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Living in a Polluted World

The world we live in today is very different from the world our great grandparents lived in—in two important ways. First, in the last 100 years we have experienced amazing technological progress. In this relatively short amount of time the great minds of our day invented or discovered the great majority of the technology we take for granted today. However, there is another side to the story. This amazing technology has also produced tremendous amounts of toxic waste byproducts. We got so excited about creating new ways of doing anything and everything that we didn't think of the repercussions of those actions on the health of our planet, nor the health of present and future generations. We enjoy the fruits of our progress but many times don't think enough about the end products.

FACT: We live in a toxic world that is continues to get more toxic.

Unfortunately, government regulatory agencies are not looking out for our safety. Stories continue to appear in the media regarding this issue. Just to cite one example, a 2008 study by the Center for Disease Control (CDC) recently showed that oxybenzone, a common ingredient in nearly 600 sunscreen products, was found in 97% of those tested. Oxybenzone has been linked with allergies, skin cell damage, hormone disruption and low birth weight in baby girls whose mothers used it during pregnancy.

Industrial pollutants and other toxic substances have been implicated in numerous health conditions including autoimmune diseases, cancer, neurological conditions, gastrointestinal problems, fungal infections and more due to their abilities to disrupt hormones and neurotransmitters, block enzymes, cause immune dysfunction and reek general biochemical havoc in our bodies. Symptoms of toxicity include rashes, headaches, general malaise, bad breath, irritability, anxiety, depression, insomnia, allergies, etc, etc.

FACT: Each and every year we dump 2+ billion pounds of tens of thousands of different chemicals into the air, water and ground.

Who is immune to toxic exposure? No one is immune. Wildlife of all sorts are being negatively impacted by pollution. Alligators in the Everglades, elk in Yellowstone, and polar bears in the Arctic are experiencing reproductive and other health problems due to PCBs, pesticides, phthalates and other pollutants contaminating once pristine environments far from any spewing

smokestacks. Air and water currents are carrying pollutants to all corners of our planet. Perchlorate, a rocket fuel byproduct, is now found in women's breast milk. Fat biopsies have shown that the average person harbors several hundred chemicals. How all these substances interact with each other is all but a guess. **The question no longer is whether you are toxic or not, but rather how toxic are you and how is your body genetically designed to deal with these toxins.** Some of us are more susceptible to injury by chemical poisons than others. Children and fetuses are most at risk as well as the elderly.

It is up to us to educate ourselves on this matter so we can make the best decisions for ourselves and our families regarding the purchase and use of safe foods, cosmetics, personal care products, home building products, medicines and dental materials as these are some common sources of toxic exposures. In addition, I recommend that everyone filter their water and air at home and office, if possible, using quality filters since our air and water are loaded with pollutants.

So, now what? We need to find new ways of providing the products and services for the people of our planet in a way that does not negatively impact life on Earth. This will involve changing our outlook and revamping the way we do many things. When will this occur? I don't have the answers to these questions. Meanwhile, we can make informed choices when making purchases. This way we support companies that have our health in mind and discontinue supporting companies that do not.

Additionally, toxicity can also be produced internally by our body through negative states of mind and unresolved emotional material. One example is the awful sick feeling after an argument we've had with someone. This is in part due to a surge of stress hormones, but also due to the mass production of toxic neuropeptides that occurs during a highly negative emotional state. These negative emotional states have been shown to have deleterious effects on our health and increase our risk of many diseases.

What can we do in the meantime? We can educate ourselves on the matter and take active measures to prevent any possible preventable future exposures and, *detoxify*. There are specific methods for enhancing our body's biotransformation processes so we can safely and effectively detoxify and eliminate the myriad of toxins from our bodies. By utilizing energy psychology tools we can clear negative emotions and allow healing to occur. After a mind-body detoxification/revitalization program one generally feels more alive, clear, light, energized and more centered. A detoxification program may be the best investment you make this year.

FACT: Prevention is the best medicine.

There are numerous ways to minimize you and your family's exposure to toxins. Here are ten basic things you can do:

1. Replace toxic household cleaners with non-toxic 'green' ones. Avoid using weed killers around the house.
2. Filter your water and air using a quality filter.
3. Avoid toxic dental materials. Find a biological dentist who uses mercury-free compounds.
4. Eat organically grown food.

5. Avoid plastic containers for storing food and water. Use glass or stainless steel containers.
6. Replace commercial personal care products and cosmetics with non-toxic ones.
7. Eat seafood that is proven low in mercury and other heavy metals.
8. Avoid perfumes and home 'air fresheners' as these contain toxic solvents.
9. Use green building supplies when remodeling your home.
10. Utilize energy psychology tools such as Emotional Freedom Technique (EFT) to clear negative emotional states.