TOXICITY

They can block whatever organ they end up in.
Metals usually go to the nervous system.
Metals also usually collect in the right kidney.
Infectious diseases (eg. Viruses) are held in left kidney. Viruses when done, often reside in the nervous system (spine)
Toxins also create perfect environment for parasites.

What follows is some advice how you can detox these poisons.

Toxin	Diseases	Sources	Help with
Aflatoxins	**Aflatoxin has been called the most potent natural carcinogen known, causing liver cancer. Men are more sensitive than women in this case.**	**The molds that produce aflatoxin are most likely to grow in warm, humid climates like the southeastern U.S. But the warm, moist conditions flavoring aflatoxin-producing mold can also be created in the field when rain falls on crops such as corn and wheat that are left in the field to dry. This mold can also grow on plants damaged by insects or drought. The mold is often difficult to see. It is therefore important that these products be treated and stored with care, allowing quick drying. Aflatoxin is more common in poor quality cereals and nuts. Most of these low grade products don't enter the human food market but they do enter the animal feed market thereby contaminating meat and milk. Also damaged products are often shipped to third world countries.** **Cottonseed meal, a product often contaminated with high levels of aflatoxin is banned for use as animal feed to product the animals and consumers.** **Powdered nonfat milk can contain 8 times more aflatoxin than the original liquid product because the aflatoxin sticks to the milk proteins. Watch for baby foods that incorporate dry milk to boost the protein content.** **Pasteurization and sterilization and spray dry processing techniques reduce the contamination of dried milk.** **Meat is less of a problem because little aflatoxin is carried over into the animal flesh with the exceptions of pig liver and kidney tissue.**	**Don't eat moldy food esp. corn, peanuts, brazil nuts, pistachio nuts, what, rice.** **Peanut butter often contains some but the level allowed in commercially prepared brands is strictly regulated.** **Be extra cautious about unroasted nuts, esp. those sold unshelled or in bulk and then roasted or ground into peanut butter on the premises. Peanuts should be roasted before shipping and storage. Roasting helps to dry nuts, inhibiting formation of mold.** **People who work handling these products are especially at risk.**

Alachalor aka Lasso	**Displayed tumor producing effects in test animals**	**Selective herbicide that controls annual grasses and certain broadleaved weeds. Used on 25 crops, esp. corn, soybeans, and also cotton, peanuts, beans, sunflowers, peas and sugarcane. Dissolves readily in acetone, benzene, ethanol, but dissolves only slightly in water. Resists breakdown by ultraviolet radiation but reacts with water under strongly acidic or alkaline conditions.**	
Aldicarb aka Temik	**Poisoning: dizziness, muscle weakness, stomach cramping, diarrhea, excessive sweating, nausea, vomiting, blurred vision, convulsions.**	**One of most toxic pesticides used today. Registered for use in 1970. A carbamate insecticide effective against a variety of insects and also mites and roundworms. It is a systemic poison taken in by planets roots or leaves, making it available to eat by pests. It is not registered for home and garden use but used on food crops including sweet potatoes, peanuts, potatoes, oranges, sugar beets, pecans, some seed crops, soybeans, sugarcane in Louisiana. Residues have been detected in potatoes. Several poisoning incidents have been reported, one from eating watermelons and another from eating cucumbers. Resists breakdown except in strongly alkaline solutions. Although this is rapidly and completely absorbed by the intestinal tract, most of it is excreted within 24-48 hours after exposure, primarily in the urine.**	**Since it is systemic, washing produce has no effect in eliminating the problem.**
Aldrin, Dieldrin aka Aldrex, Aldrine, Octalene	**These insecticides cause liver cancer, kidney damage, decreases fertility, increases fetal deaths, retards growth.**	**These were used extensively since the late 1940's and although these are no longer used on food crops in the U.S., residues of dieldrin from contaminated agricultural soils continue to be detected in corn, carrots, cucumbers and sweet potatoes.** **Like other organochlorines, aldrin and dieldrin have an affinity for the outer layers or peels of fruits and vegetables, esp. root crops like potatoes, beets, carrots. Was and peel and steam to remove the residues. Organochlorines tend to concentrate in fats. Reduction of the level of fat in cheese, milk and meat can reduce organochlorine residues.**	

Aluminum	**Effects - settles in neutral tissue of brain, produces dementia. Often found in the stomach. Kidney disease. Interferes with normal metabolism of nerve cells.** **Symptoms - dryness of mouth, stomach pain, stomach ulcers, hard stool and/or with small hardened pieces ("feces stones") pain in spleen area, forgetfulness, children cry a lot, kidney problems esp the right kidney, and cell oxidation inhibition. Major component in alzheimers.** **Extreme toxicity: gastrointestinal irritation, colic, rickets, convulsions.**	**Aluminum cookware, canned food and soda, foil etc., antacids (contains 35-200 mg aluminum per dose) eg. Rolaids/Tums, some buffered aspirin, aluminum sulfate baking powders, toothpaste, soft water, anti-perspirants, salt, natural deodorants advertised as aluminum free, walkers for the elderly, lotions, some teas. When aluminum chloro-hydrate (antiperspirants) is mixed with alcohol and other chemicals when applied to the sweat glands of the skin, the body absorbs the aluminum.** **Chemtrails are though to be a dumping of aluminum. The handle on a gasoline pump is made of aluminum (use glove). Aluminum beer can (and other aluminum cans) is coated on inside but not enough to stop aluminum from contaminating the contents. Dissolves better in acid or alkaline solution, not neutral.**	*** Homeopathic Alumina** *** Cilantro** *** Vit. E, C** *** 3 day diet** *** Herb Formula: Pumpkin Seeds, okra, rhubarb root, cayenne pepper, red cabbage, dulse**
Antibiotics	**Digestive disorders, depression, brain fog, weakened immunity**	**Medical drugs**	**Pre and Probiotics for 3 months**
Antimony	**Accumulates in adrenals, thyroid, kidney, liver, spleen, bone. Interferes with cellular metabolism. May have fatigue, hypotension, angina, myopathy, metallic taste.**	**Solders, metal type printing, small arms ammunition, lead batteries, anti-friction alloy, paints, enamels, glass & pottery glazes, flame proofing/retardants for textiles & carpits, rubber and rubber on road from speeding cars which we breathe in.**	
Arsenic	*** Most common: Cancer, diabetes, gout.** ***Symptoms include sweet metallic taste, garlicky odor to breath and stool, constriction of throat, difficulties in swallowing, hot burning sensation (inflammation) in eyes, throat and chest; enlargement of tonsils, muscle spasms, pain in muscles of the back, adjustments to spine do not "hold".** *** Most common symptom is backache, chiropractic adjustments have trouble holding, constriction of throat, muscle spasms, low grade fevers, weakness, hair loss, brittle nails, garlicky odor to breath.** *** Extreme toxicity leads to: gastrointestinal disturbances, anorexia, low grade fever with changes in white blood count, weakness (fatigue, listlessness,**	**A metallic like substance recovered from copper smelter dust and processed to a white powder. Inorganic arsenic is much more toxic than organic. Source is household and garden pesticides, insecticides via chemical called arsenoxide (both use and manufacture process). Tobacco smoke, pesticides, antibiotics given to livestock, coal burning, defoliants, metal smelting, manufacturing of glass, dental compounds for root canal fillings, carpet & furniture treated for stain resistance, in wallpaper, ant & roach hives, grains of pesticide.** **For centuries arsenic compounds were used as medicines and tonics to control syphilis and amoebic dysentery, but discontinued with introduction of penicillin. Veterinary medicine still uses**	*** Iodine, Selenium,** *** Sulfur bath** *** Arsenicum homeopathic** *** Foods: Squash and Strawberries removes arsenic poisons.** *** 3 day diet (boil 3 tsp green beans in water until cooked, add 2 lbs finely chopped celery and 4 lbs coarsely cut zucchini. Boil another 5 min or until zucchini is done. Remove from heat and add 3 bunches finely chopped parsley. Season with spice. Eat only this for 3 days. Make more if finished before 3 days. When reheating, take only a portion from the refrigerator. Eat as often as you want. Drink parsley tea or willow leaf tea as a beverage)** *** Devil's claw or tea of equal parts grassia, white oak bark and golden rod (2 cups daily)** *** drink catnip tea daily to protect yourself against arsenic poisoning if you**

	low vitality), brittle nails, loss of hair, skin color changes, dark spots, localized edema (eyelids) of the liver, and nervousness. * Since arsenic has a constricting effect on the muscle structure and loves to lodge in muscles, the most outstanding symptom is the constant backache. Arsenic causes lung cancer, skin cancer, other diseases.	**organic arsenic formulations as feed additives to enhance growth in poultry and swine. Often found in water, chicken, rice, tobacco**	**suspect arsenic eg. in tobacco. * Raw Mexican sugar called Piloncillo (1 tsp 3x/day) – break into small pieces to eat easier. * Equal parts Yellow dock and Bugleweed as tea is good antidote to arsenic poisoning.**
Asbestos	**Lung disorders, Cancer**	**Naturally occurring fibrous mineral compounds. Chrysotile fibers are curly type and clump together, are more easily rejected by the body. Amphiboles are smooth, needle like and readily taken into the lungs. Sources: ceiling insulation and tiles, baby powder, brake shoes of autos, in hair blowers, radiator paint, clothes dryer belts, fire retardant products. Most used for fire proofing building material which will decompose over a period of time and become hazardous.**	**Homeopathic Asbestos**
Aspartame (nutrasweet)	**Complaints: complaints about aspartame account for 80% of the telephone calls received from the FDA food additive hot line. Sulfites account for another 15% Noted is that it causes severe headaches among sensitive people. Can cause severe problems for people with phenylketonuria (PKU) disease. There is worry that the overstimulation from aspartate on the brain could cause brain damage, neurological disease and that children and infants might be very vulnerable, suggesting pregnant women should avoid this product.**	**Odorless white powder, water and alcohol soluble, breaks down with heat. Contains amino acid called aspartate in large doses and known to stimulate brain excessively. Found in diet foods, many sugar free type products, diet pop etc.**	
BHT and BHA (butylated hydroxytoluene and butylated hydroxyanisole)	**Some research has shown large doses cause cancer, hemorrhage, liver enlargement, lung damage. Liver enlargement seems to be temporary. After eating high levels there are reports of short term stomach cramps, vomiting, dizziness, loss of consciousness esp. if taken on empty stomach.**	**These are preservatives, found in rubber, plastic and liquid petroleum products like gasoline, motor oil, cosmetics, insecticides, synthetic detergents, asphalt floor tiles, paints, inks, as a food additive.**	*** Self treatment doses of 100-1000 times normal daily exposure are sometimes recommended by self-styled healers and nutritionists. * It is suggested they are good protection for rancid fats and oils. * An average person, following a normal diet is unlikely to eat more than .5 milligrams of BHT and/or BHA per kilogram of body weight under normal exposure.**

Bacteria	**Infections anywhere in the body: skin, intestines, respiratory, sinuses etc.**	**Bacteria can come from within with an imbalance, or externally from cuts etc.**	**Oil of Oregano** **Goldenseal** **Pr & Macrobiotics** **Vitamin C (6,000mg+)** **Vitamin D (10,000 mg+)**
Benzene (benzyl, carbon oil, coal tar naphtha)	**Close relation between benzene and leukemia. Found high in rubber and chemical workers and from refinery operations and gasoline combustion. Because the concentration is low in most places, it is difficult to know the effect on the general population. Los Angeles reports a problem with it causing about 100 deaths a year in 1990. A 1990 report from Washington based public interest group charged the greatest cancer risk from benzene is associated with inhaling the fumes while filling the gas tank.**	**Pure benzene separates from water and at room temp. floats on water surface. It evaporates quickly (not as quick as rubbing alcohol. Dangerous chemical reactions result when benzene is mixed with oxidizing agents such as chlorine, liquid oxygen and sodium peroxide. Because it is widely distributed in air and water, it is released into surface water in municipal and industrial wastewater discharges. It has been found as a contaminant of groundwater as a result of leaching from hazardous waste sites and leaking from underground gasoline storage tanks.** **Found in: hand creams, cold cereal, flavored food (yogurt, jello, candies, throat lozenges, store bought cookies and cakes), ice cream and frozen yogurt, flavored pet food, bird food made into cakes, cattle and poultry feeds except simple grains, tea tree oil or Carmella, Vaseline products including Noxzema-vicks-hand cleaner), beverages including bottled water and store bought fruit juice, toothpaste including health brands, chewing gum, cooking oil and shortening, lubricated condoms, paints, oils, resins, paint brush cleansers, adhesives, aspirin, deodorants, oven cleansers, asphalt, explosives, pesticides, plastics, detergents, dyes, synthetic rubber. An effective replacement for lead in gasoline boosting octane levels in unleaded fuel. Premium unleaded gas contains as much as 3% benzene. Benzene containing petroleum**	*** Body rids itself of benzene in 3-5 days after stopping use of the polluted products.** *** If benzene is ingested, do not induce vomiting or give either epinephrine or alcohol.**

		products are deliberately introduced to aquatic systems to control weeds, however because it evaporates into the atmosphere it thought not to be dangerous.	
Benzo (benzo-alpha-pyrene)	**There are indications that the inhalation of this in tobacco smoke is a major reason why cigarette smoking causes cancer.**	**A pollutant given off when tobacco, foods, garbage, wood, coal or petroleum products are burned.** **Found in: creosote, asphalt, tobacco smoke, breathing air contaminated by smokers, wood burning in woodstoves and fireplaces, cooked foods.**	*** Avoid breathing first or second hand smoke, reduce consumption smoked foods, avoid breathing around smoking air from wood fires. * Replace smoky wood stove or fireplace with an efficient wood stove designed to reduce leakage of smoke into living quarters.**
Cadmium	**Disrupts absorption of other minerals. Has affinity for the heart. Settles in heart and right kidney, interfering with proper functioning of several enzymes. The blood of heavy smokers shows on average twice the amount of cadmium normally found in non-smokers. Concentration in breast milk is low.** **Symptoms include pneumonitis, vomiting, diarrhea, loss of calcium in homes, deterioration of heart and blood vessel structures, and prostration. Extreme toxicity leads to hypertension, kidney damage, loss of sense of smell (anosmia), emphysema, chronic bronchitis and decreased appetite. Kidney function is usually not affected until cadmium concentration reaches a critical level (usually around age 50-60) but unfortunately the kidney damage is irreversible.**	**Enameled utensils, White flour industrial exposure (eg. from activities involving electroplating, low melting alloys, solder, batteries, pigments, barrier in atomic fission control etc), dental partial dentures, tobacco leaves, tobacco smoke, welding, paints, oxide dusts, contaminated drinking water, galvanized pipes, pigments, contaminated shellfish from industrial seashores, processed grains, dairy products, metals, seafood (esp. flounder, mussels, scallops, oysters, crab), fertilizers, batteries, dentures, coloured enameled utensils and pots, water running through old metal pipes, fruits and vegetables and grains and tobacco grown in cadmium laden soil.**	*** Homeopathic: Cadmium-X 12X-30x.** *** Zinc (pumpkin seeds, sunflower seeds, nuts, whole grains) prevents assimilation of cadmium** *** Paprika.** *** Chlorella pulls out of body through urine, take 1 mo.** *** the chlorophyll in Alfalfa helps remove cadmium from the body (2,000-3,000 mg daily in tablet form)** *** Vegetables from cabbage family also help remove cadmium.** *** Avoid white flour.** *** Avoid using enameled utensils. Use glass, earthenware or stainless steel utensils.** *** Do not drink regular tap water.** *** Limit foods known to have elevated levels of cadmium including liver and kidney products, flounder, mussels, scallops, oysters, vegetables grown using sewage sludge fertilizers esp. lettuce, cabbage, spinach, carrots, potatoes, rice and wheat.** *** Do not cook or store food in antique kitchenware unless you have had the pieces tested for safety.** *** Avoid tobacco smoke.** *** Be careful in handing cadmium containing art materials.** *** Sulfur bath.** *** 3,000 mg Vit. C a day – more if acute poisoning.**

Caffeine	**Creates higher pH acidity which compromises on many levels. Raises blood pressure. Irritant that can irritate nerves, intestines.**	**Coffee, Pop, Black Tea, Green tea, Chocolate**	
Carbon Monoxide	**Interferes with oxygenation of cells by preventing oxygen from being absorbed by your lungs. It is 250 times faster than oxygen binding in the blood. Manifests as lead eventually. Can cause respiratory disorders, irritability, loss of memory, headaches, shortness of breath, angina, emphysema, anemia, heart disease, cancer. May play a part in the development of ischemic heart disease in which the heart muscle does not get enough oxygen over long periods and its tissues slowly** die. The added strain on **lungs and heart caused by lack of oxygen during peak carbon monoxide episodes when smoking cigarettes or when stuck in rush hour traffic may trigger heart attacks. Symptoms: Dizzy, colour is bad, stomach problem, left shin bone, headaches etc.**	**Auto exhausts, furnaces**	**Get furnace fixed. Check exhaust system in car. Do not have a bedroom above a garage** **Protect With:** *** 2 tsp liquid Chlorophyll in 6 oz water. Take 500-1000 mg Vit. C with it. Do 3 times daily for 2 week.** *** Vit. E increases tissue oxygenation. 400-600 IU/day.** *** Vit. B15 or pangamic acid. Increases body's tolerance to oxygen deficiency. 30 mg TID or 50 mg BID** *** Vit. A increases permeability of blood capillaries and helps better delivery of oxygen to cells. Dose: 25,000 IU/day. If very smoggy take 50,000 IU.**
Chemical toxins, general			**Drink lots of water. 6,000 mg Vit. C., Sweating, eat kelp, seaweeds, liver, blood and lymph cleansing.**
Chemotherapy	**If it accumulates enough it can kill. In lower amounts causes nausea, hair falling out, fatigue.**	**Medical drug used for cancer**	**Salt & Soda bath daily (1 pd each). Wait for 1 hr after treatment.**
Chlorine	**It is very reactive, combining readily with most elements to form compounds. It reacts strongly with ammonia and to a lesser degree with vinegar to form a deadly gas that is a strong irritant to the mucous membranes of eyes, nose, throat, airways, lungs. Symptoms: tearing, coughing, choking, headache, dizziness. Severe exposure: pulmonary edema, death within several hours usually.**	**A toxic gas. It is a natural chemical element (atomic #17) which at room temp. is greenish-yellow gas with pungent smell. Chlorine appear in household products such as bleach, cleansers and table salt, in plastics (polyvinyl chloride), aerosol propellants (chlorofluorocarbons), and pesticides. It is throughout the body in all nerve and muscle tissues. In WW2 it was briefly used for chemical warfare.**	**Do not use the toilet bowl cleaners, rust removers. Read labels of all cleansers. Make sure there is adequate ventilation when using. You may also substitute cleansers that use oxygen bleach for products containing chlorine. Do not mix bleach with ammonia or vinegar. If you need to use, wear a mask.**
Chromium	**Produces liver and kidney damage, internal hemorrhage. Dermatitis, respiratory damage, lung cancer.**	**One of the types (VI) is the dangerous type that is used for chrome plating in metal finishing as in cars. It is second major toxic air pollutant after benzene.**	**Do not live near chrome (or chrome electroplating) plating shops or power plant cooling towers. Watch reactions to leather, cement, brewery yeast, wood preservatives, inorganic arsenic compounds and**

			pentachlorophenol, fungicides (1/3 use it), priming paint, glue, paint pigments.
Cobalt	**Disposition to hemorrhage.**	**Found in laundry detergent, dishwasher detergent, skin bracer, mouthwash.**	**Raw oysters eaten. Bathe hands and feet in cold water, baking soda.**
Copper	**Settles in brain and ovaries. May feel burning sensation in throat and tonsils. Violent, trigger spring nervous system. Extreme toxicity leads to wanting to open hands all the time.**	**Copper pipes, drinking water, cooking utensils, swimming pools, acid rain**	**Homeopathic Cuprum Zinc with B6 Sulphur bath L-cysteine amino acid removed copper from body**
COVID vaccine	**Heart infarctions, skin rashes, liver damage, neurological damage, death.**		**SOD (superoxide dismutase) NAC (N L-cysteine) Nic Serrapepidase Vit. C in high doses Zinc**
DDT	**ADHD, Dementia, Diabetes**	**Everywhere. Was used by farmers as poison, but has been banned in the U.S., however not in other countries where we import produce.**	**Buy organic, esp. from other countries. Protect with yogurt, fermented foods. Lecithin binds, reduces harmful effect. Vit. C helps neutralize all poisons including DDT.**
Dioxin, aka agent orange, TCDD, Silvex	**One of the most toxic chemicals ever made by human. Absorbed through skin and soles of feet. Breathe it daily in smog and pollution. Settles in brain, digestive system, sometimes kidneys. Attracts viruses, parasites, other diseases.**	**Broad leaf herbicide.**	**Homeopathic Dioxin. Eat 15 yellow mustard seeds daily for protection (10 for child), on empty stomach in morning with bit of water. Watch for 'whipworm, threadworm, epstein barr virus' – may need to clean out.**
Drugs, medical	**Many interfere with normal enzyme and vit. action causing derangement in metabolism and vital body processes, preventing absorption. Many damage liver, kidneys, can cause serious diseases incl. impotence, infertility, birth defects, cancer.**		**Up to 10,000 mg Vit. C a day when exposed to heavy doses of drugs. High potency B complex, esp. after antibiotics. 2-3 tbsp Lecithin a day Vit. C ad E protective agents against damaging side effects of aspirin. Acidolphilus culture to re-establish new flora of beneficial intestinal bacteria.**
Food Dyes (commercial or artificial type)	**If very high doses: Blue No.1: Chromosomal damage Blue No. 2: Brain tumors Red No. 3: Thyroid tumors, chromosomal damage Red No. 40: Lymphomas, hyperactivity (this is most used dye) Citrus Red #2: Bladder tumors**	**Soda, candy, dessert mixes (eg. Jello), commercially prepared baked goods, sausages, hot dogs, toothpaste, cosmetics, cheese, ice cream, oranges, cooking dyes.**	**Organic industry uses fruits and vegetables as a dye source, much healthier. Detox bath (eg. 1 cup or two of any of epsom salts, baking soda, apple cider vinegar, bentonite clay), few drops of essential oils – helps draw out toxins**

	Green No. 3: Bladder tumors Yellow No. 5: Thyroid, lymphomas, allergies, hyperactivity, asthma, aggression (2nd most used) Yellow No. 6: Kidney tumors, chromosomal damage, allergy. Artificial food dyes linked to ADHD.		
Food Poisoning	**Digestive distress, vomiting, diarrhea, fever**	**Ingesting tainted foods**	**Charcoal.**
Formaldehyde	**Some evidence that it causes cancer. Exposure is mainly inhalation and skin absorption.**	**Milk, cheese, cigarete4s, foam mattresses and chairs, paneling, molded plastic, toothpaste, vaccines, shampoo, cosmetics, drugs. Used as a preservative.**	**2,000 mg Vit. C, 1 tsp taking soda, 100mg B15 – Take this combo twice daily for 2 weeks.**
Fungus	**Dysbiosis of digestive system, lung deterioration, brain fog, skin rash, athletes feet,**	**Caused by imbalance in tissue energy caused by medical drugs, anti-biotics, steroids, birth control pills.**	**See information re: Candida**
Glyphosate eg roundup	**Especially affects children. Pregnancy problems, hormone disruption,miscarriage. Overgrowth pathogens in gut. Autoimmune disease, cancer.**	**Spraying gardens with herbicides. Has been banned in many countries.**	*** Homeopathic Glyphosate. * humic or fulvic acid and chlorella * citrus pectin * alginates (eg kelp) * glycine amino acid helps protect liver * gingko biloba * ore and oribuitucs**
GMO			**Usually disappear within 24 hr**
Gold	**Tingling through the system.**	**Dental structures, drinking water.**	*** Homeopathic Aurum * Sulphur bath**
Graphites	**Settles in the heart. Extreme toxicity leads to sense of numbness all over body.**	**Extreme toxicity leads to sense of numbness all over body.**	*** Homeopathic Graphite. * Breathe in steam of poppyseeds, and drink poppyseed tea.**
Heavy Metals in general			**Chlorella, Cilantro Heavy Metal – vibropathic**
Iron			**If too much iron in the blood, often donating blood takes the pressure off the body. Work on helping the kidneys which are suppose to take away old blood cells with iron.**
Lead	**Cardiovas. Disease, I.Q. Damage even at very low levels. Settles in liver, right kidney, brain, nerves, spleen, bone marrow. Abdominal pain, anemia, enzyme poisoning, low blood formation, lesions of nervous system, low osteoblast (bone) production).**	**Paint, water pipes, tin cans, insecticides, exhaust from leaded gas, newsprint, colored ads, hair dyes and rinses, dolomite, soft coal, leaded glass, pewter, solder at joints of copper pipes, old root canals, pesticides, pencils, fertilizers, pottery, cosmetics, tobacco smoke, gasoline fumes.**	*** Homeopathic Plumbum. * Boil 3 tsp whole cloves in 1 qt cranberry juice 20 min, stir, add 3 qt more cranberry juice. Add 1 tsp cream of tartar. Stir and drink 5 oz 3 x/day. For children 3 oz 3x/day for 12-15 days, then do once a week. * 1 gallon cranberry juice, 3 tbsp whole cloves, 2 tsp**

			ground cinnamon, 1 tsp cream of tartar. Boil 1 qt of the gallon with cloves, strain, add cinnamon, stir, add rest of juice, tartar, stir. Take 5 oz 3 times a day for adult, 3 oz for child. Do for 2 weeks the do once a week for 2 months, say every Saturday morning. *** Tea with 6oz basil, 1 oz rosemary, 1 oz hyssop and 1 oz boneset. Drink 1 cup 3x/day,** **Red cabbage.** *** High doses Vit. C.** *** Algin (brown pacific kelp) or sodium alginate.** *** Sulfur bath** *** Chamomile tea to rebuild calcium after removing lead.** *** Vitamin B1 (Thiamine) 20-200 mg facilitates removal of lead.** *** Grated red cabbage, 1 tsp three times a day.** *** Zucchini and green beans eaten exclusively for 3 days. It will get rid of metallic poisons.** *** Calcium prevents and has curative effect (5-10 tablets bone meal or calcium lactate daily).** *** Vit. D in acute cases with Calcium. Can be injected intravenously.** *** Vit. A helps activate enzymes to detoxify lead. 25,000 IU.** *** Lecithin neutralizes poisons in body, protects myelin sheaths. 1-2 tbsp.** *** Mineral and trace elements. help resist harm caused by heavy metal contamination.** *** Potassium Iodide combines with lead, promotes excretion.** *** Avoid smoking, increases daily intake of lead by 25%.** *** Legumes and beans help excrete lead from system.** *** Algin (brown pacific kelp) helps excrete lead from body.**
Mercury, aka quicksilver	**Dementia. Mercury passes through placenta in the Mother. Once leaving tooth cavity it**	**Silver fillings, Fish, anti-fungal sprays, petroleum products, diuretic medicines.**	**Chlorella, Cilantro. Selenium helps detoxify. Dry saunas.**

	settles in liver, brain, spleen, kidneys, intestinal wall, heart, skeletal muscles, lungs, bones. Nerve toxin. Resistant to antibiotics.		**Garlic daily. Mercury Pro, Mercury VIV, Mercury Bin, Mercury Corr are all homeopathic mercury.**
MSG – monosodium glutamate, Accent, hydrolyzed protein	**Settles in brain, causes brain gaps, interrupts electrical flow across surface of the brain. Mind control. Any disease can enter. Raises glutamate levels in blood which can produce brain damage in the area of the brain that controls thirst, hunger, body temp, other ANS activity. Symptoms: tight feeling in face and head, headache, chest pain, dizzy, sweating, numbness, flushing, swollen hands and feet.**	**MSG is a natural salt found in low concentrations in seaweed, soybeans, sugar beets. Refined MSG is the problem, used in prepared foods.**	**Drinking at least 12 glasses of water (8oz each) throughout the day will help flush out the kidney. During this time avoid salted and prepared foods. Cream of tartar dissolved in water neutralizes MSG.**
Nickle	**Settles in sinus, joints, spine. Robs body of oxygen, binds with blood fungus, causing tumors. Crosses the blood brain barrier. May cause backache, headache, listless, swollen joints, painful cracking neck, paralysis of spine, brings on epilepsy. Dermatitis, lung cancer, throat cancer. Displaces copper and zinc. Carcinogenic if consumed. Hair loss, skin ulcers, callouses, skin cancer.**		*** Argentum or Nickel. Homeopathics * Poppy seeds removes nickel deposits in 2 mo without side effects. Use in cooking; take 1 tsp with honey twice a day for 3 mo., or 1 tbsp in juice or water letting it sit overnight and drinking it the next morning; soak another tbsp in juice or water, drinking in the evening.**
Nicotine	**Small doses: nausea, vomiting, diarrhea, headache, sweating, salivation, dizzy. Large doses: convulsions, irreg. Heartbeat, death. Cancer.**	**Cigarettes, tobacco, leather tanning, anti-smoking lozenges/gums/pills**	
Nitrates, Nitrites	**Liver, stomach, brain, throat, bladder, kidney cancers, high blood pressure, heart disease**	**Sausage, bacon, liquid smoke, hot dogs, nitrate fertilizers.**	**Large doses Vit. C (5,000 mg). In acute poisoning take 2,000 mg every 1 ½ hours for one day. Then reduce to 5,000 mg a day.**
Ozone	**Chest pain, coughing, wheezing, lung/nasal congestion, sore throat, nausea, eye ans nose irritation.**	**Smog. In upper atmosphere it absorbs harmful ultraviolet radiation.**	**Wear oxygen masks on days when levels are high.**
Oxalic Acid	**Settles in kidney, causes kidney stones. Swallowing results in corrosion of mouth, throat, stomach, vomiting, burning abdominal pain, collapse, sometimes convulsions, death.**	**ZUD heavy duty household cleaner; White bear metal polish. Low amounts in spinach and other edible greens.**	**Avoid direct contact with strong oxalic acid solutions or powder. Spinach and other edible greens are safe as are rhubarb stalks in moderation.**
PAHs/PM2.5	**Cardio, Cancer, Dyslipidemia**	**Smoking, charbroiling, diesel**	
PBDEs	**ADHD, Diabetes**	**Flame retardant fabrics**	
PCBs	**Cancer, Diabetes, MI, RA**	**Everywhere**	
Parasites	**Digestive upset, sinus congestion, brain fog, itchy rectum, itchy nose, skin probl.**	**From handling parasite infected material (eg. From animals), ingesting foods with parasites, breathing in or entry into skin etc.**	*** Herbal: cloves, garlic, wormwood, black walnut * Ivermectin**

Pesticide Residue	**Cancer**	**Usually from garden pesticide sprays and granules.**	
Phenylgloxylic acid aka benzoylformic acid			
Phthalates	**ADHD, Diabetes**	**Soft plastics, HABA**	
Plutonium Poison	**Enters respiratory system where it lodges and creates lung cancer. It can move to the liver and skeleton where liver and bone cancer can result.**	**Nuclear weapons**	**Red algae (dulse) binds plutonium poison**
Propylparaben	**Has been touted as safe but health concerns are linked to hormone disruption, cancer, allergies.**	**Classed as a paraben, a group of preservatives for microbial activity. Methylparaben, butylparaben, isobutylparaben, ethylparaben.**	
Radiation	**Anxiety, hysteria, nervousness, feeling unreal, dizzy, exhausted, mood swings, hungry, headache, joint aches, memory loss, sore throat**	**Nuclear Fallout (strontium 90, cesium 137, iodine 131 etc), X rays, microwaves, high voltage power lines, televisions, video display terminals, all electric devices.**	*** Willow leaf tea. Combine 1 tsp each baking soda and sea salt with ½ tsp cream of tartar in 1 qt water and drink 8 oz every 2 hr. * Combine cinnamon and charcoal (burnt toast). * Salt & Soda bath. * spirulina, chlorella, blue-green algae, ginseng, rutin, apples, sunflower seeds (contain pectin binding radioactive residues and removing them from the body), * 1 tsp daily of lecithin. * Bentonite clay: 4 oz unboiled water to 1 oz clay – let sit 8 hr, stir, drink clay infused water once daily along with lots other fluids throughout the day.**
Radioactive Iodine	**Body absorbs easily, concentrates in thyroid and in high concentration may cause thyroid cancer.**	**Toxic like Strontium 90 for may be worse. Found in milk**	*** Kelp, organic iodine (1-2 tsp granules a day or 5-10 tabs).**
Radon	**Damages lining of lungs. Lung Cancer.**	**Exposure mostly indoors unless you are a minor. Usually enters home from soil beneath foundation.**	*** Test your home for radon. * 2 tsp liquid Chlorophyll in 6 oz water. * 500Mg Vit. C with this. Do 3x/day for a week.**
Silver	**Cold numbness through heart . Heavy weight on hands and feet.**	**Dental structures, drinking water**	*** Homeopathic Argentum * Barley water**
Sodium Fluoride	**Lowers immune. Settles in left neck. Mentally lethargic. Blocks absorption of B6. Increased risk of lupus, osteoporosis, Down Syndrome, Crib death, SIDS.**	**Aluminum refining process. More poisonous than lead, less than arsenic. In water supplies in some cities, toothpaste. Not the same as Calcium fluoride.**	**Manganese. Tea made of Calendula, Dandelion leaf, Elder, Nettle, Red Root, St. Johns wort, Yarrow. Stop using flouride toothpaste**
Strontium 90	**Likes to concentrate in bone where it can induce bone cancer. Anemia, leukemia, sarcoma of bones.**	**Nuclear testing where it is released into the air, entering the food chain in the soil and plants. Remains in the body throughout lifetime.**	**Brown algae. Pectin from sunflowers – eat lots of raw sunflower seeds daily. Calcium magnesium help**

			body pass but not if made from American animal bones. Yogurt and soured foods helps intestines. Kelp *** Lecithin in daily diet can counteract effects of radiation.** *** Vit. E, C, B complex help guard against radiation toxicity.**
Sulfites aka Sulfur dioxide, potassium bisulfite, sodium bisulfite	**See Sulfur Dioxide**	**May be used in wine barrels and grapes to control mold.**	**Avoid food with this additive.** **Avoid wine unless it is organic with no sulfites.**
Sulphur	**Allergic reactions, compromises kidneys**	**Medical drug**	*** 1000 mg PABA and 1,000 mg B5 twice a day for 3 weeks.** *** homeopathic sulfur**
Sulfur Dioxide	**Allergic reactions. Air restriction in asthmatics and those sensitive.**	**Major air pollutant. Used to treat food (sulfites).**	**Breathing through mouth instead of nose increases problem as does exercise. Children at higher risk.**
Tannic acid		**Black tea**	**In high quantities can cause ulcerated tissue in digestive system esp. colon**
Tetrachloroethylene aka PCE. , Carbon dichloride	**Affects liver, kidney, Central Nervous System. Accumulates in body fat**	**Used as dry cleaning chemical. May cause birth defects**	**Most is removed from body as exhaled from lungs.**
Tin	**Extreme toxicity leads to cold, icy feeling throughout body, numbness of feet.**	**Industrial compounds, tin cans, toothpaste.**	**Homeopathic Stannum**
Tobacco	**Weakens lungs, goes into muscles. Cancer. Tobacco leaves are sprayed with multiple chemicals. If red and white splotches on hand. Indicates adrenals are low, compromised by cigarette smoke.**	**Cigarettes, pipe tobacco, cigars**	*** Large doses of Vitamin C.** *** For addiction: 1 qt apple juice, 1 rounded tsp calamus root. Boil together 15 minutes. Strain. Drink 6 oz three times a day.** ***Boil cotton sheet, let cool slightly, drape on nude body. It draws out nicotine into the sheet.** *** homeopathic and vibropathic remedies**
Uranium	**Blood diseases.** **Cancer**	**Radiocactive element. Used in atomic bombs (fallout). Nuclear power plants and waste sites, weapon test sites, deposits uranium in military ammunition and projectiles, rock strata containing uranium affecting water passing through.**	
Vaccine Residue	**Autism, Brain damage**		*** Homeopathic Thuja** *** make homeopathic from urine**
Virus	**Can attack anywhere in the body, usually respiratory, digestive, urinary.**	**Contamination from other people or fomite surfaces.**	*** NAC** *** Quercetin** *** Zinc**

			*** Vitamin C (6,000mg+)** *** Vitamin D (10,000 mg+)** *** Hydroxycloroquin** *** Ivermectin** *** HPX tox – herpes** *** MNO tox (mononucleosis)** *** Homeopathic Epstein Barr, Cytomegalovirus, Herpes, Measles, Chickenpox etc.**
Warfarin		**Medical drug used to thin the blood and prevent blood clotting.**	**Alternatives to using Warfarin or other blood thinning drugs:** **Nattokinase (enzymes)** **Serrapeptadase (enzymes)** **High doses Vit. C** **Vitamin E**
X-Rays		**Medical Xrays**	**Vit. C in large doses taken with rutin. 15Mg B5 after exposure. Inositol, Salt & Soda Bath**

OTHER CHEMICALS TO AVOID:

Barium: from lipstick, bus exhaust
Antimony: in eye liner
Titanium: in face powder and other powders, metal dental ware
Molybdenum: in molys
Vanadium: in diesel fuel, in candles, leaks in pipes to gas stove, furnace, water heater
Thulium: in new varieties of Vit. C
Dysprosium and Lutetium: in paint, varnish, shellac
Holmium: in hand cleansers
Hafnium: in nail polish & hair spray
Rhenium: in spray starch
Bismuth: in cologne and stomach aids
Cesium: in clear as glass plastic, whatever you run through long plastic hose
Ytterbium, Erbium, Terbium: in plastic tooth fillings, in vitamins and supplements, in foil packaging
Praseodymium, Niobium, Neodymium, Yttrium: in prescription drugs, over the counter drugs
Radon, Uranium, Thorium: crawlspace without open vents of homes, holes and cracks in basements.
Lanthanum: in duplicator and copier ink
Benzalkonium and Zirconium: in tea bags, deodorant, toothpaste, mouthwash, cosmetics
Tungsten: in corroded rod in electric water heaters, electric fry pans, electric hair curlers, toasters, tea kettles,
Beryllium: in hurricane lamps, lawn mowers, kerosene

- **3 Day Diet** Boil 3 tsp of green beans in water until done. Add 2 lbs finely chopped celery and 4 lbs coarsely cut zucchini. Boil another 5 min or until zucchini is done. Remove from heat and add 3 bunches finely chopped parsley. Season with spice. Eat only this for 3 days. Make more if finished before three days. When reheating, take only a portion from the refrigerator. Eat as often as you want. Drink parsley tea or willow leaf tea as a beverage.

- **Sitting Bath: 5 minutes in 1-25 cms of warm water and 1 Tbsp Blade-Borax. 30 seconds cold with 2-3 crystals potassium permanganate (water should only be light pink)**
- **Chemo detox bath: 1 cup of baking soda, 1 cup of epsom salts in a hot bath. Soak for 40 minutes daily after a chemo treatment. Can do this every other day for the week leading up to chemo treatment.**
- **Detox bath helps a lot with general muscle aches and pains:**
  2 cups Epsom Salt; 1 cup Baking Soda; 1/3 cup of 3% strength Hydrogen Peroxide
  Fill tub with hot water and add above ingredients. Soak for 20 - 30 minutes. You will sweat in the

tub and lose toxins (which causes you to lose some water as well). It is important to drink plenty of water while you soak.

- **You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest for 30 minutes after the bath.**
- **Detox baths (eg. 1 cup or two of any of epsom salts, baking soda, apple cider vinegar, bentonite clay)**
- **Zucchini and green beans eaten exclusively for 3 days will help get rid of metallic poisons.**
- **General Metal detox formula: Pumpkin Seeds, okra, rhubarb root, cayenne pepper, red cabbage, dulse**

VARIOUS WAYS TO REMOVE METAL POISONS:

1. **Most effective with lead, arsenic, platinum, gold and mercury:**
   Mix 2 tbsp ground pumpkin seeds and 1 tbsp okra powder. Add 1/2 tsp cayenne pepper. Take 2 tsp of mixture with about 1 tbsp rhubarb sauce, 3 times daily for 10 days.

2. Eat zucchini and green beans exclusively for 3 days to remove metallic poisons and lead.

3. **Most effective for arsenic poison, esp. good for smokers.**
   Eat squash and strawberries.

4. **Most effective in removing metals lodged in glands and nerves.**
   For environmental metallic poisons such as lead, arsenic, aluminum, mercury.
   3 Day Diet
   Boil 3 tsp of green beans in water until done. Add 2 lbs finely chopped celery and 4 lbs coarsely cut zucchini. Boil another 5 min or until zucchini is done. Remove from heat and add 3 bunches finely chopped parsley. Season with spice. Eat only this for 3 days. Make more if finished before three days. When reheating, take only a portion from the refrigerator. Eat as often as you want. Drink parsley tea or willow leaf tea as a beverage.

5. **Most effective for lead, arsenic, platinum, gold, mercury:**
   Sulfur baths in natural springs or via granules, tablets or powders added to the bath water.

6. Add 7 oz (6 tbsp) liquid CLOROX to warm bath in good sized bathtub. Bathe 10-15 minutes. NOTE: not everyone can take Clorox baths, so check by soaking feet in a weak solution (1 tsp to one gallon of water).

7. Make a mixture of 4 oz cranberry juice and 4 oz. distilled water. Take mixture 4 x daily for 3 days, then wait 5 days and repeat.

8. **Special Iron compound good for arsenic poisoning:**
   3 oz yellow dock root, but
   3 oz Bugle weed herb, cut
   Simmer herbs for 10 minutes in 1 pint of water; strain; sweeten to taste with honey; allow to stand until cool.
   Dosage: 1 wineglassful or 1/2 teacupful every hour until the whole amount is consumed.

9. To remove harmful effects of radiation, fallout, environmental poisons from the body. Take 1 pd sea salt and 1 pound baking soda, place into your bath water. Soak for 20 minutes.

10. American Indian will enter a knee-high, crystal-clear slow moving stream, allowing stream to rush past his feet, knees and ankles. Facing upstream he would bless the water and pray until he comes in contact with Great Spirit. Then bend down, with handfuls of water, bathe himself washing each body part. As he did so, he pictured troubles leaving, being washed away downstream. Thus cleansing each area of negative thoughts, fear, anguish, his hands cleaned and blessed to do the Great Spirit's work, his back washed and clean of pain and troubles. His heart washed and filled with love, hope, strength and joy. As he left, he saw this troubles washed downstream freeing him and allowing him to be back in touch with his world. You can do the same with your bath water, cleaning and blessing each body part as you wash away illness and disease. Affirm your health and well being knowing that you are truly in touch with God. Drain the tub and watch your troubles leave, never to return.

11. For the effects of electric power lines (if you live within 50' of), heal with "computer pillow". Place pillow underneath feet, on lap or behind head for a few minutes a day to neutralize damage. Computer pillows are herb filled pillows.

12. When we use an electric blanket to warm our beds we damage our aura, our blood and lymph transport systems. The vibration never allows our aura to rest and we develop holes in it which can leave us open to physical and spiritual difficulties (same with lymph and blood system). All blood diseases such as leukemia or cancer are worsened or magnified by using electric blanket. Same with waterbed, caused by the heater.

13. Charcoal tablets helps purify the system. Good for even food poisoning.

14. Don't hold chemicals in your left hand, it brings things into your body. Wear rubber glove on left hand for toxic soaps etc.

19. To help accumulation of heavy metals in body:
    Sweet sumac
    uva ursi
    Goldenseal root