

Global Alert Autism and Environment Protecting our Children

**Autism One
May 27 2011**

Norman W. Schwartz MD
Milwaukee, WI

"No nation is any healthier than its children."
Harry Truman (1884-1972) 33rd President of USA



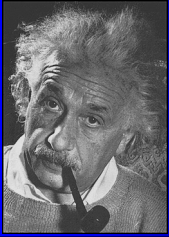
Autism What is Going On???

Rare to Pandemic

- 1943- psych Leo Kanner first report
- 2011- 68 yrs & > 12,000 peer-reviewed papers later
- **No idea of cause, prevention, or cure**
- Why? Initial focus three domains-social, communication, behavior, conditioned three generations of clinicians perceptions and awareness
- No clear biological markers for autism, no medical criteria for autism.
- Science set back 1950-1970's Autism due to BAD PARENTING

Opinions about obviousness are to a certain extent a function of time.

Albert Einstein



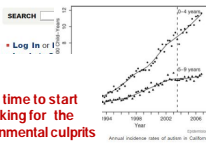
- The earth is flat.
- Children should be seen and not heard
- Heavier than air flying machines are impossible.
- "Sensible and responsible women, do not want to vote" Grover Cleveland 1905, 22nd & 24th President US
- Autism is genetic.

ORIGINAL ARTICLE
Epidemiology • Volume 20, Number 1, January 2009

The Rise in Autism and the Role of Age at Diagnosis

Irya Hertz-Picciotto^{1,2} and Lara Delwiche^{1,2}

SCIENTIFIC AMERICAN



"It's time to start looking for the environmental culprits responsible for the remarkable increase in the rate of autism in California."

New Study: **Aut Environment**
Research links soaring incidence of to fetal and infant exposure to pesti

By Martha Coiro | January 6, 2009 | 9876


U.S. Senate Committee on ENVIRONMENT & PUBLIC WORKS

Environment and Public Works Subcommittee on Children's Health
"State of Research on Potential Environmental Health Factors with Autism Related Neurodevelopment Disorders"
August 3, 2010

We know that autism prevalence continues to increase dramatically clearly implicating environmental factors in autism risk. We must identify which environmental exposures and predict success for current treatment modalities. Moreover, we have learned that many of the molecular and cellular systems that are associated with autism are the very same ones that are target of environmental chemicals currently of concern to human health because of their

Exploring the Environmental Causes of Autism and Learning Disabilities

The New York Academy of Medicine • Hosack Hall • New York, New York



The Mount Sinai Medical Center

What Research is NIEHS Supporting into Environmental Causes of Autism and Learning Disabilities?
Linda S. Birnbaum, PhD, DABT, ATS
Director, National Institute of Environmental Health Sciences and the National Toxicology Program

The Need for Studies of Environmental Causation of Autism and Learning Disabilities
Philip J. Landrigan, MD, MSc

Environment and Autism: State of the Science and the CHARGE Study
Irya Hertz-Picciotto, PhD

Unanimous consensus that the possibility of an environmental contribution to autism and learning disabilities warrants serious consideration and systematic investigation

During a time of extreme deceit, simply telling the truth is revolutionary.

George Orwell

Autism is a whole body medical disorder


- Oxidative stress
- Mitochondrial disorders
- Inflammation
- Seizure disorder
- Calcium Dysregulation
- Gastrointestinal abn
- Fatty acid deficiencies
- Toxic metals burden
- Multiple Immune abn
- Decrease brain blood flow
- Brainstem abnormalities
- Glutathione decrease
- Toxicant exposure
- Melatonin decrease
- Oxytocin decrease
- Serotonin abn
- Family hx autoimmune
- Autonomic nervous abn

Autism and Environmental Connections

- Pesticides, flea/tick sprays
- Power plants, incinerators
- Air pollution, landfills
- Toxic metals, pollutants
- Antibiotics
- Increased rain fall
- Northern latitude
- Gut Ecology
- Living near freeway
- Increased cable usage
- Living urban area
- March birth, parental psych hx, shorter birth interval, prematurity, first born
- HBP, DM, Obesity-mom
- Infection, meds in pregnancy
- Fetal distress, low apgar
- In vitro fertilization
- Unplanned C-section
- Vaccinations
- Older parents
- Higher Socioeconomic

Microcosm of Modern Living

1 in 3 veterans persistent health problems



- 30 vaccines in 3 days
- Multiple pesticides- organophosphates, DEET...
- Multiple infectious agents
- Environment- Chemicals ,smoke, petrochemical fumes, sand, dust
- Radioactivity

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Gulf War Illness

Immediate family members

- Spouses up to 68% w Chronic Fatigue, Fibromyalgia syndromes- correlated with chronic illness symptomatology
- Children up to 60% Autism/ADHD- correlated with younger age, multiple illness, antibiotics

Pathobiology of Gulf War Illnesses

Immediate Family Members

Adults: Chronic Fatigue Syndrome

Children: Autism/ADHD

Estimate of infection incidence ~80%

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Research Autism and Environment

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Toxic Metals

- Uncouple Metabolic Pathways
- Immunotoxins Autoimmunity
- Enzyme Inhibitors
- Pro-oxidants
- Increased adverse effects with mineral deficiencies
- Proportionally greater adverse effect in children

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Autism and Autistic Symptoms Associated with Childhood Lead Poisoning

Vol. 5, No. 1, 2003 • The Journal of Applied Research

Theodore I. Lidzky, PhD
Joy S. Schneider, PhD

Autism after lead poisoning in Two Children

ABSTRACT
Autism is a developmental disorder that impairs both intellectual and verbal communication and reciprocal social interaction and is seen in association with an abnormally restricted range of interests. Although symptoms typically develop without clear etiological cause, some cases are associated with disorders or conditions that negatively impact brain development. Lead is a neurotoxin to which the developing brain is particularly vulnerable. However, lead poisoning in children is known to negatively affect brain systems implicated in cognitive, communication, and social functioning. Diagnostic criteria indicate an onset of symptoms before the age of 3 years. Although Kanner generally excluded cases with known brain dysfunction, it is now recognized that, in addition to the idiopathic form, autistic disorder can also be caused by a number of conditions that negatively impact brain development (eg, infectious diseases, neurodegenerative, prenatal herpes).^{1,2} One of the most common causes of neurodevelopmental impairment in childhood lead poisoning, pediatric lead poisoning has deleterious effects on the development of widespread brain areas including those implicated in cognitive...

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Mercury



1 in 6 US children born at risk for Hg Toxicity > 600,000

Fetal brain is more susceptible than adult brain

No Safe Level of Exposure

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Eur J Pediatr (2003) 162: 559-561
DOI 10.1007/s00431-003-1296-2

YOUR DIAGNOSIS

Christina Chrysochou · Christoph Rufibauer
Christine Rauber-Lidzy · Thomas Neubaus
Fagen Boltshauser · Andrea Supperl-Farga

An 11-month-old boy with psychomotor regression and auto-aggressive behaviour

Received: 6 March 2003 / Accepted: 2 April 2003 / Published online: 16 May 2003
© Springer-Verlag 2003

Sudden onset regression, autistic behaviors after unrecognized mercury exposure from broken thermometer

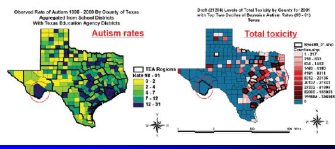
...the previous 2 weeks, the child no longer engaged in play, was becoming more and more restless, and slept only 1 to 2 h a night. He was no longer able to crawl and to stand up, and he had lost weight. Clinical examination revealed swollen hands and feet with skin desquamation, axial hypotonia and brisk reflexes. The child weaned profusely, refused to crawl or stand, showed stereotypic movements of the hands (kneading) and feet were swollen, erythematous and tender (Fig. 1). A fine maculo-papular exanthema was present on the trunk. There was muscular hypertrophy with peripheral oedema and axial hypotonia. Physical findings included tachycardia (160-180/min) and arterial hypertension (140/80 mmHg). The boy refused to stand, but would sit in a crouched position, had a sad and apathetic look, took little interest in his surroundings and would occasionally bite his...

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Association between autism rates, environmental mercury, other toxins in Texas

Palmer, et al., *Health and Place* 2006 Jun;12(2):203-9

For each 1000 lb of environmentally released mercury, there was a 43% increase in the rate of special education services and a 61% increase in the rate of autism.



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ARTICLE IN PRESS

Living closer to incinerator or power plant- Increased autism prevalence
Proximity to point sources of environmental mercury release as a predictor of autism prevalence
Raymond F. Palmer^{1,2*}, Stephen Blanchard³, Robert Wood⁴

EHP Vol 6, 2006; Online 21 June 2006

ehp Environmental Health Perspectives

Autism Spectrum Disorders in Relation to Distribution of Hazardous Air Pollutants in the San Francisco Bay Area
Gayle C. Windham · Lina Zhang · Robert Gunier · Lisa A. Croen · Judith K. Grether · Davis
Toxins with greatest Risk: Mercury, Cadmium, Nickel, Trichloroethylene, Vinyl Chloride

Methods Subjects included 684 children with ASD and 627 controls, born in 1997-2001...

Air pollution and brain inflammation

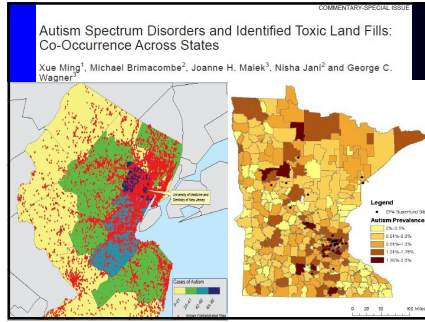
Long-term Air Pollution Exposure Is Associated with Neuroinflammation in Adult Female Rhesus Monkeys
Journal of the Neurological Sciences, Volume 308, 2012, Pages 1-8

Environmental Health News
 Published by Environmental Health Sciences

Urban air pollutants may damage IQs before baby's first breath, scientists say
 Epidemiology, 2010 Jun 17. [Epub ahead of print]

Perinatal Exposure to Hazardous Air Pollutants and Autism Spectrum Disorders at Age 8.
 Kalkbrenner AE, Daniels JL, Chen JC, Poole C, Ermh M, Morrissey J.

Scientists find 'baffling' link between autism and vinyl flooring
 Children who live in homes with vinyl floors, which can emit phthalates, are twice as likely to have autism, according to Swedish and U.S. researchers. Scientists call the discovery "intriguing and baffling." Experts suspect that genetic



Research | Children's Health

Maternal Residence Near Agricultural Pesticide Applications and Autism Spectrum Disorders among Children in the California Central Valley

Moms living within 1500 feet of fields with highest poundage of organochloride pesticides during the second trimester of pregnancy had a 6X greater risk of an autistic child.

Environmental Health Perspectives

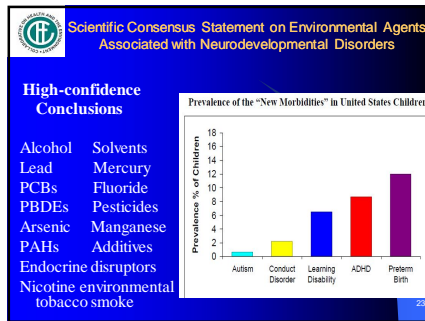
April 2011

RESEARCH ARTICLE
 Prenatal Exposure to Organophosphate Pesticides and IQ in 7-Year Old Children

RESEARCH ARTICLE
 7-Year Neurodevelopmental Scores and Prenatal Exposure to Chlorpyrifos, a Common Agricultural Pesticide

RESEARCH ARTICLE
 Prenatal Exposure to Organophosphates, Paraoxonase 1, and Cognitive Development in Childhood

RESEARCH ARTICLE
 Determinants of Agricultural Pesticide Concentrations in Carpet Dust



CHEMICAL FALLOUT | UPDATE

EPA a failure on chemicals, audit finds

Assessment of toxic risks inadequate, says new chief
 FDA relied heavily on BPA lobby
 Regulators actively reached out to industry, e-mails show

By Susanne Rust and Meg Kissing of the Journal Sentinel
 Posted: May, 16, 2009

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EPA To Drop 'E,' 'P' From Name

"We're not really environmental anymore, and we certainly aren't protecting anything"

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN®

For Release: April 26, 2011 12:01 am (ET)

AAP SAYS U.S. FAILS TO PROTECT CHILDREN FROM HAZARDOUS CHEMICALS

PEDIATRICS
 OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Attention-Deficit/Hyperactivity Disorder and Urinary Metabolites of Organophosphate Pesticides

The findings showed that children with higher urinary levels of organophosphate metabolites were more likely to meet the diagnostic criteria for ADHD.

UNDERSTANDING OUR MICROBIAL PLANET

THE NATIONAL ACADEMIES
 SCIENCE OF METAGENOMICS

TRILLIONS OF FRIENDS... MICROBES MAKE HUMAN LIFE POSSIBLE

Microbiome


Our Personal Ecosystem

Costello et al., Science 326:1694, Fig S 13 2009

Slide 21

ns5 norm, 10/30/2007

ADHD Linked to 'Western Diet' of Takeout, Fried Food and Candy



1. Fast foods
2. Processed meats
3. Red meat
4. High fat dairy products
5. Sweets

Double the risk ADHD

AAP GRAND ROUNDS

ADHD and Food Additives Revisited
Alison Schonwald
AAP Grand Rounds 2008;19:17

in virtually every assessment. Thus, the overall findings of the study are clear and require that even we skeptics, who have long doubted parental claims of the effects of various foods on the behavior of their children, admit we might have been wrong.

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

What to do: Household Environment

- Water
- Clean Air
- Personal Care Products
- Clothing/Laundry
- House and Garden
- Toxic metals, plastics

Pure Water

- Pure water is essential; dehydration hinders the body's ability to eliminate waste and keep resilient; pesticide levels, heavy metals, hormone residues, volatile organic compounds fluoride more important than bacteria

Clean Air

- Use fresh flowers, natural oils
- Avoid air fresheners, sprays, perfumes, cleaning agents, new paints, new carpets, flea treatments, insecticides, furniture chemicals
- Check for CO output in gas appliances

Toxic Metal Sources

- Lead: toys, vinyl, food, lead paint before 70's
- Mercury- amalgams, vaccines, breathing- power plants incinerators
- Aluminum- cookware, deodorants, baking soda, cans, foil
- Fluoride- toothpaste, water, treatments

Plastics- Avoid

- No phthalates, bisphenols, pvc wraps, microwaving
- 1,2,4,5 best choices, 1&5 can contain phthalates
- Glass always preferable
- www.healthobservatory.org/library.cfm?refid=77083 info on safer plastics

Personal Care Products

- Nearly all deodorants contain aluminum, which is readily absorbed
- Perfumes and cosmetics can contain multiple potential toxins.
- Cotton clothes
- Be aware fungicides, flamer retardants bedding, mattress

Clothing and Laundry

- Detergents and fabric conditioners are common allergens, contain multiple toxins.
- Choose natural products.

House and Garden

- Cleaning products- natural, biodegradeable
- Minimal perfumes, chemicals
- Flame retardants in clothing, fungicides in bedding
- Persistent organic pollutants in carpets
- Herbicide & pesticides free
- Do not allow children or pets on treated lawns for at least 3 weeks after spraying
- Arsenic in treated wood
- Chlorine from pools

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What to do: Medical Interventions

- Micronutrients
- Copper/Zinc
- GI Support
- Antioxidants
- Sulfur
- Methylation Support
- Medications
- Chelation

Micronutrients

- Adequate amounts essential to support the body's complex metabolic pathways
- Deficiency in micronutrients predisposes to toxicity
- Deficiency in essential minerals promotes absorption of toxic ones.
- Sufficiency of buffering minerals, primarily magnesium & zinc, facilitate toxic metal excretion
- First morning urine pH in the 6.5-7.5 range suggesting adequate cellular buffering capacity

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Micronutrients

- **Multivitamin:** documented to improve sleep and GI problems compared to placebo
- **Vitamin C:** most important water soluble antioxidant, double-blinded placebo study, reduce stereotypical behavior (stimming) in individuals with autism
- **Methyl B12 & folic acid:** 2 studies have re-improvements in glutathione, oxidative stress, behaviors

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Micronutrients

- **Magnesium & B-6:** improve autistic behaviors-social interaction, communication, stereotypical behaviors; improved hyperactivity ADHD
- **Zinc:** Documented low in autism; deficiency correlated w inattention in ADHD; 400 children treated w zinc improved ADHD symptoms compared to a placebo.

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Micronutrients

- **Carnitine:** deficiency in some children with autism; can impair mitochondrial function; helpful in Rett syndrome, improved sleep efficiency, energy level, communication; improved attention decreased hyperactivity and aggression in children with ADHD
- **Carnosine:** strong antioxidant, decreased seizures; improved speech and social behavior compared to a placebo in autism

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Micronutrients

- **Omega-3 fatty acids:** deficiency increases hyperactivity, conduct problems, anxiety, and temper tantrums in typical children. Infants w/o omega-3 fatty acids in breast milk or infant formula are 2-4 times more likely to develop autism. Several studies show improvements in children with developmental coordination disorder, ADHD, and autism.

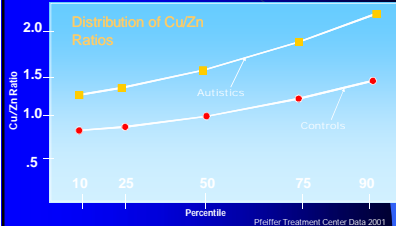
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Micronutrients

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503 Patients with ASD
Mean Cu/Zn ratio 1.63 in ASD
Mean Cu/Zn ratio 1.15 in Controls



High Copper /Zinc Ratios in ASD

- Neurotransmitter imbalances (high platelet serotonin, low dopamine, high norepinephrine)
- Abnormal EEG and seizure activity
- Hyperactivity
- Poor attention span
- Explosive Temper
- Poor Short Term Memory
- Speech Delay
- Yeast Overgrowth

Treatment of High Cu/Zinc Ratios

- Treat Zinc deficiency
- Adequate Selenium, molybdenum
- Support Glutathione
- B6/Magnesium
- Optimize Vitamin C dose
- Avoid Sources of Copper
 - Tap water (Cu pipes)
 - Swimming pools and hot tubs (Cu algacide)
 - Chocolate, Carob, Soy, Shellfish, Liver
- Avoid Red/ Yellow dyes and MSG (deplete Zn)
- Consider Carnosine supplementation

Gastrointestinal Support

- Treat Constipation/diarrhea
- Digestive enzymes
- Pre and probiotics
- Specific treatments guided by symptoms and lab
- Antifungals, antibacterials, antiparasite treatment
- Specific Carbohydrate, body ecology diet, elimination diet
- Nutrient support, anti-inflammatories
- GI referral

Antioxidants

- Vitamins A,C, and E, carotenoids, selenium
- High dose C to bowel tolerance, potential benefits:
 - toxic metal & pollutant elimination
 - improved immune function
 - increased bile flow
 - increased carnitine production
 - adrenal support
 - improved intestinal ecology
 - stabilization of tetrahydropterin
 - support neurotransmitter production
 - increases glutathione levels
 - keeps folate in active form
 - increases iron absorption
 - safe and effective laxative at high dose

Dosages

- Vitamin C: 100 mg/kg/day, initial
- Acetyl-L-carnitine: 50-100 mg/kg/day
- L-carnosine: 200-400 mg twice a day
- Pycnogenol: 1-2 mg/kg/day
- Methy B12 injections: 75 mcg/ kg 2-3/wk
- Folinic/folic acid: 400 mcg twice a day
- Ω3 fatty acids DHA/EPA 2 gram or higher
- Zinc: 20-40 mg, more depending on lab
- Melatonin: 1-3 mg, 30 minutes before bedtime
- Magnesium: 6 mg/kg/day
- Vitamin B-6: 0.6 mg/kg/day

Sulfur

- Essential for detoxification
- Liver's two detoxification pathway require
- Taurine, Methionine, Curcumin
- Food source are ginger, onions, garlic, eggs, broccoli, cauliflower, brussels sprouts – not high on kids favorite foods, but worth a try.
- Epsom Salt Baths-1c with ½ c baking soda
- Options for supplementation by pills, creams and suppository of N-acetylcysteine glutathione.

Maintain Methylation Pathways

- Critical for detoxification
- Impaired by toxicants
- Supportive nutrients:
 - B-12-hydroxy, methyl, adenosyl
 - TMG
 - DMG
 - Folinic acid, methylfolate
 - Glutathione
 - Ascorbate (vitamin C)
 - N-acetylcysteine.

Methylcobalamin (B12) Injections

- Improves methylation, glutathione, oxidative stress, methylation
- helps production and metabolism of dopamine, derotonin, norepinephrine, pinephrine.
- Helps cognitive ability, abstract thinking, attention.
- No good test, best in urine methyl malonic acid
- 3 month trial.
- Side effects – increased energy, hyperactivity, agitation, stinging.
- Parents give the preservative-free, methyl B12 injections themselves
- Oral, under tongue, other forms available

Chelation Therapy

- Toxic metal burden requires specialized predictive and provocative tests, more sensitive and specific
- Experienced Practitioner to assess:
 - toxic burden
 - how quickly to remove toxicants
 - antioxidant and buffering mineral support
 - minimize effects of residual toxic metal
 - monitor lab and clinical progress
- Only used as part of a comprehensive program
- Careful monitoring and physiological support

Suggestions

- Be Grateful
- Love your children like the whole world depended on it.
- Usually, the sooner you begin, the better the results.
- Ask yourself: Should I wait for orthodox medicine to find a solution?
- Work in progress, don't stop looking for answers and asking questions
- Keep the faith many children do get better

AUTISM SCIENCE DIGEST

The Journal of AutismOne

GLOBAL ALERT: ANTHROPOGENIC INFLUENCES ON BIOLOGY AND THE BIOTA, AND CONNECTIONS TO AUTISM

When collective life on earth and in the biosphere is appreciated as a super organism that continually reacts and rebalances itself, it becomes apparent that low organisms interact and influence the environment affects their health and their offspring's neuroability.

BY RUSSELL JAFFE, M.D., PH.D., CCN AND NORAMAN SCHWARTZ, M.D.

"No nation is any healthier than its children."

1993's "Innocent Bystanders," 2001's "The Hidden Epidemic" ISSUE 01 • APRIL 2011

"Worldwide grassroots movement of hope and humanity. Immune System of our planet"



Together, we know enough...to mitigate, remediate, and prevent the epidemics of autism, chronic illness and lack of wellness. If not now, when?

Thank you!!!

Norm Schwartz MD
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Mequon WI 53092
262 240-0133

Environmental Groups

- Save our kids, heal our planet www.sokhop.com
- Environmental Working Group www.ewg.org
- Environmental Health Perspectives Journal www.ehponline.org
- Collaborative on Health and the Environment: www.cheforhealth.org
- Toxicology Encyclopedia www.toxipedia.org
- Institute for Children's Environmental Health: www.iceh.org
- We Can Solve the Climate Crisis: www.wcsolveit.org
- Environmental Health News: www.environmentalhealthnews.org
- Our Stolen Future: www.ourstolenfuture.org
- Pesticide Action Network: www.pan.org
- Coming Clean: www.chemicalbodyburden.org
- Natural Resources Defense Council: www.nrdc.org/health
- Beyond Pesticides: www.beyondpesticides.org
- Greenpeace Chemical Kitchen: www.greenpeace.org
- Alliance for a Healthy Tomorrow www.healthytomorrow.org

The information on the following slides provided courtesy of Stu Freedendfeld MD Please see his excellent web site: www.StocktonFP.com for more details and information

Household and Personal Care

www.ewg.org/reports/skindeep2/index.php Searchable index for product safety information
www.lokingoodfororganics.com Personal and house care
www.Earthlessentials.com Skin , personal care
www.eco.com www.ecover.com Cleaning products
www.seventhgeneration.com Paper, cleaning products
www.needs.com Household and personal care
www.acminet.org Source of non-toxic art supplies
<http://www.thefirstblending.com> Baby bottles, sippy cups
<http://www.onstepahead.com> Toys, child needs
<http://www.greenhome.com> Clothing and bedding
www.organicmattressstore.com Bedding and mattresses

Green Lawns- Safe Neighborhoods

Insect control: Insecticidal soap, diatomaceous earth, and neem products. Insects are vital and killing agents are not selective.
Weed control: Corn gluten, hot water and vinegar, pull the weeds, or just leave them be and relax
Fungicide alternatives: Sulfur, baking soda, certain copper products and avoid over watering.

Green Lawns-Safe Neighborhoods

www.gardensalive.com Lawn and garden products Also a resource for garden questions.
www.WHYY.org/91fm/vbyg non-toxic solutions to garden and indoor plant questions.
www.pesticides.org Information on dangers of pesticides and safe alternatives
<http://www.beyondpesticides.org/gateway/index.htm> Safety information of specific pesticides

Natural Insect Repellants

Neem oil can be taken orally as a mosquito repellent. (Ayush Herbs, www.ayush.com)
Thiamin 100mg/d may deter mosquitoes.
Topicals: 2% soybean oil, Vick's Vapo Rub, pure vanilla extract (1:1 with water), cinnamon oil, oil of lemon eucalyptus.
Enzyme shampoos to get rid of fleas and lice and spray house with 50/50 vinegar and water
www.LiveBugs.com enzyme products for lice, scabies and crabs

Natural Insect Repellants

Cockroaches: spread bay leaves and sprinkle a fine dusting of baking soda and boric acid
Ants: Sprinkle black pepper, chili powder or chalk and brush lavender and olive oil on trails.
Moths: Cedar chips and lavender oil
Mice and rats: Lavender oil, cedar oil or camphor will repel them.
Trade products include Ambermin's Natural Source Bug Repellent, Gone (insect detergent spray), All Terrain Herbal Armor Insect Repellent, Buzz Away, BiteBlock and Outdoor Herbal Spray

Environmentally Friendly Products

www.hungersdrycleaners.com green dry cleaning
www.greenearthcleaning.com green dry cleaning
www.earth911.org local recycling centers including fluorescents
www.lamprecycling.com info mailing used fluorescent bulbs
Note: Home Depot will recycle fluorescent bulbs

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Whole Foods

www.ams.usda.gov/farmersmarkets national listing of farmers' markets.
www.localharvest.org local sources of sustainably grown food
www.eatwellguide.org online directory of sustainably raised meat, poultry, dairy, and eggs, US & Canada
<http://www.nat.usda.gov/afsc/csa/> Community Supported Agriculture programs (CSA's)
www.westonaprice.org Weston A. Price Foundation
www.foodnotes.org interactive web site to find local farmers, markets, CSA's near you

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Whole Foods

www.bostonveg.org vegetarian basics
www.realmilk.com info on raw milk:
www.westonaprice.org
www.eatwellguide.org healthy food markets, farms and restaurants by zip code
www.localharvest.org local organic farms farmers markets and restaurants
www.ams.usda.gov/farmersmarkets
www.foodnews.org guide to Pesticides in Produce

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Water

EPA Safe Drinking Water Hotline (800-426-4791)
Information water safety, contaminants, qualified labs
<http://www.mdc.org/water/drinking/mcsbies/contents.asp> reports contaminants in major cities
www.safe.drinkingwater.org/pdf/makesense.pdf fact sheets on common contaminants
http://www.nsr.org/site/DocServer/Drinking_Water_and_Environ_Primer.pdf?docID=559 Physicians for Social Responsibility info water and health
Laboratory testing:
<http://www.doctorsdata.com>
<http://www.h2otest.com/other.html>
<http://www.milabs.com/homeowner/index.html>

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Resources

<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html> non-toxic cleaning kit
<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html> home made cleaning products
www.NSP.org tests on water filter's performance
www.mdc.org/water/drinking/efilters.asp guide to common water filters
www.searchaword.org info on filtration technologies
www.mdc.org/water/drinking/bw/appa.asp tests of several hundred bottled water brands

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Resources

www.ucscs.org/publications/greentips Union of Concerned Scientists
www.environmentalobservatory.org/library.cfm?refid=77083 info on plastics
www.oztoxics.org Info persistent organic pollutants
www.greenbuildingsupply.com www.greenhomeguide.com
www.hardwoodinstaller.com/ www.hardwoodscene.com/
www.hardwoodinstaller/finishes-water.htm info on green building supplies
www.naturefamily.com/catfuzzibunz.aspx
www.diaperon.com reusable diapers
www.leadcheck.com test kits for lead, cadmium, mercury, arsenic, nickel and chromium

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