



CLEANSING — WHY WE NEED IT

REDUCING TOXIC BURDENS OF MODERN DAY LIFE

Your Logo and
website here

AGENDA



- **Definition of Toxins**
- **Statistics**
- **Sources of toxins**
- **Symptoms and Conditions**
- **What can we do?**
- **Cleansing and Detoxing**
- **Q&A**

WHY TALK TOXINS?



Widely Used Herbicide Linked to Cancer

The World Health Organization's research arm declares glyphosate a probable carcinogen. What's the evidence?

nature

TOXIC BURDEN



- **Total accumulation of toxins in the body**
- **Initial exposure – in the womb**

ARE WE TOXIC?

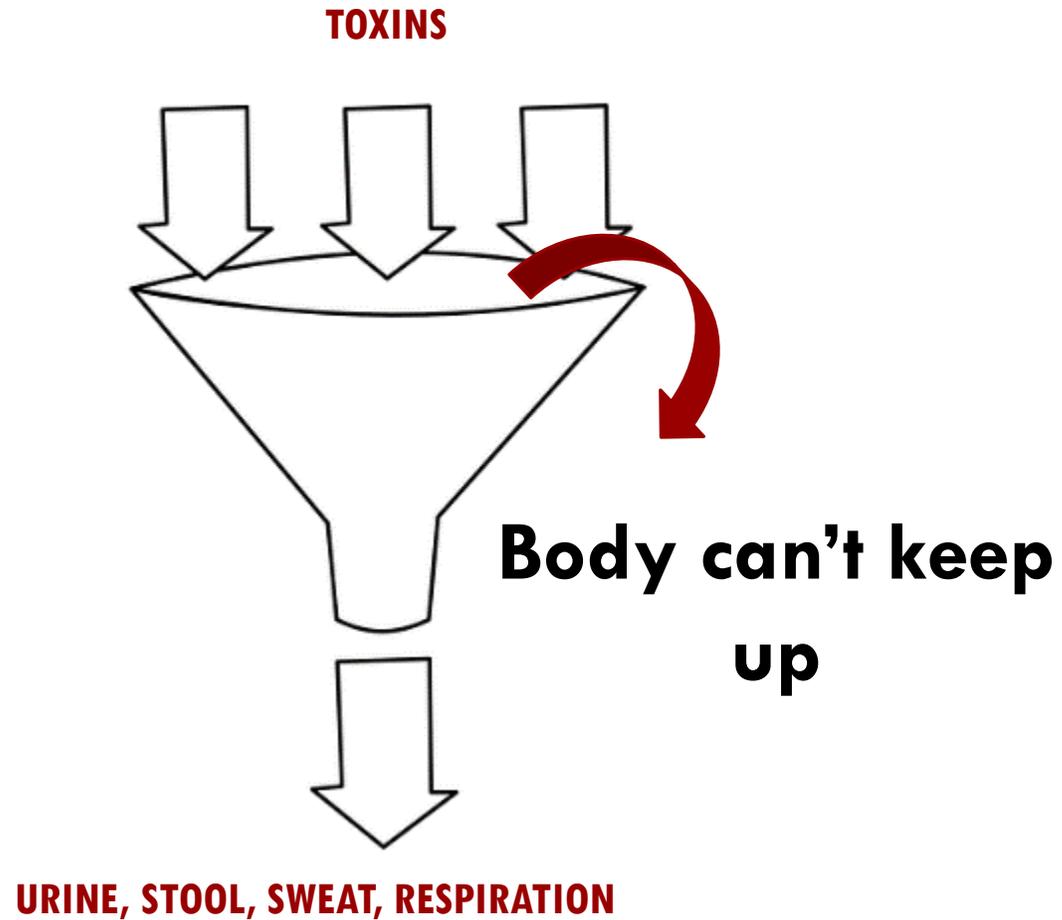
The question is no longer

IF we are toxic

The question is
HOW toxic we are



OVERFLOW = DISEASE



SYMPTOMS OF EXCESSIVE TOXIC LOAD



- **Fatigue**
- **Depression**
- **Headaches**
- **Cognitive impairment**
- **Neurological – tremors, balance, numbness**
- **Unexplained pain**
- **Impaired digestion**
- **Fungal / skin infections**
- **Low WBC**

TOXICITY CONTRIBUTES TO:

- **Allergies / asthma**
- **Diabetes**
- **Obesity**
- **Chemical Sensitivity**
- **FM / CFS**
- **Infertility**
- **Birth defects**
- **Parkinsonism**
- **Cancer**
- **AI diseases**
- **Chronic Inflammation**
- **Infections**

BPA — CVD, DIABETES AND LIVER

*“Based upon analysis of data from the NHANES report a **strong relationship between urine concentrations of Bisphenol A and the incidence of CVD, type 2 diabetes, and liver-enzyme abnormalities in a representative sample of the adult US population.**”*



HEAVY METAL EXPOSURE

A Protocol for Mercury-based Fish Consumption Advice



An addendum to the 1993
"Protocol for a Uniform
Great Lakes Sport Fish Consumption Advisory"



EPA United States Environmental Protection Agency

Environmental Topics Laws & Regulations About EPA

Science Inventory

You are here: EPA Home > Science Inventory > CADMIUM AS A RESPIRATORY TOXICANT

CADMIUM AS A RESPIRATORY TOXICANT

Citation:

Grose, E. AND J. Graham. CADMIUM AS A RESPIRATORY TOXICANT. U.S. Environmental Protection Agency, Washington, D.C., EPA/600/D-87/020.

Description:

Cadmium is a major respiratory toxicant as evidenced by numerous human and animal studies. Controlled animal inhalation studies provide supporting evidence to the associations observed in epidemiological studies that Cd has the potential to cause lung fibrosis, emphysema, cancer, and kidney disease after prolonged exposure. Shorter-term exposure studies indicate that mechanisms thought to be involved in several of these chronic disease states (especially fibrosis and emphysema) are acutely activated. The evidence of toxicity is sufficiently clear that a TLV has been set and the International Agency for Research on Cancer has named Cd as a Group B1 substance (probable human carcinogen). The risk to Cd exposure is enhanced by its chemical and physical properties that result in bioaccumulation. Thus, even a low level exposure over long periods of time would be expected to reach doses that could be toxic.

Contact

[National Health and Environmental Effects Research Laboratory](#)
email: NHEERLScience@epa.gov

"Patients are routinely exposed to heavy metal toxins through food, ground water, industrial waste and exposure to industrial environments."

CHEMICALS FREQUENTLY FOUND IN WATER

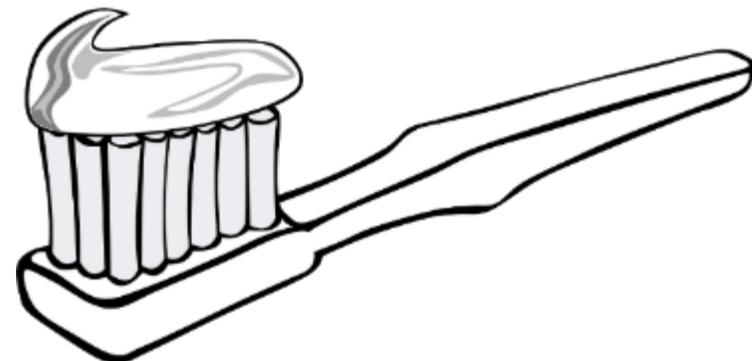
- Toulene
- Trichloroethylene
- Chloroform
- Chlorine
- PCB's
- Lead
- Mercury
- Cadmium
- Pesticides
- Lindane
- Cidchlorobenzene
- Tetrachloroethylene



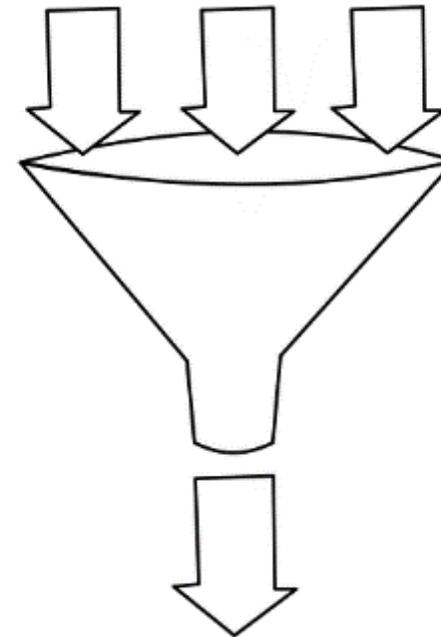
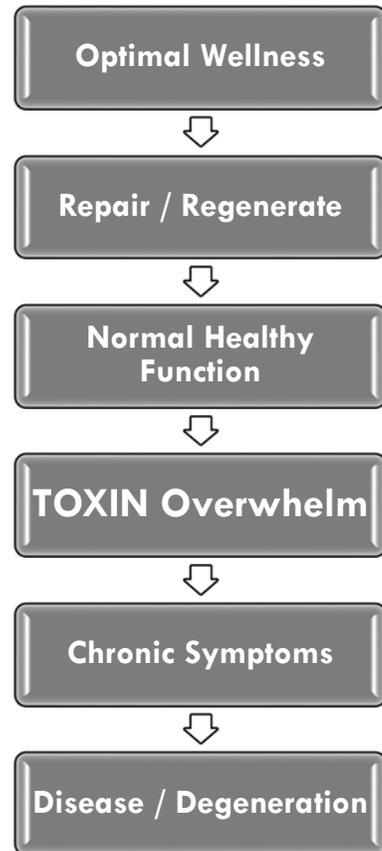
GUESS WHAT THIS IS?

*"If you accidentally swallow more than used for **brushing**, seek professional help or contact a poison control center immediately."*

FDA mandated warning



DISEASE PROGRESSION



PRESCRIPTION FOR HEALTH SAFM MODEL

For students of SAFM, insert the minimize/maximize/prioritize slide

Email wellness2gether@gmail.com for SAFM specific slides

REDUCING EXPOSURE

- **Food**
- **Kitchen**
- **Household Products**
- **Personal Care Items**
- **Air and Water**
- **Stress**



EXAMPLE — CHICKEN HEADLINES

F.D.A. Bans Three Arsenic Drugs Used in Poultry and Pig Feeds

By [STEPHANIE STROM](#) Published: October 1, 2013

Playing Chicken with Antibiotics

Previously Undisclosed FDA Documents Show Antibiotic Feed Additives Don't Meet the Agency's Own Safety Standards

Arsenic Additives Blamed for Rash of Cancer Cases

Use of arsenic in chicken feed to kill parasites, killing humans

Phosphate Additives in Chicken

The phosphorus preservatives injected into poultry may not just be an arterial toxin. They also appear to dramatically increase the growth of food poisoning *Campylobacter* bacteria

CONVENTIONAL STRAWBERRY



ORGANIC STRAWBERRY



WHICH WOULD
YOU EAT?

Ingredients: Captan, Pyraclostrobin, Boscalid, Tetrahydrophthalimide, Myclobutanil, Pyrimethanil, Fludioxonil, Bifenthrin, Malathion, Fenhexamid, Cyprodinil, Carbendazim, Malaoxon, Azoxystrobin, Methomyl, Quinoxifen, Fenpropathrin, Acetamiprid, Propiconazole, Bifenazate, Thiamethoxam, Spinosad A, Methoxyfenozide, Triflumizole, Dichlorvos, Hexythiazox, Metalaxyl, Propiconazole II, Thiabendazole, Spinosad D, Imidacloprid, Endosulfan sulfate, Propiconazole I, Iprodione, Piperonyl butoxide, Endosulfan II, Chlorpyrifos, Carbaryl, Pyriproxyfen, Endosulfan I, 1-Naphthol, Acephate, Clothianidin, Azinphos methyl, Naled, Cyhalothrin, Dicloran, Folpet, Tebuconazole, Fenbuconazole, Propargite, Dimethoate, Heptachlor epoxide, Diazinon

Ingredients: Strawberry

WHO SHOULD NOT CLEANSE

- **Chronically ill**
- **Sluggish Digestion**
- **On multiple RX**
- **Complicated Medical Conditions**
- **Weakened Constitution**

Please check with your doctor first!

