

## Does Your Family Love to Swim?

By Stephanie Ray, President, BIORAY Inc.



With summer here, many of us plan to hit the beach and the swimming pools to keep cool. However, pools expose us to large concentrations of chlorine and the beach exposes us to other toxins. Use **NDF®** or **NDF Plus®** to minimize chlorine and toxins in yourself and your child.

### Swim safe at the beach or in your pool!

A report from the Natural Resources Defense Council (NRDC) has people reaching for their **natural detox products**, especially those who are headed to the beach or swimming pools. Many of America's beaches are filled with pollution from stormwater and boats, while swimming pools expose us to large concentrations of chlorine. These toxins can be harmful to your health.

A study published in an issue of Occupational and Environmental Medicine demonstrates the chlorine used in swimming pools that sting your eyes and irritate your skin can also disrupt the sensitive tissue of your lungs. This is associated to the destruction of the cellular barriers that protect the deep lung (respiratory epithelium), making them "leaky" and more vulnerable to the passage of allergens. The effects were the same for children wherever they lived and they were strongest in the youngest children.

To minimize the effects chlorine and other toxins can have on you and your child, taking 3 - 5 drops of **NDF®** or **NDF Plus®** before swimming and immediately after is recommended. Research has shown **NDF®** binds to free chlorine additive, the specific type used for spas and swimming pools, as well as dioxin, PCB's, lindane and other chemicals.

After **NDF®** is added to chlorinated water, the chlorine can no longer be detected using a conventional 'free chlorine' specific dipstick. Given that NDF's method of action is achieved thru its ion exchange resin activity, micronized cell wall and its constituents that bind to these chemicals; it has proven effective in sequestering chlorine from water. Both **NDF®** and **NDF Plus®** are effective in the removal of organochlorides (chlorine).

### Prevention and Detoxification Are Key!

Be informed! The NRDC website has debuted a new online **tool**, which informs you of safest and least polluted beaches in your area. "Having that information when you're planning the trip is far more important than when you've taken the trip," said Steve Fleischli, director of NRDC's Water Program, according to the news source.

**There were approximately 301 million swimming visits each year by persons over the age of six in the United States in 2009!**  
**Keep the swimming in. Take the toxins out!**

