

To my VIP's:

I recently attended a seminar about chemical toxins in our environment, which have been shown to cause many serious health conditions, but especially cancer. Obviously this is a topic of particular interest to me personally, but I learned so much from the seminar that I wanted to make a summary of the information for you, hoping that you will find it helpful.

The top chemicals that research has shown to cause cancer:

- Plastics (BPA and Phthalates)
- Pesticides (used on our produce – more is used if the produce comes from outside of the US – this is particularly true of coffee beans)
- Fungicides (same as above)
- Scotch guard
- Flame Retardants
- Anabolic Steroids (used in beef)
- Weed Killers (found on corn, wheat and sugar cane)
- Insect Killers
- Nail Polish
- Tobacco
- Synthetic Estrogen (found in plastics)
- Lead (the most common source of this now is airplane fuel that evaporates into the air)
- Acetaminophen (Tylenol)
- Sulfur Dioxide (found in dried fruit – always make sure the package says no sulfur)
- Triclosan (found in antibacterial products and toothpaste)
- Acrylamide (fried foods and potato chips)
- Quinones (chlorinated water)
- Titanium Dioxide (paint, cosmetics, food coloring)
- Arobenzone (in sunscreen)
- Caramel Coloring (Soda – the only one that doesn't have any of this is Sprite. Diet Coke and Coke are on the lower end, Dr. Pepper is moderate, and the highest levels are in Brisk Iced Tea, Root Beer and Pepsi)
- Aspartame (artificial sweeteners)

In other words, unless you live in a bubble, you can't avoid being exposed to these toxins completely. So the approach the doctor giving the class recommended is, instead of trying to avoid everything in your environment that could cause cancer (although any changes you are able to make go a long way), there are some simple things you can do to help protect your cells from becoming cancerous due to exposure to these toxins.

The reason that cancer happens in the first place is because, every cell in the body has a lifespan. It varies from as little as 30 days for red blood cells, all the way up to 7 years for bone cells. That means that each cell dies and then a duplicate cell has to be made to replace it. You literally have a new body every 7 years, and whether that body is better or worse really depends on how well you take care of yourself.

(Side note: the only cells in the body that are not replicated in this way are nervous system cells. This is one reason why regular chiropractic adjustments are so important – you want to make sure those cells never have any pressure on them, because this eventually causes them to die and the body does not replace them).

All of this is controlled by your DNA. There are genes that cause a cell to die when it is supposed to, and there are genes that cause the reproduction of the new cell.

What these chemical toxins do is change those genes. They stop the gene that tells the cell to die, and stimulate the gene that tells the cell to replicate. In other words, the old cells aren't dying and at the same time, a bunch of new cells are being produced.

This is what cancer is – an overgrowth of cells. Some might ask why the immune system doesn't recognize that this is going on and take care of the problem. The answer is, because these cells are your original cells, the body doesn't recognize that anything is wrong when cancer develops.

The immune system reacts to foreign cells (things that don't belong in your body), not cells that are supposed to be there.

What makes cancer even worse is cancer stem cells. These are cancer cells that are resistant to chemotherapy, meaning that they are what's left over after chemotherapy is done and a person is in "remission." Cancer stem cells never die and they are the reason cancer returns in most cases.

What can you do about it?

1. Turmeric – The Cancer Slayer

The active ingredient in turmeric, curcumin, has been shown through research to stop the changes that are made to the DNA, which allows cancer to grow. It has also been shown to coat abnormal cell walls, so if overgrowth is taking place, the body is able to recognize that something is abnormal and destroy those cells.

The research showed that 1,000 mg per day is required to get this affect (1,500 mg for smokers).

However, curcumin is difficult for the body to absorb. The body will only absorb it if it is combined with quercetin (the best source is capers, but this is also found in spinach, pears, romaine, apples, blueberries, kale, cranberries, red onion and elderberries) and phenethyl iso (black pepper is the best source for this).

There are 3 options for taking this on a daily basis:

1. Use the actual Turmeric Root (this is the best because it is fresh)

You can make a blended drink with it, and here is the recipe:

Turmeric Root (approximately $\frac{3}{4}$ inch long x $\frac{1}{2}$ inch wide)

Ginger Root (same size)

$\frac{1}{2}$ teaspoon ground peppercorns

$\frac{1}{2}$ teaspoon ground cinnamon (to help with the taste)

$\frac{1}{4}$ teaspoon capers

Blend with 4 oz of water, or you can use coconut water for an electrolyte boost.

2. Gaia Golden Milk (Powder)

This is a good option if you don't want to keep the fresh ingredients on hand (this is what I use).

The disadvantage is that it has a short shelf life (it lasts a month if you keep it in the refrigerator, 2 months if you keep it in the freezer).

However, one advantage is that it already has the black pepper and quercetin in it, so you don't need the other ingredients.

You can buy this on amazon, and you would just mix it with water and drink it or you can mix it with any other smoothie you already make.

3. Pill Form (Gaia Turmeric Supreme – also on Amazon)








If you prefer a pill, this would be the option for you, however the 1st 2 options are more effective.

The doctor then made some helpful suggestions if you want to avoid some of the toxins:

- Choose organic foods when you can. These don't have the chemicals that were listed above.
- If you eat salmon, eat wild caught salmon, not farm raised salmon. You can tell the difference because wild caught salmon will have almost no fat (it looks dark pink throughout the entire fish), whereas farm raised salmon has a lot of white fat lines running through it. This has to do with what they eat, but most toxins are stored in fat, so if you have the choice, choose the wild caught salmon.
- If you drink decaffeinated coffee, make sure the container says "Swiss Water Decaf Process," otherwise they use toxic chemicals to remove the caffeine.
- If you use sunscreen, make sure it doesn't have Arobenzone listed in the ingredients on the bottle.
- Avoid margarine, which is made of trans-fats and causes heart disease.

- If you eat cured meats (bacon, pepperoni, lunch meats, beef jerky), make sure the package says “Nitrite Free.” Nitrites cause cancer, and a study showed that people who ate just 5 slices of deli meat per day increased their risk of colorectal cancer by 80%! Hot dogs are included in this group too.
- Avoid MSG (Mono Sodium Glutamate - found in fast food, sodium-free salt substitutes, seasonings). MSG also goes by different names, so check the ingredients for these as well: Glutamic Acid, Autolyzed / Hydrolyzed, textured protein, yeast extract, sodium caseinate.
- For plastics, there will be a symbol on the package that looks like a triangle with arrows, and there will be a number in the center of the triangle. 2, 4 and 5 are the safest plastics. The most dangerous is plastic wrap. The main thing with most plastics is that you don't want them exposed to heat, so keep all plastic bottles in cool places.

WHAT DO RECYCLING SYMBOLS ON PLASTICS MEAN?

	<p>PET, PETE (Polyethylene Terephthalate)</p> <ul style="list-style-type: none"> • Soft drink, water and salad dressing bottles; peanut butter and jam jars... • Suitable to store cold or warm drinks. Bad idea for hot drinks. 		<p>PP (Polypropylene)</p> <ul style="list-style-type: none"> • Reusable microwavable ware; kitchenware; yogurt containers; microwavable disposable take-away containers; disposable cups; plates...
	<p>HDPE (High-density Polyethylene)</p> <ul style="list-style-type: none"> • Water pipes, milk, juice and water bottles; grocery bags, some shampoo / toiletry bottles... 		<p>PS (Polystyrene)</p> <ul style="list-style-type: none"> • Egg cartons, packing peanuts; disposable cups, plates, trays and cutlery; disposable take-away containers... Avoid for food storage!
	<p>PVC (Polyvinyl Chloride)</p> <ul style="list-style-type: none"> • Not used for food packaging. • Pipes, cables, furniture, clothes, toys... 		<p>Other (often polycarbonate or ABS)</p> <ul style="list-style-type: none"> • Beverage bottles; baby milk bottles; compact discs; "unbreakable" glazing; lenses including sunglasses, prescription glasses, automotive headlamps, riot shields, instrument panels...
	<p>LDPE (Low-density Polyethylene)</p> <ul style="list-style-type: none"> • Frozen food bags; squeezable bottles, e.g. honey, mustard; cling films; flexible container lids... 	<p><i>@veganlogy</i></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Safe food containers are made from number 1, 2, 4, and 5 plastics.</p> </div>	

- If you are concerned about any cosmetic products you use, there are 2 resources you can use to look them up to make sure they are safe.
 - o Cosmeticdatabase.com

- EWG – Healthy Living and Food Scores. This is an app on your phone. You can scan the bar code of any product you use and it will tell you if the ingredients are safe or not.
- Deodorant is something that has been talked about quite a bit because of the aluminum in it. This has been linked to dementia and Alzheimer's disease. The doctor recommended a good deodorant that works and doesn't have aluminum or any other dangerous chemicals in it. It's called Native. I ordered it at nativecos.com
- One more note about aluminum – this is a controversial topic, but I feel it needs to be addressed. Another big source of this is vaccines. I don't want to go into a ton of detail on this, because as I said, it is a controversial topic these days. However, if it's something you may be interested in learning more about, there's a really incredible series called Vaccines Revealed that goes into all the scientific research behind this. You can go to vaccinesrevealed.com and watch the series for free or purchase the DVD's. It's a lot of information, but personally, I thought it was really interesting and worth watching.

Detox:

There are 2 keys to detoxifying the body. The first is to make sure you have plenty of antioxidants in your diet, which prevents free radical damage (this is what changes DNA and initiates diseases like cancer, heart disease, Alzheimer's and Autism). Second is to cleanse.

Here is a list of the strongest antioxidants – the more of these you have in your daily diet, the better. Also, I realize this is a ton of information, so at the end, I'm going to give you a list of the actual supplements I take daily, and then you can just choose foods from the list below that you enjoy eating and try to add them to your diet as often as possible.

- Turmeric
- Garlic – garlic has to be chopped and let sit for 10 minutes before consumed for the antioxidant to become active.

- Black Fermented Garlic has double the antioxidant potency of garlic, but it's also very strong. Dr. Mercola has a Black Fermented Garlic supplement that you can buy on Amazon (this is what I take daily – 2 per day).
- Broccoli (new research is showing that this is key in helping with cases of Autism).
 - Broccoli sprouts have 100 times the antioxidant content, but I can't seem to find actual Broccoli sprouts anywhere. However, I did find that Dr. Mercola has a fermented broccoli sprouts supplement on Amazon.
 - Broccoli has to be chopped up in order to activate the antioxidant.
 - Also broccoli must be eaten raw – if you heat it, the antioxidants are destroyed.
- Onions
 - Shallots have the highest level of antioxidants in the onion family, and red onions are second highest.
 - These can be cooked slightly, but they should still have a crunch to them.
- Cherries (the darker the better)
- Green Tea (You have to drink a lot of green tea to get any benefit from it, but there is a stronger green tea that is recommended. It's called Ujido Matcha Green Tea Powder, which can be found on Amazon. It's just a powder that I add to my daily smoothie).
- Peppers (red is the best)
- Grapes (purple are the best, and the darker the better)
- Carrots
- Walnuts
- Tomatoes (For men, 2 teaspoons per day of Tomato Paste has been shown to reduce the risk of prostate cancer. Tomato Paste works best because it is so concentrated.)

- Lemons
- Kale (1/3 cup per day has been shown to kill H. Pylori in the stomach, which is the bacteria that has been shown to cause stomach ulcers. It has also been shown to help with Macular Degeneration. Also, a recent study showed that ¼ cup of Kale per day was able to reduce Glioblastoma, which is a very aggressive tumor of the brain)
- Brussels Sprouts
- Mustard Greens
- Collard Greens
- Red Cabbage
- Cranberries (3 tablespoons per day has been shown to help with kidney function)

Cleanse:

Toxins are stored in the fat of the body, which is scary because the brain and nervous system are composed of mostly fat. Metals that get in the body are particularly difficult to eliminate because they have an electrical charge, and since the body also has an electrical charge, the metals are attracted like a magnet.

So, cleansing requires 2 things. First, you have to loosen toxins from the body parts where they are stored, and second, you have to eliminate them so they don't go right back where they were to begin with.

For heavy metals, I always recommend the foot bath that we have at the office. It creates a stronger polarity in the water than your body has, so heavy metals are attracted to it and it draws them right out of the body through your feet.

I always tell people that I do a foot bath once a week, and what made me interested in it is that it alleviated my severe allergies, which I suffered with since I was a child. But it's an easy option for removing heavy metals from the body.

To remove toxins from the fat within the body, there are 2 things you want to do. **These should only be done 10 days in a row each month:**

- Cilantro (cilantro sprouts are better)
 - o Add ½ tablespoon of fresh cilantro leaves to your smoothie or just eat it.
 - o Cilantro helps the body eliminate toxins from fat cells.

- Cracked / Thin Cell Wall Chlorella
 - o I take Health Ranger Select Clean Chlorella 200mg tablets, which I also get on Amazon. Start with 2 tablets a day and work your way up to 5 tablets a day.
 - o This helps the body eliminate toxins more quickly.

*****Special Note about Cilantro and Chlorella – this combination is VERY powerful. Do NOT take more than what is recommended above.** When I first did this cleanse, within 3 days of starting, I developed a severe headache and joint pain all over my body. I also developed a sore throat and a fever. This is common with any cleanse because of the toxins being released into your system, but you may want to start with less of each item and gradually build yourself up to the recommended amounts if you do experience a reaction like that.

Watermelon, Persimmon and Grapefruit have also been shown to be helpful with cleansing.

Also, if you exercise, you can take an herb called Cleavers an hour before you exercise, and this will cleanse the lymphatic system. This is really important, because the lymphatic system is how tumors spread from one location to another. I get Herb Pharm Cleavers Extract from Amazon. You just put a dropper-full in a small amount of water and drink it an hour before you exercise.

Here is a list of the supplements I use (I buy them all from Amazon):

Nature's Plus Source of Life Gold Multivitamin (1 tablet in the morning – this is the best multivitamin I have ever found, and it will help with your energy level in the morning. The bottle recommends 3 tablets per day, but if your urine turns bright yellow, you're wasting most of it. I find that 1 per day is plenty for me.)

NOW Vitamin D-3, 5,000 IU (1 in the morning)

Dr. Mercola Liposomal Vitamin C, 1,000mg (2 in the morning – Vitamin C is not made by the body, and it is a very important part of proper immune system function and cleansing)

Puori M3 Chelated Magnesium (3 after each workout – if you get sore after working out, this will help dramatically).

Viva Naturals Krill Oil (2 in the morning)

Dr. Mercola Fermented Black Garlic (2 in the morning)

Dr. Mercola Fermented Broccoli Sprouts (1 in the morning)

Gaia Golden Milk Powder (1 tsp – I just put this in a glass with the Matcha Green Tea Powder and add water and mix it. You can also add it to any smoothie you make if you don't like the taste.)

Ujido Japanese Matcha Green Tea Powder (1/4 tsp)

Health Ranger Select Clean Chlorella (5 tablets – only take this when you are doing the cilantro cleanse)

Herb Pharm Cleavers Extract (1 dropper-full mixed with water, 1 hour before every workout – only take this when you are cleansing)