

## ***Information You Don't Want to Know (and What to Do About it)***



Although this article contains essential health information, I often skip over information like what follows because it is a bit demoralizing. I ask myself, "Why is this happening? Isn't it obvious that what we are doing is unsustainable?"

Those of us who have a commitment to conscious, healthy living are continuously astounded by the rampant morally felonious assault on our planetary environment and our physical health by corporate profiteers. That's quite a statement, yes? Consider this:

- Over 90,000 thousand chemicals are legal for commerce in the US, all essentially unregulated. These chemicals generate almost a trillion dollars in revenue for the companies manufacturing them. Most of these chemicals are used in products that are part of our daily routines. Most of the chemicals have almost no safety testing. These everyday chemicals can be found in food, plastics, furniture, food wrap, cookware, cans, carpets, shower curtains, electronics and even shampoo. We are virtually inundated by them.
- Cosmetics are among the worst chemical offenders, with more than 13,000 chemicals used in these products.
- Endocrine disruptors are ubiquitous. As a result, puberty is occurring at younger and younger ages. In 2010, the average age of the onset of puberty was 10.5 years for girls— *six years younger* than in 1860, when it was 16.6 years.
- In a 2005 study an average of 200 industrial chemicals and pollutants in the umbilical cord blood of infants born in the US.

Among the most damaging chemicals are:

**Organophosphate pesticides.** These neurotoxic poisons were first used as warfare chemicals in the early part of the 20<sup>th</sup> Century. At present, these chemicals make up more than half of all pesticides used in the United States. As you might suspect, our foods are just saturated with these chemicals. Children exposed to higher levels of these pesticides have been found to have higher rates of ADHD.

**Phthalates.** These chemicals are used to soften plastics and help scents and chemicals bind together. Phthalates can be found in shampoos, conditioners, body sprays, hair sprays, perfumes, colognes, soap, nail polish, shower curtains, medical tubing, IV bags, vinyl flooring and wall coverings, food packaging and coatings on time-release pharmaceuticals. Exposure to phthalates has been associated with lower IQ levels.

**Polybrominated diphenyl ethers.**

These flame-retardant poisons can be found in televisions, computers, insulation and foam products, including children's toys and baby pillows. Exposure to these chemicals has been associated with thyroid issues.

**Air pollutants.** Air pollution from burning fossil fuels is associated with a number of respiratory conditions. However, these pollutants can also include nitrogen dioxide, formaldehyde and benzene, both of them carcinogens with systemic effects. Chronic exposure to air pollutants has been associated with lower birth rates, premature births and congenital heart defects.

**Lead.** Lead was used in gasoline and paint through the 1970s, so our environment is still full of the residues from its use. It can be found in water and soil. Although no longer used in gasoline and paint, it can still be found in older homes that used leaded paint. Unfortunately, it is still used in industrial paints, car batteries, wheel balancing weights and other products. Lead exposure has been associated with ADHD, lower IQs and developmental delay.

**Mercury.** Mercury is extremely neurotoxic. It is released into the environment from the burning of coal and oil and is also found in thermometers, light bulbs and older-model clothes dryers and washing machines. Mercury in the environment can make its way into fish and shellfish. Some fish, such as shark and tilefish, have higher concentrations of mercury. Studies have found that pregnant women exposed to mercury may give birth to children who have impaired memory and ability to focus.

**Polychlorinated biphenyls.** Although banned by the EPA in 1977, in the mid-20<sup>th</sup> Century thousands of tons of polychlorinated biphenyls were released into the environment and are still found in the food chain. Polychlorinated biphenyls have been used as coolants and lubricants in electrical equipment because they are good insulators. These chemicals are associated with cancer and issues with motor skills and short-term memory in children.

This article only tells part of the story. It is virtually impossible to write comprehensively about chemical toxicity. I haven't even included information on Monsanto's Roundup and glyphosate toxicity. As conscious consumers, we can protect ourselves by becoming informed and learning to avoid the obvious sources of contamination and by practicing periodic detoxification protocols.

Interested in a detox protocol? Make an appointment with us for an evaluation of your body's toxic load and a personalized detox program.