

abe5680

I just wanted to express my gratitude for your thorough advice Dr Mercola and team - right down to our fabric softener. It is the large number of small changes over time that can make such a big difference to our health. I also love the way you show people how to do these things for themselves, and cheaply too - keep up the great work - we love you!

Posted On 01/31/2017

kaleman

Dr Mercola, please can you give me some advice about something I'm extremely worried about? The room that I rent in a small shared apartment has been refurbished over the last 3 months by the landlord whilst I have been living there. Because it's cold, the Windows haven't been opened and so it has continually smelt of paint, varnish and flooring adhesive fumes. I didn't realise how bad these were for you until recently, and I'm now very worried that these chemicals will have stored in my body. Last week I was eating lunch when he was using flooring adhesive on the new kitchen floor and I'm worried that eating at the same time as this chemical was in the air will lead me to have ingested it with my food and make the exposure worse than if I had just breathed it in.

How can I remove all these toxins out of my body and how long will it take? Do I need to avoid all fat so nothing gets stored in my body? I had planned on increasing my daily calories as I wanted to join the gym and put on a lot of muscle mass, but I am very worried that putting weight on now will mean that these chemicals will get stored in my body so how long will I need to wait before it is safe for me to start putting on muscle mass and gaining weight? I'm a little bit under weight so gaining weight wouldn't be unhealthy, but it is if it means all these chemicals will get stored in my body. Please help, as I'm so worried that my body and life has been ruined. I've now moved out of the apartment and only now realise how funny my old one was, but I'm worried that it's too late. I'm not interested in suing the landlord or anything; just interested in getting healthy. Thanks so much.

Posted On 02/01/2017

Toxins get stored in fat cells more so, Which can even mean the brain. They are going to go somewhere though despite being underweight. They need to be processed by your liver then excreted through your kidneys (urine), bowels, lungs, and skin. Keep those pathways open by staying hydrated, eating enough fiber, dry skin brushing, infrared sauna, and getting enough sleep. Supporting your liver during this process is important. Doing harsh cleanses can be dangerous if your detox pathways are not functioning well, so it's best to take it slow and eat foods to help. Starving yourself will not provide a way for the toxins to be absorbed out of the bile in your small intestine and carried out through waste. Avoiding fat is not necessarily important unless you are having difficulty digesting them. If so, then they can be avoided for a time to help ease the burden on your liver and gallbladder. Good fats can stimulate bile flow and keep it moving. Don't be afraid of staying active during this time because it helps to move things through. Otherwise try to minimize your toxic exposures during this time as much as possible like cleaning supplies and fragrances in personal care products. Every little exposure adds up and further burdens the liver. Here are some links with more about that. I have also taken a supplement called Gcel from systemic formulas to help support my liver. Acupuncture can help too.

experiencelife.com/article/fiber-why-it-matters-more-than-you-think/ lifepa.com/remove-toxins-from-your-fat-cells systemicformulas.com/.../gcel It would be helpful to find a good functional medicine dr or naturopath to guide you through this. They often have testing that can provide further insight.

Posted On 02/01/2017

Guillermou

Lic, excellent information and very good links. You have great experience, in the processes of the body's disintoxication.

Linking with the digestion of fats, taurine is very important for this function, it increases the release of the enzyme cholesterol 7-alpha-hydroxylase, which causes the production of bile acid by the liver. Bile acid is a strong, cholesterol-dissolving solution of gallstones Taurine plays an active role in the production of bile acids, which are important determinants of the solubility of biliary cholesterol. If the biliary fluid contains too much cholesterol, it can harden into gallstones. The actions of reducing taurine cholesterol are mainly due to its ability to suppress the production of triglycerides by the liver,

In addition, taurine is a great hepatic detoxifier, in addition to antioxidant, improves the strength of the cardiac muscle, preventing the development of cardiomyopathy and lowering blood pressure. Taurine is a protective retinal eye cells, and a great stimulant of the immune system.

These articles by Dr. Mercola may also be useful. The 10-Day Detox Diet.

articles.mercola.com/sites/articles/archive/2014/08/03/detox-diet-food..

Autophagy – How Your Body Detoxifies and Repairs Itself.

fitness.mercola.com/sites/fitness/archive/2016/03/11/autophagy.aspx Should You Detox to Get Rid of Chemicals?. articles.mercola.com/sites/articles/archive/2009/05/23/should-you-deto..

Also: Body Cleanse: 6 Ways to Do a Body Detox. www.globalhealingcenter.com/natural-health/6-ways-to-body-detox/ . 11 Natural Methods for Detoxing Your Body. www.globalhealingcenter.com/natural-health/11-natural-methods-for-deto..

Posted On 02/01/2017

Guillermou

The liver is the first protagonist in front of the functions of detoxification of our organism, being the cytochrome P450, the main one responsible for the correct depurative function performed by this organ. In Phase I detoxification, toxic substances are transformed, so that they can be degraded in Phase II, which will facilitate the excretion of toxics, through the different routes available in the body: urine, bile, sweat, feces, etc. It is at this stage, when free radicals are produced, as a consequence of biotransformation of toxins to water-soluble forms, which requires the introduction of antioxidants, to minimize the undesirable effect of the same in the body. In this first phase the treatment of hepatic detoxification will focus on: hypotoxic diet and liver cleansing supplements, and stimulators of liver function, and of the gallbladder, such as taurine, and others indicated for phase II.

In Phase II, the diet will continue to be maintained, and specific foods and supplements must be introduced to help the body effectively terminate the liver detoxification process.

- Complex vitamins and minerals: Complex B, vitamin C and E, choline, selenium, zinc, with antioxidants such as lipoic acid, folate, (methylfolate) and B12 (methylcobalamin), active forms.
- Heavy metal chelants, such as chlorella.
- L-Glutathione cofactors. Foods rich in glutamine, cysteine and glycine. Silymarin, whey protein.
- Sulfur and complete amino acids such as sprouts, garlic and onions.
- Desmodium, curcuma, ginger, licorice, dandelion, etc.

At a later stage also perform a renal (water, vegetable juices) and intestinal (soluble fiber) clearance, which in addition to contemplating a diet free of toxins, should complete the detoxification completely.

Posted On 02/01/2017

Hrdaya

The by far best solution to get rid of chemicals from detergents is not to use a detergent with less harmful chemicals. Why not just cut all chemicals out? And you can, with these types of washing balls with ceramic stones in it. They also are much cheaper in use and they work. I use a washing ball and essential oil (Rosemary) for a nice scent only. My clothes are always clean and smell nice, and it even does so, when I wash very sweaty workwear or running gear. And the thing is, you do not need a fabric softener at all, when you do not use a detergent in the first place, which adds stiffness to the clothes.

www.amazon.com/.../B003FOCZ56

Posted On 02/01/2017

Krofter

Save the massive amounts of energy a dryer uses and hang clothes on a line in the sun with a soft breeze blowing. That'll soften 'em right up.

Posted On 02/01/2017

Brazil123

@ Krofter, Assuming one lives in a dry sunny weather, it is of course great to hang clothes outside to dry. For those of us who live in an area where it rains 9 months out of the year and the air is correspondingly humid, that is a bit hard to do. :-) In this case I bough a wooden rack at ACE hardware and hang some of my clothes in front of the wood-stove - it dries the clothes but unfortunately leaves them as stiff as a board.

Posted On 02/01/2017

michellecolonna

Good morning. We need you or someone with your expertise on staff in the White House. Please apply! I contacted OCA with the same plea! President Trump needs your help and so do the American people.
Thank You

Posted On 02/01/2017

dopfapfo

Sorry, michellecolonna - Americans, especially those in control, aren't interested in ANYTHING that will make them healthier. Ours is a sickness care system, designed to make and keep people sick. There's very little profit in health, but trillions in sickness, so anyone advocating health is blackballed and labeled a quack, or charlatan anyway. And since so much of our economy is based on the sickness care system, it may collapse if everyone suddenly took control of their own health! Let's leave well enough alone, (pun intended), and support the system Americans have become accustomed to, so big pharma and big ag can continue to make obscene profits on the illness their toxicity in peoples' lives create. Good Americans do what they're told. And it looks like it's only going to get worse in that direction with the new orange-haired corporate manager in control. Remember our capitalist motto - "Profits over People! Profits over People! Profits over People!" (In damned near every way, shape, and form.)

(Sorry for the vent. I've been under a lot of stress since the installation of the latest corporate shill into the White House. >:-o)

Posted On 02/01/2017

kleypas

Aluminum balls? I stay away from aluminum because it is so toxic! It goes straight to the brain and amplifies Mercury along with poisoning the body! Why would anyone want it in their clothes to be rubbed into their skin? Crazy idea. This one slipped by Dr. Mercola!

Posted On 02/07/2017

katguy

I gave up fabric softeners years ago. It took me a while to find what worked best. I use wool balls now and them do the trick just fine. I notice when I smell the chemical stuff on others it makes me sick. How could I ever have thought that smell was nice. Ewwwwww

Posted On 02/01/2017

Lollieme

I just put straight white vinegar in the softener receptacle of the washing machine. I make my own laundry detergent. These have worked great for many, many years.

Posted On 02/01/2024

Segstar

Yep pretty simple, cost effective and my most of all it works..

Posted On 02/01/2024

Dordee

BUT, what you propose requires thought, work on your part! Most today will do anything to avoid both!

Posted On 02/01/2024

wannabeaknowitall

Years ago, maybe 25 years or more, since our dryer stopped working I went to the Laundromat to dry clothes. it was a new laundromat not far from my house, apparently the son of the owner came to talk to me, I didn't know him but he felt comfortable talking to me and said I wouldn't use fabric softener if I were you. I said I'm just here to dry clothes but I asked why, he said they're full of salts and chemicals that ruin your clothes. Then you put on the clothes and the chemicals touch your skin. Since that day I stopped using fabric softener. I had rashes all over my legs & my body itched every day. Best advice ever my rashes all went away and my itching stopped once I stopped using scented detergent.

Posted On 02/01/2024

grulla

I suppose that might also include dryer pads/strips, which one can tuck odorlessly, deeply under the mattress, to repel assorted insects like bed bugs.

Posted On 02/01/2024

Segstar

Say grulla careful now with what you put under your mattress, it could seep in and contaminate those wonderful bills you got hidden within..You know wiping out a few zeros could make the world of difference...lol..

Posted On 02/01/2024

wannabeaknowitall

grulla. I suppose. But I've never used that nor ever heard of it, but thanks it's good to know.

Posted On 02/01/2024

bchristine

If there's one thing I CANNOT tolerate, it's the chemical "scent" of those conventional laundry products -- especially GAIN ... and I detest those stupid commercials for it! These chemical "scents" not only pollute the air, but they are toxic to your washer/dryer, as well as your skin. I use unscented ECOS, ZUM for detergent, as well as baking soda-vinegar-essential oils.

Posted On 02/01/2024

jen3070

Static seems to originate in the dryer, so I'm not sure how adding stuff to the wash would help? Maybe I should try the recipe. All I know is where I live now, the static is AWFUL and I can't get rid of it! I once got wool dryer balls, they didn't cut down on static, all they did was leave light wool fibers on my dark clothes. Wasn't impressed. Anyone have them actually work?

Posted On 02/01/2024

IzzyKitty

I purchased wool dryer balls from Mercola Market over a year ago, they're still working as intended. No wool fibers left on my clothes.

Posted On 02/01/2024

nan5159

I'm assuming it's fabric softener, otherwise it's some disgusting body product everyone seems to be using. I've learned to hold my breath whenever someone walks by me. Almost everyone smells the same, weird.

Posted On 02/01/2024

Sminkly

Plain old white vinegar works perfect for softener

Posted On 02/01/2024

Dordee

Anyone thought about going back to old fashioned clothesline and sunshine? Clothes always smell good then, breezes iron wrinkles out.

Posted On 02/01/2024

jen3070

Line drying outside might work great in some places, but where I grew up it rained too much. Also, it can be terrible for people with allergies, since airborne allergens would get in the clothes. Just a thought some might want to consider. I've never lined dried my clothes outdoors, but I'm also thinking it would fade clothes faster in the sun?

Posted On 02/01/2024

grulla

"Dordee", it works for me, sometimes even in the winter. In the summer heat in the desert SW, by the time one hangs the last garment on the outdoor clothesline, the first garment is already dry.

Posted On 02/02/2024

bec59789

I use plain vinegar in my softener tray. It not only rinses any residue off of the clothes but keeps the machine clean and free of gunk too. I also use plain vinegar to wipe down countertops in kitchen and bathroom. If you need sanitizer, look into a hypochlorous acid generator. They cost around \$100. You then can make gallons and gallons of safe and non-toxic sanitizer with simply water, salt and some test strips

Posted On 02/02/2024

awi7824

to stop static in the dryer, just use a ball or 2 of ALUMINUM FOIL...works great!...

Posted On 02/01/2024

pat7039

I have dryer balls that work so-so. Actually, I think the way they work is that they bounce around and help space the load so the heat can dry it faster & more efficiently. Which leads me to my biggest tip to cut down on static in the dryer: simply do not overdry. Set on the "least dry" setting and also try separating your load into the things that dry superfast (synthetics, fleece) and those that take longer (towels, actual 100% cotton). If you give the towels/cottons a head start of 10 mins and add the synthetics it works really well.

Posted On 02/01/2024

Dordee

They have us so conditioned to getting things easy, fast, cheap that we accept whatever they tell us! So sad that we will sell our soul just for convenience, less money! Maybe we , mankind deserve what we get! In essence, we have pronounced our own death sentence, just like sheep, we willingly follow the Judas goat to our slaughter!

Posted On 02/01/2024

Den6328

Using dryer sheets coats the inside of your dryer and increases dryer fires. The number one cause of house fires

Posted On 02/01/2024

stevesgirl

Everyone is mentioning what they use in the washer but what about the dryer? Does the Epsom salt recipe stop static from happening in the dryer?

Posted On 02/01/2024

anthony.aaron47

I'm sorry but, except for the folks with extreme OCD, just why do we need fabric softeners? I know, I know - I've actually seen some folks' heads explode from wrinkled clothing but, really, they're just more folks for the Darwin awards.

Posted On 02/01/2024
