Avoiding Environmental Toxins

Be the Change You Want to See in the World

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Work harder on yourself than you do on your job.

Work hard on your job- make a living.

Work hard on yourself- make a fortune.
You must be the change you want to see in the world.

– Mahatma Gandhi
1. Detoxify

- Heavy Metals.
- Pesticides.
- Plastics.
Environmental Toxins

- 70,000 new synthetic chemicals last century.
- 3000 in food, 700 in drinking water.
- 80% not tested.
- 287 detected in new born babies.
- Over 30,000 tons of pesticides.
Environmental Toxins

-known to cause:
  - Nerve and brain disorders
  - Cancer
  - Autoimmunity
  - Hormone disruption
  - Food sensitivities
  - Fatigue
  - Depression
Mercury

- No safe level of exposure.
Lead

- No amount of lead is safe.
- Children's IQ inversely related to lead levels.
- All cause mortality lowered by lowering lead levels.
Lead

- 48% increased mortality.
- 39% increased risk of circulatory disorders.
- 68% increased risk cancer mortality.
- Dramatic increase risk kidney failure.
- 89% increased risk heart attack.
- 151% increased risk of stroke.
Plastics

- About one billion pounds of phthalates are produced per year to soften plastics.
- Half the mass of a soft plastic container can be phthalates.
- Leach into drinking water, soft drinks, oils, and food stored in plastic.
- perm counts. The half life is a few days but exposure is continuous.
Plastics

- Interfere with thyroid hormone levels and adversely affect testosterone function.
- Babies with high levels are more likely to be born prematurely and men with high exposure have decreased sperm counts.
Dioxins

- Primary sources are in incineration of municipal or hospital waste and sewage sludge that contains chlorine.
- Formed during the production of chlorine containing chemicals such as pesticides, PVC, plastics and from diesel engine exhaust.
- Main exposure to dioxins and outcomes from meat, dairy and fish.
Dioxins

- Seven years to reduce your body burden by half.
- Cause cancer, particularly Hodgkin's disease, non Hodgkin's lymphoma and soft tissue sarcomas.
- Disrupt thyroid, testosterone and oestrogen function in laboratory animals.
- Lower sperm counts and reduced immune function.
2. Eliminate Chronic Infections
If you don’t understand mycology then you can’t understand nutrition.
Dysbiosis

1. Decreased probiotic organisms.
2. Fungal overgrowth.
4. Inflamed, leaky gut wall.
5. Large food proteins and fungus enter blood stream.
6. Immune system gets activated.
7. Poor nutrient absorption.
Dysbiosis

- Food sensitivities.
- Parasites.
- Mercury and other environmental toxins.
- Fungus.
- Antibiotics.
- Vaccines.
- Steroids.
- Oral contraceptives.
Blood
Yeast
Blood
Yeast
Blood
Blood
Blood
Candida
Bread Mould
Blood
Mould
Aspergillus
Corn
Yeast For Wine

Added to wine to convert sugars to alcohol.
Yeast for Feet
Blood
Blood
Blood becomes Skin
Mycotoxins

FAO- Food and Agriculture Organisation of the United Nations.
Mycotoxins are poisonous chemical compounds produced by certain fungi. There are many such compounds, but only a few of them are regularly found in food and animal feedstuffs such as grains and seeds. Nevertheless, those that do occur in food have great significance in the health of humans and livestock. Since they are produced by fungi, mycotoxins are associated with diseased or mouldy crops, although the visible mould contamination can be superficial.”
Mycotoxins

“The effects of some food-borne mycotoxins are acute, symptoms of severe illness appearing very quickly. Other mycotoxins occurring in food have longer term chronic or cumulative effects on health, including the induction of cancers and immune deficiency.”
Mycotoxins

“Information about food-borne mycotoxins is far from complete, but enough is known to identify them as a serious problem in many parts of the world, causing significant economic losses.”
Mycotoxins

- Aflatoxin from Aspergillus.
- Penicillin from Penicillium.
- Alcohol from bakers yeast.
Mycotoxins

- Grains with mycotoxin levels >20 ppb can’t be used for human consumption.
- 200-300 ppb used for feed lot animals
- > 300 can be used for making alcohol.
Settlers started planting Douglas fir in the early 1900s. In the 1970s windborne seeds began to spread the trees. A fungus that grows symbiotically with the roots of all conifers, changing the soil to suit these trees alone, has meant the trees thrived. The climate and lack of natural predators means the trees grow better here than anywhere else in the world. Far more quickly than the natives they displace. The trees now threaten the existence of around 300 native plant species supporting a rich variety of birds and insects. Unchecked, the spread could permanently change the landscape.
Food Pyramid

Vegetables and low sugar fruits
- Grapefruit
- Coconuts
- Berries
- Lemons, limes
- Tomatoes, avocados
- Green apples
Food Pyramid

- Protein
  - Organic meats
  - Grass fed
  - Eggs

- Fat
  - Avocados
  - Coconuts
  - Nuts and seeds
  - Olive oil, fish oil, GLA, CLA
Food Pyramid

Carbohydrates
- Brown rice
- Quinoa
- Buckwheat
- Amaranth
- Millet
Avoid

- Sugar.
- Stored grains like wheat- cereal.
- Yeast, especially....
- Alcohol.
- Corn.
- Peanuts.
- Dairy.
Avoid

- High sugar fruits and fruit juice.
- Processed and grain fed meats.
Solutions

- Reverse osmosis alkaline water.
- Organic foods.
- Grass fed, unprocessed meats.
- Reducing fish intake.
- Natural pest management products.
- Avoiding mercury amalgams.
Solutions

- Minimising vaccines.
- Exercise, stretch and sweat.
- Oral chelation.
- Far InfraRed Saunas.
- Juicing.
30 Day Challenge

- Stop:
  - Sugar
  - Dairy
  - Wheat
  - Yeast
  - Coffee
  - Alcohol
30 Day Challenge

- Drink lots of water.
- Breakfast- eggs/grapefruit and Running Deers Vitality Juice.
30 Day Challenge

Running Deers Vitality Juice:

- Carrot
- Celery
- Alfalfa
- Spinach
- Green apple
- Slippery Elm 1 tsp
- Colloidal 10mls
30 Day Challenge

Take with the juice:

- Anti-parasite treatment
- Fish oil
- Maca
“I don’t want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well.”

– Diane Ackerman
Wide?
Immediate results come to those with infinite patience.
You take care of me and I’ll take care of you.
I’ll take care of me…for you. If you will take care of you…for me.
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