



WESTON WELLNESS CENTER *Naturopathic Medicine*

You're surrounded...

According to the 2005 report from the Centers for Disease Control's (CDC) Environmental Health Laboratory, there are currently 148 chemicals- 38 of which have never been measured in the U.S. population- currently found in the blood and/or urine of Americans.

Similarly, the Mount Sinai School of Medicine in New York, in collaboration with the Environmental Working Group, tested the blood and urine of nine volunteers. They found a total of 167 industrial compounds in the volunteers, with an average of 91 chemicals per person.

Of these 167 compounds, 76 are known to cause cancer in humans, 94 are highly toxic to the brain and nervous system, 82 affect lungs and breathing, 86 affect your hormones and 79 cause birth defects and /or abnormal development.

Common Toxic Chemicals found in humans

- **PCBs**
- **DIOXINS**
- **FURANS**
- **PHTHALATES**

Additionally, researchers found other critical- and highly toxic- compounds, including heavy metals (such as lead, aluminum and mercury), as well as numerous pesticides and herbicides.

But it's not just adults that are affected. According to a benchmark study conducted by the Environmental Working Group, unborn babies may be negatively affected the most. Researchers tested the umbilical cord blood of 10 children (the samples were collected) by the Red Cross after the cord had been cut). They found a total of 287 industrial chemicals and pollutants in each cord, with an average 200 per cord. And of the 287 chemicals, 180 are known to cause cancer, 217 are toxic to the brain and nervous system and 208 cause birth defects in animals. Clearly something needs to be done. We are overdosing on harmful chemicals right from birth.

Heavy Metal Madness

Mercury toxicity is a huge and alarming health problem that currently affects millions of Americans. In fact, conservative estimates show that as much as 25 % of Americans suffer to some degree from heavy – metal poisoning from the accumulation of years of exposure.

One of the biggest challenges with mercury poisoning is the fact that it can contribute to and masquerade many different health issues, such as **PMS**, mood swings, loss of energy and depression.

In other words, you may already have elevated mercury levels in your body without even knowing it. Numerous studies have shown that mercury poisoning can contribute to more severe health conditions, including heart disease, Alzheimer's and even cancer.

The two most common causes of mercury toxicity are dental fillings (amalgams) and you guessed it next was what you thought 'VACCINATIONS'. According to the World Health Association (WHO), dental amalgams were responsible for the majority of mercury toxicity. In America alone, about 140 million people have dental amalgams, which contain up to 50 % mercury. Similarly, vaccinations of the past (and a few still used today) contained thimerosal – a chemical compound that consisted, in part, of mercury. A recent investigation into thimerosal and the neurological development of children found that the total amount of mercury an average child would receive from normally recommended vaccinations exceeds the Federal Safety Guidelines for orally ingested mercury.

**A good book to purchase in reference to vaccinations :
The Vaccine Guide by :Dr. Randall Neustaedter, O.M.D.**

Eat, Drink and Be Wary

For years we've been told that America is the land of plenty. And while we have plenty of food available to eat, as a rule, most of it is of very poor quality and is lacking in trace minerals because our soils are becoming more and more depleted.

After World War II, farming practices changed radically. Manufacturers of wartime chemicals needed new markets for their products. These chemicals became the raw material for producing fertilizers.

By 1960, 97% of all crops were treated with chemical fertilizers that used salt- based nitrogen, phosphorus, and potassium.

While this method of farming created perfectly shaped and colored produce, it created weak plants. And just like weak animals that are preyed upon by wolves and other predators, these plants are preyed on by pests, necessitating the need for more pesticides.

Early in the 1990's , researchers set out to determine if these pesticides penetrated the skin of fruits and vegetables, so they peeled them and had them retested.

Much to their surprise, they found that these same chemicals were also in the meat of the fruits and vegetables. So, not only are we eating poor quality food, but this same food is laced with pesticides.

Make better choices , eat organics.

Eat, Drink and Be Wary(continued)

And it's not just our fruits and vegetables. The animals we consume are contaminated with the same pesticides and herbicides (from their feed), as well as growth hormones and antibiotics.

And don't think you can turn to the Chicken of the Sea. According to a study by two psychologists from Wayne State University in Detroit, pregnant women who ate fish from the Great Lakes(known to contain high levels of PCB's) passed these chemicals onto their newborn babies. The researchers found that children who were exposed to the greatest levels of the PCB's – contaminated fish in utero were showing lower IQ scores than their peers by age four . They retested these children at age eleven and found that their IQ scores were, in fact, 6.2 points lower than less- exposed children.

Choose or Lose

Clearly, toxins are an unfortunate, but very real, fact of modern-day life. Study after study has been done on urine and on blood, showing that most people are indeed loaded with toxins. Even toxins such as DDT, which has not been used in 30 years, show up regularly in urine testing. Obviously. We are living in a toxic world. That's why it's critical that you do everything you can to cleanse your body of these killer toxins and eat organic food and drink filtered, purified water whenever possible.

An organic product is grown, stored and processed without the use of synthetic fertilizers, pesticides or other harmful chemicals. Organic farmers must not only adhere to a strict set of standards, they must also undergo regular inspections to ensure that they meet these standards- including no hormone use in animals, and no genetically- engineered seed or stock.

By letting the focus of your diet center on healthy, organic foods- salads, steamed vegetables, whole grains, legumes and lots of natural fiber- you can help move toxins through your body more efficiently. When choosing animal- based protein, eat cage- free eggs, grass-feed beef, wild salmon, free range cattle and poultry, and raw milk and other dairy products. But that's not all. Chemical- laden pesticides can contaminate groundwater, too. So, be sure you're drinking ,pure, filtered, distilled water.

Exercise Your Right to Be Cancer – Free

And while we're on the topic of breast cancer, researchers at the Harvard Medical School and the Harvard School of Public Health have found a direct correlation between frequent moderate to vigorous exercise and a reduced risk of breast cancer. After analyzing data provided by 166,388 women, researchers found that women who engaged in moderate or vigorous activity for seven or more hours per week had a nearly 20 % lower risk of breast cancer, compared to women who exercised at the same level of activity but for less than one hour per week. Studies have also shown that exercise can also reduce your risk of developing other types of cancer, including colorectal cancer.

Conclusion

We at Weston Wellness Center will help you to put a affective program together for your body to rid itself of heavy metals and toxins.

We have programs and protocols to address these health concerns.

As the New Year approaches fast let us help you to get rid of those extra unwanted pounds that you acquired during the summer month's and holiday season.

Call and ask about our Purification/ Weight- Loss Programs.

Gift Certificates are available in any denomination.

To set up a appointment call us at : 856- 299- 9508

Be Well Naturally,

Dr. F. James Weston, N.D., Ph.D.

