



TABLE: Toxins, Their Sources, Health Effects and How to Avoid Them

Toxin	Source	Health Effects	How to Avoid
Aluminum	<ul style="list-style-type: none">• Deodorants• Foil wrap• Food additive in beverages, baking powder, processed cheese and pancake/waffle mix• Antacids• Cookware	<ul style="list-style-type: none">• Possible link to a higher risk of Alzheimer's• Neurofibrillary degeneration• Possible memory loss	<ul style="list-style-type: none">• Use stainless steel cookware, utensils and food containers.• Use deodorants without aluminum.• Get enough calcium to inhibit aluminum absorption.• Filter your water.
Atrazine (especially a hazard to those living in agricultural areas) ¹³⁸	<ul style="list-style-type: none">• Groundwater	<ul style="list-style-type: none">• Neurotoxin• Endocrine disruptor	<ul style="list-style-type: none">• Buy organic produce.• Filter your water.
Arsenic (Arsenic occurs naturally in the earth's crust, although usually at low levels.)	<ul style="list-style-type: none">• Tobacco• Some commercially raised chickens• Treated lumber• Some cancer treatments	<ul style="list-style-type: none">• Neurotoxin• Endocrine disruptor• Damage to all major organs with long-term exposure	<ul style="list-style-type: none">• Stop smoking.• Filter your water.
BPA and BPS	<ul style="list-style-type: none">• Plastic and canned products (unless marked BPA/BPS-free)	<ul style="list-style-type: none">• Toxic to mitochondria• Mimics estrogen	<ul style="list-style-type: none">• Avoid plastic and canned products.• Eat fresh food• Use silicone, glass or stainless-steel containers.• Never microwave in plastic containers.

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<p>Cadmium (The glaze on some ceramics may contain cadmium.)</p>	<ul style="list-style-type: none"> • Tobacco • Polluted drinking water • Ni-cadmium batteries if corroded or broken 	<ul style="list-style-type: none"> • Accumulates in the brain • Neurological damage • Inhibits formation of enzymes • Affects action of nutrients 	<ul style="list-style-type: none"> • Stop smoking. • Filter your water. • Keep batteries away from children.
<p>Chlordane</p>	<ul style="list-style-type: none"> • Left over from pesticide banned in 1983 • Left over from termite control banned in 1988 	<ul style="list-style-type: none"> • Neurological damage 	<ul style="list-style-type: none"> • Avoid digging around older houses where termite control previously included the use of chlordane.
<p>Dioxin (The USDA describes dioxins as “ubiquitous and persistent in the environment.”)¹³⁹</p>	<ul style="list-style-type: none"> • Receipts • Dairy products • Meat and poultry • Eggs • Fish • Animal fats 	<ul style="list-style-type: none"> • Neurological damage • Cancer • Damage to the immune system and hormones • Reproductive problems 	<ul style="list-style-type: none"> • Avoid handling printed receipts from cash registers. • Avoid products high in animal fats.
<p>Flame Retardants</p>	<ul style="list-style-type: none"> • Children’s toys • Baby pillows • Insulation • Foam products • Televisions • Computers 	<ul style="list-style-type: none"> • Damages mitochondria 	<ul style="list-style-type: none"> • Look for products free of retardants. • Get rid of furniture with exposed foam. • Use a HEPA filter to remove dust. • Practice fire safety.

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Iron Overload (Usually a result of a genetic disorder)	<ul style="list-style-type: none"> • Taking too many iron supplements • The inability of the body to process iron correctly • Regular blood transfusions 	<ul style="list-style-type: none"> • Increased risk of infections • Cancer • Arthritis • Heart problems 	<ul style="list-style-type: none"> • Have your iron level monitored by your doctor.
Lead	<ul style="list-style-type: none"> • Old water pipes • Lead-based paints • Lead storage batteries • Hair dye • Candy from other countries • Lead-glazed pottery • Ammunition • Hobby materials 	<ul style="list-style-type: none"> • Behavioral and learning disorders (ADD, ADHD) • Sensory deficiencies • Motor deficiency • Cognitive dysfunction • Depression • Confusion 	<ul style="list-style-type: none"> • Run water before using. • Filter your water. • Test the paint in your home for lead. • Do not let children play near peeling paint. • Get enough calcium, iron and vitamin C in your diet.

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