



THE TOXIC TOP 10



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Introduction

Environmental toxins are vast in their variety and touch almost every aspect of our lives. Since World War 2 we have been inundated with 80,000 chemicals and we are now exposed to 1,500 new chemicals each year. None of these potentially lethal substances have been tested for synergistic results in the body or for their effects on the human nervous, immune, reproductive and endocrine systems.

Most of these toxins are in our homes and not in the outside environment. The Environmental Protection Agency (EPA) estimates that our indoor air is 5-7 times more toxic than our outdoor air. In new construction the toxicity can be up to 100 times more!

The health consequences of toxic exposure are vast can cause many different health problems. People who have hard to diagnose conditions or people that have not found relief with traditional medical care typically suffer with some form of hidden toxicity. Toxicity in the body commonly affects the nervous system. In fact, many cases of “idiopathic neuropathy” (where we don’t know what has caused nerve damage) are actually cases of toxicity in the body affecting the nervous system.

It's impossible to deal with every toxin we come in contact with. In fact, when individuals start to learn this information they may feel overwhelmed and begin to panic or get paranoid. I have a doctor friend that goes the the extreme of wearing a gas mask everywhere he goes. You don't need to go to this extreme (...to say the least). :-)

However, what you do want to do is decrease your exposure to some of the worst substances out there and find ways to remove them from your life. That's why we've created the “Toxic Top 10.” Through removing these hidden killers from your life, you'll be making a huge step in the process of transforming your health. Remember to take it one step at a time.

We're here to support and serve you in your journey towards improved health!
To True Health and Real Results,



Dr. J. Adam Metzger



Tara S. Metzger

01 | Any substance ending in “-cide”

The suffix -cide means to “to kill.” Insecticides, pesticides, fungicides, termiticides, germicides and disinfectants are all chemical killers. Pesticides are some of the most harmful substances that you are exposed to each day. An estimated 1.2 billion pounds of pesticides are used in the U.S. every year. These chemicals are used food and in the average home. Essentially, they go directly into your body where they can bioaccumulate to cause diseases later in life.

Pesticides are also now being understood for their epigenetic effects on human health (effect of environment on gene expression). A systematic review of pesticides on human health shows consistent pesticide correlation to serious illnesses such as cancer, reproductive problems and neurological disease, among others. Children are particularly susceptible.

Harvard studies have shown that pesticides are linked to a 70% higher incidence of Parkinson's. The Journal of American Medicine also found a 70% increase in Parkinson's in those who have used pesticides in their homes. Many of the pesticides that are consumed are found in meats, poultry and produce.



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02 | Personal Care Products (PCPs)

Chemicals found in conventional shampoos, soaps, deodorants, colognes, perfumes, cosmetics, lotions and other commonly used products are leading contributors to the most common 21st century diseases. Substances found in personal care products have been linked to cancer, diabetes, hormone dysregulation, depression and other inflammatory conditions. In children, personal care products (PCPs) are contributing factors to acne, ADHD, dyslexia and other learning disorders. Here are a few personal care product ingredients to watch out for:

1. Diethanolamine (DEA) is found in over 600 home and personal care products such as soaps, lotions, cosmetics, bubble baths, laundry and dishwashing detergents. DEA is used to provide a rich lather in shampoos and keeps a good consistency in lotions and creams.

2. Propylene Glycol is a substance used in antifreeze solutions and hydraulic fluids as a powerful solvent. Ironically enough, it is also found in childhood vaccinations, cosmetics, toothpastes, shampoos, deodorants, lotions, and even processed foods (including pet foods). Propylene Glycol helps products retain moisture, and when used on your skin, helps it stay soft and moist. That's why it is found in most baby wipes and skin lotions.

3. Sodium Lauryl Sulfate (SLS) is perhaps the most common of the four chemicals and by no means any less toxic. SLS is used as a surfactant to break down the surface tension of water. Therefore it will break up grease and is used in concrete floor cleaners, engine degreasers, and carwash detergents. Unfortunately the same degreaser is being used in practically every soap, shampoo and toothpaste on the market today.

4. Phthalates are dangerous chemicals found in plastics that cause endocrine disruption and cancer. Phthalates are also found in baby care products. A study testing the urine of 163 infants between two and twenty five months of age found 80% of the infants had at least 7 phthalate metabolites in their urine. All infants in the study had detectable levels of at least one phthalate metabolite. Almost all of the mothers had used baby wipes and over half of the mothers had used baby shampoo on their infants within 24 hours of the urine collection.

Solution: Check the ingredients and opt for natural products! Look out for propylene glycol, DEA and SLS. To avoid Phthalates switch your food storage from plastics to glass containers like Pyrex.

Resources and Healthy Alternatives:

www.aubrey-organics.com
www.gabrielcosmeticsinc.com

www.logona.co.uk
www.cosmeticsdatabase.com

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03 | Home Cleaning Agents

Conventional House Hold Cleaners are full of toxins linked to asthma, allergies and a myriad of other conditions. It is essential to remove these from your house. Here are a few of them that you may be interested in learning about:

Formaldehyde

Found in furniture polishes, car cleaners, disinfectants, rug and upholstery cleaners and toilet bowl cleaners.

Ethylbenzene

Found in bathroom tub and tile cleaners, floor and furniture polish, laundry starch preparations, and rug upholstery cleaners.

Petroleum Distillates (Petrochemicals)

Found in furniture polish and cleaners, lubricating oils, pet flea and tick products and collars, petroleum products, floor and furniture polish, dishwasher detergents, aerosol sprays, and laundry detergents.

Chlorine

Found in dishwashing detergent, laundry detergent, kitchen and all purpose cleaners.

Note: Any substances containing chlorine, when mixed with ammonia, toilet bowl cleaners or vinegar will produce deadly toxic fumes (chloramines or chlorine gas).

Benzene

Used as optical brighteners (in surface cleaners, laundry and dishwashing detergents, surface polishers) and found in general performance sealants (PVAC, butyl, vinyl, etc.), laundry starch preparations, lubricating oils, scatter rugs, bath mats and bath sets.

Butyl Cellosolve

Found in window cleaners and other all-purpose-cleaning products.

Phenol

Found in disinfectants, antibacterial, antiseptics, hard surface cleaners, paint and varnish removers, and synthetic resin and rubber adhesives.

Biggest Offenders:

- Dishwashing Detergents
- Oven Cleaners
- Laundry Detergent
- Floor and Furniture Polishes
- Air Fresheners
- Toilet Bowl Cleaners
- Antibacterial Cleaners and Soaps
- Dry Cleaning
- Hard-Surface Cleaners (esp. Kitchen Cleaners)
- Carpet and upholstery cleaners

Solution: Use organic non-toxic household cleaners. Aluminum-free baking soda and vinegar work well for tough to clean spaces. Two of our favorite non-toxic cleaning brands are Seventh Generation and Ecover.

Resources and Healthy Alternatives:

Read "*Clean House, Clean Planet*" by Karen Logan
<http://www.seventhgeneration.com/>

www.ecover.com



04 | Plastics

We are the first generation to be introduced to the new chemical onslaught from plastics. In so many ways, plastics have made our lives easier and in some cases even saved them, but not without consequence.

Your body takes in 210 mcg/day of a cancer-causing and hormone-disrupting chemical called phthalates. Phthalates are found in every soft and flexible plastic we use from plastic-wraps that cover our foods to the plastic soda and water bottles we drink from. Phthalates are used in plastics to make them more flexible, and science is not clear on what level of exposure is harmful since this chemical is so new. Only your body knows its limits for this cancer-causing toxin.

Note on Safer Plastics

If you turn a plastic container or bottle over, you will find a number ranging from 1 to 7. This numbering system was originally developed by the Society of The Plastics Industry (SPI) to classify plastics for recycling purposes. The system can be a little confusing because the higher the number on the plastic does not designate a safer bottle or product. However, the numbers can help us select plastics that are somewhat safer. For your purposes, plastics with the numbers 1, 2, 4, and 5 are your best bet. Avoid plastics with numbers 3, 6, and 7

Simple Solutions for Avoiding Plastics

Use glass for most of your storage.

Glass food storage containers like Pyrex are the best alternative to plastic Tupperware. To minimize the effects of plastics leaching chemicals, don't place hot foods in Tupperware containers or plastic bags. Let the food cool down before storing and please don't heat food in plastic containers. That's a primary way to expose the food that you will be eating to a significant amount of toxic chemicals.

Fatty foods and acidic foods should never be stored in plastic containers. Also, prolonged refrigeration storage in plastic isn't a good idea. Instead, you're better off leaving food on a glass plate or in a bowl and using saran wrap over it to minimize contact (preferably so that the plastic isn't touching the food at all). Ideally, you want to switch your plastic Tupperware for glass storage containers.

05 | “Non-Stick” cookware

Why is non-stick cookware toxic? Well, for starters, non-stick cookware contains perfluorooctanoic acid (PFOA), a synthetic chemical used in production that creates a soap-like slipperiness and non-stick finish. Once heated, non-stick pans will quickly reach temperatures at which toxic fumes release into the air. And it doesn't take much heat to do this -- the coating begins to break down and release toxins at a temperature of only 446° F. PFOA has become very controversial because of potential health dangers and non-stick cookware is right in the middle of the controversy.

So why is PFOA so dangerous? In animal studies, PFOA posed health hazards like: causing toxin.

- **Serious changes in organs** including the brain, prostate, liver, thymus, and kidneys, showing toxicity.
- **Death** of several rat pups due to PFOA exposure.
- **Changes in the pituitary** in female rats, at all doses. The pituitary controls growth, reproduction, and many metabolic functions. Changes in the size of the pituitary indicate toxicity.
- **PFOA has been associated with tumors in at least four different organs** in animal tests, and has been correlated to an increase in prostate cancer in PFOA plant workers.

Now the various PFOA doses used in these animal experiments weren't necessarily the same exposure levels you might get from non-stick cookware. But they clearly show the potential danger from PFOA.

A study reported in 2007, and conducted by the John Hopkins Bloomberg School of Public Health, showed alarming evidence that newborn infants face exposure to PFOA while in the womb. The research analysis detected PFOA in 100% of the newborns examined. While PFOA can come from sources other than this, other studies suggest the potential dangers of non-stick cookware. Non-stick cookware has already been linked to increased instances of cancer in the pancreas, liver, testicles, and mammary glands, as well as miscarriages, thyroid problems, weakened immune systems, and low organ weights. Aluminum is also found in these pans and is correlated to neurological disorders such as Alzheimer's.

Solution: Use stainless steel, cast iron or non-toxic cookware whenever possible.

Other Tips:

- If you are going to cook with non-stick until you can invest into better cookware, then cook below medium temperatures.
- Resource: Non-stick, non-toxic cookware company: <http://www.green-pan.com/>

06 | Tap Water

“You can absorb more toxins through one hot shower than drinking water all week long.”
– Dr. Joseph Mercola

People still believe today that drinking tap water from faucets and water fountains is safe because it has been treated with certain chemicals that kill bacteria, parasites, and other harmful organisms. The truth is that these same chemicals that protect us from such microorganisms are ironically linked to more dangerous diseases. Unlike the water in places like Mexico and third world countries, our water supply doesn't hold nearly as many dangerous microorganisms that cause illnesses like Montezuma's Revenge and others.

However, the chemicals in water such as fluoride and chlorine are extremely toxic for your body. Furthermore, there are chemicals called DBPs which are not chlorine, but are responsible for all of the toxic effects of chlorinated water and magnify the toxicity of the chlorine itself. DBPs are actually 10,000 times more toxic than chlorine and other contaminants found in your water such as pharmaceutical drugs, fluoride, etc. DBPs are group B carcinogens meaning they cause cancer in animals in the laboratory. Furthermore, they are linked to reproductive problems in both animals and humans and in humans it can more than double the risk of bladder and rectal cancers in certain individuals. The biggest issue isn't drinking these chemicals found in the water, its having them absorb right into the blood stream through the skin!.

A study published in the *Journal of Environmental Sciences* last year found that swimming in a chlorinated pool presented an **unacceptable cancer risk**. They concluded that the cancer risk of trihalomethanes from various routes in descending order was:

- skin exposure while swimming
- gastro-intestinal exposure from tap water intake
- skin exposure to tap water
- gastro-intestinal exposure while swimming

The cancer risk from skin exposure while swimming was over 94% of the total cancer risk resulting from being exposed to DBPs!

Another chemical group called THMs are found in chlorinated swimming pools and have also been *linked to spontaneous abortion, stillbirths and congenital malformations*, even at lower levels. For this reason, swimming pools aren't the best place to go for a swim. The best place to swim is the ocean and the second best place to swim is a clean lake. The ocean is one of the most healing places on earth!

As reported in *New Scientist*, a comprehensive survey of U.S. drinking water reveals that your drinking water is also likely laced with a wide variety of pharmaceuticals and hormonally active chemicals.

The 11 most frequently detected compounds were:

- **Atenolol**, a beta-blocker used to treat cardiovascular disease
- **Atrazine**, an organic herbicide banned in the European Union which has been implicated in the decline of fish stocks and in changes in animal behavior
- **Carbamazepine**, a mood-stabilizing drug used to treat bipolar disorder
- **Estrone**, an estrogen hormone secreted by the ovaries and blamed for causing gender changes in fish
- **Gemfibrozil**, an anti-cholesterol drug
- **Meprobamate**, a tranquilizer used in psychiatric treatment
- **Naproxen**, a painkiller and anti-inflammatory linked to increases in asthma incidence
- **Phenytoin**, an anticonvulsant used to treat epilepsy
- **Sulfamethoxazole**, an antibiotic
- **TCEP**, a reducing agent used in molecular biology
- **Trimethoprim**, another antibiotic

All in all, we need to decrease our exposure to the toxic water that we are being exposed to each and every day! Follow our recommendations below for maximum results in protecting yourself from these harmful toxins.

Solution: Use fluoride-free toothpaste and invest in a water filtration machine as well as a shower-filtration device.

Resources and Healthy Alternatives:

- Shower Filtration System
- Alkalizing Water Filtration System

Note: Bottled water is better than tap, however remember our section on plastics. The big downside to plastic is accumulating costs over the long-term (and it's not the most environmentally friendly option). We understand if it's the best alternative you can do for now. In the future you might consider investing in an alkalizing and ionizing water filtration system. You save so much money in the long run by having your own water system at home.

07 | Heavy Metals

Amalgam Fillings

Studies indicate that the more amalgam fillings (silver fillings) are present in your mouth, the more mercury you will have in your organs, including the brain, kidneys, heart and liver.

Mercury is the 2nd most toxic element on the planet. Amalgam fillings are the number 1 adult source of mercury. Dr. Jones, Designer Health Centers and others leading experts in health and wellness know that mercury fillings are linked to several unexplained illnesses.

WARNING! Do not remove amalgam fillings without a proper protocol!

If you haven't already, it's essential to see how much of what type of toxic metal you have in your body through the Urine Toxic Metals test. Talk to your Health Guide about how to get tested for heavy metals.

Facts:

- Silver fillings leach mercury for the lifetime of the filling.
- The number of amalgams is correlated to the amount of mercury in your brain.

Vaccinations

Vaccines, although credited for saving the lives of children, are responsible for the majority of unexplainable childhood diseases that are on the rise today.

Facts:

- Vaccines are a temporary immunity which alter your immune system for life.
- Vaccines stimulate your body's emergency immune reaction (TH2) that leads to hyperimmunity, such as an increase in Allergies, Autoimmune Diseases, and even Cancer.
- Common ingredients in vaccines are Antifreeze, Aluminum, Mercury, Borax, MSG, Animal organ tissues and blood, Aborted human fetal tissue, Human Viruses, Animal Viruses, Foreign DNA, and other dangerous substances.
- Many flu shots still contain 12-25 mcg of Mercury!
- Studies show that flu shots increase Alzheimer's by 10 fold
- You still have a right not to vaccinate. Know your state laws for Religious or Philosophical rights

Solution: If you have mercury fillings, get tested for heavy metals toxicity to know your status. Follow the Amalgam Removal Protocol as outlined by your Health Coach.

Resources:

- The best resource for information on vaccines: www.marytocco.com.
- Another good resource: www.nvic.org
- To get the research check this out: www.14studies.org

08 | Toxic Exposure from Foods

Meats

Every time you sit down to a meal containing conventional meat, eggs, or dairy products, you're dining on known carcinogens, bacteria, and other contaminants that can accumulate in your body and remain there for years. Conventional animal products are loaded with harmful bacteria, antibiotics, hormones, dioxins, and a host of other toxins that can cause serious health problems in humans.

Animals consume pesticide-ridden grains, one of the main ways we are exposed to the harmful chemicals in pesticides. Furthermore, because of the high grain diet most animal meat is high in Omega-6 which can lead to increased levels of inflammation in your body when it is not in balance with Omega-3. The diseases of the 21st century are all perpetuated by eating these conventional meats.

Processed Foods

Consumption of hydrogenated oil has been linked with diabetes, coronary disease, and obesity in a wide number of scientific studies. Rancid toxic oils include vegetable oils, canola oil, corn oil, cottonseed oil, soybean oil, safflower oil, vegetable oil and more.

Food coloring in processed foods is associated with learning disabilities including ADHD. Processed sugars also cause inflammation which is the major underlying cause of all disease in the body. Preservatives also affect our health in ways we don't fully yet understand.

There needs to be a change in what we are consuming. Conventional food products, whether meats or processed foods, need to be replaced with healthier alternatives. You'll get exposed to enough of these types of foods at your aunt's Christmas parties and the restaurants you go out to with your clients. Your house is the only safe haven you have! Unless, of course, you're coming to one of our seminars in the future! :-)

Solutions:

- Eat healthy, fresh, whole foods whenever possible avoiding prepackaged, ready-made items whenever you can
- Check out The Lifestyle Plan in the CLEAR Portal for a detailed description of guidelines for consuming healthy meats, healthy fats, oils to cook with and more
- For high heat stove top cooking only use real butter, coconut oil or pure olive oil (extra virgin olive oil is too delicate for high temperature cooking and is best added to foods after they are cooked or for use in salads)
- Purchase local, organic grass fed beef and organic, free-range poultry whenever possible (visit your local farmer's market for more resources)
- When organic meats are not available antibiotic and hormone-free meats are your next best option
- If you can't get grass-fed beef, go for a leaner cut of meat to reduce exposure to the toxic fat stores of the cattle

For resources on how to get organic, grass fed meats delivered right to your U.S. address check out this website: [Click Here for Grass Fed Meats and Cheeses](#)



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09 | Household Items

Some of the major chemicals released from new carpets and furniture are formaldehyde, benzene, toluene, and xylene. The carpet fibers themselves, the rubber backing, the glues, dyes, fungicides, and stain resistant treatments all outgas these chemicals for up to three years after installation. However be careful with really old carpets, as they can be an infestation for molds and other allergy-causing agents. Carpets are always the dirtiest places in our homes even when they look clean.

Furniture

Even furniture made of pressed laminated wood—which is used to make both inexpensive and expensive furniture—contains formaldehyde which is extremely poisonous. These chemicals are also harmful because they—like the toxins from cleaning products—make their way into the dust you and your children breathe.

Appliances/Flame Retardants

A new study showed flame retardants are present in the body of almost everyone in the U.S., and they are known to be a possible cause of hormonal, neurological, liver and other health problems.

On average the largest contributors of flame retardants were:

- Computers
- Vehicle seats (cloth was much higher than leather)
- T.V.s (regardless of age or type)
- Sleeping pillows & Mattresses (Worst: Polyurethane foams)

Solution:

- Green Building Supply (carpets, pads cleaners, finishes, paint, air systems, sealers, etc.).
www.greenbuildingsupply.com
- Shaw Carpets (ask for No-VOC line) – www.shawfloors.com
- Eco By Design – www.ecobydesign.com
- Natural Home – <http://www.naturalhomeproducts.com>
- E-House – www.chechnet.org/ehouse
- Nirvana Safe Haven – www.nontoxic.com

10 | Mold

Without question, the most widespread and under-diagnosed neurotoxic illnesses are caused by mold. Roughly 70% of the clients that we have worked with have reported exposure to mold, many of which tested positive for mold toxicity. Mold itself has become widespread because the modern way of constructing buildings tends to create an environment favorable to mold growth.

Quick Facts:

House humidity levels must be under 50°F

If your basement gets wet, you have mold (where there is water there is mold)

Most mold is not seen

25% of the population is sensitive to the biotoxins that mold produces

Indoor molds (not outdoor molds) are responsible for mold-induced neurotoxic illnesses

Biotoxic illness is not a mold allergy. Some of the first symptoms of biotoxic illness are morning stiffness, brain fog, fatigue, sleep disturbances, digestive issues, and trouble seeing at night.

Here are some things that mold can cause:

- Brain and Psychiatric struggles
- Headaches
- Poor memory
- Disorientation
- Seizures
- Overly Emotional
- Vocal or Motor Tics
- Serotonin changes
- Abnormal reflexes
- Strokes
- Edema or swelling in the brain
- Scarring of Brain seen on MRI's
- Mania
- Spacey
- Depression
- Anxiety
- Eccentric personality
- Increased alcohol consumption or increased drug use

Bio-toxins need to be dealt with in every individual, which is why we are dealing with the removal of these toxins from your body throughout the 6 months of the CLEAR Program and have dedicated a whole month to detoxification.

Solutions:

- In Month 2 of the program you will supplement with GSHX and Bind to cleanse your body of toxins, including mold
- Use Concrobium (available at home hardware stores) for killing mold in localized areas
- For basements or other damp areas of the home use a dehumidifier to keep the area dry and discourage the growth of mold
- For areas in your home with mold exposure (especially those places where mold is visible) consider calling a mold remediation specialist to assess the severity of the case and what needs to be done
- A great resource to learn more about mold is ChronicNeurotoxins.com
- Pick up “Mold Warriors” by Dr. Shoemaker – A great resource!

CONGRATULATIONS!

You’ve finished The Toxic Top 10!

A good rule of thumb is if you can't read the ingredients then throw it out. If you can't pull this off now for financial reasons then set a goal and do this gradually over time. For example, you can make a goal to switch out 3 cleaning products this week. And perhaps in a couple of weeks you make the goal to switch out your shampoo and toothpaste and so on. The point is to start making changes, even if they are small ones, right now.

We are so excited that you received this information! This will be just one more thing that you can do to help remove harmful disease-causing factors from your life, to maximize your health and wellbeing and optimize your anti-aging pathways. Please let us know if you have any questions at all! We're here to support you!