

Dr. Shippy's Reducing Environmental Toxicity Guide

EVERY
LIFE
WELL®

Ann Shippy MD



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A healthy lifestyle includes many things: from knowledge to nutrition, from genetics to lifestyle, and from emotional and mental health to controlling your environment. This free guide has been designed to help you do the latter... limit the effects of increased toxicity in your environment, and that of your family.

Toxicity Matters™ – To All of Us!

There are toxins in your food, in your water, and in the air you breathe. They can cause a variety of illnesses, cancer, and even death. It's so important to take steps to prevent a buildup of toxins in your body that even small changes can have a huge impact on your health, both short- and long-term.

Where Are the Toxins in Your Environment?

Your body is constantly bombarded with toxins in your environment – in the food you eat, in your carpeting, in your home cleaning products, in the beauty products you use, and in the water you drink.

What Are They Doing to You and Your Family?

When these toxins build up in your system they can cause inflammation, weight gain, and illness. Yet, with surprisingly few modifications to your diet and lifestyle, along with supportive nutrients, you can be on your way to better health.

Becoming Mindful of the Toxins in Your Life

Key Principles:

1. What you eat and drink, put on your skin, and breathe contains toxins that must be processed out of your body or they will build up over time, leading to

systemic problems and illness. For example: Mercury in fish... that is why the EPA recommends limiting fish intake during pregnancy.

2. You are being exposed to many more toxins than ever before in our air, water, buildings, and food, which means your body has a lot to deal with every day to keep you healthy. Providing support for your body to do this should become a priority.
3. There are a lot of things we have limited influence on (like what is in the air in our cities) ... so it's important to do everything you can to reduce your exposure to toxins. For example: using "green" cleaning products instead of chemical solvents and such.
4. When toxins build up in your body they can cause a lot of different symptoms and, since it is usually happening gradually over time, you don't even realize it. Staying mindful of the problem will go a long way toward helping reduce these toxins, and their long-term effects.
5. Symptoms can range from cancer and birth defects to inflammation, chronic pain, weight gain, autoimmune diseases, diabetes, Parkinson's disease, thyroid disorders, hormone imbalance... almost every system in the body can be affected.

What You Can Do to Reduce & Clear Your Body of the Toxins in Your Environment

Action Steps:

- "Flush" your system by drinking at least 8 cups of **filtered water** each day – out of glass, not plastic. Staying well hydrated helps your body deal with toxins in many ways, including keeping your kidneys filtering robustly.
- Make sure you have a good bowel movement every day. Drinking plenty of water and eating 5-6 cups of veggies a day will usually accomplish that. If you need extra help, taking magnesium glycinate at night will help get your bowels moving. And most people need some magnesium anyway. (Magnesium supports more than 300 bodily functions, not least of which are maintaining healthy bones and teeth.)
- What you put on your skin and scalp gets absorbed right directly your blood stream. Check the ingredients of all your skin care products through ewg.org or the [Think Dirty® app](#), available for iPhone and Android. For example: most

deodorants contain **aluminum**. My favorite natural deodorant is “Lavaniila-The Healthy Deodorant.” I had to try around ten to find one I liked.

- Create the cleanest environment you can while you sleep. Buy a natural mattress, organic cotton sheets (they have a great deal on them at Target), avoid carpeting if you can, run a HEPA air filter in your HVAC system. Since you usually spend about a third of your life sleeping – this can really make a difference.
- Eat 4-6 cups of veggies a day, with a high emphasis on broccoli, cauliflower, cabbage, kale, brussels sprouts, onions, and garlic. Add ½- 1 cup of organic berries a day.
- Eat organic as much as you can. Doing this really makes a difference in the levels of pesticides and fumigants I see in my patients.
- Limit fish to the types recommended by the environmental working group (salmon, sardines, mussels, rainbow trout, Atlantic mackerel, oysters, pollock, herring), and eat 1-2 servings per week.
- Exercise at least 15 minutes a day to keep your lymph fluids moving. (This is a colorless fluid containing white blood cells, that bathes bodily tissues and drains through the lymphatic system into the bloodstream.)
- These are the minimal steps you can take to **reduce toxins** and **clear them from your body** when you can't.

About Dr. Ann Shippy

Board Certified in Internal Medicine and Certified in Functional Medicine, Dr. Ann Shippy became frustrated that traditional medicine could not help her overcome a series of health-related issues. Leaving her decade-long career as an engineer for IBM, she chose to attend and receive her Doctorate of Medicine (MD) from the University of Texas.

As an MD, her career is devoted to helping her patients overcome unusual and complicated combinations of physical, environmental or genetic issues; the very types of issues from which she had suffered, and which traditional medicine had failed to address for her.

Her approach to medicine is a unique blend of measured, precise data with a heart-felt and sympathetic attitude toward all of her patients. This method stems from her engineering background, and her own failed experience as a patient of traditional medicine.

To learn more about Dr. Ann and her mission to make EVERY LIFE WELL™, please visit her website: AnnShippyMD.com



"The capacity of the human body to heal inspires me every day. When the body has all the nutrients that it needs, genetic factors are fully compensated for, and the body is no longer overwhelmed by toxicity, stress, or infection ...extraordinary and complete healing can happen."

- Ann Shippy, MD