

Are You Toxic? And Why? ?????

John C. Hughes, D.O.
Aspen Integrative Medicine

Staying Healthy in Today's Unhealthy World

Basalt, CO

October 13, 2016

Modern Sources of Toxicity

- I. Food-Westin Price, GMO's, pesticides
- II. Water-heavy metals, halides, chemical wastes
- III. Air: gasoline fumes, natural gas, coal
- IV. Man-made earth: Pots and pans, cleaners, paints

Introduction: Are You Toxic?

100 years ago, most humans had fewer chemical toxins in their food, water, air, and usable goods than we do today

The industrial revolution and modern technology has led to benefits in sanitation, productivity of food and other goods but at the expense of purity and often quality

Are You Toxic From Food?

Weston Price, a dentist in early in the 20th century, studied primitive peoples and their diets in comparison to modern diets

The individuals of modern society groups consumed many “foods of commerce”: white-flour products, marmalades, jams, vegetables, confections, and fruits.

Price, Weston. Nutrition and Physical Degeneration. Pasadena: Price-Pottenger Nutrition Foundation, 1979, p. xix.

Food-Westin Price

The groups Price studied included sequestered villages in Switzerland, Gaelic communities in the Outer Hebrides, indigenous peoples of North and South America, Melanesian and Polynesian South Sea Islanders, African tribes, Australian Aborigines and New Zealand Maori.

Wherever he went, Dr. Price found that beautiful straight teeth, freedom from decay, good physiques, resistance to disease and fine characters were typical of native groups on their traditional diets, rich in essential nutrients.

Food-Westin Price



The “primitive” Seminole girl (left) has a wide, handsome face with plenty of room for the dental arches. The “modernized” Seminole girl (right) born to parents who had abandoned their traditional diets, has a narrowed face, crowded teeth, and a reduced immunity to disease.

<http://www.westonaprice.org/health-topics/weston-a-price-dds/>

Food-Westin Price

Percentages of Teeth Attacked By Dental Caries in Primitive and Modernized Groups

Group	Primitive	Modern
Swiss	4.60	29.8
Gaelics	1.20	30.0
Eskimos	0.09	13.0
Northern Indians	0.16	21.5
Seminole Indians	4.00	40.0
Polynesians	0.32	21.9

<http://www.westonaprice.org/health-topics/weston-a-price-dds/>

Are You Toxic From Food?

Weston Price writes,
“Must Nature reject our vaunted
culture and call back the more
obedient primitives?”

Price, Weston. Nutrition and Physical Degeneration. Pasadena: Price-Pottenger Nutrition Foundation, 1979, p. xix.

Food-GMOs

A GMO, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified using recombinant DNA methods (also called gene splicing), gene modification or transgenic technology. This relatively new science creates unstable combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding methods.

Food-GMOs

Are GMOs safe?

Most developed nations do not consider GMOs to be safe and have significant restrictions or outright bans on the production and sale of GMOs. The U.S. and Canadian governments, though, have approved GMOs based on studies conducted by the same corporations that created them and profit from their sale.

<http://www.nongmoproject.org/gmo-facts/>

Food-GMOs

Which corn seed would you choose?



<http://www.lisabronner.com/another-chance-for-truth-in-labeling/>

Food-GMOs

One of the primary sources of GMO crops in the US has been “Round-up Ready” corn/maize made by the corporation Monsanto

This corn is tolerant to Round-up and sometimes (and sometimes even gene-spliced with the herbicide glyphosphate itself)

Is it safe?

Food-GMOs

Professor Eric Seralini has done a large amount of research on GMO crops such as glyphosphate tolerant corn. The following is from his study.

Roundup-tolerant NK603 genetically modified (GM) maize (from 11% in the diet), cultivated with or without Roundup application and Roundup alone (from 0.1 ppb of the full pesticide containing glyphosate and adjuvants) in drinking water, were evaluated for 2 years in rats.

Food-GMOs

Results:

- chronic kidney deficiencies were common
- liver congestions and necrosis were up to 5.5 x higher
- all treatment groups showed a two-to threefold increase in mortality, and deaths were earlier
- Females developed large mammary tumors more frequently and before controls
- Males presented up to four times more large palpable tumors starting 600 daysearlier than in the control group, in which only one tumor was noted
- All groups eating gmo maize had sex hormone imbalances

Food-GMOs

Rats who get tumors from eating GMO Corn



http://www.naturalnews.com/037249_GMO_study_cancer_tumors_organ_damage.html

Food-GMOs

A meta-analysis published in 2014 identified an increased risk of **NHL in workers exposed** to glyphosate formulations.[11]
In March 2015 the World Health Organization's International Agency for Research on Cancer classified glyphosate as "**probably carcinogenic in humans**" (category 2A) based on epidemiological studies, animal studies, and in vitro studies.[9][12][13]

<https://en.wikipedia.org/wiki/Glyphosate>

Food-Pesticides

Most pesticides are not highly selective, and are also toxic to non-target species, including humans. A number of pesticides can cause neurotoxicity. Insecticides, which kill insects by targeting their nervous system, have neurotoxic effect in mammals as well.

Insecticides interfere with chemical neurotransmission or ion channels. Some herbicides and fungicides have also been shown to possess neurotoxic properties. The effects of pesticides on the nervous system may be involved in their acute toxicity, as in case of most insecticides, or may contribute to chronic neurodegenerative disorders, most notably Parkinson's disease.

Food-Pesticides

Pesticides have been linked also to increased rates of prostate cancer, brain cancer in children, obesity, diabetes, and infertility, birth defects, and autism

“For the fate of the sons of men and the fate of beasts is the same. As one dies so dies the other; indeed, they all have the same breath and there is no advantage for man over beast, for all is vanity....”
Eccl 3:18-19

Water-Halides

Chlorine has been used widely to purify drinking water; unfortunately chlorine, even in small quantities over time is dangerous

"The drinking of chlorinated water has finally been officially linked to an increased incidence of colon cancer. An epidemiologist at Oak Ridge Associated Universities completed a study of colon cancer victims and non-cancer patients and concluded that the drinking of chlorinated water for 15 years or more was conducive to a high rate of colon cancer."

<http://www.pure-earth.com/chlorine.html>

Water-Halides

Fluorine is also a very dangerous halide, especially in drinking water

Fluoride (in the forms of sodium fluoride, sodium fluosilicate, and hydrofluorosilicic acid) is a waste byproduct of the aluminum, fertilizer, and bomb-making industries.

Fluoride, as it is injected into the water supply as hydrofluorosilicic acid (from the fertilizer industry), can cause some heavy metals such as lead to hyperaccumulate in young bodies.

<http://www.fluoride-history.de/chemicals.htm>

Water-Halides

At present, 97% of the western European population drinks non-fluoridated water. This includes: Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, Netherlands, Northern Ireland, Norway, Portugal, Scotland, Sweden, Switzerland, and approximately 90% of both the United Kingdom and Spain.

<http://fluoridealert.org/content/europe-statements/>

Tooth decay rates have declined in Europe as precipitously over the past 50 years as they have in the United States.

<http://fluoridealert.org/content/europe-statements/>

Air-Fumes

Gasoline is made from processed crude oil and is a pale brown or pink liquid with a strong odor. It evaporates easily, is very flammable and can form explosive mixtures in air. Typical gasoline contains about 150 different chemicals, including benzene, toluene, ethylbenzene and xylene, which also are known as the BTEX compounds.

Long term exposure:

- Memory Loss
- Loss of muscle function
- Cancer (due to primarily benzene exposure)

Air-Fumes



<http://www.reuters.com/article/us-oil-markets-idUSKCN12C0SR>

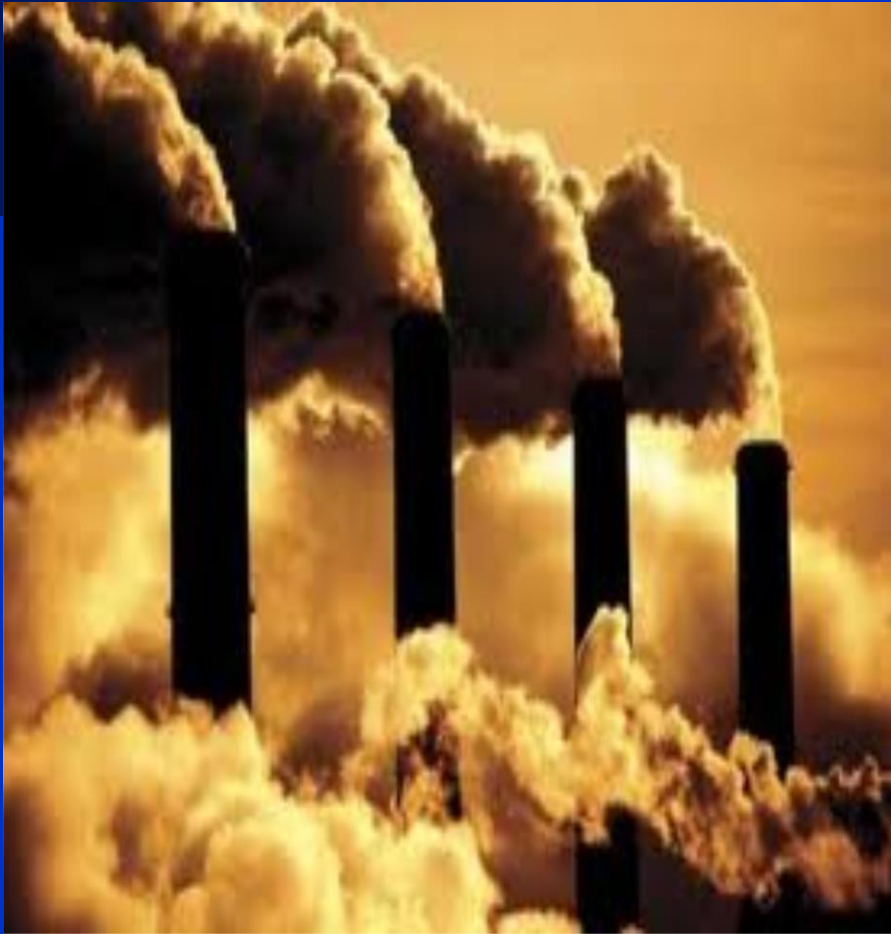
Air-Fumes

Burning coal and natural gas have long been accepted as forms of energy production.

Airborne coal has been responsible for acid rain (an environmental challenge) as well as a large source of lead exposure. Modern humans have 100 x more lead in their bones than they did a century ago due lead exposure. Lead is a toxic heavy metal contributing to neurological impairment

Burning natural gas is also extremely toxic to local ecosystems and to humans. Natural gas, especially when released through modern fracturing methods, releases neurotoxic and carcinogenic chemicals that have been identified in human blood and urine living near these wells

Air-Fumes



<https://gyemgh.wordpress.com/2013/07/17/how-to-win-the-argument-against-coal-fired-power-plants/>



<http://www.theridernews.com/2013/02/28/the-science-behind-fracking/>

Man-Made Goods- PFCs in Pots, Pans, and More

“Teflon” is also known as polytetrafluoroethylene. This compound is highly toxic when heated (even at 2 minutes) and causes flu-like symptoms and death of pet birds

PFC's like Teflon are widely used in camping gear, food wraps, water repellents, furniture, and clothing

<http://www.ewg.org/research/healthy-home-tips/tip-6-skip-non-stick-avoid-dangers-teflon>

Man-Made Goods-Cleaners

Household cleaners contain many toxic compounds including the following:

PHTHALATES (scented soaps, air freshers, toilet paper):
reduced sperm counts, migraine, asthma trigger

PERCHLOROETHYLENE OR “PERC (in your dry cleaned clothes, carpet, upholstery): carcinogen, dizziness, loss of concentration

<https://experiencelife.com/article/8-hidden-toxins-whats-lurking-in-your-cleaning-products/>

Man-Made Goods-Cleaners

Household cleaners contain many toxic compounds including the following:

TRICLOSAN (in your dish soap, antimicrobial hand soap): leads to endocrine disruption

QUARternary AMMONIUM COMPOUNDS, OR “QUATS”
(fabric softeners, cleaners)
asthma development, dermatitis

2-BUTOXYETHANOL (window cleaners, multipurpose cleaners)
liver and kidney damage

Man-Made Goods-Paints

Most modern paints, unless labeled VOC free, have been made with VOCs

These VOC compounds in paints include aliphatic hydrocarbons, ethyl acetate, glycol ethers, and acetone.

https://en.wikipedia.org/wiki/Volatile_organic_compound

Some paints may also contain toluene, xylene, ethyl acetate, formaldehyde, methylene chloride and glycol.

These VOCs can “cause respiratory, cognitive and developmental health problems” in children and adults as the paints off-gas.

http://www.journalnow.com/home_food/home_garden/diy/silent-dangers-traditional-paints-solvents-emit-harmful-toxic-chemicals/article_4648cea8-8784-11e2-933c-001a4bcf6878.html

Man-Made Goods-Paints



http://www.123rf.com/photo_7698453_cans-of-paint.html

