

Toxic Chemicals That Affect our Health

Below is a list of some of the sources of the toxic chemicals we are exposed to on a regular basis:

- **Pesticides/Herbicides/ Fungicides**
 - All commercial produce and products containing grain contain these, not to mention the air we breathe, which also contains these chemicals due to routine lawn and golf course fertilizing and the spraying of crops.
 - Of the roughly 900 pesticide active ingredients registered in the U.S., more than 160 have been classified as known or suspected carcinogens by the U.S. EPA. A carcinogen is a substance or agent that causes cancer.
- **Industrial Compounds & Chemical Byproducts**

Below is a list of byproducts that create toxic off-gassing into the air we breathe:

- **Solvents & Detergents**
 - chemicals in detergents have an effect on the body much like the hormone estrogen. Too much estrogen in the body stimulates cancer cell growth. It was discovered at Tufts University that breast cancer cells grew out of control when exposed to plastic containers containing a chemical also contained detergents. This chemical is called **Nonylphenol**, is a **petroleum by-product** and is hormone disruptor.
- **Plastics- never heat food in a plastic container!**
 - Insulation
 - Toxic Metals
- **Combustion/Incineration Pollutants**
 - Hospitals burn all gloves, plastics & clothes because they are considered hazardous. This burning creates toxic off-gasses.
- **Medications**
 - 99% of all drugs are **petroleum-based** and create toxic off-gassing when produced.
 - Most vaccines contain mercury and aluminum, both nerve toxins.
- **Food Additives & Preparation Byproducts**

Below is but one of a myriad of these byproducts:

- **Acryl amide**, a **nerve toxin**, is an industrial agent used to manufacture plastics and adhesives; it is used to make shiny, flashy plastic water bottles. Acryl amide and other chemicals leach into the water the longer they sit, especially if heated, i.e. water bottles sit in hot warehouses and trucks many months before their sale, water bottles often sit in your garage or car in the hot summer for long periods. Acryl amide was also recently discovered by Swedish researchers to form in high-fat foods cooked at

high temperatures, especially french fries and potato chips. A large order of fries was found to contain 39-82 mcg; EPA limit for 8 oz. water is 0.12mcg.

- **Antibiotics/Growth Hormones**
 - Dosing livestock with **antibiotics** can create super bugs difficult to cure.
 - The antibiotics in our food supply destroy the good bacteria in our intestines, which weakens our immune system and allows more toxins into our body.
 - Antibiotics break down our bone marrow.
 - Many commercial cows are pumped full of **growth hormones** to increase their milk output and overall size. These hormones have a powerful stimulatory affect on our bodies and can lead to many health issues including cancer and premature menstruation.
- **Chlorinated and Flouridated Water**
 - if you drink or shower in this type of water, you are absorbing large quantities of these chemicals. Both compete with Iodine for absorption in the body and can potentially cause an Iodine deficiency which can lead to thyroid problems and an increased risk of cancer.
- **Cosmetic Additives**
- **Dioxins**

Dioxins are a family of over 200 chemicals produced as a by-product of chlorine, such as:

- dry cleaning, combustion of gasoline, bleaching of paper, most name brand home cleaning products and air fresheners
- Dioxins are hormone disrupters and one of the **most potent carcinogens** ever tested.
- **Home Cleaning Products**
 - contain dioxins which are known carcinogens and hormone disruptors.
- **Restaurant/Fast Food**
 - if you eat out you are most likely eating hazardous toxins and trans fats. **Trans-fats** are man-made fats created to increase a food's shelf life. They have been proven to increase one's risk of getting cancer and heart disease.

Please call our office to learn more about our [detoxification program](#) (link to **Detoxification page**). (440)893-0348