



- Daily toxic exposure and its impact on health and behavioral development

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Neuropsychiatric Disorders

- Conditions in which the chemical or electrical activity of the brain is altered in a way that alters behavior or function

Not just spectrum disorders

Neuropsychiatric disorders that are rising as fast as spectrum disorders that were rare 100 years ago.

Alzheimer's (8.4% 85yo+)
Parkinson's (5% 80yo+)
Multiple Sclerosis (.12%)
Lou Gehrig's disease ,ALS (1%)

- Major congenital heart defects (1%)
- Children with major neuropsychiatric disorders (16.6%)
- Autism Spectrum (1.1%) 1/91 up from 1/10,000 in the 60's
- England (1.6%) 1/61

All are rising at an epidemic rate
Polio only affected 1 in 2000 children

Psychiatric diagnoses are man made

- Broken leg—no question
- Depression—five of thirteen symptoms that persist for at least two consecutive weeks

ADD to Autism

- Too much is made of a "diagnosis".
- The issue is whether or not there are behaviors that are not beneficial for the person or those around them

Genetics

- Epidemics cannot be explained by genetics alone. People still chase each other around the same way they always have and there was no Autism 100 years ago.
- Genetics determines the limits for any human function
short vs tall
run slow vs run fast
detox slowly vs detox rapidly
- The environment determines the effect of the genetics

Historically all people detoxed adequately

- Diets were far better
- Foods contained more vitamins, minerals and antioxidants
- The environment contained fewer toxins

Before the 1950's **everyone** went through a 3 month sauna every summer. Sweating can remove 1/3 as much toxin as the kidneys can.

What is a toxin

Any substance that your body cannot use in a purposeful way or that requires energy or resources to remove it.

How do toxins affect us ?

- Block chemical reactions
- Alter chemical reactions
- Use immune function resources
- Use energy that should be used elsewhere
- Damage DNA
- Reduce elimination of other toxins
- Cause inflammation
- Disrupt cellular function
- Disrupt organ dysfunction

How do we get toxins?

- Maternal
- Physiologic
- Ingest
- Topical
- Inhaled

Maternal

- Environmental Working Group

- Identified the top 300 toxic or carcinogenic substances in our environment.
Red Cross nurses drew umbilical cord blood during delivery of babies.
The analysis of the blood showed that the babies averaged detectable levels of 286 of the top 300 toxic chemicals.

Physiologic

- Normal metabolism in the body produces waste products that must be removed--Urea

Ingestion

- Food products can contain pesticides, chemicals from fertilizers, bacteria and food additives that are not food.
- Pesticides cannot be removed from many fruits and vegetables
- Kids eat worms and mud pies.
- The very strong HCl acid in the stomach can neutralize and sterilize many of these.
- Be cautious of acid reducers.

Topical

- Since the skin is waterproof we don't think of it as an organ for absorption of chemicals

Any substance that contacts the skin can be absorbed into the body. This includes lotions, oils, creams, sunscreen, as well as sprays that land on the skin. Read the labels.

Inhaled

Any substance in the air we breathe is taken directly into the body.

If you smell something it means that the substance is already in the body and has affected the brain.

Consider: room spray, carpet spray, aromatic cleaners, perfume, insecticides. Read the labels and see if it is something you want in your families brain.

Where do toxins come from

- Soil
- Water
- Air
- Food

Common Sense

- The substances that are toxic to Americans cannot be avoided completely, but if you don't recognize what is toxic you cannot avoid them.
 - Avoid as much as you can

EPA Standards

- 85,000 Chemicals are approved to be released into the environment
- 83,000 have never been tested on animals or humans
- The only requirement is that there is no proof of danger.
- If there has been no testing the release is approved.

Soil

- Fertilizer 5-5-5 City vs Farms
- Industrial Waste
- Water treatment biosolids
- Insecticides
- Pesticides (100,000 registered with EPA)

Water

- Water is tested for less than 15 toxins
- Animal and human drugs, hormones, and other chemicals are not removed from city water.
- Drugs and chemicals are collected from an entire watershed.
- Bottled water is under control of the FDA and there have been no standards established for testing
- Plastic water bottles release estrogenic chemicals
- Sperm count in American men has dropped 50% since 1960
- 40% of bottled water is straight unfiltered tap water.

Table Has High Quality Drinking Water

This table shows data collected during 2008. Tests made by professional EPA water quality experts from the number of laboratories listed were reported to the EPA.

Parameter	Number of Tests	Number of Tests	Number of Tests	Number of Tests	Number of Tests
Lead	100	100	100	100	100
Chlorine	100	100	100	100	100
Fluoride	100	100	100	100	100
Chlorine Dioxide	100	100	100	100	100
Iron	100	100	100	100	100
Copper	100	100	100	100	100
Calcium	100	100	100	100	100
Magnesium	100	100	100	100	100
Phosphate	100	100	100	100	100
Sulfate	100	100	100	100	100
Nitrate	100	100	100	100	100
Nitrite	100	100	100	100	100
Ammonia	100	100	100	100	100
Total Hardness	100	100	100	100	100
Total Dissolved Solids	100	100	100	100	100
Total Solids	100	100	100	100	100
Color	100	100	100	100	100
Turbidity	100	100	100	100	100
pH	100	100	100	100	100
Alkalinity	100	100	100	100	100
Residual Chlorine	100	100	100	100	100
Free Chlorine	100	100	100	100	100
Total Chlorine	100	100	100	100	100
Chlorine Demand	100	100	100	100	100
Chlorine Residual	100	100	100	100	100
Chlorine Residual (Free)	100	100	100	100	100
Chlorine Residual (Total)	100	100	100	100	100
Chlorine Residual (Combined)	100	100	100	100	100
Chlorine Residual (Free Chlorine)	100	100	100	100	100
Chlorine Residual (Total Chlorine)	100	100	100	100	100
Chlorine Residual (Combined Chlorine)	100	100	100	100	100
Chlorine Residual (Free Chlorine)	100	100	100	100	100
Chlorine Residual (Total Chlorine)	100	100	100	100	100
Chlorine Residual (Combined Chlorine)	100	100	100	100	100
Chlorine Residual (Free Chlorine)	100	100	100	100	100
Chlorine Residual (Total Chlorine)	100	100	100	100	100
Chlorine Residual (Combined Chlorine)	100	100	100	100	100

Air

- CO2 is the least of our problem
- Lead—paint, gas, H2O pipes
- Mercury—coal power plants
- Formaldehyde—leather, plywood, particle board, vaccines
- Benzene—coal, gas, oil, rubber, inks, plastics, medications, soft drinks (benzoic acid)
- 83,000 other chemicals

www.epa.gov/air/data/geosel.html

Home Air

- Sheet rock
- Particleboard
- Air fresheners
- Candles
- Aromatic cleaners (Ammonia & Bleach)
- Perfumes & colognes
- Pesticides & Yard Chemicals
- Dryer sheets
- Dry Cleaning

Food

- Genetically modified foods—BT corn, RR crops
- 70% of food in a grocery store is genetically modified
- Additives—2,800 chemicals allowed by the FDA to be added to food that are not food and must be actively removed by the body (preservative, increase flavor and increase appetite).
- A comparison of analysis of a can of spinach canned in 1940 with a can of spinach canned in 2000, showed the spinach canned in 2000 had only 41% of the nutrition of spinach canned in 1940.

Sweeteners

- Aspartame—Declined by the FDA for 16 years
 - At 86 degree F it breaks down to wood alcohol→ Formaldehyde→ Formic acid
- High Fructose corn syrup—A 2009 Dept of Agriculture study show detectable levels of mercury in 80% of hfc samples.
- Splenda—chlorine add to sugar. In the same family as DDT and chlordane
- Stacking—Many ingredients are stacked so they will appear lower on the ingredients list (maltose, lactose sucrose, fructose, dextrin, Galactose, Glucose)

Protein

- Chicken—Roxarsone is a chemical added to chicken feed to help kill parasites but breaks down to arsenic. The Institute for Agriculture and Trade Policy sampled 155 random chicken products in grocery stores. Detectable levels of arsenic were found in over 50%. They sampled 90 fast food chicken products and found arsenic in 100%

Protein

- Beef—Man has lived off beef since the beginning of time. Humans and animals stuff toxins into fat cells when they cannot be removed otherwise. Commercial beef production is very toxic with antibiotics, steroids, sex hormones and pesticides.
- Fish—The EPA website shows that 37 states have warning on every creek, river and lake for mercury toxicity. 92% of the east coast and 100% of the gulf coast are under a warning.

Additives

- Monosodium glutamate—Excitatory neurotoxin
- Sodium benzoate—Neurotoxin and carcinogen
- Olestra—Blocks fat soluble vitamins
- Food dyes—Made from coal tar. The same stuff that is on the street. This is what is used to color pharmaceuticals.

Gluten

- A protein found in wheat, barley, rye and some oats.
- Associated with brain dysfunction, bowel dysfunction, celiac disease and allergic reactions.
- Added to many foods.
- Hidden with names such as starch, binders and natural flavoring.

Milk

- Homogenized and pasteurized—denaturizes protein
- Can contain up to 56 different antibiotics
- May contain steroids and hormones given to cows
- 20% of adults do not make enzymes that allow lactose to be digested.
- A study gave store milk to calves and all died before 8 weeks

Cholesterol

- The body makes more cholesterol in a day than you could eat if you ate beef fat all day.
- Would the body make so much of something if it were harmful.
- 50% of people that have heart attacks have good cholesterol.
- 42% of people in the U.S. die of heart disease. In 1900 6% of people died of heart disease and they lived off bacon, beef, fried everything in lard, lots of eggs and pure butter.

Packaging

- Bisphenol A (BPA) A synthetic sex hormone used in plastics.
- Associated with Cancer, miscarriage, obesity, heart disease, early puberty and hyperactivity
- Used in can linings, baby bottles and sippy cups.
- EPA—20% of food in the U.S. is packaged with BPA products.
- CDC—93% of Americans have detectable levels of BPA

Packaging

- Phalates
- Associated with cancer, reproductive dysfunction, liver disease and kidney disease.
- Found in food plastic wrap, food containers.
- Hidden names DINP, DEHP, BBP, DUNP, DIOP, DIBP
- Microwaving in any plastic is extremely toxic.

PFOA & PFC

- Perfluorooctanoic acid & Perfluorochemicals
- Probable carcinogens
- Found in nonstick cookware and grease resistant food packing.
- Also found in stain resistant carpet and fabrics and waterproof clothing.
- 19 EPA studies show substantial risk for human health

Internal Toxicity

- Metabolism
- Low stomach acid decreases digestion, fails to detoxify chemicals or kill microbes.
- Antibiotics—The colon has about 7 pound of friendly bacteria that help process our food. A single round of antibiotics will kill up to 80%, allowing pathologic bacteria and yeast to overgrow.
- Abnormal flora create neuro-active toxins, leaky gut and immune dysfunction.

37

Heavy Metal Toxicity

- Extremely common
- Cannot be determined by blood test
- Hair analysis only helpful for time of hair growth
- Oral and rectal chelator challenge test inaccurate
- Most are neurotoxic

38

Mercury

- The most toxic substance on earth for man other than plutonium.
- The amount of mercury in an old thermometer will poison a 27 acre lake. There is no safe level of mercury.
- Extremely neurotoxic
- 50 tons are released into the air from coal fired power plants annually.
- The only fish safe to eat is Alaskan Salmon
- Municipal water supplies are not tested for mercury

39

Mercury

- All multi-dose Flu vaccines contain mercury
- Amalgam dental filling called silver fillings are 2% silver and 50% mercury.
- Low energy light bulbs
- Fluorescent light bulbs
- 911
- High fructose corn syrup
- FDA public statement about pregnancy

40

Lead

- Extremely toxic and neuro-toxic
- An estimated 2 million children live in houses that have lead paint.
- Imported toys are repeatedly found to contain lead and other heavy metals.
- Lead from decades of gasoline use did not evaporate when they stopped adding it to gas.
- Is found in pewter, lead crystal glass, stained glass and larger candlewicks.

41

Vaccines

- Flu shots still contain mercury
- Measles vaccine is grown on cell lines from aborted human fetuses
- Polio vaccine is grown on green monkey kidneys . Over 40 monkey viruses have been identified in the vaccines
- The original Rotavirus vaccine killed 200 babies before it was taken off the market. The current vaccine contains a pig virus of unknown source.
- National Vaccine Injury Compensation Court

42

What to do

- Tell everyone you know that may be planning a pregnancy to start detoxing ASAP
- Do a bowel detox that will remove abnormal flora and replace normal flora.
- Use a quality HEPA air filter
- Invest in a Reverse osmosis water filter
- Remove all toxic insecticides and pesticides
- Use natural home cleaning products or vodka

43

What to do

- If you can't pronounce all of the ingredients in a food don't eat it.
- Don't eat anything served through a window.
 - If it is white or started out white avoid it.
 - Shop the perimeter of the grocery store and stay away from the central aisles.
 - Use stevia as a sweetener
 - Use organic poultry and beef as much as possible
 - Use only wild Atlantic Salmon for fish
 - Read labels, read labels, read labels

44

What to do

- Avoid Gluten and casein
- Use coconut milk
- Put cholesterol into proper perspective
- Use commercial fruits and vegetables that do not absorb pesticides, all others organic.
- Wash all fruits and vegetables as soon as you get them
- Avoid processed foods
- Remove plastic wrapping ASAP
- Invest in stainless steel cookware

45

What to do

- Store food only in glass containers
 - Avoid microwaving but never in plastic
 - Consider heavy metal testing
 - Fully investigate vaccines
 - Supplement with a quality multivitamin/multi-mineral, vitamin C, EPA-DHA and antioxidants
 - Sauna, Sauna, Sauna
- We are living in a cesspool but we can make a difference

