of synthetic preservatives, used in deodorants to prevent mold and bacteria growth, and linked to hormone disruptions in humans, causing early puberty and gender role confusion in children.
- Propylparaben:** a parabene-based preservative, used in deodorants to prevent mold and bacteria growth, and linked to hormone disruptions in humans, causing early puberty and gender role confusion in children.
- Phthalates:** a group of synthetic preservatives, used in deodorants to prevent mold and bacteria growth, and linked to hormone disruptions in humans, causing early puberty and gender role confusion in children.
- Triclosan:** an antibacterial agent identified as a pesticide by the EPA, used in deodorants as an odor-fighting agent, and linked to liver toxicity, impaired thyroid function, and aquatic life reproductive problems.
- PFAS and PFOS:** synthetic chemicals found in "waterproof" deodorants, used in deodorants to make body odor and linked to hormone disruptions, cancer, and environmental pollution [1][2].

So What CAN You Do About It?
 Don't sweat! Avoiding conventional deodorants and pit sprays can help you stay as smelly as you want. Conventional deodorants block your axillary glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your apocrine glands from doing their job, which can lead to a host of health problems. Conventional deodorants also block your sebaceous glands from doing their job, which can lead to a host of health problems.

Try a Few of These Suggestions:
 Use natural deodorants: Use natural deodorants that use natural ingredients like baking soda, coconut oil, and essential oils. Use natural deodorants that use natural ingredients like baking soda, coconut oil, and essential oils. Use natural deodorants that use natural ingredients like baking soda, coconut oil, and essential oils.

For most people these days, the idea of leaving the house without a substantial smear of their favorite deodorant / antiperspirant sounds absolutely crazy! Nobody wants to be a sweaty hot mess or a smelly hippy, but conventional deodorants/ antiperspirants aren't the answer. They contain many harmful chemical ingredients that aren't pit-friendly, no matter how pretty they make you smell! So what's so bad about them? For one thing, antiperspirants block your sweat glands, which is not healthy. For another thing, they contain chemical ingredients that are harmful to your brain and body's organs. Avoiding conventional products doesn't mean you have to wander around smelling terrible! In fact, you have lots of options for combating body odors and this poster shares them!

Is Your Fragrance A Health Hazard To You and Others? ©

Do you like the ritual of spraying your favorite perfume behind your neck or your knees, thinking that it will make you totally irresistible to others, especially the opposite sex? There's an ugly secret lurking in your favorite scent that perfume makers don't want you to know!

antifungal, antiviral, and anti-inflammatory properties, as well as being an astringent, providing immune support, and helping to remineralize the teeth.”



www.ecointelligenteating.com