

# Solving The Health Puzzle

Toxicity

# Toxins

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- Air - 80,000 metric tons of carcinogens released annually in the air in N. America
- Water – 2100 chemical in most municipal water supplies
- Food – over 80% having genetically modified ingredients (soy used in processed foods), toxic chemicals, hormones, and depleted nutrients.

# A Toxic Modern World

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- From the moment of conception a child is exposed to a plethora of toxins from their environment
  - First from their mother
  - Then from the world
- There is no escape, as these toxins will affect us our whole life.

# First Toxins – Red Cross Testing

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- Mercury – one of first exposures – American Red Cross umbilical cord samples of 10 babies and tested for contaminants – results were astounding
- Babies – on average 287 contaminants including methylmercury, fire retardants, polyaromatic hydrocarbons, pesticides, teflon chemicals.
- Of these chemicals 180 of them are carcinogenic in humans, 217 are toxic to the brain and nervous system, and 208 are known to cause birth defects.

# Once a Child is Born...

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- Immediately given a vaccine for Hep b, followed by 32 shots and boosters by the age of 2 years.
- Although vaccines are much safer today since removal or reduction of trace amounts of mercury, many still contain this known toxin – such as flu vaccines and DT booster.
- Vaccines may also contain a myriad of other toxins or contaminants – chemicals, microbes, animal and human by-products.

# Examples

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- MMR Vaccine – is considered mercury free but contains chick embryonic fluid, human diploid cells from aborted fetal tissue, neomycin, and sorbitol.
- DTaP-HepB-IPV vaccines contain trace amounts of mercury.
- Replacement preservatives include phenol, benzethonium chloride, and formaldehyde. All these ingredients may harm a child's developing immune system.

# Vaccine Toxins

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- Another example of toxins – Simian virus 40 – found in stocks of polio vaccine grown on kidney tissues of African Simian monkey.
- SV 40 virus – causes certain types of lung and brain cancers – most North Americans and Canadians were vaccinated with these viruses – they have been mixed with human cells and been able to mutate.

# Children – Heavy metals

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- Silver fillings – mercury and silver – set up a potential for a lifetime of trouble. Mercury found in brain, lungs, liver, and kidneys. Mercury kills neurons- causes degeneration.
- The original amalgams – 1850 to 1974- released mercury over a 30 year period.
- Fillings since 1974 – release within 3-5 years of placement.



# Mercury Release from Fillings

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- A typical filling contains 250,000 mcg of mercury and releases 10 mcg of mercury per day. Some people lack the enzyme structure to detoxify mercury – even a small amount is toxic.
- Removal of these fillings should only be done under protective conditions to yourself and your dentist.
- Mercury when removed from the body is considered a toxic material – how can it not be considered toxic when it is in your body?????

# Environmental Toxins

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- Most People Are Not Aware...
- Of how many toxins they come in contact with on a daily basis, and of the problems associated with those toxins.
- Its happening right here.... November 2005 report ....Study of blood of 11 Canadians from across the country...



# Poisoning vs. Toxicity

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- Poisoning – High level of toxin exposure with life threatening immediate or long term health consequences.
- Toxicity – accumulated intoxication of the organism with progressive levels of toxins with chronic health consequences.

# Consequences of Toxicity...

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- Chronic fatigue
- Memory loss
- Premature aging
- Skin disorders
- Arthritis
- Hormone problems
- Emotional disorders
- Cancers
- Auto-immune diseases
- Heart disease
- Allergies
- Asthma and lung disorders

# Air Quality

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- American Lung Association – 2005 report shows over 50% of the population of US lives in counties that have unhealthy levels of either ozone or particulate pollution.
- At greater risk are those with asthma, chronic bronchitis and emphysema, cardiovascular disease, and diabetes.

# Toxins - Smog ...

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- Speeds the development of atherosclerosis
- A study from the University of S. California school of medicine – researchers showed that as levels of pollution rose so did the thickness of plaque in the arteries of the study participants. (Plaque is oxidized material in arteries).

# Toxins - Pesticides...

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- Environmentally difficult to avoid...
- Organophosphates – Diazinon, Malathion, Dursban, Vapona, Othene, and Safrothin.
- These are easily absorbed into the skin, breathed into the lungs, ingested in our foods.
- They build up in the body over time and *are stored in fatty tissue* where they can be difficult to clear out.



# Neurotoxins

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- Fat soluble toxins – store in fatty tissues including the brain, which is high in phospholipids.
- Farmers who work with these chemicals are at greater risk to develop brain cancers, prostate cancer, leukemia, and lymphoma.
- Studies reveal that as the body is exposed to these toxins the rate of Non-Hodgkins lymphomas rise.

# Food Toxins

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- These toxins are sprayed on our food crops and find their way into our food supply including animal feed and our meat supply.
- Thus fats in meats contain the highest amount of pesticides.
- Other high fat animal products such as butter, cream, cheese, and whole milk will also contain a higher amount of pesticides.

# Toxins and Wildlife

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- Pesticide spills have been documented to affect reproduction of reptiles with elevated estrogen/lower testosterone and confused sex determination.
- These occurred years after the actual spills.
- Dolphins and whales are being found with toxic levels of poisons in their fatty tissues and brain/nervous system.

# Toxins - Water Supply

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- Most of these toxins eventually find their way into the water supply.
- Pesticides, herbicides, fertilizers, PCB's, and even drugs have been found in water flowing out of water treatment plants.
- 2003 study at Baylor University in Waco Texas pharmaceutical contaminants were found in fish from waters downstream from the treatment plant.

# Drugs in Water

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- The fish had levels of Prozac and Zoloft.
- All of the compounds were found in every tissue of the fish tested.
- Other rivers and streams have been found to contain the active ingredients from birth control pills, heart medications, antibiotics as well as recreational drugs.

# Why Would These Be Found in Our Water?

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- Detoxification pathways of our body – liver converts toxins from insoluble to fat or water soluble compounds.
- Fat soluble are released in bile – removed through intestines – sewage.
- Water soluble are released through kidney – into water sewage – more easily transferred or picked up.
- Heavy contaminants – heavy metals – sink into mud and organisms like algae that are picked up through food chain.

# Municipal Treatment Plants

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- Neither detect nor detoxify the water supply of the majority of chemical pollutants. 50% of underground water is polluted.
- Often they make the problem worse when they try to correct the problem – adding toxins such as aluminum and chloride causes combinations with organic materials to form trihalomethanes, which increase the risk of bladder and rectal cancers. Risks increase with increased exposure to chlorinated water and bleach.

# Toxins - Solvents

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- Cleaning products to dissolve dirt, grease, and grime (Mr. Clean).
- Solvents are fat soluble and are stored in fatty tissues, including the brain.
- Some common solvents are formaldehyde, phenol, toluene, benzene, and vinyl chloride.
- Some are used in manufacturing of pharmaceuticals (drugs).
- Long term exposure may cause leukemia, heart arrhythmias, and nerve damage.



# Toxins - Plastics

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- Plastics and Phthalates – are environmental endocrine disruptors-EED's
- They are everywhere
- Most common source – plastic water bottles, food containers and plastic food wrap – also clothing, nail polish, toiletries, capsules, home furnishings, construction materials, bedding, dental materials, and most everything we touch in modern life.

# Plastics and Phthalates

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- Main pollutants in the human body
- Damage numerous areas of the body including the brain and the thyroid. They also interfere with hormones, development, intelligence, trigger degenerative diseases, are potentially carcinogenic, and create enormous fatty acid metabolic interruption.

# Phthalates – poison PPAR

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- Poison damage of PPAR – peroxisome proliferators-activated receptors- causes damage of lipid metabolism and membrane receptors setting the stage for chronic inflammation and malfunction.
- PPAR defects are significant in obesity and testosterone defects.

# Toxins

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- Some are unavoidable
- Others contained in certain foods and beverages are avoidable- these include preservatives, emulsifiers, texturizers, ripening gases, and bleaching agents.

# Bleaching Agents

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- Can be especially toxic – Germany has banned their use in flour since 1958.
- Several bleaching agents can be especially toxic – oxide of nitrogen, chlorine, chloride, nitrosyl, and benzyl peroxide.
- One of the most toxic agents is chloride oxide, or chlorine dioxide.

# Chlorine Dioxide

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- When this chemical agent combines with proteins that are left after the bran and germ are removed from the wheat it forms a substance called alloxan.
- **Alloxan may trigger selective destruction fo beta cells in the pancreas, potentially causing type 2 diabetes.**
- Despite this the FDA still allows companies to use this bleaching agent in foods.

# Denatured Grains

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- In the process of making white flour – the wheat germ and bran are removed and more than half the nutrients are lost. The germ contains the reproductive tissues of the grain.
- That is 50% of what may already be a poor nutrient crop.

# Soil Health

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- According to the Earth Summit, in 1992, the US has the worst soil in the world.
- Mineral depletion by continent is as follows
  - North America - 85%
  - South America – 76%
  - Africa – 74%
  - Europe – 72%
  - Australia – 55%



# Other Food Toxins

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- Perchlorate – rocket fuel has been found in organic milk, green leaf lettuce, and bottled spring water. Perchlorate is a potent iodine/thyroid toxin – 4-6 x more than chlorine.
- Rice has been found to contain arsenic 1.4-5x greater in US than in Europe or India. The rice was grown in soils previously used to grow cotton where arsenic was used to kill boll weevils.

# Food Choices

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- In 2003 – average American was still consuming 142 pounds of sugar per year, 61 pounds of high fructose corn syrup sweeteners – for a total of 203 pounds per year.
- Even milk has been turned into a syrupy sweetened, carbonated drink to appease sugar addicts taste buds.

# Food Choices

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- We finally abuse our bodies with fast foods, processed foods, poor quality meats, fried foods, white breads, and other non-nourishing foods while not eating nearly enough whole grains, fresh fruits, and vegetables.
- It is now recommended that everyone consume 5 to 13 servings of fresh fruits and vegetables per day, which only 2 of 5 Canadians even come close.
- The rest typically consume 3 hamburgers and 4 orders of fries every week.

# Fast Food Addicts

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- High calories – no nutritional value – robber foods that steal nutrients from our bodies and don't replace nutrients needed to detoxify and protect us from the environmental toxins and stress.
- Foods commonly purchased at the grocery store – chips, sodas, white bread, white rice, fires, crackers, cookies, high sugar content cereals, and margarine.

# Diets

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- Typical North American diet – high sugar, salt, hydrogenated fats, saturated fats, as well as excessive food additives.
- In short – processed and fast foods for the most part full of non-nutritive toxins.
- Beverages – sodas, diet sodas, juices, excessive amounts of coffees, and sweetened tea. These all leach nutrients from our tissues especially alkaline minerals – calcium, magnesium, potassium.

# Diet Acids

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- Leach calcium out of bones
- High fructose corn syrup raises LDL levels

# Toxins - Aspartame

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- Aspartame (NutriSweet) creates problems – breaks down to aspartic acid, phenylalanine, and methanol (wood alcohol) – which breaks down into formic acid and formaldehyde in the body.
- Side effects are - Headaches, Memory loss, Vision disturbances, Irritability, and Gastrointestinal problems.

# Toxins - Splenda

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- Made by turning sugar into a chlorocarbon by substituting three chlorine atoms for three hydroxyl groups – these are the basis for chlorinated pesticides such as DDT, Lindane, and Chlordane and accumulate in body tissues and fat.
- Known to cause cancer, and birth defects.
- Animal studies show shrunken thymus glands, enlarged liver and kidneys, reduction in growth rate, a decrease in RBC count, and diarrhea.
- No long term studies have been done on humans.



# What To Do....???

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- To Achieve Lasting Good Health...
- You Must - Undergo a Complete Nutritional Lifestyle Change ...
- and then... also Undergo a Series of Progressive Steps to Detoxify Your Body....

# Adequate Filtered Water

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- Plenty of clean, filtered, water
- Body is 60% water and needs at least 8 – 8 ounce glasses of pure filtered water daily.
- Tap water will contain toxic chemicals- need to filter out flouride- reverse osmosis as well as multi-stage filtration for other contaminants.
- Drinking water should be in glass bottles.

# Alkalizing the Tissues

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- Switch to alkalizing diet – rich in organic fruits and vegetables.
- Help to raise the pH of the body by neutralizing acids and help to release more toxins from the blood and tissues.
- Morning pH should be 6.5 to 7.5. Normally it tests as pH 5.0 which is 100 times more acidic than it should be.
- Drink green foods which are super foods to help cleanse and alkalize the body as well as lead free calcium and other supplements to aid in this process.

# Organic foods

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- Generally grown in better soils and without pesticides. A report in 2003 showed organic fruits and vegetables had 50 percent more antioxidants than those grown conventional with pesticides and herbicides.
- Eg. Oranges- organic smaller but 30% more vitamin C than conventionally grown oranges.

# Wild or Organically Raised Meats

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- Lean meats and trim fats
- Consume less meats – generally no more than 4 ounces once or twice per day.
- Use wild Pacific or Alaskan salmon or fish.

# Far Infrared Sauna

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- Far infrared (FIR) sauna is very effective for reducing toxins in the body.
- Only way to release phthalates from the cells of the body.
- Phthalates cannot be chelated out of the body and no drugs can remove them.
- Sweat is the only way to remove organ damaging, carcinogenic PCB's, dioxins, phthalates, and volatile organic hydrocarbons.
- Also effective in removing heavy metals and pesticides and solvents.

# FIR

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- Works by radiant heat – in spectrum just below red band of light. We can't see this band but can feel it as heat. 80% of FIR is converted directly to heat in the body – inducing sweat.
- It does not expose us to dangerously high heat, nor mobilize toxins through the bloodstream – it is well tolerated by most people due to lower temperatures needed.

# Fasting

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- A way of backflushing filters and extracellular tissues in the body.
- Give digestive tract a rest- so it can backflush.
- Use fresh organic vegetable and fruit juice to provide alkaline minerals while you fast.
- Drink plenty of pure filtered water.



# Regular Exercise

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- Helps burn calories, decreases risk of cardiovascular disease, diabetes, increases cell metabolism and detoxifies the body.
- Improves lymphatic flow threefold and increases perspiration for release of toxins. Improved flow and oxygenation stops slime from forming.

# Nutritional Supplementation

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- Nutrient rich foods and supplementation
  - Wasabi –
  - Green foods
  - Milk thistle extract
  - Cruciferous vegetables –
- Multivitamin-mineral supplement – especially B vitamins, antioxidants, coQ10, vitamin E, Lipoic acid, Lecithin and beets.
- Herbal nutrients

# Drainage Remedies

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- Unda formulas – special preparations formulated and tested over 100 years that target tissues and organ systems to assist in drainage of extracellular and intracellular toxins.
- Work on principles of homeopathy, organotherapy, phytotherapy, and mineral therapies to target systems and drain toxins.

# Detoxification - Liver

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- Phase I Detoxification – Enzymes begin process
  - 1. Neutralize toxins
  - 2. Change toxins to less toxic forms
  - 3. Make more soluble – eliminate to bile or urine
  - 4. Transform to even more toxic form – can create free radicals.

# Detox - Liver

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- Phase II – Intermediate substances must be broken down and bound to amino acid or nutrient during this phase.
- Glutathione pathway is responsible for 60% of toxins excreted in the bile.
- Used for toxic metals, petrochemicals, solvents, many drugs, bacterial toxins, hormones, and alcohol.
- Requires high levels of nutrients in process-help to recycle glutathione.

# Detoxification- Kidney

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# Detoxification - Intestines

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# Detoxification - Spleen

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# Detoxification – Regulatory Systems

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- Circulatory System
- Nervous System
- Endocrine System

# A Toxic World

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- Toxins are unavoidable – from conception to death our body has the daily task of removing toxins in order to maintain healthy function.
- However we can optimize our situation by avoiding toxins whenever possible, giving our body good whole clean foods, drinking clean water, and assisting the natural detoxification processes with....

# Things We Can All Do to Detoxify

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- Juice fasting
- FIR sauna
- Nutritional supplementation
- Regular aerobic exercise
- Drainage remedies
- Castor Oil packs

# Self Cleaning

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- Even the dirtiest oven can be cleaned by setting the control on “self clean”. It has to go to high internal temperatures to burn off the toxins and gunk.
- Our bodies also will go into a detox mode by following some simple measures and allowing the body to eliminate and oxidize (burn off) the wastes that have accumulated inside.

# The Detoxification Process.

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- It takes time and learning skills to properly detoxify your body for optimal functioning.
- Average course is 2-3 years to detoxify body systems and balance brain and nervous system structures.
- It takes guidance – some people need more help than others – everyone will need help at certain stages but take it a step at a time and keep at it.
- Benefits are greater health, energy, vitality and reduction of risk for degenerative diseases.

# We're Here To Help

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- The Amount of Health & Happiness You Are Entitled to is Between You & God
- What is Interfering with that is between You and I
- Helping You Solve Your Health Puzzle
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