



THE TOXIC TOP 10

5 UNDER YOU ROOF AND 5 UNDER YOUR NOSE

5 UNDER YOUR ROOF:

#1 - Household Cleaners Common toxic chemicals found in our homes making their way into us and our children are: Formaldehyde - Found in furniture polishers, car cleaners, disinfectants, rug and upholstery cleaners, and toilet bowl cleaners. Ethylbenzene - Found in bathroom tub and tile cleaners, floor and furniture polish, laundry starch preparations, and rug upholstery cleaners. Petroleum Distillates (Petrochemicals) - Found in furniture polish and cleaners, lubricating oils, pet flea and tick products and collars, petroleum products, floor and furniture polish, dishwasher cleaners, aerosol sprays, and laundry detergents. Chlorine - Found in dish washing detergent, laundry detergent, kitchen and all-purpose cleaners. Note: Any substances containing chlorine, when mixed with ammonia, toilet bowl cleaners, or vinegar, will produce deadly toxic fumes (chloramines or chlorine gas). Benzene - Used as optical brighteners (in surface cleaners, laundry and dish washing detergents, surface polishers) and found in general performance sealants (PVAC, butyl, vinyl, etc.), laundry starch preparations, lubricating oils, scatter rugs, bath mats, and bath sets. Butyl Cello Solve - Found in window cleaners and other all-purpose-cleaning products. Phenol - Found in disinfectants, antibacterial, antiseptics, hard surface cleaners, paint and varnish removers, and synthetic resin and rubber adhesives. Biggest Offenders: Dish washing Detergents Oven Cleaners Laundry Detergent Floor and Furniture Polishers Air Fresheners Toilet Bowl Cleaners Antibacterial Cleaners and Soaps Dry Cleaning Hard-Surface Cleaners (esp. Kitchen Cleaners) Carpet and Upholstery Cleaners Solutions: "Clean House, Clean Planet: Cleaning Your House Pennies a Day-The Safe Nontoxic Way" - Book by Karen Logan. Ecover - <http://www.ecover.com> CHEC Net—Provides you with a list of safe products to use in your home, especially if you have children. This website is also a great resource to learn more on harmful chemicals and household products. <http://chec.greenhome.com/products/> http://www.checnet.org/safer_products/index.asp

#2 - Contents (Carpets, Furniture, and Appliances/Flame Retardants) Carpets some of the major chemicals released from new carpets and furniture are formaldehyde, benzene, toluene, and xylene. The carpet fibers themselves, the rubber backing, the glues, dyes, fungicides, and stain resistant treatments all outgas these chemicals for up to three years after installation. However be careful with really old carpets, as they can be an infestation for molds and other allergy-causing agents. Carpets are always the dirtiest places in our homes, even when they look clean. Furniture Even furniture made of pressed laminated wood—which is used to make both inexpensive and expensive furniture—contains formaldehyde, which is extremely poisonous. These chemicals are also harmful because they—like the

toxins from cleaning products—make their way into the dust you and your children breathe.

Appliances/Flame Retardants A new study showed "flame retardants are present in the body of almost everyone in the U.S., and they are known to be a possible cause of hormonal, neurological, liver, and other health problems. On average, the largest contributors of "flame retardants were: Computers Vehicle seats (cloth was much higher than leather) T.V.s (regardless of age or type) Sleeping pillows & mattresses (Worst: Polyurethane foams) Safer Resources: We highly recommend and feel that this is the safest resource: Green Building Supply (carpets, pads cleaners, finishes, paint, air systems, sealers, etc.). Contact Joel at (800) 405- 0222 or visit them online: www.greenbuildingsupply.com. Additional resources (make sure to ask each vendor for their healthiest lines and question the contents): Shaw Carpets (ask for No-VOC line) - www.shawfloors.com Eco by Design - www.ecobydesign.com/shop/carpet/ Natural Home - www.naturalhomeproducts.com E-House - www.checnet.org/ehouse Nirvana Safe Haven - www.nontoxic.com

#3 - Water People still believe today that drinking tap water from faucets and water fountains is safe because it has been treated with certain chemicals that kill bacteria, parasites, and other harmful organisms. Here's the truth: these very same chemicals that protect us from such microorganisms are ironically linked to more dangerous diseases. Unlike the water in places like Mexico and third world countries, our water's supply doesn't hold nearly as many dangerous microorganisms that cause illnesses like Montezuma's Revenge and others. We do face a new challenge, however. In water, there are two major chemicals added that qualify as majors threats and must be eliminated. These two chemicals are chlorine and fluoride. Solutions: Healthy toothpaste (without fluoride) House filtration, Individual carbon filters, Reverse Osmosis (RO) filters, Distillation Shower carbon systems, and bottled water. This water is better than tap, but remember our section on plastics. Stay away from "natural" spring water because you don't know what you're really getting. Instead, go for reverse osmosis or distilled water. The big downside is plastic and high costs. Safer Resources: We highly recommend Virgin Pacific - Contact Kyle Kuypers at 414-241-8809. You can also visit them online at: www.virginpacificwater.com Compare the top water filters - www.waterfiltercomparisons.net/WaterFilter_Comparison.cfm American Water Technologies - www.awatertech.com Advanced Water Filters - www.advancedwaterfilters.com

#4 - Mold Without question, the most widespread and under-diagnosed neurotoxic illness is caused by mold. Mold itself has become widespread because the modern way of constructing buildings tends to create an environment favorable to mold growth. Tips: • House humidity levels must be under 50°. • If your basement gets wet, you have mold (where there is water there is mold). • Most molds are not seen. • 25% of the population is sensitive to the Biotoxin that mold produces. • Toxic indoor molds and the molds responsible for neurotoxic illness are not outside mold. • Biotoxic illness is not a mold allergy. Some of the first symptoms of Biotoxic illness are morning stiffness, brain fog, fatigue, sleep disturbances, digestive issues, and trouble seeing at night. Safer Resources: Green Building Supplies - Mold free drywall, air systems, etc. - Contact Joel at (800) 405-0222 and mention "Health Centers of the Future." Or, visit them online: www.greenbuildingsupply.com. IAQSource.com - Air Systems and ERV's (fresh air systems) ChronicNeurotoxins.com - A great resource to learn more about mold. "Mold Warriors," a book by Dr. Shoemaker - a great resource! You can find it at: www.moldwarriors.com.

Concrobium - A great product to clean up mold. - <http://www.concrobium.com/> RGF Environmental Group - Mold control in HVAC and home - www.rgf.com

#5 - Pesticides - One of the leading causes of toxic encephalopathy, and only now being understood for its epigenetic effects on human health. A systematic review of pesticides on human health showed consistent pesticide links to serious illnesses such as cancer, reproductive problems, and neurological diseases, among others. The study also shows that children are particularly vulnerable to pesticides. (http://www.beyondpesticides.org/news/daily_news_archive/2004/04_26_04.htm) Facts: • A Harvard Study showed low levels of pesticides have a 70% higher incidence of Parkinson's. • Journal of American Medicine found 70% increase of Parkinson's on those who use pesticides in their home. Safer Resources: Green Building Supply - Contact Joel at (800) 405-0222.

#6 - Food Pesticides & Herbicides An estimated 1.2 billion pounds of pesticides are used in the U.S. every year.¹ These chemicals are used on our food and even in our homes. From these sources, they go directly into our bodies, where they once again bio accumulate to cause diseases later in life with unknown origins. Most of the pesticides & herbicides in food are found in meat. Safer Resources: The key is to eat organic: meat and dairy are the most important foods to buy organic. Organic foods grown and raised without the use of any man-made chemicals (pesticides, herbicides, steroids, hormones etc.). For delivery of 100% Green-Fed (never grain) organic beef straight to your home: www.beyondorganicmilk.com Steroids, Growth Hormones, and Antibiotics Added to the bioaccumulation of pesticides and herbicides in the meat that we eat, we must consider the steroids, hormones, and antibiotics added as well. The steroids and hormones are used for meat growth and added to milk cows to increase milk production. Man-Made Fats and Rancid Oils Man-made fats—better known as trans fats include hydrogenated oils, partially hydrogenated oils and margarine, which have been used to extend the shelf life of foods and replace natural fats that were thought to be the cause of the battle of the bulge. Rancid oils include vegetable oils (i.e. canola, corn, and cottonseed, soybean, and safflower oils) and are used in almost every product on the market today because they're cheap. Because of the way the fatty acids are bonded in vegetable oils, they are very sensitive to heat and light. Therefore, upon processing, these oils go rancid very quickly even before they make their way into your kitchen. Solutions: Avoid turning good fats into rancid fats by taking the following precautions. High Heat: Use only coconut butter, coconut oil, and grapeseed oil. Medium Heat: Use olive oil. It will turn rancid when heated above 120° F. If it smokes, it has already turned rancid. Butter is also a good option, but if it starts to brown then it has become rancid. Baking: Butter, coconut butter, expeller-pressed sunflower or safflower, and olive oil can be used in baking if the temperature is less than 325 degrees. In a hotter oven, use butter, olive oil, or coconut butter. No Heat Oils: Cold-pressed oils, flax oil, sunflower oil, safflower oil, hemp seed oil, almond oil, and walnut oil. These oils all have very fragile fatty acid bonds and should be used cold on salads, other cool foods, or smoothies. Cookware - Let's begin with Teflon. A Teflon pan heated at a regular cooking temperature has been shown to release at least six toxic gases, including two carcinogens, two global pollutants, and MFA, a chemical lethal to humans at low doses. ² These gases are all emitted from PFOA, which is a known inorganic substance that won't break down into Development problems; risks of liver, pancreatic, testicular and mammary gland tumors; altered thyroid hormone regulation, damage to the immune system, and reproductive problems

and birth defects. Aluminum pans hold a similar problem. It's no secret by now that aluminum cookware is being linked to neurological conditions such as Alzheimer's and Parkinson's disease, osteoporosis, extreme nervousness, anemia, headache, decreased liver and kidney function, forgetfulness, speech disturbances, and memory loss. The scientific research at this time is not sure how much aluminum it takes to cause these disorders, but it is clear on the fact that the accumulation of aluminum over time in brain tissue is a causative factor in neurological conditions. Because everyone's genetic susceptibility is different, it's important to eliminate such cookware completely.

#7 - Amalgams Studies indicate that the more amalgam fillings are present in your mouth, the more mercury you will have in your organs, including the brain, kidneys, heart, and liver. Mercury is the 3rd most toxic element on the planet. Amalgam fillings are the number #1 adult source of mercury. Dr. Harrison and others feel that mercury from amalgam fillings is the number 1 cause of unexplained illness. **WARNING!** Do not remove amalgam fillings without a proper protocol! You can visit www.iaomt.org Facts: • Silver fillings leach mercury for the lifetime of the filling. • The number of amalgams is proportional to the amount of mercury in your brain. • Most countries have bans on amalgam fillings but not the United States.

#8 - Vaccines & Medications Vaccines, although credited for saving the lives of children, are responsible for the majority of unexplainable childhood diseases on the rise today. Facts: • Vaccines are a temporary immunity which alters your immune system for life. • Vaccines stimulate your body's emergency immune reaction (TH2) that leads to hyper immunity, such as an increase in allergies, autoimmune diseases, and even cancer. • Common ingredients in vaccines are antifreeze, aluminum, mercury, borax, MSG, animal organ tissues and blood, aborted human fetal tissue, human viruses, animal viruses, foreign DNA....the list goes on. • The "u shot still contains 12-25 mcg of mercury • Studies show that "u shots increase Alzheimer's by ten times. • You still have a right not to vaccinate. Know your state laws for religious or philosophical rights. Resources: The best resource for information on vaccines: www.marytocco.com. Another good resource: www.nvic.org.

#9 - Plastics - We are the first generation to be introduced to the new chemical onslaught from plastics. In so many ways, plastics have made our lives easier and in some cases even saved them, but not without consequence. Our bodies take in 210 mcg/day of cancer-causing and hormone-disrupting chemicals called phthalates. Phthalates are found in every soft and "flexible plastic we use. From plastic-wraps over our foods to the plastic soda and water bottles we drink from, Phthalates are used in plastics to make them more "flexible, and science is not clear on what level of exposure is harmful since this chemical is so new. Only a person's body knows its own limits for this cancer-causing toxin. Note on Safer Plastics: If you turn a plastic container or bottle over, you will find a number ranging from 1 to 7. This numbering system was originally developed by the Society of The Plastics Industry (SPI) to classify plastics for recycling purposes. The system can be a little confusing because the higher the number on the plastic does not designate a safer bottle or product; however the numbers can help us select plastics that are somewhat safer. For your purposes, plastics with the numbers 1, 2, 4, and 5 are your best bet. Avoid plastics with numbers 3, 6, and 7. Solutions: Use glass for most of your storage. To minimize the big effects of plastic leaching, don't place hot foods in Tupperware containers or plastic bags. Let the

food cool down before storing. Fatty and acidic foods should never be stored in plastic containers. Also, prolonged refrigeration storage in plastic isn't a good idea. Instead, you're better off leaving food on a glass plate or bowl and using Saran wrap over it to minimize contact (preferably so that the plastic isn't touching the food at all). To store your food you can also use mason jars. If you don't want to purchase these, just clean out emptied glass jars and reuse them for storage. That way you'll save money on containers and reduce waste. Don't stress over sandwich bags and short-term plastic storage. If you make sandwiches in the morning to eat for lunch, putting them in little plastic bags won't place your food at much risk. You can find good baggies from www.naturalvalue.com or at natural foods stores. Drinking filtered water instead of bottled water is a good solution. However, bottled water would be better than tap water when away from home. Remember to avoid plastics with numbers 3, 6 and 7. BPA free does not mean that is necessarily safe. Stainless steel and glass bottles are the best two alternatives for your water. To easily save money, you can buy a glass bottle of iced tea (or any other beverage in a good glass bottle from gas stations or supermarkets) and reuse the bottle for water once emptied.

#10 - Toxic Beauty Products (Personal Care Products) - In today's age, the problem with all of the recent personal care products (soaps, shampoos, cosmetics, etc....) is that there are over 125 ingredients formulated that are suspected of carcinogenic activities. As usual, we will discuss only the major and most common culprits known to have a devastating effect on our health. Out of the 125, we've picked five that are in practically every personal care product used today. 1. Diethanolamine (DEA) is found in over 600 home and personal care products such as soaps, lotions, cosmetics, bubble baths, laundry and dish washing detergents, and more. DEA is used to provide a rich lather in shampoos and keeps a good consistency in lotions and creams. 2. Propylene Glycol is a substance used in antifreeze solutions and hydraulic fluids as a powerful solvent. Ironically enough, it is also found in childhood vaccinations, cosmetics, toothpastes, shampoos, deodorants, lotions, and even processed foods (including pet foods). Propylene Glycol helps products retain moisture, and when used on your skin, helps it stay soft and moist. That's why it is found in most baby wipes and skin lotions. 3. Sodium Lauryl Sulfate (SLS) is perhaps the most common of the three chemicals and by no means any less toxic. SLS is used as a surfactant to break down the surface tension of water. Therefore it will break up grease and is used in concrete floor cleaners, engine degreasers, and carwash detergents. Unfortunately, the same degreaser is being used in practically every soap, shampoo, and toothpaste on the market today. 4. Phthalates are dangerous chemicals found in plastics that cause endocrine disruption and cancer. Phthalates are also found in baby care products. A study testing the urine of 163 infants between two and twenty "ve months of age found 80% of the infants had at least 7 phthalate metabolites in their urine. All infants in the study had detectable levels of at least one phthalate metabolite. Almost all of the mothers had used baby wipes and over half of the mothers had used baby shampoo on their infants within 24 hours of the urine collection. 5. Nanotechnology is an emerging technology that involves manipulation of materials at the scale of atoms and molecules. To give you an idea of how small a nanometer is, a human hair is 80,000 nanometers in diameter. This technology is entirely unregulated and almost no testing has been done for its health effects. Nanotechnology is of a concern because it is now being used in virtually all personal care products from make-up to toothpaste and perfume. Unless you call the companies that manufacture your personal care products and ask if they use nanotechnology, there is no way of knowing if those products contain nanoparticles. Companies are not required to test nanoparticles or

label them. Safer Resources: Below is a list of recommended companies that sell safe hygiene products. You can also visit www.cosmeticsdatabase.com to look-up your favorite product. PLEASE NOTE: You want your product to score 0-2, and ALWAYS look at the product's detailed page. The detailed page should display all the ingredients in your product and is basing the score of all (not just 1) ingredients!

Aubrey Organics - www.aubrey-organics.com Lavera - www.lavera.com Logona - <http://www.logona.co.uk/> Gabriel Cosmetics, Inc. - www.gabrielcosmeticsinc.com

References: 1 Pesticide Action Network North America [PANNA]: Chemical Trespass—Pesticides in Our Bodies and Corporate Accountability. 2 Teflon - [Tuberoose.com](http://www.tuberoose.com) Information for Transformation 3 Nick Marynissen. "Toxic Teens" http://www.vistamagonline.com/articles/page.php?tp=3&p=1&id=22&s=toxic_teens Accessed: March 2, 2006.