

1“[I did not come with excellency of speech or of wisdom, declaring to you the testimony of God. For I determined not to know anything among you except Jesus Christ and Him crucified](#)”(1 Corinthians 2:1-2)

# Mundane Matters of Importance

“The LORD is my Shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in paths of righteousness for His Name’s sake” (Psalms 23:1-3 MKJV).

The idea of putting together these materials came from our involvement with other believers who’ve come to us through this website and to whom we’ve been ministering the Gospel of Jesus Christ. He is our Entrance into the Kingdom of Heaven. While we’re seated in Heavenly places with Christ, we still live on this earth, a place shrouded in great darkness by the prince of this world. We’ve often seen how so many others, especially those professing Christ, have been clued out to the many harmful and destructive ways of men that are considered normal and acceptable in this world.

We wanted to share the many things the Lord has taught us in bringing us [back to basics](#) so that we might live well, things we had no idea of before He alerted us. It all comes down to doing the right things for the right reasons. Here we have translated this principle into practical terms to live by in everyday matters. These guidelines will serve everyone well, being in harmony with God’s laws and His creation. It’s His will that we all come to this place.

Instead of being burdened with “dos” and “don’ts,” our intent is that you would become alerted to the things that are most urgent to change, and to continue educating yourself in the details of what works best as you seek to apply the principles of life. This should be the opening of a wonderful new world of promise and a welcome adventure, not a heavy weight around your neck.

And one caveat: While we emphasize thrift and wise use of resources, we aren’t advocating being cheap or miserly. The Lord once said to us, **“You can live expensively at the bottom or inexpensively at the top.”** Our God is liberal and not bound by money. With Him, there is always a way. Above all, trust and obey Him.

“Let us hear the conclusion of the whole matter. Fear God, and keep His commandments. For this is the whole duty of man” (Ecclesiastes 12:13 MKJV).

Here are the issues we address, with applicable principles, facts, and resources:

## Food & Food Issues

### Choose Organic!

On all foods possible, **choose organic**. If something isn’t marked certified organic, assume it’s not (unless you’ve talked to the farmer and know how he grew or raised it). Learn to read labels; even in organic there can be suspect ingredients.

By eating organic food, you avoid:

- Pesticides, insecticides, herbicides, synthetic fertilizers, and other toxic chemicals in the food.
- Harmful food additives, colorings, preservatives, excitotoxins, and artificial sweeteners.
- GMO's.

By eating organic food, you get:

- Healthier plants, animals, people, and farm operations.
- More nutrients.
- Better flavor.
- Less damage to the environment.

For more on this subject, read [Why Organic](#), [The Reality of Feedlot Beef](#), and [Health of the Planet and Its Inhabitants](#).

## Say No to GMO!

**Avoid GMO's at all cost.** If buying organic, your risk of being exposed to GMO's is greatly reduced. There are still organic products that allow small amounts of soy lecithin or other GMO ingredients, so read the label.

**The Big 3 GMO Ingredients: *Corn*, *Soy*, and *Canola*.** These are in 90% of conventional processed foods. Click [here](#) for a list of hidden GMO ingredients to watch out for and more information. (Another GMO to be aware of - *Cotton* in clothing; buy organic.)

Avoid foods that contain **high fructose corn syrup**. (Resources: [Guess What's Lurking in Your Food, Is High Fructose Corn Syrup Endangering Your Health?](#), and [High Fructose Corn Syrup, Oh Boy!](#))

For this reason and others, **avoid restaurants and fast food establishments**. Read [Eating Out](#).

## Avoid Junk Foods

Don't get in the habit (or break your habit) of relying on snack foods, such as candy bars, cookies, soda pop, potato chips, chewing gum, ice cream, etc., for satisfaction. Of course, such products should be entirely off-limits if conventional, but even organic commercial snack foods can be unhealthy, so have them only in moderation. Provide healthy snacks for yourself - you'll feel better and save money.

## Learn to Cook

Learn to cook from scratch, starting simple. It is a basic of life, but it can seem daunting for someone just beginning. Take it a step at a time, and don't be afraid to make mistakes - learn from them and go on. A very good cookbook is [How to Cook Everything](#) by Mark Bittman - he keeps his recipes easy and simple, and many of them are based upon whole foods.

Another excellent cookbook is George Mateljan's [The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating](#). It provides recipes for the best ways to prepare the foods he deems the world's healthiest, to preserve nutrients while enhancing flavor.

Here's a site of recipes for various dishes: [The Reluctant Gourmet: Recipes & Techniques](#).

Click [here](#) for suggestions for healthful snacks, good drinks, and condiments.

## Sweeteners

Don't eat products containing highly processed sweeteners, like high fructose corn syrup and white sugar, and sugar substitutes, like aspartame, sucralose, Splenda, NutraSweet, Sweet 'n Low, etc. Don't use corn syrup or maple-flavored syrup, like Aunt Jemima (corn syrup base).

Don't be deceived by conventional store-bought honey. Most of the honey sold is not honey, but a substitute, for the most part, called "honey" and imported from China. It won't say "China" on the packaging, since it may be packaged here.

Good sweeteners, enjoyed in moderation, are genuine maple syrup, raw cane sugar, coconut sugar, and non-pasteurized (raw) honey. (Resources: [Sweeteners](#), [Sugar: The Sweetest Poison, Everyone Knows Artificial Sweeteners Aren't Good for You, So Why Are People Still Eating Them?](#), [Asian Honey, Banned in Europe, Is Flooding U.S. Grocery Shelves](#), [What's So Special about Raw Honey?](#), [What Is a Natural Sweetener?](#), & [The Ultimate Guide to Coconut Products](#))

## Clean and Unclean Meats

God designed certain animals for eating and others for different purposes. Avoid Biblically-forbidden foods (Leviticus 11). See [explanation](#) with suggestions of good meats.

## Coffee

Coffee in moderation can be fine for some people, but always drink organic (high chemical use in conventionally-grown coffee), and wean yourself from an everyday coffee/caffeine addiction.

## Salt

Avoid plain white table salt - it's unbalancing to the body. Wholesome salts are a necessity of life, however. Read [Natural, Wholesome Salts](#). Ask us if you need advice regarding what's available in your locale. (Resource: [The Salt of the Earth](#))

## Dairy Products

Even if choosing organic milk and dairy products, avoid those that have been homogenized. And when possible, purchase raw (unpasteurized) milk and raw milk products (sometimes this takes some creativity - ask us for advice on finding contacts). (Resources: [Dangers of Pasteurization and Homogenization](#), [Drinking Pasteurized Milk Is Dangerous](#), [The Health Benefits of Raw Milk](#), & [Fresh, Unprocessed \(Raw\) Whole Milk: Safety, Health, and Economic Issues](#))

## Cooking Oils

Avoid hydrogenated oils, margarine, and vegetable shortening (Crisco, Tenderflake, etc.). Good choices are butter, virgin coconut oil, safflower oil, sunflower oil, and authentic extra virgin olive oil (don't trust those on conventional grocery stores - [resource](#)). All organic, of course. (Resource: [The Ultimate Guide to Coconut Products](#))

## Good Bread

Making your own bread isn't difficult. The best choice for flavor and nutritional benefit is sourdough. It's relatively easy to make a sourdough starter, and once you have it, the possibilities are endless! There are many good resources on the internet for home bakers, and Lord willing, we'll have basic instructions available here soon.

## Aluminum Cans & Canned Food

Avoid drinking beverages or eating foods out of aluminum cans, due to leakage of the aluminum. Those with liners are no better, for the reason given below.

Food cans are often lined with BPA, a hormone-disrupting chemical. Even those marked "BPA-free" may not be safe, as they may contain BPS, a chemical possibly even more harmful. (Resources: [Ban: Canned Food](#) & [Worse than BPA? Toxic BPS](#))

## Plastics

Avoid using plastic bags, plastic containers, and plastic wrap for food, when an alternative is available. (Resources: [Practical Options to Store Your Food without Contaminating Them with Plastics](#) & [Pots, Pans, and Plastics: A Shopper's Guide to Food Safety](#))

## Cookware

Avoid pots and pans coated with Teflon or otherwise marketed as non-stick. (Resources: [Ban: Nonstick Cookware and Bakeware](#), [The Horror of Toxic Pans: The Dangers of Teflon](#), [Be Informed - Non-stick Pan Pose Danger](#), [Is Teflon Safe?](#), & [Another Reason to Ditch Your Non-Stick Cookware](#))

Click [here](#) for more cookware issues and recommendations.

## Microwaves

Don't use them for food. A quality toaster or small convection oven is economical and safe. (Resources: [Microwave Ovens Reconsidered](#) & [The Hidden Hazards of Microwave Cooking](#))

## Stocking Up

It's a good idea to keep a supply of non-perishable food staples, such as dried beans, legumes, rice, grains, sugar, salt, herbs and spices, nuts, and dried fruit, in case of food shortages or spikes in the prices of some of these goods. Store them in well-sealed containers.

## Water

Good water is vitally important. That's why proper [filtration](#) is so necessary. Find out how your municipality treats your water, in order to learn what kind of filtration you need. Treating water at the local source (tap or well) is much better than buying [bottled water](#).

Water [revitalization](#) is greatly beneficial - another necessary treatment for good water.

In the bigger picture, fluoridation of municipal water systems is a grave assault on your right to decide for yourself whether you want to ingest the toxic residue of industrial phosphate plants as a supposed preventative medicine against cavities. Learn more and join us in standing against this ongoing crime - see [FluorideFreeLethbridge.com](#).

## Body Care

Don't wear conventional **deodorant** and especially **antiperspirant**.

Avoid conventional, synthetic **perfume**, **cologne**, and **aftershave**. (Resources: [Ban: Synthetic Fragrances](#) & [The Health Risks of Twenty Most Common Chemicals Found in Thirty-One Fragrance Products](#))

Avoid **mouthwash** with alcohol or coloring, and **toothpaste** containing sodium lauryl/laureth sulfate, fluoride, or other chemicals.

Don't use conventional (think, chemicalized) **shampoo**, **body wash**, **lotion**, **baby shampoo**, and **scented/antibacterial soap**. Look for organic shampoo and soap, or make your own. (Resources: [Serious Health Dangers May Be Lurking in Your Shampoo & Soap](#), [Ban: Antibacterial Soap](#), [Ban: Synthetic Fragrances](#), & [Laundry Detergents Pose Serious Health Risks](#))

Avoid **sunscreens** and conventional **insect repellents**. And don't believe those who say getting sun on your skin is harmful (but don't burn). (Resources: [Natural Sunscreen and Insect Repellent](#) & [The Bottom Line on Sunscreens - Which Sunscreens Are the Safest?](#))

Avoid **tattoos**. The ink used in body art is toxic. Read [Are Tattoos Toxic?](#)

For easy, effective do-it-yourself body care **solutions**, click [here](#).

## General Health Issues & Maintenance

Avoid conventional-store **vitamins** and **supplements**. (Click [here](#) to read more.)

Don't take **vaccines** or give them to your babies or children. (Resources: [How Vaccines Can Damage Your Brain](#), [The Dangers of Excessive Childhood Vaccinations](#), [Why You Should Avoid Taking Vaccines](#), & [Vaccinated Children Five Times More Prone to Disease than Unvaccinated Children](#))

Whenever possible, don't take **pharmaceutical medications**, whether prescription or over-the-counter. Look for **natural/herbal solutions** for your health concerns and seek the Lord for understanding ([God Heals Today, His Way](#)). Click [here](#) for some simple health suggestions. (Resources: [Treat the Cause, Not the Symptom](#), [Benefits of Natural Medicine](#), [Drug Dangers - The Authority on Drug Interactions and Side Effects](#), [Am I Addicted to Prescription Drugs?](#), & [The 7 Most Addictive Prescription Medications](#))

If you must go to the **doctor**, find one who is at least open to natural medicine, or is a practicing naturopath or homeopath.

Avoid routine use of **antibiotics**. If you must go through a course of antibiotics, do it completely (reducing risk of bacterial/viral antibiotic resistance), and replenish the good bacteria in your gut with organic probiotics - a high-potency supplement is beneficial, as well as eating fermented products, like yogurt, sauerkraut, kefir, kimchi, etc.

Don't believe those who say the **sun** is harmful. Spend 20-60 minutes or more outdoors (or indoors under full-spectrum light) every day (glasses off). Sunlight is good, but cloud cover is OK. (Resources: [Acquiring Vitamin D through Your... Eyes?](#) & [Summer Advice](#))

Do whatever you can to achieve complete darkness in your bedroom at night. Even a tiny amount of light at night can be detrimental to your health. Don't use a night light in your room, completely cover your windows if you live in the city, with cars driving by and street lamps shining in, and block light from your alarm clock with a piece of cardboard. For more sleeping tips, read [Trouble Sleeping? 10 Rules to Sleep Properly](#). (Resources: [How to Achieve Total Darkness for Better Sleep \(and Health\)](#) & [Sleeping in Darkness: How Does Light Impact Your Weight?](#))

## Eye Health

Be aware that long stretches at the computer can weaken the eyes. Take occasional breaks from the computer; walk around a bit. Follow the 20-20-20 rule: Every 20 minutes, look at an object 20 feet away for 20 seconds.

For eye exercises, print off the [Tibetan Eye Chart](#).

For all-day office work, use [full-spectrum lighting](#).

If you wear glasses, work on eye improvement through eye exercises, herbs, and nutrition. Sara makes a tincture for eye health.

Don't wear sunglasses more than necessary; they block UV light, which is necessary for eye (and general) health. (Resources: [The Sun Is Important for Our Eye Health](#) & [Acquiring Vitamin D through Your... Eyes?](#))

## Dental Health

Avoid amalgam and composite fillings, root canals, dental X-rays, and treatments with fluoride. If you can, find a holistic dentist who won't pressure you into accepting unhealthy procedures.

For ways to take care of your teeth through diet and good practice, read Ramiel Nagel's book, [Cure Tooth Decay](#).

## Exercise

Commit to an exercise routine that is suited to your needs, easy to follow, and alternately works different muscles/systems (cardiovascular, stretching, strengthening, etc.)

The [5BX Program](#) for men and [10BX Program](#) for women is straightforward and can be done in minutes a day.

Core muscle exercises (crunches and push-ups) are important for those who sit a great deal of time, but good for everyone.

## Weight Control

Excess weight can cause various health issues - physically, mentally/emotionally, and spiritually. If you are overweight, seek the Lord for what you need to lose weight and eliminate unhealthy habits. A simple place to start is to eat less and move/exercise more. Eat healthy organic food, avoiding junk food between meals (healthy snacks are OK). Here is some more detailed advice: [Six Simple and Essential Dietary Changes to Help You Lose Weight for Good](#).

## Smoking

Seek God for the strength and grace to quit. By the will of God, go cold turkey, as opposed to relying upon your own strength, wisdom, and devices. Don't use nicotine products. The [Chi Machine](#) can help you to combat addictions and cravings and help with detoxification, as can certain clay detox baths (read [Save the Smokers!](#) and [Want to Stop Smoking?](#)).

## Radiation

Avoid X-rays (dental included), MRI, CT scans, and TSA airport scanners. It's very important to eliminate radiation exposure whenever possible - the effects are cumulative. (Resources: [Medical Radiation Soars, with Risks Often Overlooked](#), [Lethal Danger of CT Scans and X-Rays](#), & [Airport Security Scans: What Would Your Doctor Do?](#))

Here is some advice to heal from radiation exposure: [Foods to Fight Radiation](#) and [Dairy Farmers Fight Radiation with Boron](#).

## Electromagnetic Frequencies (EMF's)

Avoid EMF's whenever possible. A few simple things to do: Turn off the wireless router when not in use (especially at night). Use a corded phone, rather than a cordless or a cell phone. For those not ready to say goodbye to their cell phone, stay off the cell phone for long conversations, or use the speaker feature (the phone held against your head has proven health detriments, like brain tumors). Don't use compact fluorescent light bulbs - replace with incandescents.

Turn off electronic equipment when not in use. Don't sleep next to running electronics, like alarm clocks - use battery-operated clocks.

We offer [Grander Pendants](#) and [Grander Boards](#) to enhance personal resistance to EMF's - beneficial for anyone; important for those doing computer work.

Click [here](#) for further resources with good advice.

## Bathroom Habits

When possible, avoid conventional, bleached toilet paper. Read [Why Your White Toilet Paper Is Toxic](#) and, for other options, [So Which Toilet Paper Really Is the Best?](#)

We have a sign in our public bathroom, “Gentlemen, Please Be Seated.” For cleanliness, we recommend men to sit during urination. Does splashing while going to the bathroom sound hygienic to you?

## Clothing

### New Clothes & Clothes Shopping

Wear clothing with **natural fibers**, organic when possible, especially when buying clothes that hug the skin. Some natural materials are hypoallergenic, durable, and odor-fighting.

(Resources: [Sustainability & What You Wear](#) & [Do You Know what Toxic Chemicals Lurk in Your Clothing?](#))

As safe and natural as **cotton** may seem to be, much of it is produced with GMO’s now. Buy organic or shop at thrift stores for (hopefully) older clothing.

Avoid **synthetic materials**, especially those with chemicals for anti-wrinkle, stain resistance, or anti-microbial. (Resources: [The 6+ Synthetic Fabrics You Most Want to Avoid, and Why](#), [Avoid Polyester Fabrics](#), [Is Your T-Shirt Toxic?](#), [Why Are Synthetic Fabrics Bad?](#), & [Beware of Hidden Toxin Sources in New Clothes](#))

Avoid buying fashion **name-brand** clothes from retail stores. Though they may be high quality or made from natural materials, you pay for the name.

Shop for quality **used** clothing at garage sales or thrift stores.

**Wash** new clothes before wearing. Also, a 1-hour to overnight vinegar soak (½ cup vinegar:1 gallon water) before washing can help release chemicals. It can be a good idea to take a shower after clothes shopping to wash away chemical residue from trying on new clothes.

(Resources: [Should You Wash New Clothes? - They Could Be Laced with Formaldehyde](#), [New Clothing Can Harm You](#), [How Clean Are Your New Clothes?](#), & [Greenpeace Finds Highly Toxic Chemicals in Branded Clothing](#))

## Care

Don’t use conventional **laundry detergents** and **fabric softeners** (Downy, Tide, Bounce, etc. or store brands). Use natural brands of detergent, or make your own laundry soap. Putting ½ cup white vinegar into the rinse cycle of a load of laundry has softening and brightening effects on the clothes. Try this simple recipe: [Make Your Own Laundry Soap](#). (Resources: [Laundry Detergents Pose Serious Health Risks](#), [Fabric Softeners Contain Toxic Chemicals](#), [Are You Poisoning Your Household?](#), [Look What’s Lurking on Your Freshly-Washed Clothes](#), & [Ban: VOCs](#))

Avoid **dry cleaning** (hand-washing is usually fine for clothes labeled “dry clean only”). (Resources: [Ban: Dry-Cleaning Chemicals](#), [Chemicals Used in Dry Cleaning & Their Dangers](#), & [How to Avoid Dry Cleaning Dangers](#))

Learn to read **labels** on clothing and **care** for what you’re buying. Wool requires special treatment as opposed to cotton or hemp, etc. Many clothes say dry-cleaning is required, when this isn’t the case. Looking into what the clothes are made out of will guide you in how to care for them (or ask for advice).

## Footwear

Buy quality footwear that fits well, provides proper back support, protects your feet, is comfortable, and is easy to care for. (Resource: [Will Those Trendy Shoes Ruin Your Teenager's Health?](#) & [5 Things You Need to Know about Arch Support](#))

## Women

Avoid synthetic (conventional) **fragrances**. (Resources: [Ban: Synthetic Fragrances](#) & [The Health Risks of Twenty Most Common Chemicals Found in Thirty-One Fragrance Products](#))

Avoid **cosmetics**, unless necessary. (Resources: [Toxic Beauty: The Dangerous Truth about the Cosmetics Industry](#), [New Study Finds Major Toxins in Many Cosmetics](#), [‘Dirty Dozen’ Cosmetic Chemicals to Avoid](#), & [Toxic Make-up: Looks that Can Kill](#); some safe options: [Safe Cosmetics](#) & [Top 8 Safe Cosmetic Brands in the U.S. 2010 + 1 from Australia](#))

Don't use **hairspray**, **hair dyes**, or **nail polish**. (Resources: [Is Hair Spray Harmful?](#), [What Happens if You Breathe in Hairspray?](#), [Nail Varnish and Hair Spray Can Increase the Risk of Diabetes](#), [Hidden ‘Trade Secrets’ - Hairspray](#), [Hair Dyes and Cancer Risk](#), & [Health Risks of Chemical Hair Dyes](#))

Avoid **bras** with underwires. Wear high quality bras with proper fit. (Resources: [Can Wearing Your Bra Cause Cancer?](#), [How an Ill Fitting Bra Can Harm You](#), [6 Telltale Signs of an Ill-Fitting Bra](#), & [How to Measure Bra Size?](#))

Avoid **tampons**, especially super absorbency, and conventional **pads**. No matter what type of feminine hygiene products you choose, it's important to seek out organic brands to avoid being exposed to chemicals and toxins in such a highly absorbent area of the body. Good choices: [Natracare](#) and [Organyc](#). (Resources: [Dangers of Feminine Hygiene Products that Every Woman Needs to Know](#) & [Sanitary Tampons and Pads: How Their Dioxins Are Leading to the Endometriosis Epidemic](#))

Even better, use **reusable menstrual pads** (a.k.a **cloth pads** or **mama cloth**). This is a much more economical option than using disposables (payback period of a year or so - less if you make your own), and it's better for the environment. Get a few and try them out - it's not as hard to manage as it may seem. Good brands to buy (choose the organic varieties): [GladRags](#), [Lunapads](#), and [Moonpads](#). For advice on how to use/wash them, sources for purchasing, or links to a few good sewing videos, [contact me](#). I don't mind "period talk," and I love using cloth pads. (Resource: [Benefits of Using Reusable Pads](#))

(Don't listen to those who promote cloth pads as chemical-free unless they're talking about pads made from organic cotton. Conventional cotton contains various chemicals and can often be [GMO](#). For truly natural, chemical-free options, always buy organic.)

Don't use **curling irons**, **flat irons**, and, some say, even **hair dryers**, as all these appliances cause heat damage to hair, resulting in frizz, brittleness, and breakage - they also increase exposure to EMF's. (Resources: [Dangers of Hair Dryers](#), [What Are the Dangers of Ceramic Hair Straighteners?](#), & [Fix Hair Damaged from Beauty Tools](#))

Avoid **high heels** or **fashion shoes** that don't provide adequate support. (Resource: [High-Heeled Shoes - Bad for the Body](#))

## Pregnancy & Child-Rearing

Avoid the unnecessary (routine) use of **ultrasounds**. (Resources: [Negative Effects of Ultra Sounds](#), [Ultrasound: More Harm than Good?](#), & [The Dangers of Prenatal Ultrasound](#))

Absolutely avoid giving your child **vaccines**. (Resources: [How Vaccines Can Damage Your Brain](#), [The Dangers of Excessive Childhood Vaccinations](#), [Why You Should Avoid Taking Vaccines](#), & [Vaccinated Children Five Times More Prone to Disease than Unvaccinated Children](#))

Also don't give your newborn the routine **Vitamin K** injection. (Resource: [The High Risks of Vitamin K Shots for Your Newborn Baby](#))

Avoid **birth interventions** whenever possible, like epidurals, PCA (patient controlled anesthesia), C-sections, the use of forceps, vacuums, or episiotomies/perineotomies. (Resources: [Medical Risks of Epidural Anesthesia During Childbirth](#), [The Hidden Risk of Epidurals](#), [What Does Lamaze Say About Epidurals?](#), [Young Woman's Death Sheds Light on Dangers of PCA Pumps](#), [Risks of a Cesarean Procedure](#), [Dangers of Elective C-Sections](#), [Forceps Delivery Birth Injuries](#), & [Episiotomy and Alternatives](#))

**Folic acid** is recommended to pregnant women to help prevent neural tube defects such as spina bifida. Skip the supplements and get the natural source, **folate**, from organic organ meats and vegetables. (Resource: [Folic Acid vs. Folate](#) and [The World's Healthiest Foods: Folate](#))

Don't allow the doctor or staff to **clamp the umbilical cord** too quickly, as this can lead to cerebral palsy or other health conditions. (Resource: [Are Doctors Causing Infant Brain Damage by Clamping the Umbilical Cord Prematurely?](#))

For more about **various birth procedures**, see this template you can use as a letter for the hospital (adjust the header and parts within brackets - watch for them - for use accordingly): [Natural Birth Plan](#).

Use natural cloth **diapers** instead of disposable for health and environmental reasons. Harvest Haven sells [Imse Vimse Organic Cloth Diapers](#). (Resource: [Toxins in Disposable Diapers: Dioxin and Sodium Polyacrylate](#))

Shop wisely for **baby care products**. Keep it simple, and avoid chemicals and fragrances. (Resource: [Four Steps to Selecting Safe Baby Care Products](#))

## Household Issues & Cleaners

Avoid conventional **dish soap**, **laundry soap**, **fabric softeners**, **cleaning solutions**, **air fresheners**, **drain cleaners**, **window cleaners**, **stain repellents**, **furniture polish**, **chemical pesticides**, and products containing **ammonia** or **fragrances**. (Resource: [Ban: Harsh Cleaning Products](#))

There are toxic chemicals in **pillows**, **bed mattresses**, and **carpets**. Read [5 Ways Your Bedroom Is Killing You](#). (Resources: [Is Your Mattress Toxic?](#) & [Is Your Bedroom Toxic? 5 Easy Ways to Get a Restful Night's Sleep](#))

Avoid household products made from **plastic** and **vinyl**. (Resource: [Ban: Vinyl](#))

Avoid **pressed wood** and **particle board** cabinets. (Resource: [Ban: VOCs](#))

Use **no-VOC** paints inside your home. (Resource: [Ban: VOCs](#))

**Carpet cleaning** solutions contain a cocktail of noxious chemicals. Find a product that contains, or business that offers, plant-based cleaning solutions. Read [Where to Find Eco-Friendly Carpet Cleaning Options](#).

Be aware that much furniture and carpet being sold today contains **fire-retardant chemicals**, which emit toxic dust for a long time afterwards. Keep your living space clean, dust frequently, and be careful when buying new furniture or carpets. Read [Flame-Retardant Chemicals Create Unhealthy Homes](#) - the end of page 3 contains recommendations of how to avoid those. (Resources: [Household Flame Retardants Potentially Ineffective, Dangerous](#) & [Ban: Flame Retardants](#))

Don't use conventional **candles**, made from paraffin wax, scented or unscented - they give off highly carcinogenic chemicals. Use candles made from palm wax, organic soy wax, or beeswax - they clean the air and emit healthy negative ions. (Resources: [Danger from Everyday Candles?](#), [Toxins in Candles: Sad, But True](#), & [Find Natural Candles Made from All-Natural Biodegradable Waxes](#))

Click [here](#) for **natural cleaning solutions**.

## Garden & Lawn Care

Grow your own garden however possible. For those with limited space, consider setting up a container garden or growing herbs indoors (use organic potting soil). (Resources: [Growing Organic Food Inside Your Home Year-Round](#), [How to Grow Organic Food Indoors](#), [Organic Herb Gardening](#), & [Container Gardening for Food](#))

Start saving your own seeds. (Resource: [Saving Seed](#))

Don't use chemicals, like artificial fertilizer, pesticides, and herbicides. This is crucial, not only for the surrounding environment and the issues of what you are supporting with such purchases, but also for the health of your family, your children, and the pets exposed to the chemicals in your lawn. (Resource: [Ban: Synthetic Pesticides](#))

## Pet Care

Like us, pets need healthy food with as little processing as possible. Avoid commercial pet foods; they are full of ingredients that are rendered from slaughterhouse waste, bread and cereal ingredient rejects, binders, fillers, and GMO ingredients, among other things.

Look for raw organic pet food where possible or make your own with meat, eggs, fruits, and vegetables. Adding garlic to pet food is a great way to prevent or get rid of fleas. ([Harvest Haven](#) can provide you with an ingredient list we use for making our raw dog food.)

A good unrefined salt can be added to their food for added minerals. [Nature's Cargo](#) offers pet salt in a variety of sizes. Also provide your pet with [filtered](#), [Granderized](#) water as they may be more affected than humans are by the contaminants in water.

To get rid or to prevent mites, look for [Diatomaceous Earth](#). It helps with ants, ticks, and mites, too. It can be put on your pet and is also safe for eating.

(Resources: [The Healthy Pet Journal](#) & [Natural Dog Health Remedies](#))

## Finances

### Credit Cards

Only use credit cards if you pay off the full balance every month (otherwise you'll be stuck with exorbitant interest rates and will have difficulty extracting yourself). If you need to have a credit card, get a no-annual-fee card that gives you a useful reward in return for your business - cash back, free groceries, free gas.... Shop around. (See [Best U.S. Credit Cards](#) & [Best Canadian Credit Cards](#).)

### Loans

The first question to answer would be: Why do you need a loan? Often there are other ways to manage a situation without going into debt. The Scriptures say, "Owe no one anything, except to love one another..." (Romans 13:8 MKJV). Talk to us for further advice in your circumstances.

### Insurance

Get the minimum of insurance that you can, in any circumstance. Regarding car insurance, since the law requires liability, abide by that. Don't go for collision insurance unless obligated, because making payments for a car loan.

### Utilities

Review your utility bills. Oftentimes monthly services (phone, internet, electric, gas, water, etc.) can be more expensive than necessary, with better options available for less money. Consider how much or how little you use these services in balance of what you're paying, and think creatively of ways you can cut back your bills.

### Shopping Tips

Buy used goods, like furniture, clothing, some electronics, vehicles, bicycles, and tools, etc. but make sure you're purchasing quality.

Use Kijiji, Craig's List, eBay, garage sales, and local classified ads for buying and selling.

Watch for sales. There are certain times of year to buy various items. Watch for sales, clearance, and promotions. Above all, have faith God will provide for what you need, in His will, timing, and way. The goal isn't to buy things at the cheapest price, but to be a good steward and walk in faith.

Don't buy things you don't need, and don't be tempted into buying something just because it sounds good.

When you can, support local products, businesses, producers, and growers. Consider whom you are supporting with your purchasing dollars, whether local or international.

Don't buy from Best Buy (they support Islamic jihadists and take an anti-Semitic stance). If you can help it, don't buy from, or stand with, anyone who boycotts or opposes Israel.

## Vehicles

Observe safe driving methods. Never text and drive, and avoid phone calls (even hands-free) while driving, too. When on the road, your attention should remain on the surroundings. Watch [From One Second to the Next](#).

Find a good mechanic you can trust.

Learn about, and watch over, basic things like tire pressure, oil level and drain interval, coolant level and strength (i.e., good to -30°F for northern North American winters), power steering fluid level, brake fluid level, transmission fluid level and condition (i.e., not smelling burnt). Read and follow your owner's manual.

Use quality engine oil (Amsoil) and filters, so you don't have to change the oil every 5,000 km (3,000 miles).

Click [here](#) for car buying tips.

## Computer Issues and Maintenance

### General Principles

Avoid going to gambling sites, gaming sites, and those for pirated software - where you can easily pick up a virus. And don't use pirated software, for legal and ethical reasons.

For your life, don't go to sites containing any degree of porn, soft or hard. Don't look at pictures containing scantily-clad women or men, models with indiscreet clothing, and women in bathing suits. A little *always* leads to more, so don't even stick your toe in those waters.

### Backups

Regularly backup the files on your computer, copying to another location. There are various methods that work for this (talk to Sara for further advice). One free highly-rated program to make backups easy: [AOMEI Backupper](#).

### Surge Protection

Use a good surge protector, and unplug it from the wall when electrical storms come through.

### Virus Protection

Use a good antivirus program, and keep it updated (if it doesn't update automatically). Avast is decent, and free (click [here](#)). Run a scan regularly, at least once a week.

Use Malwarebytes in conjunction with antivirus protection (click [here](#) - choose "Free Download"). It's a good program, and also free. Do a manual update and scan regularly.

Another good program is SUPERAntiSpyware (click [here](#) - choose “Free Edition”). Update and scan regularly.

If you have reason to believe your computer is infected, update and scan each of the above programs multiple times, until each program says you’re clean. (SAS often finds small tracking stuff, which is good to clean up, but don’t worry about it for this purpose. Look for dangerous infections.)

## Keep It Clean

Go through your programs and files occasionally to eliminate what you don't need or use.

Eliminate files and shortcuts from your Desktop to increase speed and performance.

Use the free program, [CCleaner](#), for clean-up of registry errors, cookies, temporary files, and more to free up space and increase performance.

## Spam

Never open attachments or links that seem questionable - either you don’t know the sender, or you do know the sender but you don’t know why they’re sending the e-mail to you. (Some things to watch out for: Messages asking you to resolve a shipping issue, or resolve an account issue, or basically resolve any immediate issue are typical spam, as are messages that say, “Hey, I made so much money, just click this link....” No matter if you know the person or not, don’t click the link. Same goes for messages from people you know only containing a link, no explanation. Don’t click the link; it is typical virus spam.) (Resources: [How to Identify Email Spam](#) & [Spam and Phishing Emails](#))

## Backup Computer

Those who depend on a computer for daily work should have a second computer on hand in case your primary machine goes down. It doesn’t have to be expensive. Sometimes older technology is available, which works fine.

## Good Advice and Resources

Here are a few articles that give good advice on taking care of yourself:

[The Top 20 Ways to Boost Your Immunity to Colds and Flu without Using Vaccines](#)

[Twelve Low-Tech Tools You’ll Always Use](#)

The Weston A. Price Foundation’s [Dietary Guidelines](#)

[Emergency First Aid Checklist: Herbs, Medicines, and Tools for Holistic Medical Safety in any Crisis](#)

Here are some sites we find provide useful information on several fronts (not everything they publish is the truth, so you need to exercise discretion):

- Nutritional Information, Food Prep & Healthy Recipes: [www.whfoods.org](http://www.whfoods.org)
- Natural Health News: [www.jonbarron.org](http://www.jonbarron.org)
- Mercola Health Site: [www.mercola.com](http://www.mercola.com)
- News Items and Commentary with a Focus on Israel: [www.watch.org](http://www.watch.org)
- About Islam: [www.radicalislam.org](http://www.radicalislam.org) and [www.thereligionofpeace.com](http://www.thereligionofpeace.com)

Click [HERE](#) for more information and resources.

Compiled by Sara Schmidt

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