

# 30

## Ways You Can Poison Yourself

### Before Breakfast...

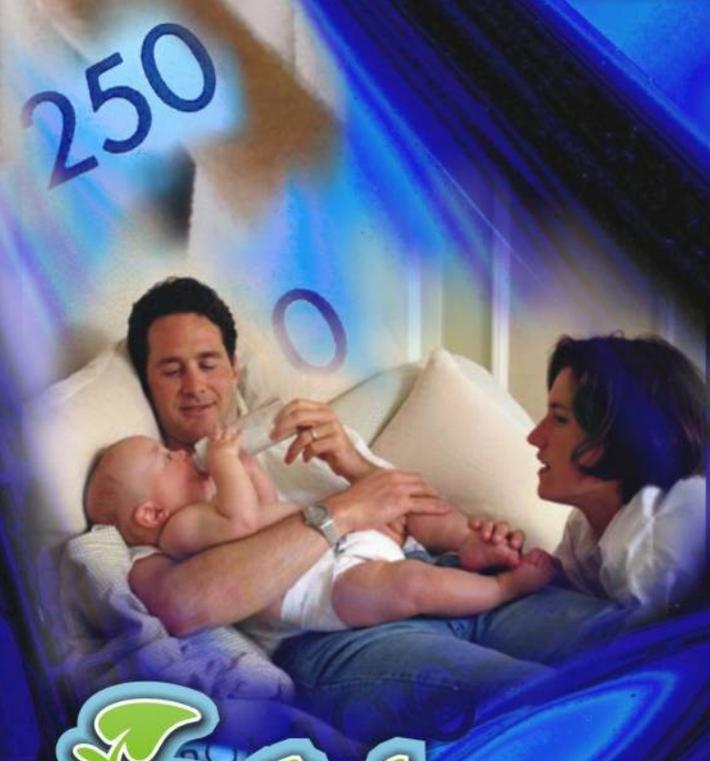
#### Why Some People Feel Bad, Get Sick And May Even Die!

Most people spend every night breathing vapors from chemical poisons in the mattress or pillow and sleeping between sheets washed in toxic chemistry. They typically start the day by grooming with a shower using soap, shampoo and applying cologne or cosmetics—products containing poisonous ingredients...

Consider that day after day, week after week, year after year—you and your family are being exposed to numerous poisonous chemicals found in common, everyday household cleansers and personal care products. Although the amount of toxin in any given product may be small, the effect is cumulative! At some point the natural defenses of the body can no longer withstand the onslaught; depression, sickness and even death are often the tragic result.

There is an alternative! A biodegradable, botanical formula that's safe for the environment, your family and you. This unique multi-purpose product is composed of pure water, amino acids, minerals, enzymes, and botanicals extracted from edible, seed-bearing and leafy green edible plants.

FEMININE DEODORANT  
LAUNDRY DETERGENT  
SHAVING CREAM  
HAIR SHAMPOO  
SKIN LOTION  
NAIL POLISH  
COSMETICS  
BATH SOAP  
PERFUMES  
MATTRESS  
PILLOW



**E Solutions**  
4 YOU

**A**ccording to the U.S. Government and product manufacturers, the following is a partial list of chemical poisons found in products that are absorbed, ingested or inhaled by the body before you even eat breakfast!

**This list does not include the additional use of common household cleaners!**

## 30 WAYS YOU POISON YOURSELF BEFORE BREAKFAST!!

PRODUCTS	Known <b>Poisonous</b> Ingredients							
Mattress & Pillow**			4			7		
<input checked="" type="checkbox"/> Air Freshener**	1		4			7	8	
<input checked="" type="checkbox"/> Bath Soap**		3	4	5	6	7	8	
<input checked="" type="checkbox"/> Hair Shampoo**	1	3	4				8	
<input checked="" type="checkbox"/> Hair Conditioner	1		4				8	
<input checked="" type="checkbox"/> Hair Spray			4			7		
<input checked="" type="checkbox"/> Skin Lotions**	1	3	4	5	6	7	8	
<input checked="" type="checkbox"/> Shaving Cream		3	4				8	
<input checked="" type="checkbox"/> Aftershave Lotion	1		4				8	
<input checked="" type="checkbox"/> Skin Medication**	1	3	4	5	6	7	8	
<input checked="" type="checkbox"/> Acne Medication**	1	3	4	5	6	7	8	
Moisturizers	1		4	5		7	8	
Antiperspirant**	1		4	5		7	8	
Cologne	1		4			7	8	
<input checked="" type="checkbox"/> Foot Deodorant**			4		6		8	
<input checked="" type="checkbox"/> Toothpaste**		3	4	5	6			
<input checked="" type="checkbox"/> Mouthwash**			4	5	6		8	
Plastic Glass							8	
LAUNDRY								
<input checked="" type="checkbox"/> Detergent**	1	3	4	5	6	7		
<input checked="" type="checkbox"/> Fabric Softener		3	4	5		7		
<input checked="" type="checkbox"/> Chlorine Bleach	1	2						
Dry Cleaned Clothes**	1					7		
FEMININE PRODUCTS								
Lipstick, eye shadow, face powder, etc.**								
Cosmetics	1	3	4	5		7	8	
<input checked="" type="checkbox"/> Facial Cleanser**		3	4				8	
Feminine Deodorant**			4			7		
Sanitary Napkins**			4			7		
Perfumes	1		4			7	8	
Nail Polish			4	5		7	8	

**(\*\*) Many Anti-bacterial products contain poisonous fungicides, insecticides and pesticides as ingredients that create even more CANCER & Serious Health Risks in YOU.**

Replace poisonous household products!

\$\$\$Save your Health & Money with  
**Ultra-Safe** products from **Solutions-4-You®**

For free information or to order a trial package:

**1 Alcohols, Acids & Alkali:** anemia, cancer, coughing, cramps, death, depression, disorientation, dizziness, fatigue, headaches, heart damage, muscle weakness, nerve damage, organ damage, rashes, respiratory problems, sleeping problems, stomach problems, vision problems and more.

**2 Bleaches & Chlorines:** anemia, child development problems, cancer, diabetes, gastrointestinal cancer, gland cancer, headaches, heart disease, immune system breakdown, mental function difficulties, organ cancer, pulmonary edemas, severe eye problems, urinary tract cancer and more.

**3 Detergents & Emulsifiers:** allergic reactions, blindness, cancer, cataracts, interference with nutrient absorption, loss of hair, organ damage, reproductive damage, scalp eruptions, skin irritation, strips skin of protective oils and more.

**4 Dyes & Fragrances (Synthetic):** ADD, allergic reactions, cancer, convulsions, depression, dizziness, headaches, Hodgkin's, hyperactivity, irritability, Leukemia, muscular aches and pains, organ damage, problems behavioral and emotional, reproductive damage, skin rashes, stomach upsets, vertigo, violent coughing and sneezing, tumors-multiple and more.

**5 Heavy Metals (Toxic):** abdominal cramps, Alzheimer's, brain disorder, cancer, emotional and immune system disorders, genetic damage, hyperactivity, motor skill difficulties, mouth sores, muscle weakness, nausea, pain in your bones and joints, reduced intelligence, short attention span and more.

**6 Fungicide/Insecticide/Pesticides:** ADD, birth defects, cancer, death, dizziness, fatigue, flu-like symptoms, genetic mutations, gland tumors, insomnia, memory loss, muscle weakness, nausea, nervous system disorder, pain in your bones and joints, organ damage, stomach cramps, swelling of body parts and more.

**7 Petrochemicals:** allergic reaction, asthma, cancer, depression and fatigue, headaches, inhibit skin functions, intestinal gas, immune system disorders, premature aging, pimples, rashes, respiratory failure, sensitivity to sun, splitting nails and more.

**8 Preservatives (Synthetic) & Volatile Organic Compounds:** Known as (**V.O.C.**) cause - asthma, cancer, cramps, digestive problems, eye & organ damage, headaches, mental confusion, muscle weakness, pain in your bones and joints, reproductive damage, respiratory problems, skin rashes, tumors and more.



**800-301-9911**