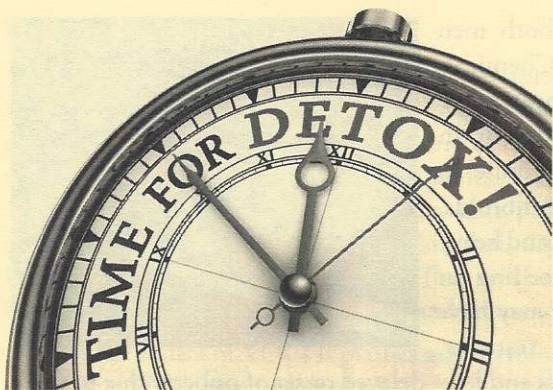




Eliminating the Health Destroyers Inside of You

Cellular Detoxification

In the last 100 years the world has been miraculously transformed by advances in technology. This scientific progress has blessed and enriched everyone's lives but it also has spawned the creation of hundreds of thousands of new chemicals.

These chemicals help keep your clothes wrinkle free and make carpets and upholstery stain resistant. They control insects in the home and kill weeds and insects that would destroy the food supply. They preserve foods, keep food production facilities sterile and prevent food from sticking to pans.

Chemicals are also used to manufacture personal care products (deodorants, toothpaste, shampoo, lotions, and make-up), household cleaning products (laundry detergents, dish soap, stain removers) and in the very materials used to make homes, furnishings and clothing. A group of chemicals called plastics are used to create containers for food, beverages and numerous other products. These plastics also allow manufacturers to create thousands of cheap, useful, and often disposable, items and gadgets.

These are just a few examples of the way modern chemistry has transformed the world. Without it you wouldn't have cars, planes, cell phones, computers or any of the other conveniences of modern life.

The Toxic Burden of a Chemical World

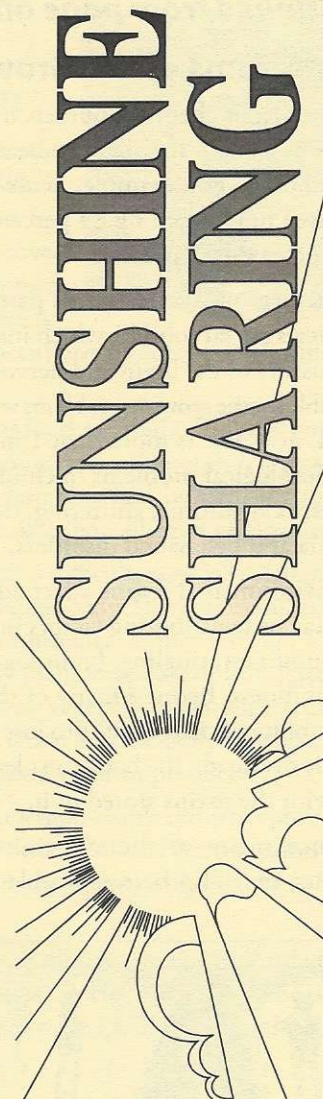
Unfortunately, as with many things in life, there is also a down side to all of this. These chemicals are now found in air, water, soil and the food supply throughout the earth, and people are experiencing exposure to chemicals on a scale never before seen in human history. The health impact of these chemicals is yet to be fully understood. But with over 90,000 chemicals in current use and growing signs of their toxicity to human and animal life, we may be facing a global health crisis.

The most vulnerable are children. In one rather alarming study, blood was taken from the umbilical cords of 10 newborn infants. Over 287 toxic chemicals were found in this blood. On average each blood sample contained about 200 environmental toxins. These included dioxins, flame retardants, Teflon, pesticides and industrial chemicals. These chemicals were stored in the mother's body and crossed the placenta to wind up in the infant's body as it was developing in the womb.

Although the concentrations were small, toxins can have synergistic effects, meaning that small amounts of many toxins can be as large a health risk as larger amounts of a single toxin. Of the 287 chemicals discovered in this blood, 134 are known to cause cancer in lab animals or people; 151 are associated with birth defects; 154 are endocrine disrupters and 130 were immune system toxins.

In this issue of *Sunshine Sharing*, we'll address the problem of this growing chemical burden and discuss what you can do to protect your health and the health of your family.

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Your guide to better health the natural way.

Vol. 30 No. 4

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

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Symptoms of the Growing Toxic Burden

The overall chemical burden modern society is experiencing helps explain the sharp increases in many ailments affecting children. For example, acute lymphocytic leukemia has increased in children by 84 percent. Childhood brain cancers have increased 57 percent.

The nervous system seems particularly vulnerable as many chemicals are fat soluble, which means they are attracted to the fatty tissues of the brain and nervous system. Toxins may be responsible for the growing problems with autism spectrum disorder which, now affects more than 1 in 100 children. Other growing neurological problems in children include ADD, ADHD, Tourette's syndrome, stuttering, delayed speech development, dyslexia and behavioral disorders.

Environmental toxins affect adult nervous systems as well and may be contributing factors in anxiety, depression, insomnia, numbness, tingling, brain fog, sleep apnea, dementia and mental illness. Because many of these toxins get stored in fat, the inability of many adults to lose weight may be another sign of toxic overload. The body can't let go of the fat because it can't deal with the toxins stored in it.

Since many of these chemicals are endocrine disruptors, they may also be responsible for increasing reproductive

problems in both men and women. Chemicals may cause premature breast development in girls and contribute to PMS, uterine fibroids, tender breasts and heavy menstrual bleeding in women. Boys may have undescended testicles, develop breasts and have delayed onset of puberty due to these chemicals. In adult men, they may cause infertility, prostate problems and low testosterone levels.

Other possible signs the body is overburdened with these chemicals include general fatigue, frequent muscle and joint pain, frequent headaches, chronic low-grade infections (such as chronic sinus problems), chronic skin conditions, eczema, psoriasis, rosacea, dermatitis and itchy skin. These toxins may also depress and confuse the immune system, which may contribute to autoimmune disorders and cancer.

Examples of Environmental Toxins

If you want to protect your health, the health of your children and the health of future generations, you need to reduce your exposure to these chemicals. Here are some of the environmental toxins you should be concerned about.



Minimizing Exposure to Toxins

There's some good news and some bad news about the chemical burden faced in modern society. The bad news is that there is no way you can

completely avoid exposure to all chemicals. They are everywhere. They are even showing up in polar ice.

The good news is that the body has mechanisms for protecting itself against toxic chemicals. Every cell has enzyme systems that can process toxins for elimination. So, if you minimize your exposure to potentially harmful chemicals and make sure to provide the body the nutrients it needs to do its job, you can minimize your risks from chemical exposure.

Here are a few basic rules to follow:

First, drink the purest water you can find. Purchase some kind of water filtration system, such as a reverse osmosis system coupled with carbon filtration or at the very least some kind of water filter, especially if you live in a heavily industrialized area or in an area where there is a lot of commercial agriculture. Drinking pure water is one of the best ways to help your body detoxify.

Second, eat organic food or food that has been raised without chemicals wherever possible. Also purchase food that is free of chemical additives, such as preservatives, natural and artificial flavorings, food colorings and artificial sweeteners. Wash pro-

duce with natural soap and rinse well before eating it to remove pesticide residues.

Third, remember that for most people the number one place they are exposed to environmental toxins is within the walls of their own home. So, select the most natural, non-toxic products you can afford for all household uses. This means using natural laundry soap, dish soap and other household cleaning products. If you put it on your skin it's going to be absorbed into your body, so also find natural toothpaste, shampoo, deodorants, lotions and cosmetics. Also use non-toxic methods to control household pests.

Fourth, if you work around any chemicals in the workplace be sure to follow proper safety protocols. Many people do not think about the fact that they are routinely exposed to chemicals at work. There are many professions that regularly experience chemical exposure such as janitors, carpet cleaners, beauticians, hair dressers, house painters, dry cleaners, auto mechanics, print shop workers, builders, farmers, gardeners and welders. If you work around chemicals use the *Daily Detoxification Program* described on page four.

Fifth, if you live in an area where there is air pollution, invest in a filtration system for your home and/or office.

Finally, since toxic chemicals can't be completely avoided you should also detoxify periodically. To do so, please refer to the products and procedures described throughout this newsletter.

Volatile Organic Compounds

The first set of chemicals you should be concerned with is volatile organic compounds (VOCs), which are toxic gases. These are organic compounds that evaporate and can either be inhaled or absorbed through the skin and membranes. They are found in various petrochemicals that are used in solvents, paints, varnishes, glues, waxes, cleaning products, aviation fuel, dryer sheets, air fresheners and toner in copy machines. They are also released from burning things such as cigarette smoke and motor vehicle exhaust.

Another source of VOCs is plastics and Styrofoam. That new car smell is VOCs being released when the interior of the car gets warm. VOCs and other toxic chemicals used in plastics such as PCBs and phthalates leach into food or beverages stored in plastic containers, especially when the plastic is exposed to heat.

VOCs can get into the body through food or beverages, but they can also be absorbed through the lungs or skin. Many people who move into a newly constructed home or office get sick because they are inhaling the outgassing VOCs from construction materials such as glue and paint.



Agricultural Chemicals

A second area of concern is agricultural chemicals, such as pesticides, herbicides and fungicides. Even though some pesticides have been banned because their harmful effects are now recognized, you are still being exposed to them. There are two reasons for this.

One is that they are persistent organic pollutants, meaning they do not readily break down in the environment, so they continue to be found in the food supply even though they were banned decades ago. The second reason is that many pesticides banned in the United States continue to be used in third-world countries and are thus found in the agricultural products imported from those countries.

Pesticides and herbicides have numerous side effects. Many are endocrine disrupters that interfere with reproductive hormones in both men and women. They can also disrupt immune functions, contribute to neurological disorders, cause respiratory problems and contribute to kidney and liver disease.

Heavy Metals and Toxic Elements

Finally, you need to avoid heavy metals (arsenic, mercury, lead and cadmium) and toxic elements (aluminum, fluoride and bromine). These elements are found in pesticides, drugs, building materials, batteries, amalgam fillings, ocean fish, drinking water and industrial pollutants.

When heavy metals and toxins can't be eliminated and remain stored in the body, they can damage the nervous and immune systems and disrupt glandular function and. For example, lead is stored in the bones, mercury in the nerves and fat cells and aluminum in the brain. This is why cellular detoxification (as described on the next page) is especially critical if you want to get them out of the body.

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Fasting for Detoxification



One of the oldest healing methods in the world is fasting. When you abstain from eating food for a period of time, the body moves into a detoxification mode. Instead of focusing its energy on digesting and metabolizing food, it concentrates its energy on eliminating irritating substances.

A complete fast, eating no food and only drinking purified water for a period of 24-48 hours once per month is a powerful way to help combat the modern chemical burden. It's also an effective way to screen for possible food allergies or sensitivities.

For many people a total fast is difficult, especially if they have blood sugar problems or a very toxic body. There are modified fasts one can do in these cases—for instance, a juice fast. On a juice fast one only consumes freshly made vegetable or fruit juices for a short period of time. A fast with vegetable juices, such as carrot, beet, celery, parsley and Swiss chard is particularly beneficial, but make sure to select only organically grown produce.

Another modified fast is the lemon-maple syrup fast promoted in Stanley Burrows book *The Master Cleanse*. Here one juices fresh lemons to make fresh lemonade sweetened with real maple syrup (preferably grade B or C).

One can also do a mild food diet, where one eats only fresh, uncooked organic fruits and vegetables for a period of time lasting anywhere from a few days to a few weeks. This is a gentler way of cleaning out the system.



One other way to incorporate fasting into your health program is to use intermittent fasting. This is a program of daily fasting where you do not eat for a period of 16 hours. So, for example you can eat from either 7 AM until 3 PM (skipping dinner) or eat from 12 AM to 8 PM (skipping breakfast). When you're not eating, drink plenty of water. You can also drink unsweetened tea or coffee. This gives your body 16 hours each day to detoxify.

To help satiate the appetite and aid the detoxification process one can take an **Algae Supplement** containing spirulina, blue green algae and chlorella. This will supply essential amino acids and nutrients the body needs for detoxification.

Additional Help and Information

For more information about environmental chemicals and cellular detoxification contact the person who gave you this newsletter. You can also consult the following resources:

Your Body's Chemical Burden by Cindy Clement

Coming Clean by Steven Horne

Genetic Heavy Metal Toxicity by Tara Lang Chapman

Purify 2.0 Brochure

Continued from page 3

Tools for Cellular Detoxification

A simple but effective program for reducing the chemical burden in your body is Purify 2.0. This program uses only four products to assist your body in eliminating heavy metals and other chemicals.

First, it uses the **Dual Pathway Nitric Oxide Enhancing Formula** discussed in the February issue of Sunshine Sharing. This formula contains l-arginine and beet root, along with l-citrilline, magnesium and vitamins B1, B9, C and D and enhances production of nitric oxide which opens up blood flow to all the tissues of the body. A better blood supply means cells get the oxygen and nutrients they need to remove chemicals.

Second, it uses the **Gut Healing Formula** discussed in the March issue of Sunshine Sharing. This blend contains l-glutamine, which helps to heal the gut lining but also aids energy production in the mitochondria. It also supplies fiber, the prebiotic inulin, chlorophyll and antioxidants like green tea, rosemary and turmeric to reduce inflammation and irritation. This blend improves gut health and aids general detoxification.

The third ingredient in this program is *bacillus coagulans*, a shelf stable probiotic that helps to knock down unfriendly bacteria and improve the balance of microbes in the small intestines. It also aids detoxification.

The final ingredient is a nutrient rich **Meal Replacement Protein Powder** of your choice. The protein powder should supply vitamins, minerals, fiber, fruit and vegetable powders and other nutrients important for good health.

The Purify 2.0 Program

The Purify 2.0 program has many of the benefits of intermittent fasting (see *Fasting for Detoxification* on page three) because it only involves having one meal a day. For breakfast and lunch take the Meal Replacement Protein Powder. This supplies protein and nutrients the body needs but not a lot of calories.

In between breakfast and lunch, and again between lunch and dinner take the Dual Pathway Nitric Oxide Enhancing Formula and the Gut Healing Formula. If desired, you can have a small snack consisting of a piece of organic fruit or a few nuts and seeds when you take these formulas.

For dinner, have one quality protein food of your choice, preferably organic, wild caught or free range, along with two servings of low glycemic vegetables. One of the vegetables should be a leafy green vegetable.

It's also important to drink plenty of water (no soda, juice or sugary beverages) and to do some moderate exercise like walking for 20-30 minutes. Follow the program for four weeks. That's it.

The clinical trial on this program showed a dramatic increase in heavy metal excretion (up to 76%) along with reduced levels of zonulin (a marker for leaky gut) and reduced markers for intestinal inflammation. People also reported increased energy, clearer thinking, better mood and an overall improvement in general health.

Other Tools for Cellular Detoxification

Another great tool for cellular detoxification is the **Daily Detoxification Program**. This program contains N-Acetyl-Cysteine, a nutrient that enhances glutathione levels and aids heavy metal and chemical detoxification. It also contains milk thistle, which protects the liver from chemicals, along with other aids for cellular detoxification such as vitamin A, vitamin C, dandelion and turmeric and the shelf-stable probiotic *Bacillus coagulans*, mentioned earlier.

This is a great ongoing program for anyone who wants to protect themselves from environmental toxins on an ongoing basis. It helps the liver and other tissues process toxins for elimination while reducing the harm those toxins do to cells. It can be alternated with the Purify 2.0 program for a deeper detox.

