

TOXIC TOP 10

Avoid Everyday
Exposures To Silent Killers



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Toxic Top 10 – Under Your Nose

Our environment becomes increasingly more toxic everyday. Over 100,000 new chemicals have been released on the market since World War II, and it's estimated that over 1,500 new chemicals are released every year. Although some of these chemicals have been tested for their effects on the human body, they have not been tested for their toxic effect when combined, and that's exactly how they are used, both in and out of your home.

Our bodies are designed to detoxify; however the onslaught of toxins in today's world has pushed our bodies over their limit. They are unable to detoxify as fast as we are exposed to toxins, in our food, water, air, homes, schools, and work.

There are certain factors that we have little to no control over. For instance, you cannot control what products are used to make a vehicle, or what vaccines you had as a child. However, you are in control of what your child eats, the water you drink (and the container it's in) or what you style your hair with. Taking charge of your household can reduce your toxic exposure drastically, and can give your body a chance to truly heal and function at it's optimal potential.

In combination with a deep cellular detoxification, it is essential that we identify individual chemicals/toxins in our lives and eliminate as much as possible so we can regain our health and live an extraordinary life.

The Toxic Top 10 – Under Your Nose is a list of the most toxic exposures in our bodies. They are not in order of importance, as all are detrimental to your health and need to be addressed in order to unleash your peak potential. We'll identify what you need to stay away from, and recommend alternative solutions to make it simple and easy for you.

Under Your Nose

The substances we put in and on our bodies directly affect our health. Over time, these toxins can lead to a variety of health concerns. It takes just a small amount of effort to change the products you are using/consuming to maximize your health in the future. Here are the five most toxic exposures under your nose.

1. Amalgam Fillings
2. Vaccines
3. Food
4. Plastics
5. Toxic Beauty

Amalgam Fillings

Amalgam Fillings (AKA) are silver-looking mercury fillings. Dental amalgam fillings are not safe! In fact, mercury is the second most toxic element on the planet. There are over 4000 research papers indicating mercury as a highly toxic substance. Yet these amalgam fillings are placed just inches from the brain, and are constantly leaching mercury into the body. Research shows that the more amalgam fillings a person has, the more mercury is in their organs, including the brain, kidney, liver, and heart.

There are countless doctors and institutions that agree that mercury amalgams are the cause of most of the 21st century diseases our nation is plagued with, including but not limited to ADD/ADHD, autism, and Alzheimer's.

- "Mercury amalgams are as close as you can get to the centre of the illness universe; their use in dentistry has set us up for most of the health problems we see today." - Bruce Shelton, M.D
- World Health Organization scientific panel concluded that there is no safe level of mercury exposure.
- A Swedish amalgam review panel found that "from a toxicological point of view, mercury is too toxic to use as a filling material." A Swedish medical panel also unanimously recommended to the government "discontinuing the use of amalgam as a dental material."
- In 1988, the US EPA considered scrap amalgam fillings a hazardous waste, and applied OSHA guidelines to the disposal of hazardous waste.
- Most European countries have banned the amalgam use for children and women of child bearing age.
- The average adult has at least 5 grams of mercury in their mouth. Only .5 grams of mercury is enough to contaminate a 10 acre lake.

If there is no safe level of mercury exposure, amalgams are banned for use in children or women who could become pregnant, and amalgams are considered hazardous waste outside of the human body, then you may be asking why they are still used in dentistry in the United States? Unfortunately, they are cheaper than white composite fillings and many organizations are concerned with a backlash of lawsuits should the government declare them unsafe.

Nevertheless, many individuals have several amalgam fillings present in their mouth. These amalgams leach mercury vapor into the oral cavity (and leach about 3x faster when chewing). The vapor travels directly to the brain where the

vapor converts to inorganic mercury, which cannot come back across the blood/brain barrier. At that point, it will remain locked in the brain tissue for no less than 20 years. The point is that blood levels will not spike at a level of



supposed danger from a chronic mercury exposure like amalgam fillings. The only way blood mercury levels will rise to that degree is as a result of an acute exposure, like an environmental workplace contamination. The transient nature of blood and mercury's inability to circulate beyond the tissues, in which mercury is locked – will provide a normal blood test almost every time.

This is why the best way to indicate body levels of mercury is to use a urine toxic heavy metals test, which involves a chelator to test how much mercury is truly present in your tissues and organs.

The fillings you have in your mouth not only affect you, but also your children. The level of mercury in the tissue of the fetus, newborn, and young children is directly proportional to the number of silver fillings in the mother's mouth. Dental amalgams are also the main source of mercury in breast milk.

The conditions below have been documented to improve after removal as the body heals itself and proper detox is performed:

- | | | |
|----------------------------|--------------------------------|-------------------------------------|
| • ADD | • Chronic headache/migraines | • Lupus |
| • Allergies | • Depression | • Memory disorders |
| • ALS | • Diabetes | • Multiple chemical sensitivities |
| • Alopecia/hair loss | • Dizziness/vertigo | • MS |
| • Alzheimer's | • Eczema & Psoriasis | • MS Parkinson's |
| • Anger | • Endometriosis | • Neuropathy paresthesia |
| • Arthritis | • Epilepsy | • PMS |
| • Asthma | • Heart problems & tachycardia | • Schizophrenia |
| • Autoimmune problems | • Hearing loss | • Scleroderma/other skin conditions |
| • Autoimmune thyroiditis | • Immune system disorders | • Sinus problems |
| • Cancer | • Infertility | • Tinnitus |
| • Crohn's disease | • Insomnia | • Urinary prostrate problems |
| • Chronic fatigue syndrome | • Joint pain | • Increased Urine |

Solutions

These amalgams must be removed in order to eliminate the source of your mercury exposure and prevent the onset of further disease. Our protocol preps your body's detox organs prior to removal, protects your body during the removal

process, and then is followed by a post-removal chelation and detoxification period to ensure all heavy metals have been removed from your body. We will recommend a bio-safe dentist who utilizes practices approved by the International Academy of Oral Medicine and Toxicology (Mercury-Free Dentistry, Biological Dentist, Fluoride Free).

Warning: Do NOT remove amalgam fillings without the proper protocol! If you have them removed improperly, you will be exposed to an extraordinary amount of mercury, making you sicker.

Vaccinations

Every medical procedure has its risks, vaccines included. As the number of vaccines recommended continues to increase, so do the adverse events. Many doctors refuse to acknowledge or identify common adverse events. Parents are often dismissed and told that the vaccine is not responsible for the reaction. The parents continue to vaccinate their children not understanding that their children are in danger and are vulnerable to vaccine injury. With each shot, the child suffers additional insult and eventually, the child may end up with permanent vaccine neurological damage.



Vaccinations easily make the Toxic Top 10 list. They are the second major source of mercury exposure, which as we have discussed, is the second most toxic substance on planet Earth. Vaccines also include a host of other toxic elements:

- Formaldehyde (used in embalming)
- Thimerosal (50% mercury)
- Antibiotics
- Aluminum (neurotoxin)
- Methanol (toxic)
- Isopropyl (toxic)
- Aluminum phosphate (toxic & carcinogenic)
- Phenols (corrosive to skin & very toxic)
- 2-phenoxyethanol (toxic)
- Live and killed viruses
- Host of unknown components considered

Each one of these elements has adverse effects on you and your child when vaccinated.

Congressman Dan Burton of Indiana is a long-time advocate of victims of autism, and has a grandson who became autistic after receiving 9 vaccines in one day (a number not so uncommon with the current vaccine schedule). Congressman Burton said, "There is no doubt in my mind that the mercury in vaccines is a

major contributing factor in a growing number of neurological disorders among children, but, in particular, autism.”

By 1991, when we saw the greatest surge in autism in children, the CDC had added three Hepatitis B shots (each containing 12.5 ug of mercury) and four Hib shots (each with 25 ug of mercury). With these added to the existing vaccination schedule, the number of shots containing mercury rose to 11, and the amount of mercury went to 237.5 ug. This ridiculously exceeds all federal limits. According to the EPA, the average child can tolerate .3 ug of mercury at one time. After multiple inoculations, the amount received in one day is 129 times more than the EPA limit.

It's important to note that a two month old baby receiving all four scheduled vaccinations (DtaP, Polio, Hib, and Hepatitis B) will have a mercury level of 62.5 ug, which is 125 times the Rfd dose. This is a stunning number considering that a two-month old baby's detox pathways are not mature enough needed to get rid of mercury at any level.

How did this happen? How did the FDA and the CDC not take notice? As of 2005, over 1500 FDA staff members were employed by the drug companies. So it's not surprising that despite being urged to remove it, a great percentage of vaccines still contain mercury today.



For instance, the RhoGam shots are given Rh-negative mothers carrying a baby who might be Rh-positive. When the mother's Rh factor is negative and her baby turns out to be Rh-positive (due to the father's blood type), the mother's immune system will attack the baby because it will think it's an intruder. For this reason the RhoGam shot is administered, which contains 100

mcg of mercury. It prevents the mother's body from attacking the fetus because of the dissimilarity in blood types. I point this out because 50% of all autistic children have moms who received RhoGam shots during pregnancy.

Other mercury-containing shots still exist today, but thankfully, because of the pressure from parents and organizations started by parents whose children have been damaged by mercury-containing vaccines, every year the number of vaccines containing mercury decreases. It's important to also note that mercury-free vaccines can still contain traces of mercury.

It's a step in the right direction that mercury is being taken out of vaccinations; however mercury is not the only neurotoxin in these shots. In addition to the list

above, there are also retroviruses (from the MMR shot) that are turning up in the bowels of autistic children. Dr. Andy Wakefield, at the Royal Free Hospital in London, has proven that the retroviruses in measles vaccines cause leaky gut syndrome, resulting in Crohn's disease, which in turn, leads to a host of neurological problems. His study has since been duplicated twice in the U.S.

In 2004, the thimerosal-containing flu shot was given with several other vaccines for the first time. The CDC recommended this without performing a single safety study. Despite the lack of scientific knowledge regarding how viral and bacterial-containing vaccines given in combination act on the Central Nervous System, drug companies continue to advertise for more and more multiple vaccinations in the same day. Given alone, vaccinations are toxic to the body (young or old), but given in combination, they are resulting in both immediate and long-term health consequences.

Food

As we have discussed, 75% of the United States chemical usage (4.5 billion pounds per year) is on agriculture. The key to avoiding these neurotoxic chemicals is to eat organic. Organic foods are grown and raised without the use of any man-made chemicals (pesticides, herbicides, steroids, hormones, etc.).

Good sources include:

- Organic produce at local farmer's markets.
- Organic produce at grocery stores (look for PLU codes starting with a 9).
- Grow your own organic garden.
- For a list of which produce you must buy organic (due to the quantity of pesticides used), see our [Dirty Dozen List](#).



Steroids, Growth Hormones, and Antibiotics

Added to the bioaccumulation of pesticides and herbicides in the meat that we eat, we must consider the steroids, hormones, and antibiotics added as well. The steroids and hormones are used for meat growth and added to milk cows to increase milk production. In our food supply these growth hormones cause abnormally early menses of young girls. They also produce an overabundance of female hormones in young men.

At the same time, antibiotics are also given to cows and farmed animals to prevent them from becoming sick. Cows become sick mainly because of the grains they're being fed, which they were never meant to eat. These antibiotics – although they keep cows “healthy” – transfer from the meat and milk we



consume into our bodies. On average, one glass of inorganic, store-bought milk contains the residue of about a hundred different antibiotics. Once in our bodies, these antibiotics ultimately weaken our immune system.

JAMA published a study which showed that women who had more than 25 prescriptions spread out over a period of 17 years had more than twice the risk of breast cancer than women who had not taken any antibiotics. There are now strong correlations between the amount of antibiotics in food we eat – found in meat and dairy – and human cancer. This also includes chicken, eggs, and any other farmed animal that is not fed an organic diet.

Because chickens are cooped in cages the size of large shoe boxes stacked on top of one another, diseases spread rampantly between these animals. Therefore, farmers keep extremely high doses of antibiotics laced in their feed to avoid disease from spreading in huge numbers. Again, because of the link between antibiotics and cancer, 90% of store-bought chicken is estimated to have either cancer or tumors. Do you really want to eat flesh contaminated with cancer?

Good sources include:

- Grass-fed, pasture-raised beef and dairy products: Local farms, farmers markets, Whole Foods, or www.RealMilk.com
- Buffalo: <http://store.nuvisionhealthcenter.com/product-p/nhc03.htm>
- Pasture-raised, free-range, antibiotic free chicken and eggs.
- Wild caught, small fish are least toxic and contain the smallest amount of mercury. Avoid Pacific caught fish due to the Fukushima nuclear disaster.

Man-made Fats and Rancid Oils

Man-made fats – better known as trans fats – include hydrogenated oils, partially hydrogenated oil and margarine. They have been used to extend the shelf life of foods and replace natural fats that were thought to be the cause of the bulge. Rancid oils include vegetable oils (i.e. canola, corn, cottonseed, soybean, and safflower oils) and are used in almost every product on the market today because they're cheap. Because of the way the fatty acids are bonded in vegetable oils, they are very sensitive to heat and light. Therefore, upon processing, these oils go rancid very quickly even before they make their way into your kitchen.

These man-made fats are actually toxins that cling to the arterial wall, which causes inflammation of the arteries, which is known to be the real cause of heart disease. When you eat these fats, you might as well be ingesting plastic. Your body doesn't even recognize them as a food. They also attach themselves to the

cell membrane, which causes cellular congestion. Ultimately, this process reduces the oxygen and nutrition that gets into the cell and the waste trying to get out. Eventually, these “sick cells” will lead to chronic fatigue syndrome, fibromyalgia, or even cancer.

Solutions:

High Heat: Use only coconut oil. Because it is a natural saturated fat, will tolerate high temperature, even frying. It also has a superior flavor when frying food such as chicken or fries.

Medium Heat: Use expeller pressed grapeseed oil and butter. If either smokes or starts to brown, then it has become rancid.

Baking: Butter, coconut butter/oil, and expeller pressed grapeseed oil can be used in baking if temperature is under 325. In a hotter oven, use butter or coconut butter/oil.

No Heat Oils: Cold-pressed oils, flax oil, hemp seed oil, almond oil, olive oil, and walnut oil. These oils all have very fragile fatty acid bonds and should be used cold on salads, other cool foods, or smoothies.



Cookware

Let's begin with Teflon. Believe it or not, this is a very “sticky matter”. The EPA has already asked eight different manufacturers – beside DuPont – to eliminate their production of perfluorooctanoic acid (PFOA), which is a chemical used to produce Teflon. This chemical is a carcinogen that makes its way into the food you cook and into the air you breathe once heated.

A Teflon pan heated at a regular cooking temperature has been shown to release at least six toxic gases, including two carcinogens, two global pollutants, and MFA, a chemical lethal to humans at low doses. These gases are all emitted from PFOA, which is a known inorganic substance that won't break down into the environment. The EPA is also concerned because PFOA is found in the blood of over 92% of Americans, and is very toxic to rats and monkeys. PFOA and the toxic gases it emits have been linked to children's health and developmental problems; risks of liver, pancreatic, testicular, and mammary gland tumors; altered thyroid hormone regulation, damage to the immune system, reproductive problems, and birth defects.

Aluminum pans hold a similar problem. It's no secret by now that all aluminum cookware is being linked to neurological conditions such as Alzheimer's and Parkinson's disease, osteoporosis, extreme nervousness, anemia, headaches, decreased liver and kidney function, forgetfulness, speech disturbances, and memory loss. The scientific research at this time is not sure how much aluminum it takes to cause these disorders, but it is clear on the fact that the accumulation

of aluminum over time in brain tissue as a causative factor on neurological conditions.

Solutions:

It is important to eliminate these “non-stick” or toxic pans from our kitchens. Good alternatives for cookware include glazed ceramic (best option), cast iron, and stainless steel pans. More information on specific brands is available in the General Food Guidelines e-book found in Month 1.

Plastics

We are the first generation to be introduced to the new chemical onslaught from plastics. In so many ways, plastics have made our lives easier and in some cases even saved them, but not without consequence. Our bodies take in 210 mcg/day of a cancer-causing and hormone-disrupting chemical called phthalates. Phthalates are found in every soft and flexible plastic we use; from plastic-wraps over our foods, to the plastic soda and water bottles we drink from.

Phthalates

Phthalates are used in plastics to make them more flexible. Manufacturers add the substances to a wide range of products, from toys to cosmetics to medical tubing. Science is not clear on what level of exposure is harmful since this



chemical is so new. Only a person's body knows its own limits for this cancer-causing toxin. What we do know is that these chemicals cause endocrine (hormone) disruption and cancer after prolonged exposure. Therefore, any exposure can accumulate in our body tissue, and eventually cause disease.

“Estrogen dominance” is becoming an epidemic in the United States. The majority of women under the age of 55 struggle with hormonal issues predominately due to the increase in estrogen. This condition not only causes emotional issues, fibroids and ovarian cysts, but is the leading cause or reproductive cancers in women.

The stockpiling of hormone disrupters start in the womb. A study published in May 2005 in the journal Environmental Health Perspectives found that higher

levels of phthalates exposure in pregnant mothers resulted in a greater danger to the reproductive organs of their unborn sons.

In the 25% of mothers with the highest levels of phthalate exposure, the odds were 10 times higher that their sons would have a shorter than expected distance between the anus and the base of the penis (Anogenital Distance or AGD). AGD has been used as an indicator that the boys' reproductive systems have been impacted. A shorter AGD indicates a feminization in boys because, on average, the male anogenital distance between their anus and genitalia is twice the distance of the female AGD. Researchers also pointed out that high phthalate levels in mothers resulted in sons with impaired testicular descent and smaller penis and genital size.

This is a significant study, because it was the first study ever performed on humans regarding phthalates and reproductive development, which correlated on previous studies done on animals. Furthermore, one quarter of the mothers in the U.S. showed the same dangerous phthalate levels that were seen in these boys.

This toxic compound can accumulate in your flesh over time, leading to cancer and other problems. To date, no study has been performed on the cumulative build-up of the phthalates and its long-term consequences on human health.

Bisphenol-A (BPA)

Bisphenol-A has gained much attention in recent years. BPA has been studied for its low-dose effect and its long-term consequences. Scientists recognize that this type of plastic causes disrupted cell function and cancer even in extremely low dosages.

BPA is found in hard plastics such as polycarbonate (classified as a number 7 plastic), many drinking containers (like baby bottles), the lining of most food and beverage cans (including soda cans), bottle caps, plastic cutlery, plastic food storage containers, toys, dental sealants, some dental composites, water pipes, eyeglass lenses, and more. In fact, about 6.4 billion pounds of this material are produced each year.



According to the Centers for Disease Control and Prevention, 95% of urine samples in a reference population of 394 adults in the U.S. had measurable levels of BPA.

Research done by the University of Missouri-Columbia found:

“When BPA in the low parts per trillion range is in contact with human or animal cells, it ill alter cell function. The range of human exposure is a much as 100 to 1000 times higher than this.”

These levels – which are considered harmful – are extremely low, and obviously they alter the ways in which our cells function. As stated in the quote, we exceed these harmful levels by tremendous amounts; therefore do not allow plastic-companies to convince you there is no risk in using their products.

In another study, estrogenic chemicals including BPA (10 ug/kg per day) were fed to pregnant mice, a dose that is lower than the typical exposure in pregnant women. Researchers found that BPA was linked to prostate changes in the developing fetal mouse that are predictive of an increased risk of cancer later in life.

We know that our exposure rate to plastics will only rise as they become the cheapest and easiest method to package food and drinks. Only now are scientists realizing how these chemicals leech from the plastics into the food. This leeching happens continually, even if you food is stored in your refrigerator or on your kitchen counter. Many people incorrectly believe that leeching only occurs when the food and plastics are heated together in a microwave. Heating plastic only speeds the contamination process, but keep in mind that plastics are always leeching out chemicals, even when at room temperature.

Solutions:

If you turn over a plastic container, you will see a number ranging from 1-7. The numbers can help us select plastics that are somewhat safer. Plastics with the numbers 1, 2, 4, and 5 are your best bet. Avoid plastics with numbers 3, 6, and 7.



Glass Storage: Instead of storing leftovers or food in plastic containers, chose glass. There are a wide variety of glass containers with BPA-free lids that are oven and dishwasher safe. Pyrex makes a great line of these containers.

Non-plastic Dishes: Replace plastic or paper plates with glass, ceramic, bamboo, or metal plates.

Wooden Cooking Utensils: Many people use plastic utensils to avoid scratching Teflon-coated pans, which is harmful in itself. Opt for wooden or bamboo cooking utensils.

Filtered Water in Glass Bottles: Plastic water bottles can leach toxic chemicals into your water, especially if they sit in the heat all day. It is especially important to avoid plastic baby bottles. Life Factory Glass Baby Bottles have a silicone sleeve that protects the bottle from breakage. To easily save you money, you can

filter/purify your water at home and refill glass jars (like an old iced tea bottle). Use canning jars as cups and add a drinking lid to make it a to-go cup.

Beauty Products: Commercial deodorants and body washes frequently contain these plastics. Look for natural options that do not contain these chemicals. Also, avoid using disposable tampons and pads and opt for cloth pads or silicone menstrual cups. More information in the Toxic Beauty section.

Air Fresheners: According to the National Resources Defense Council, 12 out of 14 common air fresheners contained phthalates, even though they were not listed on the ingredients label. Instead, freshen your home by opening windows or diffusing essential oils like lemon, orange, lavender or peppermint.

Toxic Beauty

The industrialized world is smothered with synthetic hormone disrupting, cancer causing agents in our everyday personal care products (PCP).

Children and infants have at least 3 PCP's applied to their delicate skin daily. On average, women use 13 PCP's and men use about 10 PCP. And did you know that women are putting approximately 515 chemicals on their face as a part of their "beauty regimen"?! These chemicals are linked to cancer, hormone problems, skin conditions, and allergies.



The majority of the public believes that when they buy a product at the store, someone has already tested it and deemed it safe. Unfortunately, this is a large misunderstanding. The PCP and cosmetic industry is largely unregulated. There are over 10,500 personal care and cosmetic products on the market, yet few have been tested for their affects on the human nervous, immune, endocrine, and reproductive systems. And we are left without studies that show the synergistic affects of these chemicals in the body. In a study conducted by the Campaign for Safe Cosmetics, they tested 72 PCP's, and found that 52 of them contained phthalates, an endocrine disruptor shown to cause damage in the kidney, liver, and reproductive organs.

Another common misconception is that our skin is acting as a barrier to these chemicals, preventing them from entering the blood stream. On the contrary, it is actually more harmful to apply toxic chemicals to the skin than to eat them.

"In evidence presented at a 1978 Congressional hearing, the absorption of carcinogen nitrosodiethanolamine (NDELA) was shown to be over the 100 times greater when exposure occurred on the skin than through the mouth."

This is because when we ingest our food, our body has a built in detox organ called the liver that is able to filter out some of the environmental toxins. However, when a lotion with parabens (known to cause breast cancer) is rubbed into our skin, there is no filter, and is absorbed directly into the blood stream.

Hormone Havoc

Hormone related diseases are a growing epidemic. In fact, one in eight women will be diagnosed with invasive breast cancer during their lives. 1 in 3 women and 1 in 2 men will develop cancer throughout their life. Yet there are chemicals found in our everyday PCP's that are known carcinogens and hormone disruptors!



There are about thirty toxins found in PCP's and cosmetics that are hormone disruptors. These hormone disruptors mimic, disrupt, or block the actions your natural hormones and interfere with your body's hormonal pathways. These synthetic hormone-disrupting chemicals are linked to the development of endometriosis, weight gain, depression,

decreased infertility, and the development of breast cancer.

These hormone-disrupting chemicals been labeled as "obesogens" for their effect on our hormonal responses, one of the root causes of the current obesity epidemic. Paula Baillie-Hamilton is a leading expert on metabolism and environmental toxins. She refers to these endocrine disruptors as "chemical calories".

Not only are the toxins found in the beauty products affecting our hormones and disease progression, but it is affecting our children. These toxins pass through the placenta and into the baby's blood stream. In a study done by the Environmental Working Group, they found 287 synthetic chemicals in the umbilical cords of newborns. Some of the chemicals found in the umbilical cords were known carcinogens and most others are tied to brain and nervous system disorders. The list includes DDT, mercury, flame retardant, and pesticides.⁵ It's no wonder autism, ADHD, and other autoimmune diseases are on the rise in children. The sad truth is that if a child lives in the United States, they are exposed to these toxins.

A key step in minimizing or eliminating your exposure to these toxins is to be able to identify them. Some of the worst offenders are SLS (Sodium Laurel Sulfate),

Phthalates, BPA (Bisphenol-A), Diethanolamine (DEA), Aluminum, and Parabens.

Solutions

Although we can't do anything about past toxic exposure, we can do something about current and future exposure. We should do everything in our power to reduce or remove any cancer promoting factors and hormone disruptors from our homes and our lives.

There are many companies on the market committed to true health and delivering natural products that are just as effective as the ones you've grown accustomed to using. Check out Mineral Fusion and Desert Essence for skin and body care products. For a variety of household and personal care products that we also recommend and brands we trust, follow this link:

http://astore.amazon.com/zyrowhealtsol-20?_encoding=UTF8&node=3.

For more information on exactly what chemicals to avoid, and what personal care products commonly contain these chemicals, see the image on the next page.

Toxic Beauty

Shampoo

Avg. Chemicals: 15

MOST TOXIC: Sodium Laurel Sulfate; Tetrasodium and Propylene Glycol
POSSIBLE SIDE EFFECTS: Irritation; possible eye damage

Eye Shadow

Chemicals: 26

MOST TOXIC: Polyethylene terephthalate.
POSSIBLE SIDE EFFECTS: Linked to cancer; infertility; hormonal disruption; damage to the body's organs.

Lipstick

Chemicals: 33

MOST TOXIC: Polymethyl methacrylate.
POSSIBLE SIDE EFFECTS: Allergies; linked to cancer

Perfume

Chemicals: 250

MOST TOXIC: Benzaldehyde
POSSIBLE SIDE EFFECTS: Irritation of mouth, throat and eyes; nausea; linked to kidney damage.

Nail Polish

Chemicals: 31

MOST TOXIC: Phthalates
POSSIBLE SIDE EFFECTS: Linked to fertility issues and problems developing babies.

Fake Tan

CHEMICALS: 22

MOST TOXIC: Ethylparaben, Methylparaben, Propylparaben.
POSSIBLE SIDE EFFECTS: Irritation; rashes; hormonal disruption.

Hairspray

AVG CHEMICALS: 11

MOST TOXIC: Octinoxate, Isophthalates.
POSSIBLE SIDE EFFECTS: Allergies; Irritation to eyes, nose, and throat; Hormone disruption; linked to changes in cell structure.

Blush

Chemicals: 16

MOST TOXIC: Ethylparabens, Methylparaben, Propylparaben.
POSSIBLE SIDE EFFECTS: Rashes; irritation; Hormonal disruption.

Foundation

CHEMICALS: 24

MOST TOXIC: Polymethyl methacrylate.
POSSIBLE SIDE EFFECTS: Allergies; disrupts immune system; links to cancer.

Deoderant

CHEMICALS: 15

MOST TOXIC: Isopropyl Myristate, Parfum.
POSSIBLE SIDE EFFECTS: Irritation of skin, eyes, and lungs; headaches; dizziness; respiratory problems

Body Lotion

CHEMICALS: 32

MOST TOXIC: Methylparabens, Propylparaben, Polyethylene glycol (in oven cleaners)
POSSIBLE SIDE EFFECTS: Rashes; irritation; hormonal disruption.

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Toxic Top 10 – In Your Home

According to the EPA, inside of your home is five to seven times more toxic than the worst day in Los Angeles. We spend at least 1/3 of each day inside our homes, so we have to be concerned with what is inside. Our homes are sealed containers, and they hold toxins in. Here are the five most toxic exposures inside your home.

6. Water
7. Mold
8. Pesticides
9. Household Cleaners
10. Contents of Your Home (Carpets, Furniture, Appliances/Flame Retardants)

Water

In the United States, our municipal water supply is overburdened by the poor quality source water. The only way that cities are able to meet the federal mandated water standards is to add more chemicals, primarily chlorine (a known carcinogen). Those with a well aren't better off, with herbicides and pesticides from farms making their way into the ground water and into your drinking water.

People still believe today that drinking tap water is safe because it has been treated with certain chemicals that kill bacteria and other harmful organisms. The truth is that these very same chemicals that protect us from microorganisms are ironically linked to more dangerous diseases.



The Environmental Working Group (EWG) produced a drinking water quality report that included 47,667 drinking water utilities and 20 million test results from around the United States. Water utilities nationwide detected more than 300 pollutants between 2004 and 2009. More than half of these chemicals are unregulated, legal in any amount.

In water, there are two major chemicals added that qualify as major threats that must be eliminated: chlorine and fluoride.

Chlorine

Chlorine is added to the water to kill microbes, yet the same chlorine reacts with naturally-found organic compounds in water to form chlorination byproducts (CBPs). Scientists are now realizing the harmful effects of CBPs in our bodies and our environment.

These CBPs include chloroform, MX, Dichloro Acetic Acid (DCA) and trihalomethane. Among the side effects of these CBPs, some of the most noteworthy are cancer, cell mutation, free radical formation (speeds up aging process), genetic mutation, increased rate of birth defects and miscarriages.

Unfortunately, our “protective” agencies are not considering the long-term consequences of treating microorganisms with chlorine.

Fluoride

Fluoride is being put into most water sources in the U.S. The marketing campaign is that it's healthy for our teeth, when in reality that it causes cancer, especially bone cancer in boys.

Fluoride entered the world of tap water in 1945 because it was thought to prevent tooth decay. The World Health Organization soon disproved this information. They compared countries that added fluoride to drinking water and those that did not, and found no difference in tooth decay rates. A 1992 study of dental records for 26,000 children in Arizona found that tooth decay actually increased in children as the natural level of fluoride increased from 0.2 to 0.8 ppm. In fact, higher levels of fluoride can cause a disease called dental fluorosis (which can be indicative of an underlying bone disease).

Many countries including Belgium, Denmark, Finland, France, Germany, Luxembourg, Norway, and Sweden have banned fluoride, as it has been linked to so many health problems and related diseases. Some of these diseases include bone cancer, breakdown of connective tissue, hip fractures, decreased immune system, and autoimmune diseases. Some of these effects can occur with levels of fluoride below 1 ppm, a level considered safe by the ADA in our water supply.

Pharmaceutical Drugs: A Looming Problem

A larger threat is the pharmaceutical drugs that are currently present in our water systems. Prescription medications have and are continuing to pollute our municipal water supplies due to human consumption and household waste. The RCRA program regulates the management and disposal of hazardous pharmaceutical wastes produced by pharmaceutical manufacturers and the health care industry. RCRA does not regulate any household waste, which includes medications/pharmaceutical waste generated in a household.

It is a fact that our bodies absorb some but not all medications. A large percentage of drugs pass through our bodies and are flushed away.

Unfortunately, waste water treatment facilities are not set up to remove drug residue. If you are drinking, cooking or bathing in tap water, you are being exposed to other peoples' medications.

Pharmaceuticals pose a unique danger because, unlike most pollutants, they are designed to act on the body at extremely low concentrations. The EPA has no set safety limits for pharmaceuticals in water and there are no sewage treatment systems specifically engineered to remove drugs from our water.



According to an Associated Press investigation, a vast array of pharmaceutical drugs have found their way into the drinking water supplies of at least 41 million Americans. Philadelphia officials discovered 56 pharmaceuticals or pharmaceutical by-products in their treated drinking water. Today, we are finding psychotropic drugs and antibiotics in our water sources. Michael Thomas, a professor of evolutionary biology at Idaho State University, published a study that found the psychiatric medications in drinking water may be a cause of autism in humans.

Solutions

There are several possible solutions for you and your family to have safe, clean water.



Distillation: This is by far the purest method of water purification. Units can range from \$200 to \$1000. An affordable option can be found [here](#). This is perfect for your drinking water. Be sure not to store your water in plastic/BPA jugs, as those chemical will leach back into your purified water. If one is worried about the lack of minerals in your water, I recommend that you take a mineral supplement like MIN.

Gravity Filters: Based on scientific lab studies, the Big Berkey Water Filter was found to purify the water the best. The benefits to having this type of water purification system is that it requires no electricity to run and is suited to produce enough water for between four and sixteen people.

Zero Water: Zero Water filters are a very affordable way to purify your drinking water. Their ion exchange filters have been scientifically proven to remove the chemicals from your water.

House filtration: The benefit of whole house Reverse Osmosis (RO) systems is that not only your drinking water is safe, but so is the water that you shower and bathe in without having to use individual filters. At the same time, this allows you to wash dishes and clothes without infecting them with chlorine and CBPs. Systems can range anywhere between \$1000-\$4000.

Individual carbon filters: The benefit is that these faucet filters are inexpensive and remove most chlorine and fluoride. They do not remove some of the CBPs, however. On average, a good filter will remove anything larger than 1 micron. Ranges between \$35 and \$200.

Carbon filtered pitchers: These pitchers aren't highly recommended because they do a poor job at filtering chlorine and fluoride. If you already have one, use it. You're still better off than drinking tap water.

Shower carbon systems: This option is cheaper compared to a whole house system. However, they won't rid your shower water of all the CBPs. These filters can range between \$50 and \$80.

Bottled water: This water is normally better than tap. However, it's normally bottled in plastic that contains BPA. Stay away from "natural" spring water, because you don't know what you are getting. Opt for RO or distilled water.

Use **toothpaste** that does not contain fluoride. Our favorite is Jason PowerSmile Whitening Toothpaste.

Mold

You are exhausted all the time. You can't make it through work because of a throbbing headache. You had to quit the team because you can't breathe well enough. It's difficult to complete even simple tasks. Your life has become nearly impossible. All the while, you look fine. But you feel sick and have lost your quality of life. Sound familiar? It is not all in your head. These are all typical signs and symptoms of a biotoxigenic illness commonly referred to as mold illness.

The most widespread and under-diagnosed neurotoxic illness is caused by mold. Mold illness is a subcategory of biotoxigenic illness called "Chronic Inflammatory Response Syndrome". It is an epidemic brought about by the modern way of constructing buildings. We live in the Era of Dangerous Buildings with 50% of our buildings (NIOSH, 2011) having water damage. Dangerous Buildings are those that are filled with biotoxins that your body cannot process because of your genes.



Buildings today tend to create an environment that is favorable to mold growth, so where there is water, there is mold.

Mold illness can affect multiple symptoms in the body, producing many symptoms. Mold itself can cause some of the better-known problems like wheezing and upper respiratory issues, and some people have an allergy to mold. But the real cause of mold illness is the biotoxins produced by the mold when it grows unchecked and sends out spores. When this happens, the mold protects the spores with a biotoxin that causes harm to other organism that could potentially threaten the spores' existence. Unfortunately, these biotoxins wreak havoc on the human body, causing acute, chronic, and even permanent problems in some people. Molds can affect almost any area of your body, including changes in behavior, activity and memory, as well as depression, fatigue, muscle aches, arthritis, nerve function, intestinal pain and much more.

According to a lead researcher in Biotoxic Illness, Dr. Richie Shoemaker, about a quarter of the population is genetically susceptible to these toxins. All it takes to trigger the susceptibility is an environmental toxin switch like the biotoxin produced by mold. This is why you may be experiencing symptoms but the rest of your family is not.

The immune system responds to foreign antigens by producing antibodies. Normally, when a person walks into a water damaged building, the antibodies will target the antigen and clear it out quickly. However, in genetically susceptible people, the antigens stay in the body, and cause the immune system to constantly fight back. Your body's response to these poisons cause chronic inflammation, which leads to chronic illness and many symptoms.

Solutions:

When working with a person with mold illness, it is important to understand that it is impossible to get well without removing the cause of bio-toxins. For many, it is living in a moldy home. Unfortunately, if a person is in a mold-infested environment, they must either properly clean the house and get rid of the mold, or just get out.

Pesticides

When we think of pesticide exposures, we typically think of exposures from food. This is true, however it appears the larger direct exposure is from what we are spraying in our homes (insect repellent) and what we are spraying on our lawns.

The amount of pesticides is increasing every year. Presently, the U.S. uses 4.5 billion pounds of chemicals per year, 75% on agriculture products and 25% on home, garden and construction.

The 25% of direct exposure is having a major impact on our children. A systematic review showed children had an elevated risk of kidney cancer associated with paternal pesticide exposure and four studies found associations with brain cancer. The studies also discussed:

- Pesticides implicated in non-Hodgkin's lymphoma and leukemia.
- Overall increased risk of acute leukemia if exposed to pesticides in utero or during childhood.
- Most of the pesticides implicated were insecticides and herbicides used on lawns, fruit trees and gardens and for indoor control of insects.

Pesticides are one of the leading causes of toxic encephalopathy and only now being understood for its epigenetic effects (turning on disease genes) on human health. Long-term exposure to organic solvents can induce toxic encephalopathy with chronic persisting symptoms:

- Fatigue (90%)
- Impaired short-term memory (94%)
- Reduced concentration (88%)
- Irritability (84%)
- Headaches (81%)
- Other neurodegenerative diseases such as Parkinson's disease
- Even low-level exposure can cause changes in brain function.
- Brain damage can occur even following relatively short term exposure to hydrocarbon petrochemical compounds.



In a Harvard School of Public Health Epidemiological study of more than 140,000 adults, they found, "those exposed to long-term low levels of pesticides have a 70% higher incidence of Parkinson's disease than among people who reported no exposure." It is important to note that the

exposed group was well within the long-established safety limits for these poisons. Some of the individuals were weekend gardeners and were found to be in as much danger as life-long farmers.

A study published in the Journal of the American Medical Association, researchers at Stanford University found 70% increased risk of Parkinson's disease of individuals that use pesticides in their homes. They also found that the risk of Parkinson's disease increased as the number of days in contact with herbicides grows.

Several studies supports the World Health Organization's report showing that: "exposure in utero, post-natal, or in childhood affects the substantia nigra

causing direct damage or increasing the susceptibility to additional exposures and neurodegenerative damage in adulthood.”

As it is abundantly clear that these pesticides, herbicides, and insecticides are causing brain damage and cell mutations like cancer, it's important to discuss how we can eliminate our direct contact to such chemicals.

Solutions:

If you have your own lawn/garden, make your own natural pesticides or insecticides with ingredients you have in your cupboards, like rubbing alcohol, dish soap, garlic or cayenne pepper. There are countless recipes online for these sorts of concoctions, with many testimonials to back up their effectiveness. If you live in a community that sprays your lawns and shrubs, ask that the area by your home not be sprayed. Even if they do not spray near your home, stay inside for the next 24-48 hours to minimize your exposure to these chemicals. Essential oils make wonderful bug repellents. Our favorite is TerraShield by DoTerra. Also, to minimize your pesticide exposure, buy organic food whenever possible.



Household Cleaners

Common toxic chemicals are making their way into your home through household cleaning products. Due to an increasing number of studies, experts agree that standard household cleaners pose serious health and environmental risks.

Unfortunately, due to regulatory standards set by the Consumer Product Safety Commission, as well as trade secret laws, the public is unaware of these hazards. According to the US National Research Council, "no toxic information is available for more than 80% of the chemicals in everyday-use products. Less than 20% have been tested for acute effects and less than 10% have been tested for chronic, reproductive or mutagenic effects."

The International Agency for Research on Cancer and the World Health Organization have concluded that 80% of all cancers are attributed to environmental rather than genetic factors, including exposure to carcinogenic chemicals (found in many household cleaning products).

Most Commonly Used Dangerous Chemicals

Formaldehyde: A recognized carcinogen. Found in furniture polishers, car cleaners, disinfectants, rug upholstery cleaners, and toilet bowl cleaners.

Ethylbenzene: A recognized carcinogen. Found in bathroom tub and tile cleaners, floor and furniture polish, laundry starch preparations, and rug upholstery cleaners.

Petroleum Distillates (Petrochemicals): Suspected as a neurotoxicant, cardiovascular and blood toxicant. Found in furniture polish and cleaners, lubricating oils, pet flea and tick products and collars, petroleum products, floor and furniture polish, dishwasher cleaners, aerosol sprays, and laundry detergents.



Chlorine: A recognized carcinogen. Found in dishwashing detergent, laundry detergent, kitchen, and all-purpose cleaners. *
Note: Any substances containing chlorine, when mixed with ammonia, toilet bowl cleaners, or vinegar will produce deadly toxic fumes (chloramines or chlorine gas).

Benzene: Recognized as a carcinogen (leukemia), developmental toxicant, and reproductive toxicant. Found in optical brighteners (surface cleaners, laundry and dishwashing detergents, surface polishers), general performance sealants (PVAC, Butyl, vinyl, etc.), laundry starch preparations, lubricating oils, scatter rugs, bathmats, and bath sets.

Butyl Cellosolve: Classified as a neurotoxin. Found in window cleaners and other all-purpose cleaning products.

Phenol: Suspected as a developmental toxicant, neurotoxicant, blood toxicant. Found in disinfectants, antibacterial, antiseptics, hard surface cleaners, paint and varnish removers, and synthetic resin and rubber adhesives.

Biggest Offenders of These Chemicals

Dishwashing Detergents: When city water (which contains chlorine, fluoride, and CBPs) combines with dishwashing detergents, toxic vapors emanate through your home at a rate of about 6 liters of air per minute. You also ingest residues of the product every time you eat off your dishes.

Oven Cleaners: Researchers have determined these products to be one of the most toxic products people use. The dangerous chemicals remain in your oven after cleaning, and then these residues are released into your indoor air and food upon cooking.

Laundry Detergents: These products contain nearly every chemical in the harmful list above. These detergents leave behind residues on your clothes and linens which absorb directly into your body. They also



contain optical brighteners to make the fabrics seem brighter or whiter. However, the brighteners are derived from benzene, which has been found to cause leukemia, low birth weights, bone marrow damage, suppressed immune system, irregular menses, and anemia.

Floor & Furniture Polishes: These polishes are a host to a variety of toxins, including petroleum distillates (highly flammable), and have been known to cause liver cancer. They also contain optical brighteners, similar to those found in laundry detergents.

Air Fresheners: Beware of anything with synthetic fragrances, found in both cleaning supplies and air fresheners. 84% of ingredients used in fragrances have never been tested for human toxicity, or have only minimal testing. These chemicals are linked to neurological damage, multiple chemical sensitivity, allergic reactions, and increased immune response.

Hard Surface Cleaners (Especially Kitchen Cleaners): These cleaners work well because they use petroleum surfactants to break down the grease. However, they leave behind toxins that make their way into the foods we eat, which also break down your body tissues once ingested.

Antibacterial Cleaners and Soaps: Beware of any "antibacterial" products. They not only kill the bad bacteria, but also many of the good bacteria that fight off infections. Since they are designed to kill microbes, antibacterial products contain dangerous chemicals like triclosan, which is absorbed through the skin and can lead to liver damage.

Dry Cleaning: 95% of dry cleaning facilities use the toxic chemical perchloroethylene (perc) - a known carcinogen. Your dry-cleaned clothes continue to off-gas perc even after you bring your dry cleaning home, affecting you and your family.

Carpet & Upholstery Cleaners: Carpet cleaners also contain perc and other extremely powerful (and thus harmful) chemicals designed to eliminate stains.

Toilet Bowl Cleaners: Two of the ingredients in toilet bowl cleaners is hydrochloric acid and hypochlorite bleach, both corrosive irritants that can cause skin, eye, kidney and respiratory damage. If these come in contact with other chemicals, fatal chlorine fumes could form.

Solutions:

Here are a few sources that we recommend to find clean, green, and safe household cleaners for your home.

1. [Click here](#) for a list of recommended products on Amazon.

2. Norwex -The Norwex Microfiber System allows you to clean and disinfect all surfaces of your house with nothing more than a microfiber cloth and water. Great way to save money.
3. Ecover and Baby Ganics are both safer alternatives for cleaning products and can be found at <http://www.soap.com>
4. Your entire house can be cleaned with some simple common household products, like vinegar, lemon juice, and baking soda.

Contents of Your Home



As we have seen, there are many things we bring into our homes or are exposed to that cause symptoms and chronic disease. But one of the major exposures to toxins that most people over look is the content in their home.

An U.S. study researched dust for a new and wide variety of chemicals, finding disturbing evidence of toxic chemicals in ordinary homes across the country. Among the chemicals found, a large group of them were from furniture, carpeting, and mattresses. Let's take a look at how carpets, furniture, appliances, and flame-retardants can disturb your health.

Carpets

Some of the major chemicals released from new carpets and furniture are formaldehyde, benzene, toluene, and xylene. The carpet fibers themselves, the rubber backing, the glues, dyes, fungicides, and stain resistant treatments all outgas these chemicals for up to three years after installation. However, be careful with really old carpets, as they can be an infestation for molds and other allergy-causing agents. Carpets are always the dirtiest places in our homes, even when they look clean.

Also found in carpets are pefluorinated organic acids (PFOA). PFOA's are pervasive in the blood and potentially carcinogenic, causing damage to organ function and sexual development in lab animals. It takes over four years to excrete half the amount of this chemical from organs and human tissue; therefore continuous exposure adds to the already high concern.

Furniture

Even furniture made of pressed laminated wood – which is used to make both inexpensive and expensive furniture – contains formaldehyde which is extremely poisonous. These chemicals are also harmful because – like the toxins from the cleaning products – make their way into the dust you and your family breathes.

Other dangerous toxins - such as polybrominated diphenyl ethers (PBDEs) and compounds used as heat and light stabilizers in PVC (some of the most toxic

plastics made today) – are also found in furniture. Most of these chemicals are also used in polyurethane foams, used mainly for pillows and mattresses. Because your face is in direct contact with the material at night, you're breathing in those toxic chemicals for six to ten hours at a time.

This is especially disturbing because studies show that if exposed early in the life of animals, toxins like these can disrupt brain development. They are also very poisonous in small amounts and can disrupt the hormone, reproductive and immune systems.



As these toxins, especially PBDEs, build up in the body, they mimic thyroid hormones and accumulate in breast milk. In fact, U.S. women have the highest global levels of these chemicals in their breast milk. No wonder we lead the world in thyroid problems.

Appliances/Flame-Retardants

A new study showed flame retardants are present in the body of almost everyone in the United States. Flame-retardants are known to be a possible cause of hormonal, neurological, liver, and other health problems. Experts say it is difficult to pin-point the greatest threats due to varying levels in the exact same products. On average, the largest contributors of flame-retardants are:

- Computers
- Vehicle seats (cloth is much higher than leather)
- Sleeping pillows and mattresses (worst is Polyurethane foams)
- Televisions (regardless of age or type)

Sources

Shaw Carpets
<http://www.shawfloors.com>

EcoChoices
<http://www.ecochoices.com/Furniture and other flooring>

Natural Home
<http://www.naturalhomeproducts.com>

Green Building Supply
<http://www.greenbuildingsupply.com>
Carpets and building products. Good information on wool carpeting.

Nirvana Safe Haven
<http://www.nontoxic.com>
Furniture sealer

Soy Clean
<http://www.soyclean.biz>
Natural alternative to toxic products.

AlerG
<http://www.alerg.com>
Focused on non-toxic solutions.

Abundant Earth
<http://www.abundantearth.com>

A Happy Planet
<http://www.ahappyplanet.com>

Cellular Detoxification Protocol

At NuVision Excel, we use a four-part system to detoxify the body at a cellular level and remove toxins from the brain.

Step 1. Remove Toxins from Cells

Cleanse is designed to push the toxins out of the cell by raising intracellular glutathione, which is the cells' strongest antioxidant. Cleanse also activates phases 1 and 2 liver detoxification to support the breakdown of toxins to a water soluble form so that they can be released from the body.

Step 2. Remove Toxins from Body

Purify is an activated charcoal (aka activated carbon). Activated carbon works so well because it has millions of little pores that are negatively charged that bind to the positively charged toxins. The chemical process is called adsorption (not absorption). Adsorption is a chemical process where elements bind to the surface. In this case, positively charged toxins bind to the negatively charged activated carbon. In the case of the cellular detox, activated carbon works to bind all the toxins dumped into the gut by the liver in order to prevent re-toxification.

Step 3. Remove Toxins from Brain

Removing toxins from the brain is best done by using the cutting edge science of clinoptilolite zeolite fragments. Zeolite alone cannot pass through the cell



membrane, gut membrane, or even the blood brain barrier. When zeolite is broke up into hydrolyzed clinoptilolite fragments as it is in Vitality Detox Drops, it now becomes a powerful toxin binder that can sweep through all areas of the body. This is a very safe and effective way to remove toxins from the brain.

Step 4. Heal the Cell Membrane

We must heal the cellular membrane and open up the pathways to allow the good nutrients to get into the cell and to allow the toxins to get out. It is essential to support the cellular membrane in order for the detox to have maximum benefits, and the membrane formula we recommend is Neuro-Boost.

Support for Optimal Cellular Detoxification

Diet and Nutrition: It is highly recommended that while doing a detox you only consume a toxin-free diet that heals. This is a diet high in fats, moderate in protein and low in carbohydrates. To find the exact diet recommendations look to the Heal Yourself Cookbook.

Infrared Heat Therapy: Humans are suffering from toxicity at a very high level today. As these toxins build up, we must get them out of our systems. As we sweat, our body expels toxins that accumulate over time. Unlike traditional saunas that raise your body's surface temperature, infrared saunas have a deep penetrating heat that helps remove toxins from the deep tissue. The best bang for your buck in the way of infrared saunas is the Portable Infrared Sauna by Therasage.



Pro Tip: My Cellular Detoxification Program includes the Heal Yourself Cookbook, and all the ins and outs that you won't find anywhere else on detoxification. It also offers you big savings on all cellular detoxification products.

How often should I detox?

I believe this is relative to your situation. If you're someone who has made a solid effort to remove all toxins from your home, workplace and overall environment, you can detoxify your body less regularly. You will still need to detox now and again because it's almost impossible to get all the toxins out. You are also inevitably going to be exposed to toxins in this very toxic world. If you make no efforts at all to remove toxins from your environment, you will have to detox much more regularly. I know of people who detox daily because of their toxic work environment, which is out of their control.

The other thing that you need to consider is your toxic load based on a toxicity test. When I work with individuals, a case history is just as important as taking into consideration the lab results. Together you can make a scientific plan to safely remove toxins from the body. I personally like to detox every 6-8 months. This is how I feel the best and maintain a high level of health.

After a cellular detox many people have reported:

- Better sleep quality
- Increased energy
- Weight loss
- Increased focus
- Better mood
- Relief from pain

You'll also reduce chronic inflammation, which will help prevent:

- Heart disease
- Diabetes
- Cancer
- Other degenerative diseases

If living a healthier, toxin-free life is something that speaks to you, then you should sign up for the [Cellular Detoxification Program](#). This self-guided program is newly modified to not only teach you how to properly cellular detox, but also how to keep your home, diet, life, and yourself toxin free! Start living with more energy and greater health.