

SPRING NEWSLETTER 2016

TOP 3 ENVIRONMENTAL TOXINS TO AVOID!



#1. ALUMINUM

- ▶ Aluminum(Al) is all around us, BUT we have no biological use for it in our body. Multiple studies show a correlation between aluminum and the creation of neurofibrillary tangles- a primary marker of Alzheimer's disease (AD). Aluminum is known to cause damage to nerves and decrease cognitive function outside of AD as well.
- ▶ Al is used as a food additive in many processed foods as a anti-caking agent or self riser in form called SALP/SALS. Try to avoid processed cheese and pre-made baked goods mixes for cake, pancakes, waffles and muffins. Al levels are high in these products!
- ▶ Cook with cast iron -what comes off these pans while cooking improves your health! (cooking with aluminum/foil, especially with acidic foods, increases Al exposure)
- ▶ Wrap fish and potatoes in parchment paper instead of foil when cooking in the oven
- ▶ Try a natural deodorant to decrease body odour (antiperspirant contains Al as well!) I find they don't last as long as a regular antiperspirant so try keeping an extra natural deodorant at work in case you need to reapply after lunch;



#2. GLYPHOSATE (Round UP)

Broad-spectrum herbicide

- ▶ The most heavily applied herbicide in the world. Since it is used everywhere it is also being absorbed by the soil, which leads to contamination of our food and our water supply
- ▶ Levels that were previously deemed to be safe for human exposure are now being linked to liver, kidney and endocrine (hormone) disruption.
- ▶ In 2015 the World Health Organization's International Agency for Research on Cancer concluded that glyphosate is “probably carcinogenic to humans.”
- ▶ AVOID non-organic non-GMO (NONG) soy (all products), NONG canola oil
- ▶ AVOID using roundup! Or other glyphosate products for weed control. There is a study stating that average consumer use of roundup is not dangerous for human health, but I would still be cautious!
- ▶ TRY Vinegar as a natural herbicide. Unfortunately it won't kill the root, but it doesn't increase your risk of cancer...
- ▶ Properly [clean your fruits and veggies](#) before eating them and try to buy organic for the [“Dirty Dozen” foods](#).



#3. Farmed Salmon

I know, say it ain't so?? I thought I was being healthy too until I read all the studies showing increased toxins, especially PCB's = Polychlorinated Biphenyls. Farmed salmon has been shown to have 16 x as many PCB's as wild caught salmon. This is likely because they are fed ground up tiny fish- high in fat that easily holds on to this chemical.

Studies show PCB exposure can DECREASE testosterone levels and thyroid function! They are also considered carcinogenic and can disrupt many other biological systems. They were banned from production in the 70s. The oceans/lakes accumulate the PCBs that are leaking out of old equipment disposed of in or near the oceans/lakes.

AVOID eating farmed salmon more than once a week

- ▶ Remove skin and fat BEFORE cooking, and cook in a way that allows the fat to drain off during cooking to reduce PCB exposure!
- ▶ TRY to only have farmed salmon 1/month to err on the side of safety!
- ▶ Instead of farmed look for **wild South/North American produced salmon!**
- ▶ Farmed salmon produced in Europe appears to be more contaminated than North and South American produced varieties. Recent study shows that farmed Norwegian salmon levels of PCBs and other toxins have reduced enough to be safe for weekly consumption.

OVERALL FISH IS STILL GREAT FOR YOUR HEALTH!! High in omega 3 and a lean source of protein, so don't give up fish, just choose wisely☺

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