



# INTEGRATIVE LIFE SOLUTIONS

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## What's New at Integrative Life Solutions



### ***Mother's Day and Spring Spa & Beauty Specials***

Why not make Mother's Day a Spa Day? What better way to say "I love you" than the gift of wellness, relaxation and beauty? Drop by and pick up a gift certificate for mom.

Plus, the warm weather has finally arrived. It's time to think sundresses and sandals—and glowing skin and polished toes! Go to the [Special Offers](#) link on the upper right of our website home page ([www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com)) to get incredible coupons for \$20 off select facials, a buy-one-get-one-free body polish deal, \$5 off a waxing service, and 15% off a Zoya toxin-free manicure and pedicure combination. Coupons are good through the end of May.

## The “Greenest” Beauty Products Are Right Here at ILS!



Get ready to look beautiful the all-natural way—with [glō-minerals makeup](#). This health-conscious, modern line of cosmetics is free of the chemicals and toxins that are found in most makeup. Choose from cream and pressed foundations, eye shadows, and lipsticks.

Plus, we are now carrying [Europe’s greenest beauty brand—Lavera—and a top all-natural U.S. brand—True Natural](#). They offer toxin-free, organic and/or vegan beauty and personal care products. Drop by our Clemmons store to choose among shampoo, conditioner, body lotion, hand cream and more. We even have [organic and toxin-free baby products](#). You are going to love these products!

## Plantessence—New Line of Essential Oils



We are so delighted with the therapeutic benefits of aromatherapy that we started our own line of 100% pure, therapeutic-quality essential oils. We offer both [Plantessence](#) individual oils and proprietary blends that we designed based on gold-standard clinical studies of essential oils for improving nervous system function, reducing stress, increasing focus and concentration, elevating mood and stimulating a whole host of other benefits. We also offer aromatherapy accessories, such as blending bottles, carrier oils and more. Stop by today to check out our entire Plantessence line!

## Our Online Store Is Open



Now you can find many of the products you love from our brick-and-mortar store in our online store. You’ll find all-natural or organic health and nutrition, beauty and bath, and aromatherapy products, as well as book, CDs and DVDs. Browse around and check back often, as we will continue to add new items. Click the [Shop](#) portal on the Home Page of our website ([www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com)), then click “Shop” on the main navigation bar at the top of the store page.



## Did You Know? Mind over Matter in Weight Loss

Can we think ourselves thin? We only wish. . . .

However, our perceptions do matter when it comes to how our bodies process food, which may indeed have an effect on our weight.

A lot of us are label readers, looking for calorie, fat, sugar, sodium and other ingredient information about our food choices. We might even scan for natural ingredients versus synthetic ones. By reading the label and the claims on the packaging—Fat-free! Low Calorie! All Natural!—we form perceptions about that food item. A new study shows that our perception can affect how our body processes that food, which in turn can affect our weight.



Alia Crum, a clinical psychologist, wondered whether food labels “get under the skin literally and actually affect the body’s physiological processing of the nutrients that are consumed.” In other words, could what

we think about a food actually affect the way our bodies digest that food and use its nutrients? She set out to answer this question.



Crum and her colleagues asked two groups of study participants to drink a milkshake. One group drank a “sensible” shake whose label advertised it as 140 calories, fat-free, and with no added sugar. The other group drank an “indulgent” shake, whose label revealed it to be a 620-calorie, high-fat, sugary shake.

Before and after the subjects drank their shake, nurses measured their level of ghrelin, a hormone that is secreted in the stomach and that affects metabolism. When your ghrelin level rises, it sends signals to your brain alerting you that you are hungry and should eat, which is why it has been dubbed the “hunger hormone.” As ghrelin rises to signal hunger, however, it also slows your metabolism, just in case you actually don’t eat. If you do eat, your ghrelin level drops in response to the food you have just ingested and to tell your brain that you have had enough—that you are full. Your metabolism then speeds up to process the food and burn the calories for energy.

How much your ghrelin drops depends on what you eat. A small meal—a light salad or bowl of soup—doesn’t cause it to drop much. A steak, mashed potatoes, and hot rolls cause it to drop a lot. The decrease in ghrelin and a revved up metabolism is directly proportional to how much you have eaten and how sated you feel.



So what happened with the milkshake drinkers? As expected, those who drank the “sensible shake” showed a minor drop in ghrelin whereas those who drank the “indulgent” shake experienced a drop in ghrelin that was *three times* greater.

But here’s the mystery.

In reality, both were drinking the *same* milkshake—specially made by the researchers and containing only 380 calories. The only difference was how the shake was named and labeled. Group One thought they were drinking a “low-cal” shake. Group Two thought they were drinking a “high-cal” drink. Their bodies responding according to those perceptions!



So what can we conclude from this study? If we think a low-cal food is luscious, yummy and fattening, will our brains signal we are more satisfied and our stomach fuller? As a result will our metabolism speed up, thereby burning more calories?

The study seems to suggest that, although it is only one small study and so additional evidence is needed to verify the result.

Crum says that, at the very least, we have to rethink the current cut-and-dried metabolic science that says that all that matters in weight loss or gain is “calories in, calories out.” She thinks it is premature to conclude that calories don’t matter at all or that only our beliefs about what we eat do, but she is admits that “our beliefs matter in virtually every domain, in everything we do. How much is a mystery, but I don’t think we’ve given enough credit to the role of our beliefs in determining our physiology, our reality.”



## Featured Products of the Month: Lavera/True Natural Organic Beauty



If you are looking for the purest personal care and beauty products available, then look no further than [Lavera](#) and [True Natural](#). Lavera has been called “Europe’s greenest beauty brand,” and True Natural is an American line of non-toxic, all-natural, organic beauty, or vegan beauty and bath products. We are proud to be carrying an introductory line of these fabulous and healthy products. Be sure to get your infants off to a toxin-free and healthy path by checking out our natural baby products.

Stop by and choose from among vegan Caribbean Coconut sunscreen, True Self natural self-tanning lotion, lusciously scented shower and bath gel, body lotion, shampoo and conditioner, and hand cream. Pair them with our toxin-free [glō-minerals makeup](#) and you’re good to go—looking great the natural way!



## Feature Article

### The Dark Side of Consumer and Beauty Products

We are an integrative health clinic and spa, so finding toxin-free products is one of our missions. That’s



why we are so delighted to find top-quality natural beauty products. Cosmetics and personal care products are two of the major ways we are exposed to chemicals. What we put on and in our bodies has a cumulative effect on our health. So it makes sense to detoxify by paying attention to the products we use every day.

The threat might not be so bad if we used one or two products only occasionally, but most of us use many of them every day, several times a day. The risk is even greater for children, whose developing immune systems, brains, and nervous systems are especially vulnerable to toxins and chemicals.

The cosmetic and personal care products industries—shampoo, conditioner, body lotion, nail polish, liquid soaps, sunscreen, deodorant, toothpaste—are among the worst offenders when it comes to chemical-laden products. The

If you feel it is time for a change to more healthful products for you and your family, then read on. While this article cannot be exhaustive, we will highlight some of the most commonly used and most potentially harmful toxins and chemicals in this class of products.

**Phthalates** are ubiquitous in our homes in hundreds of products of all kinds, including makeup, nail polishes, personal care products and the majority of products that contain fragrances (which may be just about everything that does not say “unscented”). There are three major phthalates used: dibutylphthalate (DBP), a common plasticizer in products to make them less brittle; dimethylphthalate (DMP), which is commonly used in hair sprays to help avoid stiffness); and diethylphthalate (DEP), a solvent and fixative in fragrances.



Phthalates are suspected endocrine disruptors and evidence suggests they may contribute to or cause developmental problems in infants and children, such as reproductive abnormalities in boys and early puberty in girls. Plus, they are linked to reduced testosterone and poor sperm quality in men. As a result,

their use is being phased out of cosmetics, but it may be a long time before they are replaced in a host of other products, particularly children's plastic toys, medical plastics and tubing, and plastic household products such as shower curtains and food storage containers.

While a 2010 government survey of common products showed that the use of DBP and DMP had been greatly reduced in many cosmetic and personal care products, DEP is still commonly used in the fragrances that are used to scent innumerable products. It is difficult to know if a product contains DEP because the ingredients may not list it specifically. It is safe to assume that if a product has any kind of synthetic fragrance, it may contain DEP. To view the latest survey of phthalate content in many common consumer products, especially cosmetics and body care products, go to [www.fda.gov/Cosmetics/ProductsIngredients/Ingredients/ucm128250.htm](http://www.fda.gov/Cosmetics/ProductsIngredients/Ingredients/ucm128250.htm).



**Parabens** are widely used in liquid and foaming cleaning products as a preservative to stave off bacteria, mold and yeast growth. But they are known estrogen mimics, disrupting hormonal balance and linked to infertility in women. The long-chained parabens are the worst, so check labels for the names propylparaben, isopropylparaben, butylparaben and isobutylparaben.

**Triclosan** and **Triclocarbon** are chemicals in many liquid and antibacterial soaps, body washes and toothpastes, as well as in common household products and even clothing. They are endocrine disrupters that in particular may affect thyroid function. They also interfere with sex-hormone signaling in both men and women, and have been linked to reproductive abnormalities. The FDA recently announced that this class of chemicals is not safe and must be substituted or phased out of consumer products.

**Synthetic Colors** that are problematic are preceded by the letters FD&C or D&C. There may be other synthetic colors that are risky, but these are the ones that have so far been identified as high risk. They are commonly added to food, cosmetics (especially lipstick) and personal care products. Because they are made from petroleum and coal tar derivatives, they are suspected carcinogens. They have also been linked to ADHD in children. The European Union has banned them from consumer products and foods, but they are still approved for use in the U.S.



**Retinyl Palmitate** and **Retonic Acid** are found in anti-aging creams and in most sunscreens. Studies strongly suggest that instead of protecting against skin cancer, these chemicals may actually speed up the development of cancerous lesions. For this reason and others, the FDA has ordered additional testing on these chemicals. Other sunscreen chemicals to avoid are PABA, avobenzene, homosalate and ethoxycinnmate. Because of the detrimental health effects of these chemicals (and unless you are willing to switch to an organic or natural sunscreen that is free of synthetic chemicals), you and your children may be safer exposing yourselves to the sun than

using sunscreens. Hats, cover ups and beach umbrellas certainly are healthier options.

**Sodium Lauryl Sulfate (SLS)** and **Sodium Laureth Sulfate (SLES)** are in almost all personal care and cleaning products, especially those that foam; they may also be in some cosmetics, especially mascara, and in acne treatments. They can be eye, lung and skin irritants. However, the biggest concern for health is that they interact with other chemicals in products to form nitrosamines, which is a known carcinogen. Nitrosamines also can cause kidney and respiratory damage.

Other chemicals to beware of are formaldehyde as a preservative (FRPs), toluene, and propylene glycol. While it's impossible to avoid all chemicals, you can go a long way toward protecting your health—and especially your children's health—by avoiding products with these chemicals. Products that don't contain these chemicals are usually more expensive, but isn't your health and your family's worth it? Drop by ILS to find organic, healthy, all-natural and toxin-free or toxin-reduced options: cosmetics, nail polish, hair dye, baby products, skincare products, sunscreens, bug sprays and more.



## Essential Oil Recipes of the Month: Bug Spray and Poison Ivy Relief

With this May issue, we are launching a new monthly feature: essential oil recipes. Get synthetic chemicals out of your environment and off your body by making easy, all-natural essential oil remedies.

We have launched our own line of 100% pure, therapeutic-quality essential oils, [Plantessence](#). Drop by our store to see the oils we carry and the unique and therapeutic oil blends we have created. You can also get blending bottles, carrier oils, diffusers, and other aromatherapy supplies. Stay tuned to our website ([www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com)), as we will soon have new aromatherapy pages added there.



### Bug Repellent Spray

2 oz. distilled water or Witch Hazel  
20 drops Patchouli (child age 12 or younger, 10 drops)  
15 drops Cedarwood (child age 12 or younger,, 7 drops)  
15 drops Lemongrass or Citronella (child age 12 or younger, 7 drops)  
10 drops Geranium (child age 12 or younger, 5 drops)  
15 drops Peppermint (child age 12 or younger, 7 drops)  
Combine all in a small spray bottle and shake well before each use. Keep away from eyes. Not for use on children under age 12 without using the higher dilution ratios. Do not use on

infants or very young children. If pregnant or lactating, use essential oils with caution.

### Poison Ivy Salve or Irritant-Caused Skin Itchiness

2 oz. Aloe Vera Gel  
20 drops Lavender (child age 12 or younger, 10 drops)  
15 drops Tea Tree (child age 12 or younger, 7 drops)  
10 drops Peppermint (child age 12 or younger, 5 drops)  
Mix all in a container and apply liberally to affected area. Keep away from eyes. Not for use on children under age 12 without using the higher dilution ratios. Do not use on infants or very young children. Do not ingest. If pregnant or lactating, use essential oils with caution.



## Get Up and Go! Six Surprising Benefits of Exercise



May is physical fitness and sports month. The sun is out and the temperatures are warm—it's the perfect time to get out and get moving.

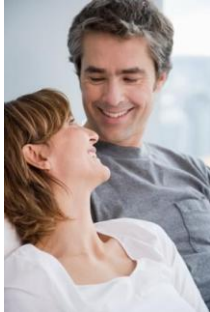
You know that exercise is good for your health, but here are several ways it improves your well-being that may surprise you.

**Prolong your life.** Exercise lowers cholesterol and triglycerides, conveying a multi-pronged health benefit by lowering high blood

pressure and decreasing your risk for a whole host of diseases and conditions: stroke, heart disease type 2 diabetes, depression, arthritis, and certain types of cancer. So along with weight loss, healthier bones, and improved flexibility and stamina, exercise will help you live longer.

**Improve your sleep.** If you are like most Americans, you have problems getting or staying asleep. By adding regular physical activity to your life, you improve not only your ability to fall asleep, but also to stay asleep. The quality of your sleep will also be better. So skip the Ambien and go for a walk after dinner!

**Boost your sex drive.** Men who exercise regularly have fewer sexual-physical dysfunctions, perhaps in part because reducing belly fat increases blood flow to the genitals. Both men and women who exercise report a boost in libido, because regular exercise increases testosterone levels— for men in a little as six weeks after starting an exercise regime and in women in eight weeks.



**Feel happier.** Millions of Americans are on anti-depressants, but a boost in physical activity may achieve the same end—naturally boosting endorphins, the “feel good” brain chemicals. Exercise can also improve memory and mental acuity as your brain is more highly oxygenated and as an increase in brain chemicals slows the age-related degeneration of the hippocampus (degeneration of the hippocampus may contribute to dementia and Alzheimer’s). Harvard psychiatrist John Ratey says that even ten minutes of physical activity changes your brain. “Exercise is the single best thing you can do for your brain in terms of mood, memory and learning,” he says.

**Think outside the box.** Exercise can increase your creativity and problem-solving abilities, and help you overcome mental blocks. Many scientists, artists and businesspeople report having a breakthrough “aha!” moment while walking, biking, or otherwise getting out of their heads and into their bodies. But creativity may actually be greater *after* your exercise session. Studies have shown that a 30-minute period of moderate to invigorating exercise, especially cardiovascular activity, can boost creativity for two hours after the activity ends. However, the effect may be reserved for those who are already relatively active, as generally sedentary people don’t seem to get the same level of creative boost during or after exercise.



**Slow aging.** Exercise can reverse the damaging cellular effects of stress. Most of us overlook the health effects of stress, but it is not called the “silent killer” for nothing. Stress ages us, not only because of those worry lines and wrinkles, but because it damages our cells. A University of California–San Francisco study showed that women who exercised vigorously for 45 minutes a day for three days showed fewer signs of aging at the cellular level than did women who were sedentary.

You don’t have to become a gym rat or a marathoner to benefit from exercise. Three ten-minute periods a day is as effective in improving overall health as is one 30-minute workout. So find an activity that turns you on and go for it!



## Events and Classes



For more information about classes and events, click on the [Events](#) button on the Home Page.

There are no public events or classes scheduled at this time.



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