

Decreasing your Toxin Exposure and Body Burden


updated by Dr. Sharleen Hawco ND, July 2013

In order to help your body begin to effectively deal with your present toxic load (and to prevent it from getting greater), please do the following:

Avoid the toxic exposures most in your control – YOUR DIET and YOUR HOME AIR:


Reduce the toxicity in your Diet:

FRUITS & VEGETABLES <http://www.EWG.org>, or to download the entire list: www.foodnews.org

 RBC Cholinesterase < \$550

MOST Toxic fruits & Vegetables: Avoid or consume organic . Highest in Pesticides	The Dirty Dozen: <ul style="list-style-type: none"> Celery, Peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, kale, cherries, potatoes, imported grapes, #13 lettuce, #15 carrots, #17 pears
LEAST toxic fruits and vegetables Freely eat: Lowest in pesticides	The Clean Fifteen: <ul style="list-style-type: none"> Onions, avocado, sweet corn, pineapples, mango, sweet peas, asparagus, kiwi, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potato, honeydew melon, #16 plums (domestic), #19 bananas, #20 broccoli.

FISH <http://www.cfsan.fda.gov/%7Eefrf/sea-mehg.html> OR www.ewg.org/issues/mercury

 Mercury > 18 (optimal 15 ≤ 7.0)

Avoid FARMED or ATLANTIC salmon:	<ul style="list-style-type: none"> This is the most toxic food you can currently eat. If it just says "Salmon" it is Atlantic. (High in Dioxin)
Freely eat ALASKAN salmon:	<ul style="list-style-type: none"> Available fresh only from June until October), canned and frozen Alaskan Salmon available year round. (frozen available year round)
Avoid Highest mercury containing fish:	<ul style="list-style-type: none"> Ocean tuna, Shark, swordfish, tilefish, king mackerel, orange roughy, marlin, Chilean bass, lobster, halibut, snapper Fresh water trout, pike, walleye, bass.
Freely eat Lowest mercury containing fish:	<ul style="list-style-type: none"> Ocean perch, Alaskan salmon, Tilapia, Flounder, Sole, catfish, clam. Sardines, herring, anchovies
Avoid these fish high in other heavy metals:	<ul style="list-style-type: none"> Shellfish and squid (high in Cadmium and Arsenic)

Avoid:

- Choose Organic Beef, Poultry, eggs, and Dairy. Avoid Beef and Dairy that are not organic. Non-organic dairy and butter contain PCB's and dioxin buy organic. Non organic poultry is a source of Arsenic.
- Choose Organic Rice. Rice naturally concentrates Cadmium, is often a contaminant in industrial fertilizers.
- Choose Organic Sunflower seeds. Sunflower seeds naturally concentrates Cadmium.
- Choose Organic Grapes and Wine. Sprayed grapes, wine are a source of Arsenic as they are sprayed with arsenic pesticides.

Reduce All Reactive Foods and Sugar:

 A1C < 0.053


- Sugar reduces the ability of your liver to clear toxic compounds out of the blood stream (in addition to all the other bad things it does for your body).
- Avoid Foods containing High Fructose Corn Syrup, this can be a significant source of Mercury exposure. In Canada this may be labeled as Corn Syrup or Fructose.
- Avoid all food sensitivities: Serum or EAV testing or Elimination diet (most common: wheat, sugar, dairy, eggs, corn, coffee, chocolate, beef, citrus, soy, alcohol, tobacco, nuts, apples)

Consume foods to help remove toxins from your body:

 AST, ALT, GGT < 27

INDICAN TEST CLEAR

- Consume broccoli and the other members of the brassica family daily (cabbage, cauliflower, kale, brussel sprouts). Broccoli has the highest amount of compounds in it that enhance your ability to clear toxins from your blood stream. It also has compounds that prevent cancer and can balance estrogen metabolism. Raw or juiced has the highest activity.
- Consume daily green tea daily. Increase the dumping of fat soluble toxins into bile and ultimately from the body.

If positive 
Rx Digestive enzyme with meal ←

• RESTORE BALANCE • RENEW HEALTH • NATURALLY •

+ Probiotic

Dr. Sharleen Hawco BSc, ND

(*Saccharomyces Boulardii*)

Blog: www.naturopathicthoughts.com

- Consume daily Brown Rice Bran Fiber. Increase the dumping of fat soluble toxins into bile and ultimately from the body.
- Consume daily foods high in chlorophyll, or a chlorophyll supplement. Increase the dumping of fat soluble toxins into bile and ultimately from the body.

Water:

- Choose to Purify your water: Bottled Water and Municipal Water Filtration will not remove Arsenic and other toxins including Hexavalent Chromium. Filter your drinking and bathing water. For water filter recommendations: www.ewg.org/tap-water/getawaterfilter. For a filter that will fit on your stainless steel water bottle check out: Eco-Flo.
- Choose to Filter your shower water to avoid exposure to Chlorine and Trihalo methanes.

*****Reduce the toxicity of the air inside your home:**

- **Avoid Shoes Indoors: Don't wear shoes outdoor shoes indoors.
- Choose to change your Furnace Filters: Replace every 6 wks with high quality pleated filters (rated MERV 7-9).
- **Avoid Dry-cleaning: air out in the garage or car trunk for 1 to 2 weeks before bringing into the house (2 weeks is better). (Option: Look for an eco cleaner like Comet cleaners that are solvent free!!)
- Avoid Cigarette Smoke: Do not allow anyone to smoke near you. (Significant source of Cadmium)
- Avoid Carpets: Consider replacing your carpet with tile, stone or pre-finished hardwood (not laminate) flooring. Cotton or Wool throw rugs, or wool carpeting sewn onto a jute backing. No Carpet is Best.
- **Avoid Scented laundry products Laundry: Use non-scented laundry detergent and bounce. Best Choice = dryer balls.
- **Avoid storing toxic material in the house: Paint, thinners, fuel in the house, basement or in an attached garage. These products should be stored in a ventilated shed that is not attached to the house.
- Choose an Air Purifier:
 - Consider getting an air purifier – the best are IQAir.com and BlueAir.com. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 mins.
 - Consider getting house Plants (Gerbera daisy, English ivy, Peace Lilly, Green Spider Plant, Ficus) – for the full list refer to my Blog Post: <http://www.naturopathicthoughts.com/2010/04/detox-your-house-top-5-plants-for.html>

*****Reduce the toxicity of your skin care products:**

- **Avoid toxic ingredients in your cosmetics, skin care, soaps and shampoos: Cosmetics like lipstick can be a lead exposure, mascara can be a mercury exposure, shampoos and fragrances can be a source of endocrine disruptors including phthalates.
- **Check if your products are safe here:
 - www.skindeep.com
 - <http://www.lesstoxicguide.ca/>

****Reduce toxic exposures from Cooking and food and water storage:**

- **Choose cast iron, stainless steel, glass or ceramic cookware for cooking.
- **Avoid cooking in aluminum, plastics, or non-stick surfaces.
- **Avoid any food or water storage in plastics numbered 3, 6, or 7. (Choose plastics labeled 4, 5, 1 & 2 these are ok for storage).
- **Choose Stainless steel or glass water bottles. My favourite www.kleankanteen.com.

****Reduce the toxins in your home from your cleaning products:**

- **Avoid cleaners with hazardous toxic ingredients.
- **Check your products here:
 - <http://www.ewg.org/guides/cleaners>
 - <http://www.lesstoxicguide.ca/>

For those individuals who are extremely chemically sensitive:

- Charcoal Masks for travel or personal air filter. www.AEHF.com

Resources for Making a Safe Home:

- Success in the Clean Bedroom, by Natalie Golos & WJ Rea MD
- Your Home, Your Health, and Well Being, by David Rousseau, WJ Rea MD, Jean Enwright

Further Resources:

- Clean Green and Lean, by Dr. Walter Crinnion
- 8 Weeks to Women's Wellness, by Dr. Marianne Marchese