



ARE TOXINS MAKING YOU SICK?

Are toxins making you sick? Are you always tired? Do you suffer from allergies? Do you have difficulties remembering things or concentrating? Are you having a hard time losing weight? The toxins you are exposed to in everyday household chemicals may be the culprit!

THE SHOCKING TRUTH!

Our bodies have become virtual dumping grounds for the hundreds of thousands of toxic compounds that invade our air, water, and even the soil that nurtures our food.

More than 80,000 chemicals are in active production in North America. More than 3,000 chemicals are added to our food supply; and more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing, packaging, wrapping, and storage.

Everyday, all of us ingest tiny amounts of these chemicals. The EPA estimates there are more than 20,000 chemicals that our bodies **cannot metabolize**. Chemicals not metabolized are stored in the fat cells throughout our bodies where they continue to accumulate.

As these chemicals build up, they alter our metabolism, cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances, damage brain chemistry, and cause cancer. Because the chemicals accumulate in different parts of the body and at different rates and in different combinations, there is a disturbingly large variety of different chronic illnesses that can result.

Cancer is on the rise. It is the leading cause of death in Canada. What role do environmental toxins play in the development of cancer?

SHOCKING FACTS!

Columbia University School of Public Health reports that 95% of cancer is caused by diet and environmental toxicity.

- EPA studies of human fat biopsies found styrene residue in 100% of people.



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- According to the EPA, our bodies accumulate 210mcg of just plasticizers (phthalates) everyday.
- Studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies.
- A USA Today article indicates that the average city water contains more than 500 chemicals.
 - Rice grown in the US has been shown to have 1.4 to 1.5 times the amount of arsenic in it than rice from Europe, India or Bangladesh.
 - Chicken contains high levels of arsenic from contaminated feed
 - A typical filling contains 250,000 mcg of mercury and releases 10mcg of mercury per day.
 - In a report by the Environmental Working Group, the American Red Cross took umbilical cord blood samples of 10 babies and tested them for contaminants. The results showed they had an average of 287 contaminants including methyl mercury, fire retardants, and pesticides that are known to cause cancer and birth defects.
 - Children who ate 12 hotdogs per month have a 9x increased risk of getting leukemia.
 - A 10 year study found women who ate 1 slice of processed meat 2-3 times a week over 10 years have a 50% increased risk of getting colon cancer.
 - 80% of children with ADHD, when taken off all food colorings, preservatives and processed foods, will show normal behavior in 2 weeks.

WHY BUY ORGANIC?

One of the most commonly found, and most toxic compounds found in our bodies is pesticides. They are everywhere! They are easily absorbed into our skin, breathed into our lungs, or ingested in our foods. They accumulate in our fat cells and increase our risk of developing cancer, specifically brain, prostate and blood cancers. High fat animal products like butter, cream cheese and whole milk have high levels of pesticides. High fat meat contains more pesticides. The higher the body fat you have, the higher your toxic load of pesticides.

Organic produce are grown without pesticides and in soils that have not been totally stripped of their nutrients. In a report released in 2003, it was shown that organic fruits and vegetables had 50% more antioxidants than those grown conventionally with pesticides and herbicides.

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THE TRUTH ABOUT PLASTICS:

Many common chemicals disrupt our hormones. Hormones are responsible for our menstrual cycles, fertility, and the way our cells communicate with each other.... All the way down to DNA expression. We do not want to mess with this finely tuned system. PMS, infertility, thyroid symptoms (fatigue, difficulty losing weight, thinning hair) can all be caused by these hormone disrupters. Because of their known effects, it is worth it to avoid all plastics, especially those that contain Bisphenol A (BPA).

BPA is similar in structure to Estrogen. More than 90% of Americans have BPA in their body.

Phthalates are also found in plastic water bottles, food containers, food wraps. These nasty chemicals mimic hormones in our body and can affect Testosterone levels. Avoid microwaving plastics as the phthalates can leach into your food. Try to use BPA free plastics and glass containers instead.

WHAT ABOUT WHITE RICE AND WHITE FLOUR?

Bleaching agents can be especially toxic. One of the most toxic agents used to bleach is chlorine dioxide. It can trigger the destruction of beta cells in the pancreas, potentially causing type 2 Diabetes. Today 9 million people live with diabetes. Eating white bleached foods contribute to this. So avoid all bleached foods including white rice and white flour.

NOW THAT WE KNOW WE ARE TOXIC, WHAT CAN WE DO ABOUT IT?

#1: Reduce your chemical exposure. Simply buy organic whenever you can. Especially the "dirty dozen". These foods include:

- celery
- peaches
- strawberries
- apples
- blueberries
- nectarines
- bell peppers
- spinach
- cherries
- kale/collard greens
- potatoes
- grapes (imported)



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#2: Don't eat bleached foods. These contain harmful chemicals

#3: Increase fruits and vegetables. Organic foods contain more nutrients and antioxidants. A report in the Journal of Complimentary Medicine in 2001 reported that US and UK government statistics showed a decline in trace minerals of up to 76% in fruit and vegetables over the period 1940 to 1991. A potato today has 100% less vitamin A, 57% less vitamin C and iron, and 28% less calcium than a potato 30 years ago. Choosing organic is a better option to receive more nutrients from the food you eat.

Antioxidants are a great way to kick start the body into "detox mode". The liver is our main organ of detoxification. Providing the right nutrients and reducing chemical exposure turns the body into "self-clean" mode.

#4: Avoid all artificial sweeteners. These include NutraSweet, Splenda.

Aspartame eventually breaks down into formaldehyde in the body. This can cause headaches, memory loss, digestive problems like gas and bloating. There are no long term human studies looking at the safety of Sucralose, but animal studies show it will shrink the thymus by 40%.

#5: Exercise!!! Supporting the lymphatic system and sweating are great ways to rid the body of toxins!

#6: Increase your intake of cruciferous vegetables such as broccoli, cabbage, brussell sprouts and kelp. These vegetables contain nutrients that are fantastic at helping the liver detoxify.

#7: Choose natural household cleaners!

#8: Take a supplement form of milk thistle everyday. This herb is one of the most powerful protectors of the liver from toxic chemicals. Add fresh or dried turmeric to your food. Again, a powerful detoxifier.

#9: Other supplements you may want to include are:

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. ***

Choose a combination of nutrients to support all organs of elimination:

- 1. -Milk thistle for liver support**
- 2. -Probiotics for healthy digestive system**
- 3. -Turmeric in supplement form or fresh for liver detoxification**
- 4. -Antioxidants such as lipoic acid, NAC, Vitamin C, Magnesium citrate**

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5. -Drink green tea for antioxidant support
6. -B complex
7. -If constipated, include magnesium citrate in powder form to cleanse the bowels.

Other nutrients include extra B5, extra B6, B12, folic acid, selenium and glutathione

What can Vitalia Health Care offer you?

Vitalia Health Care offers medically supervised detoxification programs individualized for your specific health needs. Through a 1 hour assessment, our doctors will customize a detoxification program for you based on your current health, genetic history, occupation, and toxic exposure. We offer state of the art diagnostic testing to determine your levels of toxic metals, vitamin/mineral needs and how well your body is able to detoxify.

Our in house treatments include intravenous administration of vitamins and minerals, intravenous administration of antioxidants such as glutathione, chelation therapy to remove heavy metals, hyperbaric oxygen therapy to detoxify the lungs and organs (www.hbotcanada.com), and ionic foot detox treatments to detoxify the body (www.vitaliahealthcare.ca/ionic-cleanse)

At Vitalia Health Care, we provide 1 to 4 week detoxification packages that fit your needs and lifestyle.

Many extended benefit programs provide coverage for Naturopathic Medical Care. Please consult with your benefits provider to find out if you are covered!

Call us today at 604-732-3422 to book an appointment.