

# Top Toxins Guide

We are no longer living the “American Dream;” rather a toxic nightmare in this country. You can’t escape toxins, but you can remove them from your body and avoid products that contain the most dangerous ones. Of course, the first and most important issue that we are dealing with is toxins going into our body through ingestion or absorption through our largest organ — the skin.

Once the toxin baseline understanding is established, we must also consider what happens when certain toxins interact with other toxins. Our bodies are being turned into chemistry lab experiments by large and greedy corporations, and laws are passed to protect and shroud what they are doing in secrecy by our “lawmakers” and federal “oversight” entities and organizations.

## FOOD

Glyphosate, via Monsanto, has infiltrated everything. It’s been found in our processed food, our “fresh” food and our urine. Glyphosate strips our gut of good flora, causing our gut to be overridden with bad bacteria. Approximately 80% of our immunity lives within our gut.

Let’s start with Monsanto, which has merged with Bayer. It’s a publicly traded American multi-national agrochemical and agricultural biotechnology corporation. It is headquartered in Creve Coeur, Greater St. Louis, Missouri. Monsanto is a leading producer of genetically engineered (GE) seed and Roundup, a Glyphosate-based herbicide.

The active ingredient in Roundup is Glyphosate, which is a broad-spectrum systemic herbicide and crop desiccant. It is an organophosphorus compound, specifically a phosphonate. It is used to kill weeds, especially annual broadleaf weeds and grasses that compete with crops.

Like all chemicals, Glyphosate is toxic to animals (including humans) at some dose. The International Agency for Research on Cancer, part of the World Health Organization, found Glyphosate and the insecticides malathion and diazinon were classified as probably carcinogenic to humans. The insecticides tetrachlorvinphos and parathion were classified as possibly carcinogenic to humans.

I don’t want to get too much into the “weeds” on what this company has done to our soil, our bodies and our water supply, so I will give you a few credible news sources to review (below):

- Exposure to Glyphosate, Chemical Found in Weed Killers, Increased Over 23 Years
- Monsanto Manufactured Scientific Studies and Then Used Those Studies To Influence EPA, Other Regulators
- 68 Monsanto-Owned Companies to Boycott



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## WATER

Let's start with fluoride. It's banned in Israel and EU. Many European countries have rejected water fluoridation, including: Austria, Belgium, Finland, France, Germany, Hungary, Luxembourg, Netherlands, Northern Ireland, Norway, Sweden, Switzerland, Scotland, Iceland, and Italy. There are More People drinking fluoridated water in the United States than the rest of the world combined.

Fluoride toxicity can bring on acute wheezing attacks, chronic cough with phlegm, and asthma; and fluoride, where small doses of it can induce symptoms of acute fluoride toxicity, are found in our water. Early symptoms of fluoride poisoning include gastrointestinal pain, nausea, vomiting and headaches.

Fluoride combines with aluminum, which is in many of our personal care products, to form aluminum fluoride, which is then absorbed by the body where it eventually combines with oxygen to form aluminum oxide or alumina. Alumina is the compound of aluminum that is found in the brains of Alzheimer's disease. Fluorine attaches to aluminum and influences its absorption. It's been linked to Dementia and Alzheimer's Disease.

Millions of other Americans have no idea that they are regularly consuming Arsenic. It is an element found in the Earth's crust, and it finds its way into food, water, soil and air. Arsenic is known to cause a variety of cancers as well as being linked to heart disease, strokes and diabetes. Recent research has found an association between arsenic below 10 parts per billion and IQ deficits in children.

Chlorine is a pulmonary irritant with intermediate water solubility that causes acute damage in the upper and lower respiratory tract. Chlorine gas was used as a chemical weapon in World War I. It's a very dangerous toxin that has many uses, from disinfecting to bleaching. In small quantities, liquid and gas forms can be poisonous.

Fluoride, arsenic and chlorine are the most common staples of Michigan water. Review the Oakland County Water Report [Here](#).

## PERSONAL CARE PRODUCTS

Aluminum is on our deodorant. Aluminum toxicity causes digestive issues, drowsiness, loss of appetite, muscle weakness and more. In addition, fluoridated water metabolizes aluminum (not good!). Parabens, synthetic colors, hormone disruptors — even Glyphosate in popular tampon and feminine pad brands — and more can be found in our personal care products.

"The lipstick we wear, the food we eat, and the soap we use to clean our children's hands often contain harmful chemicals," said Mia Davis, head of health and safety for the personal care product company BeautyCounter. "The load adds up quickly day after day. And as we swallow, breathe in, and lather up, toxins entering our bodies may have lasting impact."



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The European version of the FDA bans approximately 1,300 toxic ingredients in personal care products. Under a law that has not been updated since 1938, the FDA has little power to regulate the ingredients in personal care products. Companies are allowed to label their products organic, natural, or hospital-approved based on their own interpretation of the terms, Davis said. They can also hide problematic ingredients in proprietary formulations by listing them as “fragrance” on a label.

## Top Toxins in personal care products:

**PARABENS** are commonly used preservatives in cosmetics such as moisturizers, shampoos and conditioners, and many types of makeup. Parabens are known to disrupt hormone function, which is linked to an increased risk of breast cancer and reproductive fertility. Parabens are linked to is early puberty in children and early menopause in women. Parabens mimic estrogen by binding to estrogen receptors on cells.

**PHthalATES** work as softeners in personal care products such as cosmetics and shampoo, as well as flexible plastics like children’s toys. Phthalates are known as endocrine disruptors because they mimic the body’s hormones and have, in laboratory animal tests, been shown to cause reproductive and neurological damage.

**DIETHANOLAMINE (DEA)** is used in personal care, laundry detergent and cleaning products to give that foam lather. DEA by itself is not harmful, however DEA reacts in the cosmetic formula to form an extremely potent carcinogen called nitrosodiethanolamine (NDEA). NDEA is absorbed through the skin and has been linked with stomach, esophagus, liver and bladder cancers.

**PETROLATUM (Mineral Oils & Paraffin)** used as the base for creams, baby rash ointment and many other personal care products. Petrolatum coat the skin like plastic, clogging pores and creating a build-up of toxins. They can slow cellular development, creating earlier signs of aging. They’re implicated as a suspected cause of cancer. Plus, they can disrupt hormonal activity.

**SODIUM LAURETH SULFATE (SLS)** when it’s combined with other chemicals it forms nitrosamines. SLS is found in foaming products (toothpaste, shampoo, laundry, household cleaning, etc.). The biggest problem with SLS, is how is made. The manufacturing of SLS creates ethoxylation which is contaminated with dioxane, a carcinogen.

**PHENOL (CARBOLIC ACID)** is found in skin lotion. It is corrosive to the eyes, the skin, and the respiratory tract causing lung edema. It’s harmful to the central nervous systems and heart and cause dysrhythmia, seizures, and coma. The kidneys may be affected as well.

DIOXANE is a petrochemical solvent found in cosmetics and products that foam, such as bubble bath, baby shampoo, laundry detergent. If you look closely you’ll see ingredients such as PEG, polysorbates, laureth, ethoxylated alcohols which are all dioxanes. Dioxane is linked to cancer.



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**FRAGRANCES** can contain neurotoxins and are among the top five allergens in the world. Toluene which is in fragrances is known neurotoxin that causes loss of muscle control, brain damage, headaches, memory loss, and problems with speech, hearing, and vision. Better options would be to use “un-scented” or scented with essential oils.

**FORMALDEHYDE** Is found in nail polish, body lotion, cleansers, shampoo & conditioners, body wash, styling gel, sunscreen and makeup. Formaldehyde a known human carcinogen, it's toxic to the immune system and respiratory track.

**HEAVY METALS** are the number one ingredient in most conventional deodorants is aluminum. One or more of these metals is probably in your makeup. Lead is an ingredient so toxic it isn't allowed in paint or gasoline, but it's in most lipstick. Watch out for arsenic in eyeliner and cadmium and mercury in mascara.

**ACRYLAMIDE** is found in many face creams. You'll find this in mammary tumors. Acrylamide is an industrial chemical known to increase infertility and neurological problems.

**PROPLENE GLYCOL IS ANTIFREEZE**, and it's linked to kidney and liver disease. Watch out, you'll find this in cosmetics, shampoo & conditioners, deodorant, and of all places... ice cream!

