

DR. MYRON WENTZ
& DAVE WENTZ

With Donna K. Wallace

"The Healthy Home is full of practical and accessible health advice that will help you get a good night's sleep, choose the right household cleaners, and figure out what products to avoid."

—Christiane Northrup, M.D., *New York Times* bestselling author

THE HEALTHY HOME

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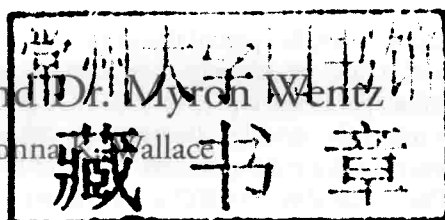
Simple Truths to Protect Your Family
From Hidden Household Dangers



The Healthy Home

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From Hidden Household Dangers

Dave Wentz and Dr. Myron Wentz
with Donna Wallace



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*To Andrew, our reason for finally committing these words
to paper. You make us feel hopeful for the future.*

Author Note

Dave Wentz and Dr. Myron Wentz will donate 100 percent of their proceeds from sales of *The Healthy Home* to effective nonprofit organizations that help nourish, educate, and provide medical care for impoverished children. Leading this group of notable charitable organizations is Children's Hunger Fund (CHF), with which the authors have partnered for many years. Please visit www.myhealthyhome.com/charity for more information on how you can help.

The Healthy Home

Introduction

Over the years I've rarely had to ask my dad, Dr. Myron Wentz, what he thinks about major issues of the day.

All I had to do was observe what he was actually doing—both with his time and the financial means he had at his disposal. Improvements in diagnostic medicine, development of quality nutritional supplements, research in holistic medicine, aid for malnourished orphans, support for the fine arts—his passions are many, but his methods rarely change.

He's taught me that tangible, personal actions are what make a real difference.

And if individual efforts aren't enough to bring about desired change, he would say, "Well, you could always write a book."

I found myself thinking about my dad's example in recent years as I prepared for and welcomed the birth of my first child. Suddenly I faced a new and sobering responsibility—to keep Andrew safe from harm. For a long time one of my constant concerns has been our unnecessary exposure to hidden environmental toxins in daily life. Every second of every day, we face an onslaught of unnecessary dangers—toxic chemicals, negative energies, unforeseen side effects, and more—in our modern world.

With Andrew's impending arrival, my concern for these hidden dangers grew into a true passion. And as I'd learned from my father, passion means action.

As much as I would have liked to do so, there was no way to take on every toxic manufacturer or sluggish government regulator. But I did know of something I could do that would make a huge difference for Andrew and many others. It was best explained through two simple words—awareness and avoidance. By enhancing our knowledge about environmental health hazards and lessening our exposure to such risks, I was certain I could help others

improve their chances for long-term health and ensure the future well-being of their children.

Because of Andrew, I wanted to tell the people around me about the dangers lurking in things they take for granted every day. I wanted to explain how to remove—or at least lessen—those dangers in the home, easily and without great inconvenience. I wanted to offer hope that even small changes, when added up over many years, could make an incredible difference.

It was time to take my father's advice—and write a book.

So I called in the experts.

First, my dad, whose vast knowledge and voracious appetite for research have allowed him to see between the lines of studies and speculation. Second, Donna K. Wallace, a writer who has co-authored several notable health books and has made a career out of helping busy executives like me look better in print.

Together, we set out to prove that you don't have to be a scientist—or even a cave-dwelling technophobe—to protect your family from the toxic influences found in modern society. You don't have to accept products or habits that are dangerous. The following pages will show you how you can make a difference.

You can have a healthy home.

The first step is learning. The second step is taking decisive action to change your life. That part will be up to you.

—Dave Wentz

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1

Welcome

by Donna K. Wallace

Salt Lake City is home to Dave Wentz, recently named by Forbes.com as "One of America's Most Powerful CEOs 40 and Under." Dave has accomplished much within his first four decades, including helping his father, Dr. Myron Wentz, found USANA Health Sciences, the international nutritional company that Dave now leads. I'm excited to discover what he has in mind for the project that brought me here.

I arrive at an impressive glass building that reflects budding trees, beautiful xeriscaping, and the drama of the city's signature mountain ranges. I am then escorted to Dave's office, a grand corner affair with spectacular views. A treadmill occupies a prominent position near the neatly organized desk.

Dave stands and greets me with a polite hug. Fit and tan, his skin shows little sign of aging. He's doing something right. Shy, but with a focus that burns through any possible inhibitions, his personal, casual demeanor quickly puts me at ease.

We chat briefly, then he stands again and gestures for me to follow him back through the door.

Dave walks with me to the company's "Creative Room," a bright space with a hodgepodge of beanbag chairs, ottomans, and armchairs. White markerboards wrap entirely around the room, some still exhibiting the remnants of earlier brainstorming sessions. An assistant brings us nutritious snacks: health bars, mixed nuts and fruit, water, and the company's healthy energy drink that is served in lieu of coffee.

Once we're settled, Dave gets right down to it.

Dave: To tell the truth, I'm pretty far out of my comfort zone in writing a book, but there's a serious need for this one to be written, so that's why you're here. I need you to help me organize the information I have and help me express it in a way that will reach out to the people who need it.

Donna: What motivated you to undertake such a huge project?

Dave: The hidden dangers of everyday things we consume or that surround us—things that have a direct impact on our health. Yet our governing agencies don't have the time or means to regulate them, medical professionals choose to ignore them until they reveal themselves as physical symptoms, and regular people don't even realize they're an issue.

We need to get folks talking about these things. It's only then that we can enable people to avoid these dangers or, at the very least, be aware of their impact.

Donna: Are there specific things you want to address over the course of the project?

Dave: It's difficult knowing where to begin, and that's part of why you're here—we need to organize this into something people can really use. Just off the top of my head I can name *[ticking off each item as he identifies it]* . . .

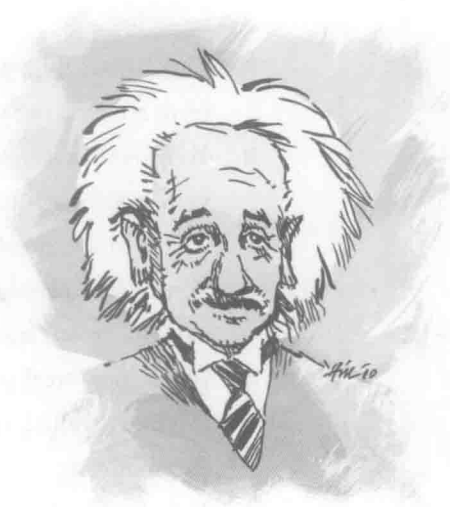
- That “new car smell” is so dangerous it ought to deploy an airbag.
- Those silver fillings in your mouth could one day prevent you from recognizing your own reflection.
- Your microwave isn't a television, so by all means *don't* watch your popcorn pop.
- If you wouldn't drink it, don't put it on your skin.
- Your scented laundry acts like a nicotine patch.
- We poison our homes just to kill a fly.
- Plastic may steal your family's future.
- We don't really know the long-term consequences of vaccinations.
- Indoor air pollution is the asbestos of tomorrow.
- Technological advancements made for profit will always outpace research designed for safety.
- Fluoride is poisonous.
- You have to be careful whose advice you buy.
- You are your own best advocate.
- Moderation—not abstinence—is usually the solution to excess.

And that's just the beginning.

Donna: That's quite a beginning, yet this seems like a strange project for a CEO, even if you do run a health sciences company. What motivates you—and *qualifies* you—to undertake such a mission?

Dave: It really stems from my father's scientific research. My dad, Dr. Myron Wentz, is one of the world's leading authorities on cellular nutrition. He received the Albert Einstein Award for Achievement in the Life Sciences and has always been relentless in his pursuit of health breakthroughs.

Because of my unique upbringing and my experience helping found a health-focused company with my father, I'm surrounded by truths that I assumed most people knew already. But the deeper I dig, the more I've learned that the vast majority of people remain blissfully—and dangerously—unaware.



Donna: Does your father share your opinions?

Dave: Very much so. His belief is that, due to the onslaught of toxins in the environment, coupled with poor nutrition and unhealthy lifestyles, our children may be the first generation of kids that may not live as long as their parents. I mean, the evidence isn't hard to find. It's all around us. For this very reason, I didn't want to have children of my own—I didn't want them to suffer in a toxic world that we created. But over time that changed, and now I have a young son of my own.

When my wife, Renée, was pregnant, I couldn't sleep at night, hoping that she was getting the nutrition she needed and worrying about

the toxins she might have been exposed to—that day and in the past. As I'd feel the baby kick or roll, I was filled with wonder, but I also worried about our child's future.

Now our son, Andrew, is exploring a bigger world. Now that he's out of the womb, we have far less control over the things that affect him in profound and frightening ways. This has led me to question more than ever before.

Is it even possible to make a big enough difference in the world to redirect the current trends? Or will we be battling a new evolutionary challenge of man-made toxins, in which degenerative diseases like cancer, heart disease, and Alzheimer's are the norm? I hope we can make the change for *his* future. Regardless of what the world does, I'm going to empower myself to give him the best opportunity for a healthy, happy life.

Andrew will be healthy by choice, not by chance.

Donna: With such an important mission as “protecting your family,” will it be possible to break it down into manageable steps?

Dave: I believe it can, or we wouldn't be having this conversation. To begin with, I'd recommend that people do four basic things:

- **Count the cost of convenience.** Decide what you can't live without and reassess the rest, because convenience can kill.
- **Live by the Precautionary Principle**—“It's better to be safe than sorry.” In the process, listen to your instincts. Don't assume that because something's common it's safe.
- **Let your senses be your guide.** In this toxic world, the nose knows.
- And although the government may choose economy over ecology, **do the opposite.** Health is more important than money. Don't wait for others to protect your family—do it yourself, starting in your own home.

We can't let it become overwhelming. Once we learn the truth, it's easy to become despondent about the onslaught of toxins bombarding our bodies each day. Our readers must understand that they don't have to accomplish *everything* we recommend in this book. Adopting even one good habit will make a person healthier; several positive changes can improve a person's quality of life; and with each added step, our readers can extend their lives—and the lives of their family members—by years.

Knowing what I do, I'm filled with hope for my son's generation. We are learning how to be aware—how to be our own best advocates. Parents are getting involved in ensuring their families' safety. Our children are fortunate to follow in the footsteps of visionaries like my father.

My son Andrew is the grandchild of a man who has impacted hundreds of thousands of lives. When you go to the doctor's office to have your blood drawn—perhaps to test for a viral infection such as mononucleosis—the lab will likely be using diagnostic technology my father developed many years ago. He could have stopped there, but when he realized that diagnosing disease didn't reach far enough, he went back to cellular technology to discover ways to combat degenerative diseases and identify the means for prevention.



We still have a long way to go, but so often I see people taking notice and making choices to live well and live long. That's why this book is needed. I'm not the only one raising a child in this world.

Donna: With so much information at our fingertips, doesn't everyone already have the knowledge they need to keep themselves safe?

Dave: History has taught us that, with most major discoveries and for many exciting new products, there's a lengthy gap in time before product safety information travels from the lab to the public. In most cases, it takes too long to measure conclusive evidence. By the time a product may be determined to be unsafe, lives almost certainly will have been lost.

This is where the Precautionary Principle comes in. The principle states that when an activity or product has the potential of causing harm to human health or the environment, precautionary measures should be taken, even if the cause-and-effect relationship hasn't been completely established through the scientific process.

Science can't go fast enough. We *must* rely on personal logic and intuition until science gets there. Each one of us must take in all the information available—along with a large measure of common sense and a willingness to forego convenience and the latest innovations. We must reawaken our senses to those things we know or believe to be true.

Donna: Given that your father is a scientist, how do you reconcile the fact that you're putting intuition before science?

Dave: It's not so contradictory as you might suspect.

Growing up, I had as a father the scientist who came with giant unpronounceable words, unleashed complicated descriptions of the simplest things, and expressed endless opinions on every action and reaction we encountered in our daily lives. I remember as a kid playing with my friends in the dirt and a neighbor warning us not to put the dirt in our mouths. My dad heard and replied, "Let them eat the dirt. It will build their immune systems."

So many times we do things—or don't do things—without stopping to ask "why?" My dad uses his intuition to ask "why" to nearly everything.

The important thing was that he always had an endless desire to learn, which took him to scientific meetings all over the world, frequently