Understanding Your Exposures
and Limiting the Effects of

Environmental Toxins

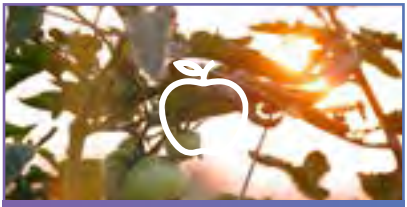
Mini poster inside ▸

We are exposed to an unprecedented number and variety of environmental toxins, including heavy metals, pesticides, industrial chemicals, food additives, and household and personal care products. The best way to reduce the burden is to limit exposure and enhance your body's detoxification systems.

TOP TIPS FOR REDUCING TOXICITY:

Drink purified water

Eat non-processed, fresh, organic, non-GMO foods



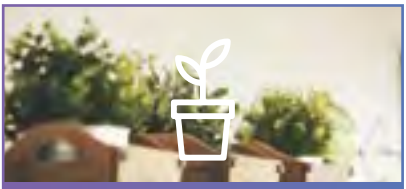
Grow your own food if you can

Use non-toxic methods for cleaning

Don't heat plastic containers or use non-stick cookware

Use 100% naturally derived skincare and cosmetics

Check labels for 'BPA and phthalate free' products



Use an air purifier, vacuum cleaner HEPA filter, or invest in some indoor plants

Wear protective clothing to reduce air and skin exposure where possible

Detoxification support with vitamins, minerals, phytochemicals, infrared sauna and physical activity

Support gut health and elimination pathways

FOODS TO BOOST YOUR DETOXIFICATION CAPACITY

1

LEMON

Citric acid can protect against oxidative stress and help reduce latent acidity.

4

CRUCIFEROUS VEGETABLES AND LEAFY GREENS

Contain an ingredient called sulforaphane that aids Phase II liver detoxification and antioxidant enzymes (superoxide dismutase, glutathione peroxidase and catalase).

5

BEETROOT

High in Vitamin C and Manganese for antioxidant protection, it also contains Betaine which supports detoxification and methylation (an important pathway for making the antioxidant, Glutathione). Betaine also improves bile flow for toxin excretion.

8

AVOCADO

Rich in antioxidants and healthy fats. Fatty acids in avocados have been shown to protect the liver.

9

GARLIC

Contains compounds that aid detoxification and protect the liver.

2

APPLES

Rich in the soluble fibre pectin, which can aid the excretion of heavy metals and other toxins.

3

BLUEBERRIES

Rich in antioxidants.

6

TURMERIC

"The ancient spice" has antibacterial, antiviral, anti-inflammatory, antitumour and antioxidant properties. Consume in a meal with a fat like coconut milk as this helps to increase absorption of the active Curcuminoids.

7

CHLORELLA

This algal superfood is rich in chlorophyll which helps to bind and remove heavy metals.

10

ROOIBOS TEA

Rich in antioxidants.

11

PREBIOTIC FOODS

The fuel for probiotic bacteria (onions, leeks, artichokes, asparagus).

MAJOR SOURCES OF

TOXINS	SOURCE	REDUCE
Atrazine 	Herbicide used on corn, sugarcane, pineapple and macadamia nuts. Widely used in Australia.	• Consume organic and non-GMO foods and wash and scrub all fruits and vegetables. Grow your own!
Bisphenol A 	Used in the manufacture of plastics and epoxy resins for food and drink packaging, water bottles, metal can linings, bottle tops and water supply pipes. BPA leaches into food and water especially when plastic containers are heated.	• Minimise use of plastic containers with recycling code #3 or #7. • Don't microwave or use a dishwasher to clean plastic containers. • Minimise canned foods. • Use glass, porcelain or stainless steel water bottles, cups, food containers and travel mugs. • Always look for BPA free labels.
Dioxin 	A group of Persistent Organic Pollutants (POP) including Polychlorinated biphenyls (PCBs) produced as by-products of industrial processes such as waste incineration and smelting. Dioxins accumulate in the food chain and persist in the body when ingested.	• Vegetarian or vegan diet. • Limit non-organic dairy products, meat, fish and shellfish as these food sources contain the highest levels; plants have the lowest levels.
Flame Retardants 	Polybrominated diphenyl ethers (PBDEs) found in common household items such as furniture, carpets, mattresses and electronics. PBDEs are commonly found in dust.	• Use 'organic and green' building materials and select naturally less-flammable materials such as leather, wool and cotton. • Use a HEPA filter on vacuum cleaners or an air purifier, and wet-mop floors often to remove dust.
Glycol ethers 	Powerful grease-cutting chemicals widespread in paints, perfumes, soaps, cosmetics and foods.	• Use non-toxic substances to clean such as vinegar, baking soda, lemon juice and microfibre cloths.

ENVIRONMENTAL TOXICITY

TOXINS	SOURCE	REDUCE
Heavy metals 	Battery plants, refineries, smelters, lead based paints and plumbing, pesticides, wood preservatives, mining.	• Reduce exposure where possible and support your own natural detoxification systems with nutrients and binding agents.
Perchlorate 	Thyrotoxic endocrine disruptor that is found in drinking water and soils. Produced in the manufacture of rocket fuel and explosives with widespread release into the environment by military and defence operations.	• Bottled water or reverse osmosis/ filtered tap water.
Perfluorinates 	Perfluorochemicals (PFCs) are a group of chemicals used to make fluoropolymer coating that resists heat, oil, stains, grease and water. They are found in non-stick cookware, stain resistant carpets and fabrics and contaminated water. Distributed in serum and repeatedly recycled through entero-hepatic recycling. Extremely resistant to biodegradation.	• Taking food out of take away boxes immediately and replacing non-stick cookware with stainless steel or cast iron. • Using nanofiltration or reverse osmosis water filters.
Phthalates 	Chemicals used to soften plastics. Widely found in bottles, shampoo, cosmetics, body lotions, nail polish and deodorants.	• Use 'phthalate free' cosmetics and body care products (Campaign for Safe Cosmetics website). • Minimise use of plastics with recycling code #3. • Use PVC-free containers, preferably glass. • Don't heat or microwave plastic containers. • Avoid products that have 'fragrance' as an ingredient.
Pesticides 	Organophosphate pesticides prevent, destroy, repel or reduce the impact of pests and can be algicides, antifouling agents on boats, fungicides, herbicides and insecticides. They are found in cockroach baits and traps, insect repellents, disinfectants, weed killers and bug sprays. They are also present in the air, food and water.	• Wash and scrub all fruits and vegetables. • Eat organic and non-GMO foods • Grow your own vegetables and fruit. • Wear protective clothing when using chemicals.

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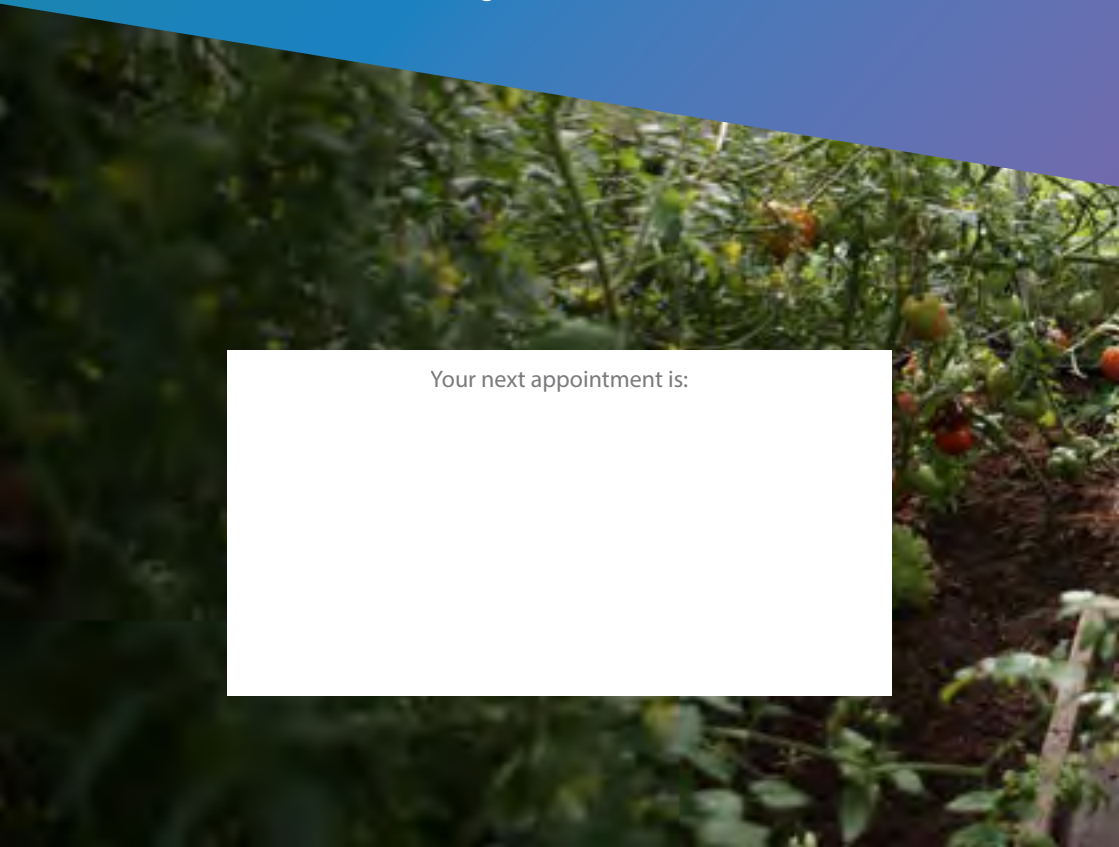

Your next appointment is: