

## Are Household Chemicals Linked to Arthritis?

There are many chemicals present in household products most of us use everyday. Many known carcinogens are found in commercial cleaning supplies and air fresheners, products most consider safe. Furniture, carpets, wall coverings and other household items expose us daily to many toxins that cause inflammatory diseases like asthma and allergies. Other household chemicals act as endocrine disruptors and have been linked definitively to increased breast cancer risk. Now, new research is suggesting a link between household chemicals and arthritis.

A study conducted by researchers from Yale University, Harvard Medical School and Brigham and Women's Hospital, published in the [\*Environmental Health Perspectives\*](#) journal links one particular type of chemical compound, perfluorochemicals (PFCs) with increased risk of Osteoarthritis, a degenerative form of arthritis caused by inflammation and the breakdown over time of cartilage in the joints.

PFC's are common chemical compounds found in more than 200 household products. Increased exposure to two common PFC's, perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS), pose an increased risk of Osteoarthritis, especially in women. PFC's are found in makeup, food containers, non-stick cookware, waterproofing materials on certain fabrics, personal care items and stain resistant products.

Researchers used six years worth of data from the National Health and Nutrition Examination Survey to examine the connection between arthritis risk and PFC's. Researchers found that the 25% of women with highest exposure were twice as likely to have osteoarthritis than the bottom 25%. The same correlation was not found in men.

Researchers are not positive why women are more affected by these chemicals more than men, but they theorize it is due to their hormone disrupting effects. Inflammation and cartilage repair issues are associated with hormonal imbalances and also with osteoarthritis.

PFC's have become persistent environmental contaminants and human health hazards. Although efforts are in place now to scale back on the use of these chemicals, the long-term damage posed continues to be an issue. These chemicals do not break down in the human body or in the environment for many years. Even if all sources were eliminated today, the effects would still be present for many more years to come.

Fortunately, there are natural remedies that can help in the treatment and prevention of arthritis. Glucosamine, a natural substance, is widely used for its ability to decrease pain and inflammation of the joints while increasing range of motion. Herbs like Devil's Claw naturally support joint health. *Company product name and sales info here have been redacted for writing sample.*

## **Five Common Cardiovascular Issues in Dogs**

Unfortunately, there are several cardiovascular issues that are common in dogs. Canine heart disease comes in two forms, congenital which is a defect that occurs at birth, and acquired which is the most common, and due to natural wear and tear of the heart muscle.

Many dogs live long, productive lives with some of the less severe cardiovascular disorders, however any cardiovascular issue is potentially serious and can eventually lead to heart failure and death. Here are five of the most common cardiovascular issues dogs face.

### **Patent Ductus Arteriosus (PDA)**

PDA is the most common congenital heart defect in dogs that starts when they are in utero. The ductus arteriosus is a blood vessel that connects the heart's aorta to the pulmonary artery. In the fetus, the blood vessel diverts blood around the not yet fully formed lungs. Shortly after a pup is born, a normally functioning vessel will close, allowing the blood to flow properly through the lungs. When this closure doesn't occur, PDA is the result.

In a normal body, the blood flows from the right side of the heart to the lungs, then to the left side of the heart and then out to the rest of the body. In PDA, some of the blood leaving the left side of the heart gets diverted back to the lungs, causing the heart to have to work harder to ensure blood reaches the rest of the body. If this condition is not detected and treated, premature death is almost certain.

### **Chronic Valvular Disease**

This is a very common acquired heart disease that occurs in over 35% of dogs over 12 years old. Smaller breeds are the most susceptible. In most cases the mitral valve of the heart is affected. The valve leaflets become thickened and distorted, resulting in failure of the valve and reduced output. There is no cure for this type of disease. Once a diagnosis is made, the objective is to slow progression and control symptoms. The most common symptoms include coughing, weakness, heart murmurs and intolerance to exercise.

### **Cardiomyopathy**

This is the second most common acquired heart disease in dogs and is most common in larger breeds. Cardiomyopathy is a disease of the heart muscle that causes both the upper and lower chambers of the heart to become enlarged. This makes it difficult for the heart to pump blood into the lungs. Over time, fluid builds up leading to congestive heart failure.

Cardiomyopathy risk increases with age, primarily affecting male dogs between four and ten years old. The main symptoms are shortness of breath with a crackling or unusual sounds due to the fluid buildup in the lungs. Breathing may also be rapid and shallow. Drugs are used to control the heart rhythm and improve breathing.

### **Cardiac Arrhythmias**

Arrhythmias happen when there is a disturbance in the electrical activity of the heart muscle. This disruption causes an abnormal heart rhythm that may be too fast, too slow, or the beats may be too strong or too weak. Arrhythmias are fairly common and they have a variety of causes. They can be

congenital or acquired and can happen as the result of environmental stresses, trauma to the heart, illnesses, infections and even other underlying heart conditions.

Many dogs live full, normal lives with arrhythmias, never showing any symptoms. Others that develop them may have more serious symptoms including breathing problems, abdominal pain and extreme fatigue. Many arrhythmias are treated successfully with diet and lifestyle changes and medications.

### **Heartworm Infections**

Heartworm infection is the most preventable of all heart conditions in dogs. Heartworms are spread when mosquitoes carrying larvae bite dogs and transmit the infection. As the larvae grow, they migrate to the heart, lungs and surrounding blood vessels. Once mature, the worms mate and release their offspring, called microfilariae, into the blood stream, where they are picked up by mosquitoes and transferred to new host animals.

Microfilariae can be detected in the blood six to seven months after infection has occurred. Heartworms become fully grown approximately one year from the date of infection and can live in a host dog for up to seven years. The problems caused in the dog will depend largely on the amount of adult worms infesting the heart, their size, and location. In many cases, heartworms lead to heart failure and death. Fortunately, with monthly treatments, heartworm infection is very easy to prevent.

Good nutrition is essential for proper cardiovascular health. Natural, allergy-free supplements can help ensure your pet is getting all of the essential vitamins and minerals needed to stay healthy. *Product Name and Link Omitted* is a naturally sweet, dog treat packed with essential nutrients to lower cholesterol and boost heart health.

## **Sample Ghost Written Content**

This piece of content and many others like it were created for an article section to educate and promote products in this natural foods/supplements shop.

### **Natural Remedies for Asthma**

Asthma is one of the most common chronic disorders in the world. It is an obstructive lung disease characterized by a reaction of the airways to different stimuli. Asthma attacks occur when the airways constrict or become inflamed, making breathing difficult. It can be triggered by many things including allergies, cigarette smoke, indoor and outdoor pollution, sudden air temperature changes, strenuous exercise and stress.

Knowing what triggers your asthma is the key to prevention. In many cases, steps can be taken to help reduce asthma symptoms naturally, including several natural remedies.

#### **Himalayan Salt Inhaler**

Himalayan crystal salt has been used for centuries to encourage healing. Have you ever noticed how walking by the ocean calms and relaxes you, making breathing easier? The salt air acts as a natural ionizer, attaching to and then neutralizing airborne toxins like mold and germs. Salt lamps and other products work accordingly, eliminating airborne toxins and assisting breathing naturally, without chemicals.

Salt inhalers thin mucous and act as a natural expectorant. The strong antibacterial properties help prevent upper respiratory infections and ease asthma symptoms naturally. Over time, Himalayan salt inhalers may reduce the frequency of asthma attacks, decreasing dependence on rescue inhalers.

These inhalers are 100% natural and have no side-effects. They will not interfere with your regular asthma medications.

#### **Oil of Oregano**

Oregano oil is a potent natural antibiotic that is used to prevent and fight infections in the body that can trigger asthma attacks. Oregano is also used to remedy allergies that can trigger an asthmatic response. Many people with chronic respiratory ailments report relief by using a few drops of oregano oil twice daily. Oregano in high doses can cause toxicity when taken internally and pregnant women should not use it. Follow manufacturers instructions carefully.

#### **Lobelia**

This is a very potent herb that can be toxic in high doses. It is used most often to help smokers quit. It has an active compound that is similar in effect to nicotine. In addition, it thins mucous and acts as an expectorant, helping to eliminate toxins from the lungs. Lobelia can be used to treat asthma, particularly if your asthma has flared up as a result of smoking cessation. It should be used for short durations only, and directions should be carefully followed.

## **Nettles**

Stinging nettles is an herbal remedy that is very effective for fighting seasonal allergies without the negative side-effects of many antihistamine medications. Nettles block histamine receptors and inhibit prostaglandin production, preventing allergic responses and reducing inflammation. They also act as an expectorant, clearing the airways. The best way to use Nettles for allergies is to start treating with tea or tinctures several weeks prior to allergy season to allow it to build in your system.

## **Mullein**

Mullein leaves have been used for a long time for the treatment of respiratory ailments including asthma. It is a natural expectorant that loosens mucous from the walls of the lungs and thins the secretions allowing them to be expelled. It is used to make coughs more productive.

## **Elderberry**

Elderberry has been used for centuries as a preventative and remedy for colds and flu. In studies, it has shown success in the treatment of upper respiratory infections and may also be helpful to those with asthma. The benefits come from substances in elderberries called Sambucus nigra agglutinins or SNA's that are able to block the receptors of flu viruses, preventing them from invading healthy cells.

There are several different remedies that can help prevent and treat asthma and its underlying triggers, however you should never stop using asthma medications without first consulting a physician. Some steroidal asthma medications can cause life-threatening asthma attacks if they are stopped suddenly.

Buy natural asthma remedies in our shop  
[http://www.xxxxxxxxxxxx.com/specific\\_location/](http://www.xxxxxxxxxxxx.com/specific_location/)

Sources: (omitted for writing sample)

Do you love to be inspired?

Have you ever read an inspiring self-help book or listened to a motivational speaker? Afterwards, you probably felt uplifted for hours, maybe even days.

What if I told you that you could learn to do this for yourself at will? Those feelings and habits could become deeply ingrained, propelling you towards greater accomplishments in your life?

Self-motivation is actually a series of habits that can be developed. The more it is practiced, the better and longer-lasting the results.

Studies have shown that those who are self-motivated are the most successful in life, regardless of their initial socioeconomic position, education or background. Why? Because they have the inner drive and fortitude to push themselves to success in life.

Whether you are aware of it or not, every self-motivating thought you have can lead to empowered habits that ultimately determine your destiny. You can have complete control over your own fate by learning how to choose the way you think and then directing that energy consciously.

What is the number one tool to transform your life and become more self-motivated? Meditation.

Meditation is the best catalyst for self-motivation. It helps you erase fears, clear your mind and tap into your deeper hidden wisdom and creativity. A few minutes per day are all that is needed to greatly improve your self-confidence and motivation.

How long does it take to become really good at meditation?

What if, with just the **press of a button**, you could have access to the same deep, highly pleasurable, extremely beneficial meditative states as someone with **decades of meditative experience**? And become more deeply happy and motivated in much, much less time, including a limitless number of other life-enhancing benefits?

Well, thanks to **XxxxXxxx**, you can achieve precisely the same electrical brainwave pattern of profoundly deep meditation **safely, simply, and effortlessly**. A few minutes of your day is all that is necessary to **multiply your level of motivation and reach your fullest potential**.