

The Toxic Nine



Introduction

Disease. Look anywhere around you and will find treatments for this disease, remedies for that disease, and hundreds of so-called miracle cures. Over 200 million people around the world are finding themselves threatened with contamination from chemicals like mercury, lead, and

chromium - and while most of us are aware of the toxicity surrounding nuclear waste sites, mining operations, and other major sources of pollution, very few of us are aware of the health dangers lurking in our own homes and on our dinner plates.

We are plagued with disease. Unfortunately, treating the symptoms of disease is often a futile effort, causing you to waste your time and to waste your money by putting it directly into the pockets of companies whose remedies are no more than placebos.

Instead of treating the symptoms of disease, consider researching what is causing it in the first place. Cleaning up your home, diet, and lifestyle may cause your symptoms to vanish, and your health to improve dramatically.

By removing the Top Toxins from your life, you will be able to cut back on foods with unhealthy additives. You will think more clearly, feel well rested, and have more energy throughout the day. You might even find yourself motivated enough to fit in that workout you've been putting off for so long. The best part.... No supplements, medicines, or miracle cures required.

You can remove these toxins by making a few simple, basic changes to your home environment and to your diet. This list of toxins is not designed to scare you, but instead to motivate and excite you to alleviate your top health concerns.

Our bodies become accustomed to exposure to toxins, and over time, will break down because of a repeated inability to adapt and heal. The body is an amazing healer, with the ability to bounce back after repeated injury or illness. However, without any break from the constant barrage of environmental and dietary poisons, your body loses its natural ability to bounce back.



When reviewing our list of these Top Toxins, think about the changes you can integrate regularly into your lifestyle. While eating an apple once a month won't cause a major change in your overall health and wellness, incorporating fresh fruits and vegetables as part of your daily diet and routine will make a positive impact on your overall health. Similarly, if you smoke a single cigarette once a year, it probably won't have an effect. A cigarette a day will.

Do your own research but consider how you can lower or completely eliminate your exposure to the toxins in this guide.

What Are the Different Types of Toxins?

Toxins can be sorted in several ways, but generally fall into two distinct categories.

The first is home and environmental toxins. Research has shown that there is a direct correlation between toxins in the home and a

myriad of health issue like allergies, respiratory problems, asthma, and even cancer. Our bodies are bombarded constantly with an array of toxic chemicals. In fact, the US Environmental Protection Agency claims that concentrations of volatile organic compounds, or VOC, can be up to ten times higher indoors than they are outdoors.

When you think of VOCs, consider toxins like cigarette smoke, pesticides, paints, varnishes, or solvents. Even more innocuously, think of cleaning products, printers, carpets, furniture, copy paper, cosmetics, and air fresheners - in other words, things you use every day with no thought to their toxicity.

Another common indoor household toxin is Bisphenol A (BPA), which is used for manufacturing plastics and resins. This chemical is endocrine-disrupting, and is used for everything from plastic bottles, baby bottles, coffee makers, dental sealants, and storage containers. BPA is problematic because, when ingested, it can disrupt your endocrine functioning, functioning in the same way as excess estrogen when it enters your system.

While you can't remove your exposure to all toxins, you can reduce your use of products containing toxic chemicals. Consider changing from plastic and resin materials to wooden, ceramic or stainless-steel ones. Get rid of degraded plastic containers, which causes materials to leach into your food. Don't heat plastic containers and recycle as many materials as possible.

Cleaning and ridding your home of these materials will prevent or cure a cross-section of diseases. While using one or two of these items once or twice or even more occasionally throughout the years may not cause major issue, years of repeated exposure to toxic products does not bode well for your overall health.



Another major source of toxic exposure is through what you put directly into your mouth. While you can't eliminate all contaminations, you can clean up your diet significantly so that you don't have to be concerned about future health problems. Your body is a natural healer and can remedy some damage done by processed foods or carcinogens. However, it can only do so much.

By eliminating inflammation-causing foods like grains and conventionally raised meat, you can eliminate your likelihood of a whole host of health problems. These include, but are not limited to, obesity, cardiovascular problems, cancer, diabetes, and more.

What follows is a list of the most toxic products that are ever-present in our lives today. While you can't necessarily eliminate all of these from your lifestyle in one fell swoop, you should take steps to remove them gradually and to improve your overall health and wellbeing.

To Upgraded Health,



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1. Toxic Exposures from Food

This is one of the scariest toxins on the list, because over 10,000 different chemicals are legally permitted in your food. Some of these additives, despite being allowed in all manner of food sold for human consumption, are linked to problems like allergies, endocrine disruption, nerve disorders, and even cancer.

Your body does not need help healing, but simply does not need any kind of interference. These dietary guidelines will help improve your health and regulate your hormones. Making a shift in eating habits can decrease inflammation and jump-start healing when necessary.

Grains are a common source of inflammation, with a small dose of grains raising blood sugar just as much as a can of soda. This is because grains quickly turn into sugar, first raising blood sugar leading to a spike in insulin. While whole grains in some cases can be a healthier alternative, they are still high in sugars and can cause imbalances.

Vegetable oils are also dangerous. Man-made fats, including hydrogenated and partially hydrogenated vegetable oils, trans fats, and margarine, are designed to last for a long time. These artificial fats can cause cellular congestion and lead to cancer, heart disease, stroke, and other issues. Remove the bad fats and swap them out for healthier alternatives like organic cream, coconut oil, olive oil, and hemp oil.



Refined sugars are one of the most well-known toxins, as they raise your blood sugar and elevate your levels of hormones insulin and leptin. This can cause problems such as ADHD, high cholesterol, and weight gain. Sugar can be referred to as an anti-nutrient since it contains no beneficial nutrients, but does require other nutrients you already have to process. Consider natural sweeteners like

Stevia as an alternative to refined white sugar.

GMOs, or genetically modified foods, are hotly contested. It's not just the fact that their genes are modified that may be up for discussion, it's the fact that these foods are sprayed with herbicides and chemicals such as glyphosate and can disrupt hormone balance and kill beneficial gut bacteria. Common foods that are genetically modified include canola oil, sugar beets, wheat, corn, and milk. Avoid GMOs when shopping whenever possible.

Conventional meat products can also be harmful. As the adage goes, you are what you eat - but you are also “what you are *eating*” ate. The fatty acids in meat are important and are present when cows eat grass - which is what cows are designed to do. Consumption of meats that are fed with grain or corn can lead to several health problems, like ADHD, type 2 diabetes, high cholesterol, and hormonal issues. Dairy falls into the same category.

Coffee is an item on the list that very few people consider when they are working to eliminate the toxins in their diet. Consider where your coffee is grown. Coffee that is grown in countries that do not regulate their use of chemicals and pesticides can be deficient in important free-radical fighting antioxidants. Some coffees can also contain mold and mycotoxins.

Commercial soy products, like tofu, soy milk, and soy protein, are often touted as a healthier alternative to dairy. However, these are usually genetically modified - up to 93 percent of the soy produced in the United States falls into this category. Processed soy also contains phytoestrogens, which can disrupt hormonal, thyroid, and reproductive functions. Organic soy products can be safe when consumed in moderation.

Mercury-filled fish is another source of contamination. While pregnant women are typically cautioned to avoid fish, the rest of the population is left to fend for itself in this regard.

Solution:

Avoid fish with high levels of mercury, like tuna, mackerel, marlin, and shark. Beware of Pacific Ocean-caught fish as well, as these tend to be higher in chemicals because of the Fukushima nuclear disaster.

Finally, avoid any “diet”, gluten-free, or other processed junk foods. These items often claim to be healthier, but are often filled with starches from potato, corn, and tapioca, which can spike your blood sugar just as much as gluten-based grains. Overconsumption of diet products or those marketed as “healthier” alternatives won’t do much to improve your overall health, and will instead leave you feeling sluggish and fatigued.

When grocery shopping, always check the list of product ingredients. Look for those with the fewest number of ingredients, selecting fresh, non-processed foods when possible. Avoid packaged or boxed foods, as well as cured meats. Additives are the most common in children's food, with artificial food coloring being one of the most harmful additives.

Try to eat basic, natural, organic food when possible. Locally grown items are always the best. These items are not only safer for your health, but also more nutritious. You don’t need to be fanatical about what you consume, as your body will adapt to some processed food, but eliminating one thing at a time can help to improve your health.

For example, if you have a penchant for diet soda, consider replacing it with green tea. Tackle that obstacle first before moving on to another major dietary change. Try to drink clean water

and eat more natural, organic, and pesticide-free food. By cleaning up your diet, you will dramatically improve your health.

For a comprehensive list of the foods to avoid, consult the Environmental Working Group's publication of the *Dirty Dozen Guide to Food Additives*. Several other resources, including Mercola.com and David Suzuki's list, can also help you rule out the chemicals you unknowingly consume.

Another major issue when it comes to our diets is the lack of nutritional sufficiency. Many people take supplements or vitamins to help avoid deficiencies in certain vitamins. Most of your vitamins and minerals can be found in foods, if you have an ideal diet, with vitamin D being the an exception. There is no adequate dietary source for vitamin D, with the sun being the major source of this nutrient for most people.

Solution: Many people are deficient in nutrients like omega 3 fatty acids, probiotics, and overall hydration. You don't need to take pills to make up for these deficiencies. Instead, consume foods that are natural and do not contain preservatives and artificial colorings. Drink plenty of water - half your body weight in ounces - and remember that balance is key in all aspects of your diet.

2. Water

Not to scare you, but you can contaminate yourself with more toxins through a single hot shower than through drinking water all week long. Many people believe that tap water is safe



because it has been treated with chemicals to kill bacteria and parasites. However, fluoride and chlorine can still be toxic for your body. DBPs are also present in water and can be carcinogenic. When possible, avoid fluoride-treated water and invest in a water filtration machine.

Solution: While bottled water can be better than tap water in regard to fluoride contamination, don't rush to the grocery store just yet. Plastics, too, can be a source of contamination, so it might be better to invest in an alkalizing and ionizing water filtration system. While this can be expensive at first, you will save money by having your own water filtration system right at home.

3. Household Items

Asbestos has not been manufactured in the United States since 2002. Nevertheless, it is still used in asphalt roof coatings, gaskets, and vehicle braking systems. This dangerous chemical is associated with lung cancer, and even though it is banned, can still be found throughout most households.

1-bromopropane is another common chemical found in homes, used as a degreaser, solvent, refrigerant, and lubricant. It can cause liver toxicity and problems with your reproductive and nervous systems.

Paint and varnishes are one of the most commonly thought of sources of household pollution. These products are incredibly toxic, but luckily there are dozens of water-based acrylic clear coat varathanes on the market. These products usually come at the same price and appearance of paints with dangerous chemicals.



Synthetic furniture and carpets can also emit toxins. You might think cleaning these items regularly is a great way to reduce your exposure, but the opposite is true. Many carpet cleaning products contain formaldehyde, perchlorethylene and 2-butoxyethanol - all dangerous chemicals. Household appliances like gas stoves and furnaces can also release toxins like methane and nitrogen dioxide.

Some major chemicals are released from new carpets and furniture. Think formaldehyde, xylene, and toluene. Carpet fibers, glues, dyes, rubber backing, and stain resistant treatments can all be harbored for up to three years after installation. Pressed laminate wood and flame-retardant materials are especially concerning. Whenever possible, use green building supplies and no-VOC carpet linings.

Another concern is EMF pollution. EMF, or Electromagnetic Frequencies, isn't something we think about often because it's not something you can see. These frequencies are given off by things like routers, phones, televisions, and even waterbed heaters. EMF emissions can be harmful, but there are several products that can reduce EMF emissions. For example, a small disk-shaped stick on device can be attached to your cellphone to reduce exposure.

Avoid anything that ends in “-cide”. The fact that a word ends with the suffix “-cide” should be concerning on its own, as this ominously means “to kill.” Insecticides, pesticides, fungicides,



germicides...all of these fall into the same category. Over a billion pounds of pesticides are used in the United States every year - most of which are used in agriculture and in the home. These products bioaccumulate and cause disease later in life.

We are just beginning to understand the epigenetic effects that pesticides have on human health. These products affect gene expression and have been connected to problems like cancer, reproductive issues, and

neurological disease. Even worse, children seem to be particularly susceptible.

Solution: Never use pesticides or anything else containing this ill-boding suffix in your home and buy Organic foods to ensure they have not been sprayed with them.

4. Personal Care Products

There are dozens of harmful chemicals that are typically found in cosmetics, shampoos, bath products, and medications. Even toothpaste can be dangerous, including chemicals like sodium lauryl sulfate and triclosan, chronic exposure to which can cause damage over time.

Substances found in personal care products have been linked to cancer, hormone dysregulation, depression, and even dyslexia. Diethanolamine, for example, is found in over 600 different home and personal care products. Everything from your lotion to your lipstick to your bubble bath can contain this chemical.

Solution: Purchase green building supplies and furniture and turn off or unplug devices when not in use.

Even sunscreen and bug repellants can be dangerous. Many sunscreens contain toxic chemicals to help block the sun. A number of basic sunscreens, such as zinc-based formulas, have been around for years. These are less popular because they are white, but they work

much better to reflect the light without the use of chemicals.



Steer clear of bug repellents containing DEET. DEET is a known carcinogen, so dousing your children with this chemical isn't doing them any favors. Burt's Bees makes a natural bug repellent containing citronella oil and pine tree oil. While natural bug repellents may not be quite as effective as DEET-based formulas, they smell better and won't harm you in the long run.

In general, be wary of anything aerosol. Aerosols are found in shaving creams, perfumes, and even cleaning products, and can contain formaldehyde, phenol, benzene, and xylene - all of which can cause cancer. A few seconds of exposure is enough to reach the organs inside your body.

If you're searching for a list of toxic chemicals to avoid when purchasing cosmetics, consider consulting the David Suzuki Foundation Website. This website lists the most harmful chemicals found in cosmetics, also known as the Dirty Dozen. The list includes BHA and BHT, coal tar dye, Cyclomethicone and siloxanes, DEA, MEA and TEA, Dibutyl phthalate, Formaldehyde, Parabens, Parfum, PEG compounds, Petrolatum, SLES and SLS, and triclosan.

Solution: The best rule of thumb to follow when shopping for toxin-free personal care products is to get as close to nature as possible. Do you really want to use a toothpaste or shampoo with forty-five different ingredients, none of which you can pronounce or even identify?

Most natural alternatives smell fresher, are inexpensive, and keep you just as clean as the chemical-based versions. Do some comparison shopping, as you can often find high quality, toxin-free products for reasonable prices. They are often more concentrated, requiring you to waste less per use.

Medications, too, like birth control and synthetic painkillers, can cause problems. Whenever possible, search for a natural alternative to whatever it is that ails you. Most importantly, read all ingredients carefully. If something says it is natural or mineral based, that's great, but if the ingredient list includes multiple chemicals, steer clear. A good site to check for the toxicity rating of personal care products is www.EWG.org

5. Cleaning Supplies

Many of the cleaning products we use every day in our household contain toxic chemicals that can absorb into your skin and be breathed into your respiratory tract. Some manufacturers have caught on to this consumer concern, and now market their products as natural or organic. However, these “better” products still produce fumes and can be quite deadly.

It is important to highlight the most common toxins in household cleaning supplies. 2-Butoxyethanol (2-BE) can cause blood disorders and is found in carpet, glass, and oven cleaners, and in concentrations of up to 22 percent in laundry stain removers. Ammonia, too, is a lung and skin irritant, as is chlorine bleach. Coal tar dye, which has been linked to various cancers and nervous system disorders, as well as phthalates, which cause endocrine disruption, are also common.



The list doesn't stop there. Laundry detergents, fabric softeners, and air fresheners frequently contain VOCs, while common antibacterial agents have been linked to increasing populations of antibiotic resistant bacteria. Other chemicals of concern are silica powder, sodium dichloroisocyanurate, sodium lauryl sulfate, and trisodium nitrilotriacetate. No cleaning purpose or product is immune -

these toxins are found just about everywhere, and not only seep into your body but your soil and water systems as well.

Solution: It's natural to look at this list of toxins and panic. But don't. You can gradually remove harmful household products over time. As you finish a container of cleaning product, replace it with a safer alternative. Norwex is a great company to consider, offering cleaning towels, mops, and rags, all of which have silver embedded in their fibers. As a result, you do not have to use cleaning solutions - just water. The silver does the work for you.

These products not only are better for you, but tend to last longer, too, as their effectiveness is in their construction and not the chemicals you must use to accompany them. For a reference on the best and least-toxic household cleaning products, consult The David Suzuki Foundation, which provides a regularly updated reference list of toxic chemicals in household cleaning products.



6. Plastics

As we already mentioned, plastic is particularly concerning as a toxin due to its ability to leach BPA into your food. Luckily, the government has moved toward reducing BPA use in manufacturing of commercial products. Many manufacturers now have completely banned the use of BPA as a result of consumer boycotts. Tupperware, for example, has 100% BPA free products.

Unfortunately, BPA is not the only plastic toxin to worry about. BPS, bisphenol S, has now replaced BPA in many products. While manufacturers claim it's safe, very few studies have suggested otherwise. It can remain in your body and the environment for a number of years, and some researchers have even suggested that BPS is *less* biodegradable than the alternative!

Solution: A good rule of thumb is that if you can smell the plastic, you're probably drinking it. Whenever possible, switch to stainless steel or ceramic containers. Although replacing these items may be costly now, keep in mind that metal or ceramic tools and dishes will last indefinitely and will be a good investment toward improving your health.

Another common source of plastic contamination is in plastic food wrapping. Instead of using cling wrap, store leftover food in glass containers. Fatty foods such as meat, cheese, or butter, can cause tiny amounts of chemicals to migrate into the food. Again, don't heat food that is wrapped in plastic, as the likelihood of chemicals leaching into your food increases when its heated.

Use only unbleached parchment paper, as the bleached parchment can leach dioxin, which is a toxic chemical. Avoid goods that you have not canned yourself and choose fresh produce whenever possible. Try not to stress about using sandwich bags and other short-term plastic storage, as this won't put your food in too much risk if it's not being heated.

7. Non-Stick Cookware

Everybody raves over non-stick cookware, but it's dangerous for an important reason. This type of cookware contains perfluorooctanoic acid, which is a synthetic chemical used to create a

slipperiness and non-stick finish. When it's heated, the pan will reach temperatures at which toxic fumes can be released into the air and move directly into your lungs.

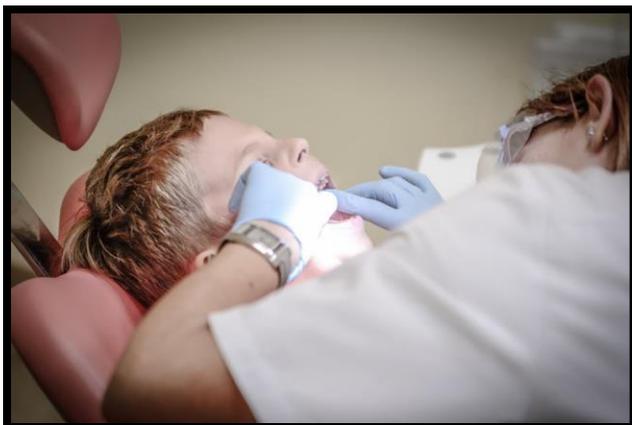


Very little heat is needed to do this, and it's dangerous because the chemical can cause several health problems. PFOA has been linked to problems like organ changes, problems with pituitary function, and tumor development.

Solution: Avoid non-stick cookware whenever possible, and choose stainless steel, cast iron, ceramic or other non-toxic options when possible.

8. Heavy Metals

The most common source of heavy metal contamination is through dental work. Studies have shown that the more amalgam (silver) fillings you have in your mouth, the more mercury you have in your organs - including your brain, kidneys, and liver. Mercury is the second most toxic element on the planet and is common in adult mercury fillings. Vaccines too, in some cases, have been proven to be a source of heavy metal contamination and can increase your risk of disease and long-term health problems. Studies have shown that getting the flu shot 5 years in a row can increase your risk of Alzheimer's by 10 times. This may be because of the mercury that is still in many flu shots. Even the vaccines that have mercury removed now contain aluminum, which some suggest may be worse!



Some good resources are www.NVIC.org and www.greenmedinfo.com

Solution: If you have mercury fillings, ask your dentist about having them removed. Ask about heavy metals toxicity testing. Avoid unnecessary vaccinations.

9. Mold

Some of the most common neurotoxic illnesses are caused by mold. Unsurprisingly, many of these are mis-diagnosed or undiagnosed. Mold toxicity is common, especially because modern building construction creates an environment that is conducive to mold growth.



Mold can be present if a house has a humidity level above 50%. Wet basements, as well as mold in “invisible” places such as between baseboards and behind walls, can also cause problem. While outdoor molds are also common, it is indoor molds that can cause health problems, including poor memory, headaches, and psychiatric struggles.

Solution: Use a dehumidifier in wet areas like basements, and consider calling a mold remediation specialist to assess the toxicity of your home.

Congratulations! You’ve finished reviewing the list of the Toxic Nine. Now here’s your Call to Action: Start to get rid of all the toxins in your home, but don’t get overwhelmed. Replace one thing at a time!

Take baby steps. Rome wasn’t built in a day, and you aren’t going to change your entire lifestyle in a day, either. Eliminate a few toxins a month and create an action plan for yourself. Focus on one area at a time and put your own health and wellness first in the battle against environmental, household, and dietary toxins.

When you think about removing toxins, compare your situation to the analogy of a wilted plant. To do this, pretend you have a wilting plant in your home. You might water it, thinking the cause of its suffering was dehydration. Yet after watering, the plant continues to die. Clearly, at this point, you would not assume that the water was what caused the death of the plant - we know that water is essential for plant life.

Perhaps next you place the sun in a bright spot, assuming it needs more sunshine. However, it’s still wilting. Would you assume sunshine is the cause of the plants suffering? Of course not.

Next, you might examine the soil. Is it depleted of nutrients? Does it contain toxic substances? Changing the soil - the root of the plant - could very well make the difference in bringing the plant back to health.

Your health is no different. Your health can be declining for several reasons. Maybe it's inadequate nutrition or a lack of exercise. But maybe the real threat is something in your home environment. By cleaning the toxins from your home and food, you may quickly find a difference in your overall well-being.

This process is not a simple one. Most of us grew up in households where commercials for pharmaceutical drug companies were everyday occurrences, offering a pill for every ill that might come your way. A pill might treat a frequent migraine, but it's not going to cure the condition. A glass of water might cure the dehydration causing your migraine, but again - it might not. You need to examine a variety of factors to find the best solution for you.

Health and wellness is not a series of quick fixes. It is a medley of trial-and-error opportunities, in which you need to experiment to find what works for you. Removing some of the toxins from your home, including plastics or cosmetics, may be time-consuming and costly, but you will likely reap the benefits of this effort almost immediately.

I am so glad you have received this information. I sincerely hope it helps you start to upgrade your health and well-being. Myself and my team are here to help you. Feel free to reach out if you have and questions.

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