



# Nine Steps To Healthy Lifestyle

## Step 1: Toxins & Detoxification

### ***Toxin Reference Guide:***

THE FOLLOWING PRODUCTS MAY CONTAIN TOXIC AMOUNTS OF ALUMINUM:

Foods made with aluminized baking powder, self-rising flour, and salt.

The following are some of these products:

- Microwave popcorn,
- Salted snacks,
- Hot cocoa mixes,
- Coffee creamers,
- Pickles and relish,
- Flour tortillas,
- Pizza crust,
- Muffins,
- Doughnuts,
- Cookies,
- Pancakes,
- Waffles,
- Cupcakes,
- Cakes,
- Baking mixes,
- Brownies,
- Pastries,
- Corn bread,
- Banana bread,
- Carrot bread,
- Dipping batter for fried foods



**WARNING:** Aluminized baking powder is now being used in many foods that were formerly prepared without baking powder, such as pizza crust, raised doughnuts, pie crusts, cookies, waffles, prepared meats, cheeses, and other products that were once aluminum-free.

**IMPORTANT:** Do not confuse baking soda with baking powder. Soda is a pure product with no additives. Baking powder is a mixture of chemicals used as leavening in countless baking products. (Leavening is what makes a cake rise during the baking process.) Numerous aluminum-free baked goods are available in ordinary grocery stores, as well as health food stores and restaurants. Simply read labels to be safe.

**OTHER PRODUCTS CONTAINING ALUMINUM:** Anti-perspirants, Many body lotions and crèmes, cosmetics, shampoos and conditioners, soaps, suntan lotions, lip balm

**DRUGS AND MEDICATIONS:** Over-the-counter medications and prescription drugs containing aluminum are too numerous to list. Read labels and consult your doctor and pharmacist. If your doctor has prescribed drugs or medications containing aluminum, ask for alternative (aluminum-free) medications.

**WHAT ARE THE SYMPTOMS OF HYPERSENSITIVITY due to Aluminum Overload?**

- \*Heightened sensitivity to light or darkness.
- \*Abnormal sensitivity to hot and cold temperatures.
- \*An aversion to noise, touch, movement, odors, etc.
- \*Unexplained feelings of apprehension or uneasiness.
- \*Feelings of irritability, agitation or annoyance.

Those who are easily frightened or alarmed sometimes become overly disturbed and provoked, displaying irrational outbursts of anger, road rage, bad temper, etc.

## **Aluminum**

- ☒ **Signs of toxicity:** High levels of aluminum in Alzheimer's disease, Amyotrophic Lateral Sclerosis and Parkinsonism-Dementia Syndromes of Guam. Certain bone diseases and skeletal issues. Skin rashes from deodorants.
- ☒ **Environmental sources:** Construction, power lines, insulated cables and wiring, cooking utensils, decorations, fencing, highway signs, cans, food packaging, lipsticks, foil, dental crowns and dentures and dental cement, paints, fireworks,



veterinary medicines, glues, disinfectants. Used in the production of water purification, sugar refining, brewing, paper, glass, ceramics, rubber, lubricants, wood preservatives, cosmetics, leather tanning. The active ingredient in deodorants and antiperspirants. Used to lower plasma phosphorus levels in patients with kidney issues. Certain vaccines contain an aluminum base.

☒ **Dietary sources:** Cans, cooking utensils, food packaging, baking powder, antacids, astringents, buffered aspirin, food additives. Eating substances containing high levels of aluminum (such as antacids) especially when eating or drinking citrus products at the same time. Some soy-based formulas may contain high levels of aluminum. Anti-diarrheal agents, hemorrhoid medications, vaginal douches, processed cheese, "softened" water, and tap water. Cities add aluminum to the water during the fluoridation process.

☒ **Removal/chelation ideas:** Use mercury protocol and reduce dietary intake, and it should reduce on its own. Magnesium glycinate. Malic acid will bind aluminum, but unless you are scrupulous in avoiding aluminum in the food and water, giving malic acid can significantly increase the absorption of aluminum. Apple pectin helps deactivate or excrete aluminum. Elder extract (not elder berry).

## Antimony

☒ **Signs of toxicity:** Gastrointestinal disorders (vomiting, diarrhea), respiratory difficulties, vomiting, watery diarrhea, collapse, irregular respiration, and hypothermia.

☒ **Environmental sources:** Antimony oxide is added to furniture, mattresses, pajamas, textiles, carpet, and plastics to prevent them from catching fire. Used medically to treat people infected with parasites. Also found in lead storage batteries, solder, sheet and pipe metal, bearings, castings, pewter, paints, ceramics, fireworks, enamels. In the air, water, and soil near industries including smelters, coal-fired plants, and refuse incinerators.

☒ **Removal/chelation ideas:** SAME, B-12/folate/DMG/choline



## Arsenic

- ☒ **Signs of toxicity:** Sore throat, irritated lungs, nausea and vomiting, loss of appetite and/or hair, hoarse voice, decreased production of red and white blood cells, abnormal heart rhythm, damage to blood vessels, numbness or a sensation of "pins and needles" in hands and feet, and mental disorders. Ingesting or breathing low levels of inorganic arsenic for a long time can cause a darkening of the skin and the appearance of small "corns" or "warts" on the palms, soles, and torso.
- ☒ **Environmental sources:** If you use arsenic-treated wood [for pest control and to preserve wood] in home projects, you should wear dust masks, gloves, and protective clothing to decrease exposure to sawdust. Do not use arsenic-treated wood for indoor projects, and do not burn arsenic-treated wood. Also included in livestock antibiotics, herbicides, and insecticides. Wooden playground equipment.
- ☒ **Dietary sources:** Fish and shellfish can accumulate arsenic.

Arsenic is a known carcinogen and has also been linked to heart disease, diabetes, and declines in brain function, and while the use of roxarsone has been banned in the European Union and even by chicken giants Tyson and Perdue, still around 70% of the 9 billion broiler chickens raised annually in the U.S. The arsenic threat is another urgent reason why we need to better educate ourselves on where our food comes from and how that food is produced.

### Chicken with Arsenic? Is That O.K.?

ARSENIC may be called the king of poisons, as it is everywhere: in the environment, in the water we drink and sometimes in the food we eat. The amount is not enough to kill anyone in one swoop, but arsenic is a recognized cancer-causing agent and many experts say that no level should be considered safe. Yet it is deliberately being added to chicken in this country, with many scientists saying it is unnecessary. Until recently there was a very high chance that if you ate chicken some arsenic would be present because it has been a government-approved additive in poultry feed for decades. It is used to kill parasites and to promote growth.

Chickens are not the only environmental source of arsenic. In addition to drinking water, for which the Environmental Protection Agency now sets a level of 10 parts per billion, other poultry, rice, fish and a number of foods also contain the poison. Soils are contaminated with arsenical pesticides from chicken manure; chicken litter containing



arsenic is fed to other animals; and until 2003, arsenic was used in pressure-treated wood for decks and playground equipment.

Human exposure to it has been compounded because the consumption of chicken has exploded. In 1960, each American ate 28 pounds of chicken a year. For 2005, the figure is estimated at about 87 pounds per person. In spite of this threefold rise, the F.D.A. tolerance level for arsenic in chicken of 500 parts per billion, set decades ago, has not been revised.

"When this source of arsenic is added to others, the exposure is cumulative, and people could be in trouble," said Dr. Ted Schettler, a physician and the science director at the Science & Environmental Health Network, founded by a consortium of environmental groups.

Those at greatest risk from arsenic are small children and people who consume chicken at a higher rate than what is considered average: two ounces per day for a 154-pound person. The good news for consumers is that arsenic-free chicken is more readily available than it has been in the past, as more processors eliminate its use. **There is a growing market in organic chicken and birds labeled "antibiotic-free": neither contains arsenic.** But there are still plenty of chickens out there with arsenic.

**Removal/chelation ideas:** ALA, DMPS. Garlic

## Tin

**Signs of toxicity:** Stomachaches, anemia, eye irritation, and liver and kidney problems.

**Environmental sources:** Tin cans, brass, bronze, pewter, some soldering materials, plastics, food packages, plastic pipes, pesticides, paints, and pest repellants. Toothpaste and perfumed soaps. PVC plastic manufacture, dyes and pigments, electro-conductive coatings on glass (window defrost systems), porcelain, ceramic glazes.

**Dietary sources:** Food packages. Cereals, fresh meat, and fresh vegetables do contain some tin.



## Zinc

- ☒ **USRDA:** Zinc is required for protein and carbohydrate metabolism, wound healing, growth, and vision. Not enough zinc in the diet can result in a loss of appetite, a decreased sense of taste and smell, slow wound healing and skin sores, or a damaged immune system.
- ☒ **Signs of toxicity:** Effects generally begin at levels from 10-15 times the RDA (in the 100 to 250 mg/day range). Stomach cramps, nausea, vomiting, headache, sweating, leg/chest pain, anemia, pancreas damage, and lower levels of high density lipoprotein cholesterol (the good form of cholesterol).
- ☒ **Environmental sources:** Zinc oxide. Used to coat metals to prevent rust, in dry cell batteries, and mixed with other metals to make alloys like brass and bronze. A zinc and copper alloy is used to make pennies in the United States. Used to make paint, rubber, dye, wood preservatives, ointments, glues. Supplement in animal feeds and fertilizers, catalyst, chemical intermediate, and mildew inhibitor. Used in deodorants, antiseptics, astringents, paint pigments varnishes, and oil colors. Rat killer.
- ☒ **Dietary sources:** Drinking water in pipes with zinc coating. It builds up in fish and other organisms, but it doesn't build up in plants. Meat, eggs, liver. Cocoa powder, wheat bran, dried baker's yeast, shellfish, many nuts, , pepper.

This is based off the fuller training provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-healthy-u-2015>

After registering then you can watch her video there to fully utilize and leverage this worksheet.



**CONGRATULATIONS for completing Step #1!**

**Next is Step Two:**

**Healthy Eating to Nourish your Body**



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