Blood and xenobiotic compounds

Chemical compounds that are found everywhere in our food, air, and water are now found in every person. The accumulation of these compounds in some individuals can cause a variety of dysfunctions and in some cases outright disease.

Systems in the body most affected by these xenobiotic compounds (a chemical or substance that is foreign to an organism or biological system) include the immune, neurological, and endocrine systems.

Toxicity in these systems can lead to immune dysfunction, autoimmunity, asthma, cancer, learning difficulties, mood changes, neurological illnesses, changes in sexual desire and functioning, reproductive dysfunction, and upsets in blood glucose levels, etc.

None of us choose to have hazardous pesticides in our bodies yet, as reported by Colleen Huber in her article The Toxic Bucket: How Environmental Medicine Unloads the Burden of Synthetic Chemicals from the Body:

"A Mount Sinai School of Medicine study found that each of nine volunteers averaged 91 chemical compounds in the blood and urine. Of the 167 chemicals discovered among the volunteers tested, 94 are toxic to the brain or nervous system, 76 are carcinogenic and 79 are linked to birth defects.

The volunteers tested do not work with chemicals on the job, nor do they live close to an industrial facility. Rather, they represent the average body burden of an ordinary American citizen.

Furthermore, chemicals that are foreign to the body, or xenobiotics (xeno = foreign or not naturally occurring) tend to accumulate in the tissues over time. Worse yet, children playing on the floor and breathing more air than adults, acquire chemical body burdens faster than adults."

The Center for Disease Control found pesticides in 100% of the people tested. The average person in this group carried a toxic cocktail of 13 of the 23 pesticides that were analyzed. Many of the pesticides found in test subjects have been linked to serious short- and long-term health effects including infertility, birth defects and childhood and adult cancers.

This is the position in a so called advanced country with a highly regulated food industry.

The combined effects of multiple exposures are unknown, but a growing body of research suggests that even at very low levels the combination of these chemicals are very harmful to our health.

Your body does not need more poisons and toxins, which are more prevalent today than ever before in human history!

Issues that adversely affect Health

There are many environmental sources of toxins and poisons that adversely affect health, including molds, chemicals, smoke, pesticide spraying, smog, radiation and electromagnetic exposure, i.e. cell phones, computers, TVs, microwave ovens, electrical outlets and appliances, power lines, etc.

There are some toxic sources you can control, particularly molds in your home.

Fluoride is another very poisonous substance which is added to foods and water. It has been highly promoted as a defense against tooth decay, however this is not true. In fact fluoride is a poison that causes many health problems, including:

1. It accumulates in our bones and makes them more brittle and prone to fracture. The weight of evidence from many studies on this is overwhelming. Lifetime exposure to fluoride will contribute to higher rates of hip fracture in the elderly.

2. It accumulates in our pineal gland, possibly lowering the production of melatonin a very important regulatory hormone (Luke, 1997, 2001).
3. It damages the enamel (dental fluorosis) of a high percentage of children. Between 30 and 50% of children have dental fluorosis on at least two teeth in optimally fluoridated communities (Heller et al, 1997 and McDonagh et al, 2000).
4. There are serious, but yet unproven, concerns about a connection between fluoridation and osteosarcoma in young men (Cohn, 1992), as well as fluoridation and the current epidemics of both arthritis and hypothyroidism.
5. In animal studies fluoride at 1 ppm in drinking water increases the uptake of aluminum into the brain (Varner et al, 1998).
6. Counties with 3 ppm or more of fluoride in their water have lower fertility rates (Freni, 1994).
7. In human studies the fluoridating agents most commonly used in the US not only increase the uptake of lead into children's blood (Masters and Coplan, 1999, 2000) but are also associated with an increase in violent behavior.

You can easily eliminate most sources of fluoride by:

1. Refusing dental fluoride treatments.
2. Using fluoride-free natural toothpaste or by using baking soda and ocean sea salt mixed 50/50 and made into a paste with hydrogen peroxide.
3. Not eating processed foods.
4. Filtering your water if it contains fluoride.

Human health is also deteriorated by many other sources of toxic substances, i.e. chlorine and heavy metals contained in water, toxic ingredients and heavy metals contained in household and personal care products (shampoo, lotion, makeup, deodorant, detergent, air deodorizers, antiseptic solutions and sprays, cleaning agents, etc.), synthetic materials, dry cleaning, plastic products, etc.

Lowered vitality and health are also contributed to by emotional stress, losses, accidents, injuries, and financial or relationship worries and concerns.

Our foods are one of the most serious sources of toxins, which are put there by the food industry and agribusiness.

Food route to toxins

According to a study published in The European Journal of Clinical Nutrition, livestock that are fed on grain have more omega-6 fat, which may promote heart disease, and less omega-3 fat, which is beneficial for cardiac health, than both wild animals and grass-fed livestock.

Since the early 1970s hormones have been used extensively in the production of beef and milk in North America, with hormone development research starting as far back as the 1950s. Two-thirds of cattle raised in the U.S. are treated with these hormones.

The hormones are implanted or injected into cattle at various stages of maturity in order to promote faster growth.

Hormones used in beef cattle include the male hormone testosterone and its synthetic equivalent trenbolone acetate, and the female hormone progesterone including three synthetic derivatives.

These synthetic hormones share similar characteristics with a class of other molecules called endocrine disruptors that imitate other human hormones in the body and have been linked to diseases such as cancer.

Endocrine Disruptors

Endocrine disruptors are exogenous (originating from outside the body) substances that cause adverse biological effects by interfering

with the endocrine system which disrupts the production and function of hormones.

The foundations of the endocrine system are hormones and glands. Hormones are the body's chemical messengers which transfer information and instructions from one set of cells to another.

Glands involved in the endocrine system mainly consist of the adrenal glands, thyroid, pituitary, and reproductive glands, which include the ovaries and testes. Hormones are also produced by the pancreas, brain, heart, lungs, kidneys, liver, thymus, skin, and placenta.