

Our Toxic World

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Man's pursuit of bigger, better, faster, younger and more convenient has come at a terrible price. The automobiles that shuttle us, the products with which we clean ourselves and our homes, the appliances that keep us cool and the recreational vehicles that help us relax, all pollute our environment. And let's not forget the toxins found in the air we breathe, the chemicals found in the water we drink, the pesticides detected in many of the fruits, vegetables and meats we serve our families, and the petroleum byproducts we apply to our skin. It's not enough that we're subjected to toxins everywhere we turn--**the real issue is the number of years of exposure we face--exposure that starts even before we are born.**

According to a 2005 study commissioned by the Environmental Working Group (EWG) in cooperation with The American Red Cross on the umbilical cord of blood of newborns, **287** different industrial chemicals, pollutants and pesticides were found including *mercury, polyaromatic hydrocarbons, dioxins, furans, pesticides, and chemicals from flame retardants, PCBs, industrial lubricants, plastics, Teflon, Scotchgard, industrial bleaches, electrical insulators, coal-fired power plants, vehicle emissions, and wood preservatives*, all of which are known to be toxic to the brain and nervous system, and to cause birth defects or abnormal development in animal tests. (1)

Once you've entered the world and you've taken your first breath, you can be reasonably sure it will include some unhealthy trace particles of air pollution. That's true for every breath you take, thereafter, as well. According to the Environmental Protection Agency (EPA), US facilities alone released **4.7 billion pounds of toxins** into the atmosphere in 2002.

It's in the Water You Drink:

Currently, there are more than 850 studies, conducted by federal, state and local government agencies, US health organizations and major universities that conclusively prove that tap water is alive with deadly bugs that cause *Hepatitis, E-coli* bacteria, and *Helicobacter pylori*, the bacteria that causes stomach ulcers. Additionally, monitoring groups from all fifty states have reported drinking water containing *arsenic, asbestos, cyanide, lead, mercury, bug and weed killers, embalming fluids*, and even *radioactive wastes*, all in addition to known killers like *chlorine* and *fluoride*! Outbreaks of waterborne disease are on the increase. In fact, an estimated **seven million** people become sick, and more than **1,000** die in the United States each year from

waterborne microbes. (2)

It's in the Food You Eat:

And, as if concerns about breathing and drinking weren't enough, you also have to be careful with the produce, meats and fish you ingest. Herbicides and pesticides--used to keep bugs off of crops, inhibit weed growth and protect your lawn--are taking their toll on your health. Environmental chemicals have a wide range of effects on immune system function, ranging from a decrease in your body's ability to fight infections and tumors to increased allergies and autoimmunity, as well as dermatological, gastrointestinal, genitourinary, respiratory, musculoskeletal and cardiovascular problems. (3)

Source:

1. Body Burden, the Pollution of Newborns, Environmental Working Group, July 2005
2. www.mediasyndicate.com
3. Ohio State University School of Medicine

A new study reported in the July 2006 issue of *Annals in Neurology* found that the risk of Parkinson's disease in those who reported being exposed to pesticides and herbicides **increased by about seventy percent**, ten to twenty years after initial exposure. The risk of Parkinson's disease associated with exposure has been reported in many other studies. Another recent study was reported by **Mayo Clinic** researchers who published their findings in the June 26, 2006, online issue of **Movement Disorders**. They found that men who had ever been exposed to pesticides on their farms or gardens were more than twice as likely to develop Parkinson's disease, compared to men who were not exposed to the toxic chemicals. Exposure to pesticides is likely to harm the brain, because the pesticides commonly used in the US have been shown to cause degeneration of *dopaminergic neurons* in the brain, according to the authors. Pesticides such as DDT have been banned in many countries, but they are still polluting the environment. **Much of our produce comes from these countries that do not ban some of the most toxic agri-chemicals.**

Home Sweet Home:

But the toxins you'll probably find most surprising are those found inside your home--where most of us think we're safe. Many of the products that improve the look and scent of your home, like household cleaning products, have been linked to Attention Deficit Hyperactivity Disorder (ADHD) and other learning or behavioral disorders. Even the glue used to hold that new carpet down, contains the harmful ingredient, benzene, and the neurotoxin, *xylene*--one of the most unhealthy chemical combinations to which you can be exposed. Carpets can emit over 200 volatile organic chemicals. Faulty appliances can

emit ozone, which affects lung health, and carbon monoxide, which is lethal at high concentrations. Also, mold, bacteria and other biological contaminants can cause or exacerbate asthma, allergies and infections.

The bottom line is that we are surrounded by toxins, pollutants, and synthetic (inorganic) chemicals. Many are invisible--colorless, odorless and tasteless--and most have never been tested for their effects on human health. And while there are ways to reduce the impact of some exposure, **it's just not reasonable to think you can avoid toxic exposure, altogether.** Those who understand the increasingly deadly impact of environmental toxicity on our bodies also understand that there is no "quick fix." It's taken your entire lifetime to reach the level of toxicity and imbalance you now experience. To be as healthy as your body is capable of being, plan to fight this toxicity battle for the rest of your life!

More and more anti-aging practitioners, like Rashid O. Buttar, DO, a diplomat in preventative medicine and clinical toxicology, and **Vice-Chairman of the American Board of Clinical Metal Toxicology**, and Robert Nash, MD, who is board certified in neurology, pain medicine, and chelation therapy, and **Chairman of the American Board of Clinical Metal Toxicology**, are coming to the same conclusion . . . in order to maintain optimal health, and reduce the incidence of the degenerative diseases of aging, the health practitioner's job is to detoxify their patients. Listen to what they, and others are saying:

"I can now very comfortable and definitively state to you," says Dr. Buttar, "that, in my opinion, based on the evidence, **every single chronic insidious disease process is related to one word: toxicity.** A year ago, I wouldn't have said it, but the more success we've had, the clearer it has become; **All chronic disease is toxicity.** You get rid of the toxicity and you put out the fire. **Conventional medicine is just covering your eyes so you don't see the fire.**"

Dr. Nash concurs, though perhaps not yet 100 percent. He says, "Most of the diseases of aging--arthritis, most cancers, vascular and others--have been shown to be associated with *toxic metals* and persistent *organic pollutants*. For example, vascular diseases, stroke, heart attack, plus most cancers, and macular degeneration have been linked directly to lead. That's just lead," notes Dr. Nash.

He also explains that, "Between nature and man, we have polluted the planet, but man's pollution is by far the most toxic. We are now paying a price for our environmental neglect. That price appears to be *chemical sensitivities*, and the increasing *diseases of aging*, such as vascular disease, congestive heart failure and cancers."

Walter J. Crinnion, ND, **Chairman of the Department of Environmental Medicine** at Southwest College of Naturopathic Medicine, Phoenix, wrote six years ago, "Chemical compounds, ubiquitous in our food, air and water, are now found in every person."

A 2003 US study by the Centers for Disease Control (CDC), revealed the presence of **116 chemicals**--some of them banned for more than two decades because of toxicity--**in people of all ages**. In July 2005, the CDC released a major report that makes the important distinction that the level of chemicals found within the body is the result of the cumulative impact from all routes of exposure, including *ingestion*, *inhalation* and *dermal absorption*, as well as how the chemical is distributed in body tissues, transformed into metabolites, and eliminated from the body. This reinforces the concept that environmental pollutants are omnipresent in our environment.

Britain's **Environmental Toxins Foundation (ETF)** states that "More and more research is pointing towards mounting evidence that structural and genetic damage . . . potentially caused to the human morphology through the huge influx of chemical agents that are absorbed, ingested and inhaled from the food we eat, the water we drink and air, and the air we breathe . . . is increasingly prevalent in our modern environment."

A paper entitled, *Metals in Medicine*, published in the July/August edition of **Alternative Therapies** notes that, "Metals have been implicated in many of the diseases of aging, as well as in neurodevelopmental diseases and autism spectrum disorders." Mercury is known to affect the brain and has been associated with degenerative diseases such as amyotrophic lateral sclerosis (ALS), Alzheimer's disease, and multiple sclerosis, as well as vascular diseases, nephrotoxicity, and cancer. The paper notes that the effects of toxicant metals on human health have been reported in peer-reviewed literature with increasing frequency.

A November 17, 2004, Wall Street Journal article described the high levels of mercury that are now being spread, particularly by massive industrial development in China. The article states, "Mercury and other pollutants from China's more than 2,000 coal-fired power plants soar high into the atmosphere and around the globe on what has become a transcontinental conveyor belt of bad air."

An **International Agency for Research on Cancer** report says that compelling scientific evidence points to some of the **85,000 synthetic chemicals** in use today as contributing to breast cancer by altering hormone function or gene expression. In the past 50 years, a woman's lifetime risk of breast cancer has

more than tripled in the United States. According to Nancy Evans, a health science consultant for the **Breast Cancer Fund** (the only national nonprofit organization whose sole focus is to identify the causes of breast cancer and advocate for elimination of the disease), and the Editor of the report, "Medical X-rays, pesticides, household cleaning products, personal care products and some pharmaceuticals are just a few of the multiple and chronic exposures contributing to this *epidemic*."

Lynn Tondat Carter, Ph.D., Professor of Psychology at the University of Massachusetts, writes in *The Celestine Journal* that "Our very ability to think and feel normally can be drastically affected by exposure to toxins. It does not take a giant leap of logic to realize that we could soon be in such a state of toxic poisoning that we would be unable to 'problem-solve' our way out."

The Toxic Life, an article that appeared in an April 2006 Toronto Star newspaper was summed up by Life Writer, Nancy J. White, this way, "If you're a walking, breathing Canadian, you're polluted." That's the situation in Canada, and it's much worse in the US. **You and your family don't have to remain part of these statistics.**

The Safe, Natural Approach:

To live well and be healthy in today's toxic world, the need to detoxify the body and to achieve an alkaline systemic pH are imperative. Toxicity and systemic acidity are involved in ALL illness. Fortunately, there is lots of help available to achieve this ideal state of health, and I suggest that you take advantage of the research on this website to assist you in accomplishing a balanced approach to your pursuit of wellness.

If you have questions, please contact Lyle at ultrahealth@cs.com or by calling **800-829-9913**.