

## TOXINS AND HOW TO AVOID THEM

### METALS:

Lead – lead pipes, dinnerware, cooking utensils, auto exhaust, leaded gasoline, polluted water, lead-glazed pottery, canned tuna and marijuana. Formaldehyde is an activator for lead.

Mercury – Vaccines, dental fillings from you or your mother in utero, shellfish, printers ink, some water based paints, chlorine bleaches, cosmetics, grains and seeds treated with methyl mercury, air and water from coal-fired plants. Binds with selenium. Detox with chlorella. Some doctors suggest you have mercury teeth fillings replaced with safe products by a dentist who puts an oxygen mask on you to breath. Be sure not to breath through your mouth as you will take in mercury vapor, which may make you very ill. Do this gradually, perhaps one filling or one quadrant every three months. Or each time you have a tooth cleaning, have a filling or two replaced, beginning with the oldest as they would be breaking down and releasing more mercury.

Copper – copper plumbing, copper-bottom stainless steel pans, dishes, sometimes in algicides used to treat swimming water. Treat with zinc, sulfur-bearing amino acids such as those in eggs, onions, garlic, vitamin C, and iron

Cadmium – seafood, dishes, cooking utensils, especially Teflon coated. Also teas, cigarette smoke, auto exhaust, industrial smoke and wastes.

Aluminum – Vaccines, antacids, cooking pans, antiperspirants, some soft water, aluminum foils and processed foods, individually wrapped cheese slices to make them melt better. Vit C binding agent. Standard Process nutrition manual says aluminum removes phosphorous from the phospholipid sheath that protects cells.

Arsenic -- Cooking utensils, pesticides, water, tobacco smoke, smog (esp. burning of coal), defoliants, and other arsenic compounds. Some caulks and glues containing anti-fungal agents, household laundry aids, beer, table salt, colored chalk, old pressure treated wood.

Nickel – batteries, ceramics, ink. Found in spark-plug makers, jewelers, and rubber workers.

Zinc – affects the nervous system, causing peripheral neuritis and a sensation of bugs crawling on the skin.

Often metals affect brain, thyroid, liver, intestines

Excitotoxins -- These are toxins like Aspartame and other imitation sweeteners, and MSG in its many forms. See [www.msgmyth.com](http://www.msgmyth.com) and [www.truthinlabeling.com](http://www.truthinlabeling.com) for a list of hidden sources. These excite the brain to death, sometimes suddenly causing dementia, brain tumors, many problems. Many people react to MSG with headaches, or even passing out. Some people with Alzheimer's disease are very sensitive to MSG. MSG is hidden in some non-fat and low-fat milk, canned soups, and many other products.

According to neurosurgeon Russell Blaylock, MD, aspartame and MSG damage the blood brain barrier allowing toxins to pass through. His book is called Excitotoxins: The taste that Kills. Aspartame is a potent nerve toxin which is a carcinogen. It can damage the brain, eyes, and entire nervous system. It has been strongly linked to migraines, seizures, blurred vision and many other nervous system problems. None of the fake sweeteners are safe.

Plastics-- Plastic food packaging is a potent health hazard. Scientists now know that plastics routinely seep the chemical bisphenol A into the food, where it is eaten by consumers. Bisphenol is a hormone disruptor and can cause breast formation in men and severe hormonal imbalances in women. Chemicals from plastics are sometimes called xenoestrogens, because they mimic estrogens and are endocrine disrupters.

Chemical Household cleaners-- Also contain cancer causing xenoestrogens.

Food additives, dyes, preservatives-- The Feingold Association helps parents learn about the health, behavioral, and learning problems caused by these toxins. Jane Hersey, with Feingold, sees amazing turn arounds every week when children begin eating food free of food chemicals. Some to avoid are dyes, BHA, BHT, HVP, Polysorbate 60, modified food starch, sulfur dioxide, benzoates, and nitrates and nitrites, (potent carcinogens used to cure meat).

Mineral oil – Removes phosphorous in a way similar to aluminum.

Fluoride-- It is a waste product of the aluminum industry, and a systemic poison. It attacks enzymes. If you read the warning on the toothpaste tube it says to call poison control if you swallow it. Can discolor teeth and cause brittle bones. Studies do not prove it helpful in preventing cavities in teeth; good nutrition prevents cavities. I suggest you purchase your toothpaste from a health food store or use baking powder or soap. I also suggest you filter your water if the city is adding fluoride. Some cities are starting to ban it. Ann Finn sells an excellent water filter by Nikken Company, [wellnessmaven@yahoo.com](mailto:wellnessmaven@yahoo.com). It purifies the water, adds back the minerals and also magnetizes it. Read The Fluoride Deception by Christopher Bryson.

Chlorine-- Chlorine in water and the use of aluminum pans is a bad combination, as the chlorine causes more aluminum to leach out. Excess chlorine often elevates cholesterol and damages arteries. Both fluoride and chlorine are hard on the thyroid and can

contribute to cancer, possibly bladder cancer and melanoma. Chlorine often destroys Vitamin E and intestinal flora in the body. Showering in chlorine kills good bacteria on the skin. For a good shower filter contact N.E.E.D.S. at [www.needs.com](http://www.needs.com) or 800-634-1380, or contact the Nikken Co.

WATER FILTER -- Kangen Water Filter-- We have seen impressive health improvements from using the Kangen Water filter. The water is produced by a water ionizing device which reduces the size of the water molecular cluster by two-thirds. It is then able to penetrate the cellular membranes, enhancing tissue repair and waste removal. Other benefits are balancing the body pH, increasing blood oxygenation and neutralizing free radicals. Much more information can be found at [www.KangenResearchReports.com](http://www.KangenResearchReports.com).

Pesticides, fungicides-- These are carried in from the lawn to rugs and damage children, adults and pets. Try an organic lawn.

Teflon-- Studies show it is now found in babies' cord blood. Use stainless steel or cast iron pans. Avoid Teflon and aluminum.

Formaldehyde-- It is a carcinogen, found in new carpet, building materials, new car smell as a gas. You can buy products to sprinkle on carpets, leave for a few days, and then vacuum. Contact N.E.E.D.S. for products for the chemically sensitive.

Radiation and Electromagnetic Frequencies (EMFs) -- Health practitioners are seeing an epidemic of problems caused by these. These are particularly bad when combined with aspartame, as it opens the blood brain barrier letting in more radiation and other toxins. I highly recommend one cell phone chip for every phone, two universal chips for a standard computer, one for a laptop, and one for a microwave. Or you can purchase the Home Harmonizer, which covers 60 feet in all directions, and you will not need the universal chips. Contact [www.mybiopro.com/highesthealth](http://www.mybiopro.com/highesthealth). I use these and have found them to be excellent.

Sugar-- Use natural sweeteners like honey, maple syrup grade B, Sucanat, or for no calories, Z sweet or stevia. Sugar in excess stresses the body, causes fatigue and blood sugar problems, and feeds cancer cells and bad bacteria in the intestines.

Toxic Processed Vegetable Oils (grain oils) -- These oils such as Wesson Oil, soybean, corn, cottonseed, sunflower, safflower, and canola oil are fragile oils that cannot tolerate the commercial processing. It makes them toxic to our bodies. Even worse are the trans fats or partially hydrogenated vegetable oils. They may make a good cookie but they wreak havoc in the body, often causing inflammation. Then the body has to produce cholesterol and send it to the site to repair the damage. It is like a fire fighter trying to settle down the inflammation. Any fake food will generally cause inflammation. The information has been passed around that the soybean industry came up with the idea to make processed soybean oil, and promote it as more healthful than nature-made saturated

fats. It was their PR department that coined the phrase “artery clogging tropical oils” to discredit the healthful coconut and palm oil and reduce competition.

Watch for these processed polyunsaturated vegetable oils in peanut butter, mayonnaise, cookies and crackers, salad dressings, frozen dinners, and just about everything. They are usually used for frying at fast food and other restaurants.

Caffeine-- Your body and mind will be cleaner and clearer with organic coffee. When your body is clear, you will find you do not need caffeine.