

## Chemicals in our every day environment

By Claire Riendeau, N.D., N.M.D.

A quick trip through a few chemicals that we are exposed to everyday. They have endless potential for curing a myriad of diseases. These chemicals end up in the body with no way out. Our chemistry was not designed to metabolize some of these dangerously carcinogenic man-made chemicals that definitely have no place in body function.

### BENZENE

**Sources:** Benzene is an aromatic hydrocarbon that is produced by the burning of natural products and in the manufacture of plastics, detergents, pesticides, and other chemicals. It is a component of products derived from coal and petroleum and is found in gasoline and other fuels. Benzene can also be absorbed through the skin.

**Symptoms:** Research has shown benzene to be a carcinogen (cancer causing). With exposures from less than 5 years to more than 30 years, individuals have developed, and died from, leukemia. Long-term exposure may affect bone marrow and blood production. Short-term exposure to high levels of benzene can cause drowsiness, dizziness, unconsciousness, and death.

### CYANIDE

**Sources:** auto and industrial exhaust, municipal incinerators, refineries, cigarette smoke, drinking water, home, office and auto fabrics and textiles, foam stuffing, and plastics in your home. Especially toxic if burned.

**Symptoms:** MS, Parkinson's disease, thyroid gland disease, cardiac or respiratory symptoms.

### DIOXINS

**Sources:** Smoke stacks of industry and by-products of manufacturing of plastics, pesticides. They remain a permanent part of our environment. Bleached paper products, diapers, milk cartons, herbicides in food. Mimics hormones therefore are endocrine disruptors. Can damage cell receptor sites making HRT (hormone replacement therapy) not effective.

**Symptoms:** Brain related resulting in damage. One of the most potent causes of cancer known.

Agent Orange is a member of the family. Potent cause of cancer

Found in 100% of human fat biopsies.

### FORMALDEHYDE

**Sources:** Found in pressed woods (cabinets, bookcases, dresser drawers), sofas, mattresses, etc.

To neutralize formaldehyde, place a bucket containing 1 T of ammonia in one gallon of water in each room. Close the house and leave for several hours. When you return, open the doors and windows to air out the house and remove the buckets.

Ammonia deactivates the formaldehyde gas. You may need to do this every few months until the building materials

sufficiently age. (Alternatives, Vol 2, No 6, Dec 1987)

### JET FUEL

**Sources:** hexanes. Now found in drinking water.

**Symptoms:** peripheral neuropathy, stocking-glove paresthesias (numbness, pain and tingling in lower half of arm or leg), restless legs, muscle cramps, ALS, polyneuropathies (pain and loss of sensation), memory loss.

### PCBs

Is a family of over 200 chemicals, most who contain benzene rings (a known cause of leukemia) and chlorine atoms (known to be associated with higher rates of cancers). PCBs are usually contaminated with more dangerous furans and dioxins (one of which is Agent Orange).

**Sources:** plastics, pesticides, caulking, paints, adhesives, flame retardants, carbonless paper, inks, hydraulic and lubricating fluids, transformers and capacitors, heat exchange fluids, waste oil processing, welding equipment, x-ray machines, fluorescent light ballasts. They are found in the most pristine areas throughout the world. Taken up in the clouds, they are carried hundreds and thousands of miles, eventually raining out. They are then incorporated into soil and taken up by plants, then the animals that eat the plants. Therefore, food is a major source. They are persistent in the environment, in other words, they never go away.

**Symptoms:** some of the most potent causes of cancer and other chronic diseases of aging. Early warning signs can be simple such as rosacea.

### PERCHLOROETHYLENE & TRICHLOROETHYLENE

**Sources:** Outgasses from dry cleaning, furnishings, cars, plastics.

#### Xeno-estrogen

Highly toxic to nervous tissue, burns holes in cells- destroying nerves, blood vessels, brain tissue.

**Sources:** dry cleaning, furnishings, cars, plastics, and carpets.

**Symptoms:** learning disabilities, numbness, tingling, pain, ALS- amyotrophic lateral sclerosis or Lou Gehrig's, MS and muscular atrophy, Parkinsons.

## PHTHALATES

Acts as a fertilizer for cancers, interferes with action of every hormone. These lead the pack in terms of quantity in our environment.

**Sources:** Plastics (wrap & bottles)

## STYRENE

Other names: vinyl benzene

**Sources:** any place you find plasticizers like phthalates or vinyl chloride. Styrofoam, plastic coffee cups, meat trays, plastic wrap for meats, fruits, vegetables, heated plastic wires in walls, appliances, computer housing, etc. Metabolizes to benzene, mandelic acid, hippuric acid, hydroxy mercapturic acid, vinyl phenol, phenyl ethanol, and phenylglyoxylic acid. Produces many metabolites including epoxide known to bind to the liver and cause serious hepatitis. Found in 100% of human fat biopsies.

## TUOLENE

**Source:** nail polish, fake nails, cosmetics, inks, cements, shoe polishes, cleansers, polishes, leather apparel and furnishings, plastics, solvents, newly dry cleaned clothes, new construction, renovated offices, carpeting, printing operations, glues, paints, industry, heavy traffic, adhesives, purses, valises and attaches, boots, coats, sanitizing agents, home cleaners, and cigarette smoke. Metabolizes to a lethal form and has an addictive potential equal to that of alcohol and opiates.

**Symptoms:** any symptom imaginable... soft spoon shaped nails, abnormal periods, liver damage, abnormal blood counts, heart attack, depression, poor memory, brain fog, numbness and tingling (paresthesias), poor coordination, inability to properly metabolize cholesterol and undiagnosable neuropathis, carcinogenic and cancer causing. Inhalation and absorption of tuolene from fingernail polish can results in brain fog, mood swings, depression, high cholesterol, poor memory, paresthesias, cancer and even addiction to the chemical.

## VINYL CHLORIDE

Other names: chloroethane, monochloroethylene, VC, VCM

**Sources:** plastics; off gas from electrical wires (inside appliances, TVs, computers) and cables, flooring, home furnishings, toys, food and beverage packaging, apparel, upholstery, aerosol propellants, PVC for water pipes, book covers, eating utensils, office supplies, and much more. Responsible for that "new car" smell.

**Symptoms:** Long track record of causing cancer, birth defects, genetic damage, resulting in autoimmune diseases.

## XYLENE

Outgases from gasoline, paints, glues, plastics, carpets, furnishings, construction materials, industrial and traffic exhaust. In fore extinguishers, turn to formaldehyde. Found in 100% of human fat biopsies.

Partially sourced from "Detoxify or Die" by Dr. Sherry Rogers, M.D.

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