



SCHOOL HAS STARTED, FALL IS
HERE, AND HOLIDAYS ARE
APPROACHING.....

So here are some tips to staying healthy this season....

Did you know ?

Air fresheners, plugins, candles, fabric softener's, soap detergents, and other many household items we use daily to "smell fresh" and "be clean "have dangerous ingredients in them. Chemical companies add a number of pollutants designed to deaden your sense of smell while others add various toxic perfumes to cover up household smells.

One of the toxic ingredients found in many of these everyday products is formaldehyde. According to the EPA formaldehyde can cause cancer and may also affect people with asthma, lung infections and other respiratory concerns. 95% of the chemicals found in these products are derived from petroleum which includes benzene, aldehydes, and other toxins. These can cause cancer, birth defects, allergies, and nervous disorders.

Sothis season please consider using all natural cleaning products for your home and family. Notice if you and your family feel healthier this season without exposure to harmful toxins.



My reminders.....

Start this season out healthy by eating good foods, staying away from toxic chemical products and taking a good multivitamin.

I have researched and have found excellent pharmaceutical grade multivitamin products that are available in my office or can be shipped directly to you!

I also encourage everyone to get a Comprehensive Wellness Blood Panel. It would provide us a baseline and/or show any areas for you to improve for better health. Please look on my website for details. www.drleilamt.com

Call me to make an appointment so we can go thru your lab results together and develop a plan for you and your family on a preventative program for good health!

Stay healthy,

dr Leila

