Eliminating the Dangerous Toxins?

Dr. Adam Meade  
adam@docmeade.com

Our bodies naturally detoxify everyday as part of a normal body process. Detoxification is one of the body’s most basic automatic functions of eliminating and neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin. Unfortunately in this day and age, with the pollution found in the air, water and food we eat, our bodies have a hard time keeping up. Our chemicalized diet with too much animal protein, too much saturated and trans fats, too much caffeine and alcohol radically changes our internal ecosystem. Body systems and organs that were once capable of cleaning out unwanted substances are now completely overloaded to the point where toxic material remains inside our tissues. Our bodies try to protect us from dangerous substances by setting it aside, surrounding it with mucous and fat so that it will not cause an imbalance or trigger an immune response (some people carry up to 15 extra pounds of mucous that harbors this waste).

Detoxification through special cleansing diets and colonics is the best way to assist your body’s natural self-cleaning system. It is especially important for immune-compromised diseases like cancer, arthritis, diabetes and chronic fatigue. However, even if your diet is good, a spring cleanse can revitalize your system and rid your body of harmful bacteria, viruses and parasites.

Environmental Toxins are a broad entity of toxins. This grouping encompasses every toxin in our lives. We have been inundated with 80,000 chemicals since World War II. 1500 new chemicals each year (at best); 10 are tested for neurotoxic effects, 0 are tested for synergistic effects. Unfortunately, this is how they are used in the marketplace. Most of these are affecting us in our homes, not in the outside environment. The EPA estimates that our indoor air is 5-7 times more toxic than our outdoor air and in new construction, 100 times more.

The Toxic Top 10

#1 Household Cleaners  
#2 Contents (Carpets, Furniture, Appliances/Flame Retardents)  
#3 Water (Chlorine, Fluoride, Pharmaceutical drugs)  
#4 Mold  
#5 Pesticides  
#6 Food (Hormones, Antibiotics, Fast, Processed)  
#7 Amalgams (Silver Fillings)  
#8 Vaccines (Dangerous Neurotoxic chemicals)  
#9 Plastics (Hormone mimicking dangers)  
#10 Toxic Beauty

#1 Household Cleaners  
Common toxic chemicals found in our homes making their way into us and our children are:  

Formaldehyde – Found in furniture polishers, car cleaners, disinfectants, rug and upholstery cleaners and toilet bowl cleaners.  
Ethylene – Found in bathroom tub and tile cleaners, floor and furniture polish, laundry starch preparations, and rug upholstery cleaners.  
Petroleum Distillates (Petrochemicals) – Found in furniture polish and cleaners, lubricating oils, pet flea and tick products and collars, petroleum products, floor and furniture polish, dishwasher cleaners, aerosol sprays, and laundry detergents.  
Chlorine – Found in dishwashing detergent, laundry detergent, kitchen and all purpose cleaners.  
Note: Any substances containing chlorine, when mixed with ammonia, toilet bowl cleaners or vinegar will produce deadly toxic fumes (chloramines or chlorine gas).  
Benzenes - Used as optical brighteners (in surface cleaners, laundry and dishwashing detergents, surface polishers) and found in general performance sealants (PVAC, butyl, vinyl, etc.), laundry starch preparations, lubricating oils, scatter rugs, bath mats and bath sets.  
Butyl Cellosolve – Found in window cleaners and other all-purpose-cleaning products.  
Phenol – Found in disinfectants, antibacterial, antiseptics, hard surface cleaners, paint and varnish removers, and synthetic resin and rubber adhesives.  

Biggest Offenders:

- Dishwashing Detergents  
- Oven Cleaners  
- Laundry Detergent  
- Floor and Furniture Polishes  
- Air Fresheners  
- Toilet Bowl Cleaners  
- Antibacterial Cleaners and Soaps  
- Dry Cleaning  
- Hard-Surface Cleaners (esp. Kitchen Cleaners)  
- Carpet and upholstery cleaners
Some of the major chemicals released from new carpets and furniture are formaldehyde, benzene, toluene, and xylene. The carpet fibers themselves, the rubber backing, the glues, dyes, fungicides, and stain resistant treatments all outgas these chemicals for up to three years after installation. However be careful with really old carpets, as they can be an infestation for molds and other allergy-causing agents. Carpets are always the dirtiest places in our homes even when they look clean.

**Furniture**

Even furniture made of pressed laminated wood—which is used to make both inexpensive and expensive furniture—contains formaldehyde which is extremely poisonous. These chemicals are also harmful because they—like the toxins from cleaning products—make their way into the dust you and your children breathe.

**Appliances/Flame Retardants**

A new study showed flame retardants are present in the body of almost everyone in the U.S., and they are known to be a possible cause of hormonal, neurological, liver and other health problems.

On average the largest contributors of flame retardants were:

- Computers
- Vehicle seats (cloth was much higher than leather)
- T.V.’s (regardless of age or type)
- Sleeping pillows & Mattresses (Worst: Polyurethane foams)

**#3 Water (Chlorine, Fluoride, Pharmaceutical drugs)**

People still believe today that drinking tap water from faucets and water fountains is safe because it has been treated with certain chemicals that kill bacteria, parasites, and other harmful organisms. Here’s the truth: these very same chemicals that protect us from such microorganisms are ironically linked to more dangerous diseases. Unlike the water in places like Mexico and third world countries, our water’s supply doesn’t hold nearly as many dangerous microorganisms that cause illnesses like Montezuma’s Revenge and others.

However, we do face a new challenge. In water, there are two major chemicals added that qualify as majors threats that must be eliminated. *These two chemicals are chlorine and fluoride.*

**Solutions:**

- Healthy toothpaste (without fluoride)
- House filtration
- Individual carbon filters
- Reverse Osmosis (RO) filters
- Distillation
- Shower carbon systems

**Bottled Water** – This water is better than tap, however remember our section on plastics. Stay away from “natural” spring water because you don’t know what you’re really getting. Instead, go for RO or distilled water. The big downside is plastic and high costs.

**#4 Mold**

Without question, the most widespread and under-diagnosed neurotoxic illness is caused by mold. Mold itself has become widespread because the modern way of constructing buildings tends to create an environment favorable to mold growth.

**Tips:**

- House humidity levels must be under 50°.
- If your basement gets wet, you have mold (where there is water there is mold).
- Most mold is not seen.
- 25% of the population is sensitive to the biotoxin that mold produces.
- Toxic indoor molds and the molds responsible for neurotoxic illness are not outside mold.
- Biotoxic illness is not a mold allergy. Some of the first symptoms of biotoxic illness are morning stiffness, brain fog, fatigue, sleep disturbances, digestive issues, and trouble seeing at night.

**#5 Pesticides**

One of the leading causes of toxic Encephalopathy and only now being understood for its epigenetic effects on human health. A Systematic Review of Pesticides on Human Health show consistent pesticide links to serious illnesses such as cancer, reproductive problems and neurological diseases, among others. The study also shows that children are particularly vulnerable to pesticides.

**Facts:**

- A Harvard Study showed low levels of pesticides have a 70% higher incidence of Parkinson’s.
- Journal of American Medicine found 70% increase of Parkinson’s on those who use pesticides in their home.
#6 Food (Hormones, Antibiotics, Fast, Processed)

An estimated 1.2 billion pounds of pesticides are used in the U.S. every year. These chemicals are used on our food and even in our homes. From these sources they go directly into our bodies, where once again they bioaccumulate to cause diseases later in life with unknown origins. Most of the pesticides & herbicides in food are found in meat.

**Safer Resources:**
The key is to eat organic, meat and dairy are the most important foods to buy organic. Organic foods grown and raised without the use of any man-made chemicals (pesticides, herbicides, steroids, hormones etc.).

**Steroids, Growth Hormones, and Antibiotics**
Added to the bioaccumulation of pesticides and herbicides in the meat that we eat, we must consider the steroids, hormones, and antibiotics added as well. The steroids and hormones are used for meat growth and added to milk cows to increase milk production.

**Man-Made Fats and Rancid Oils**
Man-made fats—better known as trans fats— include hydrogenated oils, partially hydrogenated oils and margarine, which have been used to extend the shelf life of foods and replace natural fats that were thought to be the cause of the battle of the bulge. Rancid oils include vegetable oils (i.e. canola, corn, cottonseed, soybean, and safflower oils) and are used in almost every product on the market today because they’re cheap. Because of the way the fatty acids are bonded in vegetable oils, they are very sensitive to heat and light. Therefore, upon processing, these oils go rancid very quickly even before they make their way into your kitchen.

**Solutions:**
Avoid turning good fats into rancid fats by taking the following precautions.

**High Heat:** Use only coconut butter, coconut oil, and grapeseed oil.

**Medium Heat:** Use olive oil. It will turn rancid when heated above 120° F. If it smokes, it has already turned rancid.

**Baking:**
Butter is also a good option, but if it starts to brown then it has become rancid.

**No Heat Oils:** Cold-pressed oils, flax oil, sunflower oil, safflower oil, hemp seed oil, almond oil, and walnut oil. These oils all have very fragile fatty acid bonds and should be used cold on salads, other cool foods, or smoothies.

**Cookware**
Let’s begin with Teflon. A Teflon pan heated at a regular cooking temperature has been shown to release at least six toxic gases, including two carcinogens, two global pollutants, and MFA, a chemical lethal to humans at low doses. These gases are all emitted from PFOA, which is a known inorganic substance that won’t break down into development problems; risks of liver, pancreatic, testicular and mammary gland tumors; altered thyroid hormone regulation, damage to the immune system and reproductive problems and birth defects.

Aluminum pans hold a similar problem. It’s no secret by now that aluminum cookware is being linked to neurological conditions such as Alzheimer’s and Parkinson’s disease, osteoporosis, extreme nervousness, anemia, headache, decreased liver and kidney function, forgetfulness, speech disturbances and memory loss. The scientific research at this time is not sure how much aluminum it takes to cause these disorders, but it is clear on the fact that the accumulation of aluminum over time in brain tissue has a causative factor on neurological conditions.

*B咄ecause everyone’s genetic susceptibility is different, it’s important to eliminate such cookware completely.*

#7 Amalgams (Silver Fillings)

Studies indicate that the more amalgam fillings (silver fillings) are present in your mouth, the more mercury you will have in your organs, including the brain, kidneys, heart and liver. Mercury is the 3rd most toxic element on the planet. Amalgam fillings are the number #1 adult source of mercury. Dr. Meade and others feel that mercury from amalgam fillings are the number 1 cause of unexplained illness.

**WARNING! Do not remove amalgam fillings without a proper protocol!**

**Facts:**
- Silver fillings leach mercury for the lifetime of the filling.
- The number of amalgams is proportional to the amount of mercury in your brain.
- Most countries have bans on amalgam fillings except here in the United States.

#8 Vaccines (Dangerous Neurotoxic chemicals)
Vaccines although credited for saving the lives of children are responsible for the majority of unexplainable childhood diseases on the rise today.

Facts:
- Vaccines are a temporary immunity which alter your immune system for life.
- Vaccines stimulate your bodies emergency immune reaction (TH2) that leads to hyperimmunity, such as an increase in Allergies, Autoimmune Diseases, and even Cancer.
- Common ingredients in vaccines are Antifreeze, Aluminium, Mercury, Borax, MSG, Animal organ tissues and blood, Aborted human foetal tissue, Human Viruses, Animal Viruses, Foreign DNA, and the list goes on.
- The flu shot still contains 12-25 mcg of Mercury
- Study show that flu shots increase Alzheimer’s by x10 fold.
- You still have a right not to vaccinate. Know your state laws for Religious or Philosophical rights.

#9 Plastics (Hormone mimicking dangers)
We are the first generation to be introduced to the new chemical onslaught from plastics. In so many ways, plastics have made our lives easier and in some cases even saved them, but not without consequence. Our bodies take in 210 mcg/day of a cancer-causing and hormone-disrupting chemicals called phthalates. Phthalates are found in every soft and flexible plastic we use. From plastic-wraps over our foods to the plastic soda and water bottles we drink from. Phthalates are used in plastics to make them more flexible, and science is not clear on what level of exposure is harmful since this chemical is so new. Only a person’s body knows its own limits for this cancer-causing toxin.

Note on Safer Plastics:
If you turn a plastic container or bottle over, you will find a number ranging from 1 to 7. This numbering system was originally developed by the Society of The Plastics Industry (SPI) to classify plastics for recycling purposes. The system can be a little confusing because the higher the number on the plastic does not designate a safer bottle or product. However, the numbers can help us select plastics that are somewhat safer.

For your purposes, plastics with the numbers 1, 2, 4, and 5 are your best bet. Avoid plastics with numbers 3, 6, and 7.

Solutions:
Use glass for most of your storage. To minimize the big effects of plastic leaching, don’t place hot foods in tupperware containers or plastic bags. Let the food cool down before storing. Fatty and acidic foods should never be stored in plastic containers. Also, prolonged refrigeration storage in plastic isn’t a good idea. Instead, you’re better off with leaving food on a glass plate or bowl and using saran wrap over it to minimize contact (preferably so that the plastic isn’t touching the food at all).

To store your food you can also use mason jars. If you don’t want to purchase these, just clean out emptied glass jars and reuse them for storage. That way you’ll save money on containers and reduce waste.

Don’t stress over sandwich bags and short-term plastic storage. If you make sandwiches in the morning to eat for lunch, putting them in little plastic bags won’t place your food at much risk. You can find good baggies from www.naturalvalue.com or at natural foods stores.

Drinking filtered water instead of bottled water is a good solution. However, bottled water would be better than tap water when away from home. Remember to avoid plastics with numbers 3, 6 and 7. BPA free does not mean that is necessarily safe.

Stainless steel and glass bottles are the best two alternatives for your water. To easily save money, you can buy a glass bottle of iced tea (or any other beverage in a good glass bottle from gas stations or supermarkets) and reuse the bottle for water once emptied.

#10 Toxic Beauty

Personal Care Products
In today’s age, the problem with all of the recent personal care products (soaps, shampoos, cosmetics, etc…) is that there are over 125 ingredients formulated that are suspected of carcinogenic activities. As usual, we will discuss only the major and most common culprits known to have a devastating effect on our health. Out of the 125 we’ve picked five that are in practically every personal care product used today.

1. **Diethanolamine (DEA)** is found in over 600 home and personal care products such as soaps, lotions, cosmetics, bubble baths, laundry and dishwashing detergents and more. DEA is used to provide a rich lather in shampoos and keeps a good consistency in lotions and creams.

2. **Propylene Glycol** is a substance used in antifreeze solutions and hydraulic fluids as a powerful solvent. Ironically enough, it is also found in childhood vaccinations, cosmetics, toothpastes, shampoos, deodorants, lotions, and even processed foods (including pet foods). Propylene Glycol helps products retain moisture, and when used on your skin, helps it stay soft and moist. That’s why it is found in most baby wipes and skin lotions.

3. **Sodium Lauryl Sulfate (SLS)** is perhaps the most common of the three chemicals and by no means any less toxic. SLS is used as a surfactant to break down the surface tension of water. Therefore it will break up grease and is used in concrete floor cleaners, engine degreasers, and carwash detergents. Unfortunately the same degreaser is being used in practically every soap, shampoo and toothpaste on the market today.
4. **Phthalates** are dangerous chemicals found in plastics that cause endocrine disruption and cancer. Phthalates are also found in baby care products. A study testing the urine of 163 infants between two and twenty five months of age found 80% of the infants had at least 7 phthalate metabolites in their urine. All infants in the study had detectable levels of at least one phthalate metabolite. Almost all of the mothers had used baby wipes and over half of the mothers had used baby shampoo on their infants within 24 hours of the urine collection.

5. **Nanotechnology** is an emerging technology that involves manipulation of materials at the scale of atoms and molecules. To give you an idea of how small a nanometer is, a human hair is 80,000 nanometers in diameter. This technology is entirely unregulated and almost no testing has been done for its health effects. Nanotechnology is of a concern because it is now being used in virtually all personal care products from make-up to toothpaste and perfume. Unless you call the companies that manufacture your personal care products and ask if they use nanotechnology, there is no way of knowing if those products contain nanoparticles. Companies are not required to test nanoparticles or label them.

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The Unsexy Six
(Hidden Dangers of Cosmetics and Solutions)

Take a minute and pause the next time you are visiting a coffee shop, restaurant, or other common meeting area and intently tune into a nearby conversation. I find that in most cases when health topics are being discussed, it will not be long until you hear mention of issues with hormones, weight gain, mood disorders, cancer, diabetes and/or thyroid problems. If you listen long enough, you will probably hear these individuals say things like, “I have tried hormone replacement, weight watchers, and surgery and I still can’t lose weight.” They go on to say it must be a genetic problem, thyroid disorder, or the result of a stressful lifestyle. These are all real factors, but answer these questions: How did we get to this unhealthy state just in the last twenty years? What is the true cause of unwanted weight gain? Is it your thyroid, or is it really just bad genetics that are plaguing everyone? Should we all just give up? Many do give up, and who can blame them when they try everything and have no results to boast about?

When we looked into this epidemic over ten years ago, we found that many individuals were in fact dealing with hormone dysregulation - not because of age or stress, but from everyday chemicals we use to make our homes and ourselves look and smell better. Research is showing that our everyday products contain toxic chemicals that are triggering obesity genes and disrupting our hormones, making weight loss frustrating and virtually impossible. Recent studies state that obesogens and other foreign chemicals like BPA may be the cause not only of hormone havoc, but triggering genes that normally never express themselves or have an opportunity to cause health problems. Here is a great video that explains how genes are triggered and why many can’t lose weight despite diet and exercise.

Exposure to chemicals can damage the body's natural weight-control mechanisms. Toxic chemicals act as endocrine disruptors -- mimicking hormones, and blocking or exaggerating our natural hormonal responses -- "chemical calories," as they are referred to by Paula Baillie-Hamilton, a leading expert on metabolism and environmental toxins from Sterling University in Scotland. She is one of the first to make the link between the obesity epidemic and chemicals in our environment.

We are exposed to thousands of chemicals daily, which are bio accumulating in our tissues. I have chosen the products and chemicals in our daily personal care regimen that are hormone-disrupting “obesogens” that lead to weight loss resistance. This is why I refer to it as the **Unsexy Six**:

1. **SOAP/SHAMPOO**--
   Is Your Shampoo Making You Fat? This was a title of a recently published article on www.grist.org. The article focuses on daily use products that are driving the obesity epidemic. There was a focus on soaps and shampoos because of the dangerous levels of these chemical calories which environmental researchers are calling obesogens.

   The August 2011 issue of *Obesity Reviews* features an extensive look at the accumulating body of research linking the environmental toxins with obesity.

   **MAIN OBESOGENS:** SLS (Sodium Laurel Sulfate), DEA (Diethanolamine), Propylene Glycol, Phthalates, BPA (Bisphenol-A), Triclosan, TEA (Triethanolamine), MEA (Methylethanolamine)

   **WORST OFFENDERS:**
   Almost every product listing fragrance as an ingredient. Seventy percent of the products tested have dangerous levels of hormone (endocrine system) disruptors.

   **WHAT I USE:** EO, Giovanni, John Masters (shampoo/conditioner) South of France,
   ZumBar (soap)

   **ECONOMIC OPTIONS:** Aubrey Organics Green Tea or Blue Chamomile Shampoo, Dr. Bronners (soaps: liquid and bar), Sappo Hill bar soaps.
2. LOTIONS/SUNSCREEN
It is more harmful to put toxic ingredients on our skin than it is to eat them. If they don’t coat our skin like plastic, preventing the skin from properly regenerating, they are causing anything from minor irritation to a variety of skin diseases. These poisons and toxins are absorbed directly into our body and blood stream and stored in our fat tissues, possibly causing cancer, changing our DNA, causing infertility, neurotoxicity or an array of other medical problems...many yet to be discovered.
Main Obesogens: BPA, BHA (Butylated Hydroxy Anisole), TEA, MEA, Phthalates and Parabens: most of which is hidden in the fragrance found in lotions. Mineral Oil. You may think this is a natural ingredient, however, it created 69% increase in tumor formation and breaks down into mineral parafins which might be the largest contaminant of our bodies. It accumulates in our fat to the gram of 1-10/per person.
MAIN OBESOGENS: BPA, BHA, TEA, MEA, Phthalates, Parabens
WORST OFFENDERS: Cetaphil, Eucerin, Aveeno, Olay, Neutrogena, Dove, Lubriderm, Nivea, Keri, Curel, Jergens, Johnsons, Vaseline, St. Ives, Suave
WHAT I USE: Absolutely Natural, Nubian, Aubrey Organics, Erbaviva
ECONOMIC OPTIONS: Shea Butter (natural sunscreen between 15-20) Coconut Oil (10-15 SPF)

3. FRAGRANCE
Fragrance is derived from over 700 chemicals. A typical shampoo is mixed up from over 100 different fragrances, many of which are obesogens. The highest levels of BPA and Phthalates are present in fragrance and can change gene expression, as well as mimic estrogen for weight gain and obesity.
MAIN OBESOGENS: BPA, Phthalates
WORST OFFENDERS: BPA and Phthalates. Giorgio Armani Acqua Di contained nineteen different sensitizing chemicals that can trigger allergic reactions, more than any other product tested. Halle Berry, Quicksilver, and J. Lo Glow all contained six of these chemicals which mimic the hormone estrogen, as well as another associated with thyroid effects.
WHAT I USE: Pacifica, Lavanila Laboratories
ECONOMIC OPTIONS: Don’t wear any. Use essential oils sparingly

4. LIPSTICK
Upon testing, the majority of lipsticks contained lead. One study showed 61% of the lipsticks tested had lead levels that were higher than what the FDA considered to be safe. In a woman’s lifetime, it is estimated that she will eat 4 pounds of lipstick. Lead in lipstick is an obesogen, as well as an epigenetic trigger for those with susceptibility. It also acts as a neurotoxin affecting hormone receptors, which can result in weight gain and obesity.
MAIN OBESOGENS: Lead, Parabens, BPA, Phthalates.
WORST OFFENDERS: L’Oreal, Revlon, Maybelline and Cover Girl were the highest recorded.
WHAT I USE: ZuZu, Gabriel, Dr. Haushka, Lavera
ECONOMIC OPTIONS: Don’t wear any. Most healthy lipsticks that I have used are all relatively within the same price range.

5. NAILS
MAIN OBESOGEN: Certain ingredients in nail polish are obesogens. Isopropanol, dibutyl phthalate (DBP), formaldehyde, and toluene and other solvents
WORST OFFENDERS: Nail Tek, OPI, and Essie still contain the toxic trio of ingredients.
WHAT I USE: Spa Ritual. Free of DBP, formaldehyde and toluene
ECONOMIC OPTIONS: No polish. Other ones I have tried peel immediately (Suncoat brand).

6. FOUNDATION
Many of the ingredients in foundation are absorbed into the skin, which leads to preventing your skin from breathing throughout the day. Your face suffocates when there is a restrictive foundation on your skin, not to mention one that is toxic.
MAIN OBESOGENS: Among other toxic ingredients, mineral oil is contained in foundation and is a known obesogen. BHT, TEA and parabens are also found in foundation. There is another preservative, quaternium-15, which can break down into formaldehyde. There are also fragrances present.
WORST OFFENDERS: MAC. Mineral types with a nanopartical rating of less than 10, despite being thought of as safe by most, are also surprisingly unhealthy.
WHAT I USE: Dr. Haushka
ECONOMIC OPTIONS: Organic Wear, Suncoat