

# Protecting Our Environment

WHAT OTHERS ARE DOING ♦ HOW YOU CAN HELP

## Are There Hidden Toxins In Your Home?

(NAPSA)—Over the last 50 years, man-made chemicals and pesticides have spread at almost inconceivable rates. Some of us do our best to minimize exposure to everyday toxins, yet there may be toxic dangers lurking in our own homes.

“There are common sense things one can do to reduce the toxic exposure in one’s home,” says Environmental Scientist Michael Wisner. “Lead comes from vehicular and industrial exhaust and being heavier than air, falls to the ground. If you leave your shoes at the door before walking into your house, you can reduce exposure to lead by 40 percent. Another simple tip is to clean things with baking soda, vinegar and water rather than harsh chemical cleaners.”

Wisner also says that reducing the levels of toxins that have accumulated in the body is vital. He recommends the program described in the book *Clear Body Clear Mind* by *New York Times* best-selling author L. Ron Hubbard.

The book details Mr. Hubbard’s research that resulted in his breakthrough discovery that toxic residues can be trapped in the fatty tissues of our bodies and can affect mental and spiritual well-being. The program has now been successfully completed by over 250,000 people worldwide.

Wisner and other scientists studied the program; and while Wisner made it clear that the program and book make no medical claims and results may vary from person to person, he added, “I have con-



**It seems there may be a way to reduce hidden toxins in homes and in bodies as well.**

tributed to twelve independent, published scientific studies that in my opinion clearly document the scientific efficacy and safety of the program.” Wisner also extols the more subjective results, “We put over 3,000 normal people through the program, seeing some incredible results on a scientific level. But it is important to note that many of those who have completed the program have experienced results such as heightened ability to think clearly and a general increase of happiness in life.”

“The key,” says Wisner, “is to do everything we can to reduce the toxins we use in our environments, while at the same time reducing our internal exposure. Mr. Hubbard’s *Clear Body Clear Mind* is a survival tool in today’s chemical world.”

For more information, visit [www.clearbodyclearmind.com](http://www.clearbodyclearmind.com).