Toxicity

Beacon Hill Chiropractic And Massage

Best Of Me Workshop Part II - 2015
Speakers

- Your speakers:
  - Dr. Michael Schmolke - Chiropractor
  - Lynne Marshall – Wellness Assistant

We change lives through inspiration, empowerment, and excellent health care delivery
The World Has Changed

Toxicity & Poison in our Past:

- Cave Dwellers - Knowledge of naturally occurring substances (Used in hunting/warfare)
- Intentional Poisoning through the ages - (Cleopatra’s suicide by biting Asp - Poisonous snake/European renaissance assassination poisonings with concoctions of chemicals)
- Unintentional poisonings: i.e. Lead - used in Roman Era to line vessels/cosmetics/ pottery glaze/ 19th Century US Paint Manufacturers (Even despite 1786 Benjamin Franklin’s warning of hazardous effects)
Toxicity exposure through the Years

• Workers over the years have been exposed to higher levels of chemicals than general public. i.e. Asbestos- causing severe lung damage/ Coal mining dust- respiratory damage
• Today we not only have to be concerned about traditional industrial chemicals but also those in electronics industry as well as bio-engineered and nano-engineered products.
• Currently there are over 100,000 chemicals in commercial use and 1000 new ones added every year!
• We have also seen a dramatic rise in various diseases such as Cancer, Autoimmune diseases, diabetes, Autism etc.

Coincidence?
Understanding Toxicity

What is toxicity?

• Toxicity is the degree to which a substance can damage an organism.

• Toxicity can refer to the effect on a whole organism such as an animal or plant, as well as the effect on a substructure of an organism such as a cell (cytotoxicity) or an organ like the liver (hepatotoxicity).

• By extension, the word may be metaphorically used to describe toxic effects on a larger more complex group such as a family unit or community.

• Toxicity can be either Acute (Min/Hours/Days) or Chronic (Months/Years)
Warning signs of toxin overload

• Feeling fatigued... all the time
• Weight fluctuations
• Stinky breath
• Constipation
• Smell- Sensitive
• Muscle pain
• Skin reactions
Physical Toxicity

Physical toxicants:
Substances that due to their physical nature, interfere with biological processes.

- Sitting/Ergonomics/ Repetitive strain
- Stress
- Sedentary Lifestyles
- Electromagnetic Radiation (X-Rays/radio waves)
Noise & Stimulae

- **Ototoxicity:**
The property of being toxic to the ear (Oto-) Specifically the Cochlea or Auditory nerve and sometimes the vestibular system.

Can be induced by:
- Noise Pollution
- Drugs/ Chemicals

Can affect:
- Balance/hearing
- Auditory Fatigue/ Deafness
- Physical disorder like increased heart rate/blood pressure
- Annoyance/loss of concentration/efficiency
Chemical Toxicity

Types of Toxic Effects:

- **Irritants**: causing irritation/chemical burn to eyes/skin/nose/Throat/tissues ie. Sulfuric Acid, Hydrochloric Acid, Hydrocarbons
- **Anesthetics/Narcotics**: Alcohols/hazardous materials & Organic compounds which have ability to depress CNS
- **Sensitizers**: Toxins with the ability to create allergic reactions
Chemical Toxicity

- **Carcinogens**: May incite or produce Cancer
- **Mutagens**: Can produce changes in genetic material of cells
- **Teratogenic Substances**: May have adverse affects on Sperm, Eggs or Fetal Tissue
- **Asphyxiants**: Typically non toxic gases where in high doses may cause injury by inhalation (i.e. Carbon Monoxide/Methane)
- **Systemic Poisons**: Can be further segregated into
  - Hepatotoxic Agents: (causing Liver damage)
  - Nephrotoxic Agents: (Causing Kidney damage)
  - Neurotoxic Agents: (Impacts Nervous System/Neurological damage)
  - Agents which act on Blood (Hematopoietic) or Damage Lungs
Chemical Toxicity

Despite great advances in toxicology and testing, it is still very important to be aware of which products are safe to eat and in what quantities/dosages.

Rather than just naturally occurring toxins that our ancestors had to worry about, there are now many components of our foods that have been added either deliberately or accidentally.
Chemical Toxicity

Deliberate Contaminants of Food:

• Natural/Synthetic Additives
• Artificial Sweeteners
• Color
• Texture
• Fat Substitutes
• Preservatives
• GMO (Genetically Modified Organisms): recently scientists have been investigating the safety of GMO organisms as food products.
• Hybridized products such as Wheat
Chemical Toxicity

Accidental Contaminants of foods:

Synthetic or Natural environmental contaminants in our food chain such as:

- PCB’s: (Polychlorinated Biphenyls/ BPA’s- Organic compounds used in the manufacture of Plastics, lubricants, dielectric fluids used in Transformers, in protective coatings for wood, concrete, adhesives, wire coatings etc.)
- Methyl Mercury: found in fish
- Microbial Toxins: produced in E. Coli in contaminated foods
- Fungal Toxins like Aflatoxins which may contaminate grains
- Pesticides/germicides/fungicides- today’s genocides
- Approx. 1.2 Billion pounds of pesticides used per year in U.S.
Impacts of Chemical Toxicity

• World Health Organization anticipates Cancer rates to increase by 50% by 2020
• According to research by Dr. Joseph Mercola, the rates of new cases of diabetes has increased by about 90% in the United States over the past decade (Over 700% in last 50 years)
• In 2002 the CDC estimated that Autism affected 1 in 150 Children. By 2012 the CDC estimate had increased 1 in 88. Now according to the latest revision of the estimate released recently, autism affects 1 in 50 Children.
• An EFW Study on infants show as many as 287 chemicals found in umbilical cord blood. Newborns being exposed to toxins including Mercury, fire retardants, pesticides and Teflon chemicals.

Of the 287 Chemicals detected, it is known that:
• 180 cause cancer in humans/animals
• 217 are toxic to your brain/nervous system
• 208 cause birth defects or abnormal development in animal tests.
Disorders Linked To Toxins

- Autoimmune disorders
- Allergies & asthma
- Fibromyalgia
- Inflammatory Bowel disease
- Endocrinopathies
- Reproductive disorders
- Neurodegenerative Disorders
- Many types of cancer
- Parkinson’s disease
- Chronic Fatigue syndrome
- Multiple chemical sensitivity
- Atherosclerosis
- Diabetes
- Autism
- Chronic dermatitis
Toxic food additives to avoid:

- Hydrogenated fat
- Partially hydrogenated fat
- Trans fats
- Added salt
- MSG
- Hydrolyzed protein (disguised MSG)
- Aspartame and other artificial sweeteners (use Steevia)
- Any and all chemical food additives and colors
- Non-fiber carbohydrates (sugar)
- Corn syrup and High Fructose Corn Syrup sweetener
- Nitrates
- Butylated Hydroxyanisole (BHA) (preservative)
- Sodium Benzoate and Potassium Benzoate (preservatives often found in soda)
Toxic food choices to avoid:

- Fried foods (donuts, fries, chips, etc)
- Processed and non-fiber carbohydrates
- Grains (limited whole grains like wild rice and whole oats)
- Dairy (limited non-pasteurized dairy)
- Juices (dilute these and limit intake)
- Caffeine (very limited please)
- Sprayed, early harvested fruits and vegetables
- Grain fed, antibiotic fed, hormone fed meats
- Tap water, non-filtered water
- Corn products
- Shellfish & polluted, corn fed farmed fish
- Smoked meats
- Alcohol (non-fermented, non-dark red wine)
- GMO’s
- Refined Sugars
Toxic food preparation methods:

- Microwaves (banned in Russia)
- Non-stick pans
- Frying with oils (add healthy oils after steam, or go raw)
- Fast-cooking meats on high heat or deep frying
- Boiling vegetables (lose all nutrients)

Household toxins to avoid:

- Chemical cleaners/soaps/deodorizers
- Dry cleaning, chemical perfumes/deodorants
- Antiperspirant/antibacterial soap/fluoridated toothpaste
- Carpets/sealed homes/chemically based paints
- Phthalates/Parabens/BHA & BHT
How Do We Know If We Are Toxic?

Direct Testing:
• Blood/urine analysis
  • Live cell, umbilical
• Hair/stool analysis
• Salivary testing
• Biopsies

Indirect Testing:
(Here at Beacon Hill)
• MSQ questionnaire
• Xenobiotic Tolerability Test

www.getbetterfaster.ca > Downloads > nutrition > detox questionnaire
Emotional, Social, Spiritual Toxicity

In our society today we are faced with many aspects of toxicity that our ancestors never had to face:

• Easy Access to events and obligations (less family Time or de-stressing)
• Reduced Spirituality (businesses open 24-7/no day of rest)
• Social Deprivation- (seclusion and lack of social interaction)
• Toxic Workplaces
• Bullying
• Negativity
Mental Thought Toxicity

• Social Media/Internet:
  Information overload/reduced downtime/
  Increased sitting/reduced time in nature

• Personal comparisons: (Self-Esteem)
  Like no other time in history we constantly
  bombarded with images of others. Media uses
  photo shop or shows the anomalies.
  i.e. Pregnant moms with Abs/Unhealthy Models
  (This has led to unreasonable expectations of
  ourselves and pressures to be the same.)
  Increasing stress and diseases like Anorexia etc.
Toxicity Challenge

How can you reduce your toxic load?

We challenge you to take action today!

What 3 items can you remove or reduce from your daily activities?

• Reduce your phone or social media time
• Cut out Sugar or High Fructose Corn Syrup
• Standing work station
• What else can you think of?
Detoxification

• Why?
  – Our bodies are becoming increasingly overwhelmed with toxic loads due to our environment, the foods we eat and how that food is grown, and stress levels.
  – Cancers, cardiovascular diseases, arthritis, allergies, unhealthy weight issues, and skin problems are just a few reasons for concern over toxin loads.

• Allostatic load, waste removal, function
  • “In humans, the immune, endocrine, and neurological systems are the most affected. (by toxins)” J of Biomed Therapy 2007 vl,n2
How it is supposed to work!
Detoxifying – First Things First

• Increase your raw/lightly cooked veggies (especially fibrous ones) and some fruit
  • 8-10 servings per day; multitude of colors
• Increase your hydration levels
  • Your body wt (lbs) / 2 = no. of oz water per day
  • Herbal teas & dilute vegetable juices work
• Avoid toxins like smoke, alcohol, caffeine, and as many preservatives, sweeteners, colorizing agents, as well as hormonal disrupting agents like phthalates and bisphenol-A (plastic storage containers)
Detoxifying – Go More Alkaline

The body wants to be slightly alkaline (basic)

Food is acidic or alkaline based on the ash or residue remaining after incineration or decay

Shifting from more acidifying/congesting foods to more alkaline/least congesting can help detoxify

Fresh fruit & fresh vegetables

Whole grains (but keep this whole & minimal)

Raw seeds & raw nuts

Sprouts & legumes
<table>
<thead>
<tr>
<th>FOOD CATEGORY</th>
<th>Lowest Acid</th>
<th>Acid</th>
<th>Most Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWEETENERS</td>
<td>Processed Honey, Molasses</td>
<td>White Sugar, Brown Sugar</td>
<td>NutraSweet, Equal, Aspartame, Sweet 'N Low</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Plums, Processed Fruit Juices</td>
<td>Sour Cherries, Rhubarb</td>
<td>Blackberries, Cranberries, Prunes</td>
</tr>
<tr>
<td>BEANS</td>
<td>Cooked Spinach, Kidney Beans, String Beans</td>
<td>Pecans, Cashews</td>
<td>Chocolate</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Pumpkin Seeds, Sunflower Seeds, Corn Oil</td>
<td>White Rice, Corn, Buckwheat, Oats, Rye</td>
<td>Wheat, White Flour, Pastries, Pasta</td>
</tr>
<tr>
<td>LEGUMES</td>
<td>Sprouted Wheat Bread, Spelt, Brown Rice</td>
<td>Turkey, Chicken, Lamb</td>
<td>Beef, Pork, Shellfish</td>
</tr>
<tr>
<td>OILS</td>
<td>Venison, Cold Water Fish</td>
<td>Venison, Cold Water Fish</td>
<td>Venison, Cold Water Fish</td>
</tr>
<tr>
<td>NUTS SEEDS</td>
<td>Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese</td>
<td>Raw Milk</td>
<td>Cheese, Homogenized Milk, Ice Cream</td>
</tr>
<tr>
<td>GRAINS CEREALS</td>
<td>Tea</td>
<td>Coffee</td>
<td>Beer, Soft Drinks</td>
</tr>
<tr>
<td>MEATS</td>
<td>Ginger Tea</td>
<td>Raw Milk</td>
<td>Cheese, Homogenized Milk, Ice Cream</td>
</tr>
<tr>
<td>EGGS DAIRY</td>
<td>Raw Milk</td>
<td>Cheese, Homogenized Milk, Ice Cream</td>
<td>Beer, Soft Drinks</td>
</tr>
<tr>
<td>BEVERAGES</td>
<td>Ice Cream</td>
<td>Beer, Soft Drinks</td>
<td>Beer, Soft Drinks</td>
</tr>
</tbody>
</table>

**FOOD CATEGORY**

- **SWEETENERS**
  - Stevia
  - Maple Syrup, Rice Syrup
- **FRUITS**
  - Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins
  - Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados
  - Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu
- **VEGETABLES**
  - Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob
  - Almonds, Flax Seed Oil, Chestnuts, Canola Oil
  - Amaranth, Millet, Wild Rice, Quinoa
- **LEGUMES**
  - Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey
- **NUTS SEEDS**
  - Almonds, Flax Seed Oil, Chestnuts, Canola Oil
  - Amaranth, Millet, Wild Rice, Quinoa
- **OILS**
  - Olive Oil
  - Canola Oil
- **GRAINS CEREALS**
  - Sprouted Wheat Bread, Spelt, Brown Rice
  - Venison, Cold Water Fish
  - Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese
  - Tea
  - Ginger Tea
  - Green Tea
  - Herb Teas, Lemon Water
Detox – Whole Foods & Lifestyle

Lifestyle strategies

– Fresh air and adequate sunshine
– Skin brushing with a Loofah and Mag-Sulph baths
– Exercise and sweat out the toxins
– Hot saunas or colon hydrotherapy
– Work and be creative in your life (> parasymp. Brain)
– Clean up your environment (toxins, order, hygiene)
– Avoid negative influence of others (negative friends)
– Meditation and relaxation
– Spiritual practice
Using Supplements To Assist With Detoxifying Strategies

• Bowel movements (goal 2-3 per day)
  • Magnesium Citrate – b.wt (kg) x 6 mg Mg = dosage

• Liver focus
  • Immunodetox Prime by Adeeva

• Gut focus
  • UltraFlora Immune by Metagenics  HMF Forte by Seroyal
  • Flora Essentials by Adeeva

• Liver/Gut/Kidney/Lymphatic's
  • Detox kit by Pascoe Natural Medicine

• Comprehensive Detox c/w diet guide
  • UltraClear Ph Plus by Metagenics c/w total guide
All Kinds Of Stress

Degeneration, loss of energy, organ failure, immune suppression, brain function changes, cancers, diseases, stiffness, tension, & early death.

Good news!!

What ever stimulates the brain and cerebellum helps you fight stress responses.
Chiropractic Care

Anything that prevents the brain & nervous system from working optimally, will in some way affect the body’s ability to heal and self regulate!!

Chiropractic care restores this function!
The Chiropractic Health Continuum

The Wellness Oriented Lifestyle

Full Potential
- Physical
- Chemical
- Mental
- Emotional

Stressors

Dis-ease
- Subluxation
- Lack of Vitality

Disease/Illness
With NO Symptoms

Symptoms
Pathology
Disease Pain

Death

*optimum - physical, mental, & social well-being

*good or bad stress

*how do you cope?

*interference to the nervous system

*no illness detected

*person feels fine

*the “do not fix if it isn’t broken” attitude

*obvious symptoms & diseases

*Doctor?

*R.I.P.

Stay adjusted, sleep, exercise, live a clean & healthy lifestyle!
In Closing....What Is Health?

“A state of optimal physical, mental, social, and spiritual well-being, and not merely the absence of disease and infirmity.”

By the World Health Organization 2005

We are beautiful beings. We naturally require only basic things to be healthy and enjoy life, so let’s live congruently with nature and be our best!

And....
Just remember...

There is light at the end of the tunnel

Thank you
Upcoming workshops

• June - Healthy Aging Workshop

• July - Screening of hot new Documentary - Bought

• August 25 – Best of Me Workshop III – Deficiencies