

Environmental toxicity (ET)

Environmental issues such as global warming, ozone layer depletion and the overuse of pesticide and other chemicals are cause for concern-particularly as they affect the quality of our water and food supply and our level of exposure to radiation and toxic metals.

Recent example could be seen in Oil catastrophes in US, hot temperatures and burning woods in the Moscow, fear of Chernobyl radiation in the air, flood catastrophes in Pakistan and ozone hole in Australia.

The body's immune system can be the last line of defense against these environmental issues.

It s a complex network that protects us from infectious agents (virus, bacteria, and other microorganisms) allergens, (substances that induce allergic reactions), and other pathogens (substances that cause disease).

When something foreign threatens the body, the body responds by forming antibodies and producing increased numbers of white blood cells (WBC) to combat the intruder. The kidneys and liver work harder to rid the body of toxins.

Thus a properly functioning immune system is vital for good health, and as well proper nutrition is becoming increasingly important to help the body to detoxify itself.

Specific minerals like calcium and zinc are necessary to sustain life. Other Minerals like copper are essential in small amounts but are toxic in greater amounts. Some minerals not only have nutritional value but also are toxic in any amounts. These toxic metals- lead aluminum; cadmium and mercury- pervade our environment and threaten our health, impairing the function of our organs.

Pesticides, herbicides, insecticides, fungicides, fumigants, and fertilizers contain these minerals and other toxic substances seep into our soils and food. Food additives, (MSG, E numbers) preservatives and artificial colouring pervade the products in our supermarkets.

Fruits and veggies are sprayed, treated with ripening agents, and waxed to make them appear more appetizing. Toxic chemicals are used and hazardous waste has contaminated our air and water.

Indoor air pollution or Bad indoor air is an especially serious issue.

Studies conducted by the US Environmental Protection Agency (EPA) have shown that indoor air pollution levels- in homes schools, and workplaces- are often two to 5 times greater than outdoor levels, and sometimes as much as 100 times greater. People spend up to 90 percent of their time indoors, which increases their risk and exposure to toxic elements (like Ozone from your printer).

Such exposure is believed to have increased in recent years due to the construction of tightly closed energy efficient buildings and an increase in the use of synthetic building materials and chemical products, as well as steel constructions.....

Indoor pollutants are as varied as the health problems they can cause. These substances include animal hair, asbestos, bedding, carbon monoxide, disinfectants, dust, electromagnetic fields, formaldehyde, hair sprays, household cleaning products, lead, low level radiation from TV screens and computers, monitors, mold paint, pesticides, pollen and radon, solvents, tobacco smoke. Some products used in the home emit volatile components into the air, among them are certain plastics (which emit styrene, solvents (benzene) carpets (4-phenylcyclohexene (4-PC), and manufactured wood products such as pressed wood furnitures and kitchen cabinets (formaldehyde). Permanent-press clothes and plastics emit traces of toxic vapors. Smoke from cigarettes, cigars, or pipes raises the level of toxic substances as secondhand smoke. Exposure to any such substances can aggravate allergies and compromise the immune system, paving the way for developments of serious illness.

When pollutants in our environment invade our bodies, they can cause reactions such as watery eyes, red eyes, diarrhea, nausea, upset stomach, and ringing in the ears (Tinnitus). The symptoms of environmental toxicity are so varied that they also **include asthma, bronchitis, stuffy nose, arthritis (inflammation) fatigue, headache, eczema, and depression. If you suffer from chronic flu like symptoms, the culprit may not be a virus; you may be reacting to some material, or item in your house, home, workplace.**

Exposure to environmental toxins has been linked to immune deficiency and cancer. In children, poor academic performances, and some behavioural, emotional, and learning disabilities have also been linked to indoor environmental pollution.

The symptoms of ET and environmental allergies can be very similar, but the mechanisms that cause them are different. Allergies result from an overreaction by the immune system to some substance encountered in the environment. Environmental toxicity, on the other hand, is not a result of an immune system reaction, but a direct poisoning of tissues and cells, so that they can no longer function as they should. Allergic reactions usually begin to subside when contact with the offending allergen ceases, whereas toxicity – based problems can persist long afterwards, depending on the type and extent of the damage the toxins have caused.

Essentials:

Coenzyme Q10		help the immune system to detoxify many dangerous substances
Vitamin C with bioflavonoids and quercetin	3.000 -10.000mg daily in divided doses. Attn: if you heavy smoker take less	Aids in removing toxins and heavy metals from body
Garlic (Very important)	2-3 capsules or fresh cloves(test it	potent immunstimulant

	kinesiological)	
Proteolytic plus pancreatic enzymes	take with meals	Important for digestion and detox
SOD Superoxide dismutase		Antioxidant that protects against free radical formation and radiation
Taurine		Antioxidant and immune regulator, necessary for white blood cell activation and neurological function. use sublingual form or homeopathic
Apple pectin / Apple		binds with toxins and heavy metals, to remove them from body
Grape seed extract		powerful antioxidant
Vitamin A		antioxidants and detoxifier
Betacarotene		precursor of Vit. A
Vitamin E		use d-alpha-tocopherol form
Vitamin B complex	100 mg of each major B vitamin 3 times daily with meals	Vital for cellular function and repair; needed for proper digestion and protect the lining of digestive tract. Use a high stress formula

HERBS

Burdock root Red Clover		Blood cleansing lymph cleansing
Aloe Vera		Antioxidant, binds heavy metals, detoxify
Milk Thistle		protect liver cells and promotes regeneration of damaged liver cells
Turmeric		inhibits tumor growth and boosts the liver's ability to eliminate environmental

		toxins from body
Neem		blood purifier
Ashwagandha		Nerves and stress
Valerian		
Gokshura Punarnava		promote urination and strengthens kidney

Additional Recommendations:

Diet: include good sources of fibre, oat bran, and wheat bran, Apple pectin can be beneficial

Note: always take supplemental fibre separately from other supplements or medication.

Try using an air cleaner or ionizer for symptomatic relief.

Use nontoxic cleaning agents and products whenever possible

Many disinfectants, drain cleaners, and other household chemicals have toxic properties. try environmental friendly alternatives or use natural cleaning like :
lemon , lemon juice
baking soda
white vinegar

Tips: For blocked Drains:

¼ cup of baking soda down the drain follow it up with ½ cup vinegar. Close the drain until the fizzling stops then flush with hot water.

Ventilate your home well to reduce exposure to natural gas, pesticides, radon, smoke, and other chemicals in the household, ventilate your room well. Replace particleboard sub flooring with exterior grade plywood that does not contain formaldehyde. Seal the wood then with a nontoxic sealant

Detergent

Check your washing powder whether its allergic for you

don't use : Iron sprays,
fabric softeners, use Epsom salt instead, ½ tbsp in the last rinse.

Test your home and workplace with a test kit. **Radon** especially is believed to be second leading cause of lung cancer. Radon is a naturally occurring pollutant. Test kits at most hardware stores.

Scrape any peeling **paint** inside and outside your home, using appropriate devices. Older paints contain toxic lead residue. (Lead poisoning)

Change **vacuum cleaner bags** frequently. Most vacuum cleaner bags do a poor job of filtering out dust, pollen, dust mites, and other potentially harmful particles.. When shopping for a new vacuum look for models that encase the bag in hard, impermeable shell.

Don't use insect spray or bug bombs. try natural alternatives like neem oil, lemon, lime, peppermint eucalyptus or tea tree.

Cook ware:

Most metal pots or pans used for cooking leave residues of metal in your food. Iron from cast iron skillets can be beneficial, other metals can be harmful. Some aluminum and coated cookware can leach off small amounts of metals into the food... that can be harmful over time.

Microwave and induction cookers:

Big No No, EMF radiation alters the proteins. read Dr M why not microwave food.

Asbestos

Asbestos, once widely used in a variety of products and building materials, may still be present in buildings that were renovated or built in between 1900 to 1970 . It becomes dangerous when it breaks down and fibers are released in the air,.

Asbestos fibers are so small they can pass through a vacuum cleaner bags and can enter the lungs and get lodged in the delicate lung tissue. Exposure to Asbestos can cause lung cancer, asbestosis, mesothelioma (kind of tumor) Larynx cancer, oral cavity, kidney and colon are sometimes attributed to asbestos poisoning exposure as well.

Carpet:

Some of the chemicals usually used in carpeting have been shown to have an adverse side effect on health.

One suspect Chemical 4-PC or 4 phenylcyclohexene. a by product of the production is styrene-butadiene.

This substance is used for the backing of many carpets.

breakdown products from butadiene are also potentially toxic. Shampooing carpeting can be particularly bad for your health. When you shampoo a carpet, the

bottom stays damp well after the surface you walk on is dry.

This dampness becomes a breeding ground for thousands of microorganisms that can wreak havoc your system.

The moisture can also seep into the floor beneath, which in many buildings consists of particleboard made from formaldehyde-based glue and processed wood. When the particleboard gets wet the formaldehyde can also be removed in released in the air in the home.

Radiation and Radio toxins

Epilepsy

One disease not many people look into the cause and the effects of electromagnetic-radiation is epilepsy, a disorder by recurring seizures. Seizures are a symptom of epilepsy, but not all people who have seizures have epilepsy, and even those who do may also have seizures that are not epileptic in nature.

An epileptic seizure is a temporary malfunction of the brain caused by uncontrollable electrical activity from the nerve cells in the cerebral cortex. The seizures rarely damage the brain, but they can make life difficult.

Underlying causes of epilepsy are relatively unknown. Seizures may occur for no apparent reason or may be triggered by a wide range of things, including:

Exposure to an allergen, drug or alcohol withdrawal, fever, flashing lights, hunger, hypoglycemia, infection, lack of sleep, metabolic or nutritional imbalances, or trauma, especially head injury.

Stage or different types of seizures:

Absence (previously: petit mal)

common in kids and teenagers. Characterized by a blank stare lasting about half a minute. Daydreaming. Individual is unaware of his / her surroundings, daydreaming child can be aroused by a simple touch or someone talking to him. A child having a seizure cannot.

Atonic (drop attack)

childhood seizure in which child loses consciousness for about 10 sec and usually falls to the ground because a complete loss of muscle tone.

Complex partial (temporal lobe)

Blank stare, random activity, and a chewing motion are characteristic. Person may be dazed unaware of his /her surroundings and may act oddly. Person may experience a distinctive warning sign called aura before . aura itself is a form of partial seizure but one in which the person retains awareness.. Aura may be experienced as peculiar odor, butterflies in the stomach, or a distorted sound.

Generalized tonic-clonic (previously Grand Mal)

sudden cries,, a fall, rigidity and jerking of the muscles, shallow breathing, and bluish skin. loss of bladder control possible. lasts 2-5 minutes followed by confusion, fatigue, and/or memory loss.

Myoclonic:

Brief massive muscle jerks occur.

Simple partial(Jacksonian)

jerking begins in the fingers and toes and progresses up through the body. remains conscious.

Simple partial: (sensory)

Person may see, hear, or sense things that do not exist,. Those may occur as a preliminary symptom of general seizure.

They are the most common neurological problem affecting children – indeed- 1/3rd of people with seizure disorders are children.

Seizures in very young children often stem from brain injury before birth, damage to the CNS, or metabolic inconsistencies. In older children its more likely to result from genetic factors, infections of the CNS or head injury.

Important :

Magnesium c		best magnesium chloride
Selenium		low selenium results in deficiency of glutathione peroxidase, an enzyme that detoxes peroxides in the cell
Taurine		
Vit B complex		
Calcium	1.500 mg a day	for normal nerve impulse transmission
Garlic		
Zinc	50-80 mg a day	protect brain cells.