

Eliminate Toxins

Everyday Toxins

- **Xenoestrogens:** soy, BPA, phthalates, parabens found in foods, plastics, and personal care products
- **Triclosan:** found in antibacterial soaps, deodorants, hair sprays, and toothpastes
- **Bisphenol A (BPA):** found in containers, baby formula cans, and coating on store register receipts
- **Heavy metals and metalloids:** found in foods, personal care products, supplements, and home goods.
- **Halogens and halogen-containing chemicals:** (bromide, chloride, fluoride)
 - o **Chlorine:** found in industrial products in the form of polychlorinated biphenyls (PCBs), water systems, pools, cleaning products, and plastics
 - o **Bromide:** found in baked goods and plastic soft drinks and even our mattresses which are coated with brominated flame retardants. PBDEs
 - o **Fluoride:** found in water toothpaste and some medications as well as in black green and red tea. Using a reverse osmosis filter is the best way to get rid of fluoride.
 - o **Lithium:** found in varied amounts in our drinking water

Food pharmacology

- Food allergies and food sensitivities. Circulating immune complexes which are made up of an antibody and the reactive proteins, are produced in autoimmune disease whenever a reactive food is eaten, and the CIC's accumulate in the liver, leading to impaired liver function.

Personal care products

- Women on average use 12 personal care and cosmetics products per day which amounts to approximately 168 different chemical ingredients! Men use an average of six personal care products for an average of 85 chemicals on a daily basis. Often the topical application route actually ends up with us absorbing more of the toxins than we would have by swallowing it. The Environmental Working Group has a database of safer cleaner alternatives (www.ewg.org)

Cleaning products

- Make your own or purchase ones made from natural ingredients. EWG.org

Cooking utensils

- Metals like aluminum and nickel can leach into our bodies from cookware and cooking utensils, especially when utensils are heated up. While stainless steel pans have been considered a healthier alternative to Teflon, nickel can be problematic for some.

Sick Building Syndrome

- Various airborne toxins, off-gassing material, volatile organic compounds (VOCs), air pathogens, pollens, or molds
- Faulty heating, air-conditioning, and ventilation systems
- 30% of building may be affected

Mold

- living in a home with a basement that has been flooded
- a stale, moldy smell in your home
- multiple family members with varying levels of immune-related diseases

Radiation

- Raises rates of autoimmune thyroid disease and overall higher numbers of thyroid antibodies