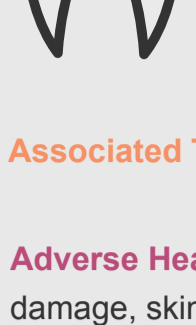


# A STARTLING LIST OF THE MOST COMMON TOXINS

## 1. THE TOXINS WE EAT

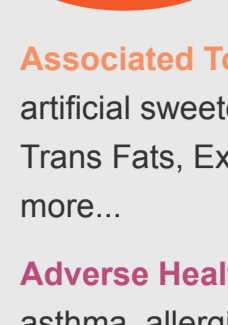


### SILVER AMALGAM

**Associated Toxins:** mercury

**Adverse Health Effects:** brain damage, skin problems, and many more..

**How to Avoid:** avoid dental amalgam fillings

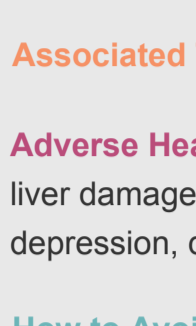


### PROCESSED FOODS

**Associated Toxins:** artificial colors, artificial sweeteners, Sulfites, Nitrites, Trans Fats, Extracts, and many more...

**Adverse Health Effects:** cancers, asthma, allergic reactions, bowel symptoms, headaches, and many more...

**How to Avoid:** follow a healthy and balanced diet and limit the use of processed foods

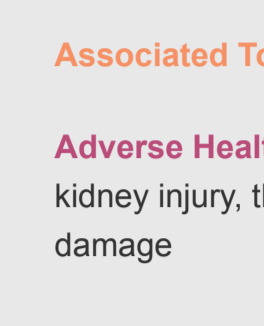


### SUGAR

**Associated Toxins:** sugar

**Adverse Health Effects:** weight gain, liver damage, heart disease, cancer, depression, diabetes, etc.

**How to Avoid:** follow a healthy and balanced diet and limit your sugar intake

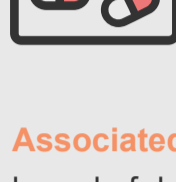


### DENTAL PRODUCTS

**Associated Toxins:** fluoride

**Adverse Health Effects:** fluorosis, kidney injury, thyroid damage, brain damage

**How to Avoid:** avoid dental products which contain fluorine

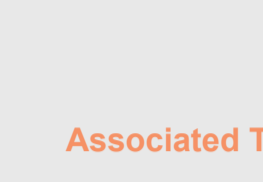


### DRUGS

**Associated Toxins:** different toxins based of drug type

**Adverse Health Effects:** drug toxicity, health ramifications differ widely based on drug type

**How to Avoid:** avoid discriminate use of drugs and only use them if necessary

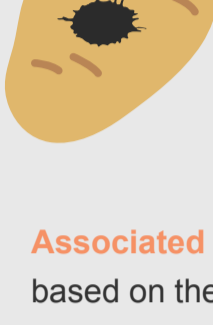


### MOLDY FOODS

**Associated Toxins:** mycotoxins

**Adverse Health Effects:** acute poisoning, immune deficiency, cancer, and many more...

**How to Avoid:** avoid using moldy foods



### NATURALLY TOXIC FOODS

**Associated Toxins:** different toxins based on the food

**Adverse Health Effects:** a wide variety of side effects based on the food

**How to Avoid:** don't use inedible foods for parts of food such as rotten or sprouted parts



### PLASTIC FOOD CONTAINERS

**Associated Toxins:** Phthalates, Styrene, Bisphenol-A (BPA)

**Adverse Health Effects:** infertility, blood pressure, diabetes, obesity

**How to Avoid:** don't store your foods in plastic containers



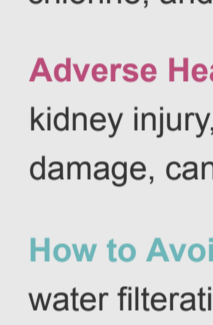
### HYDROGENATED OILS

**Associated Toxins:** trans fats

**Adverse Health Effects:** heart disease, diabetes, obesity, chronic inflammation

**How to Avoid:** avoid using foods which had been prepared with hydrogenated oils

## 2. THE TOXINS WE DRINK

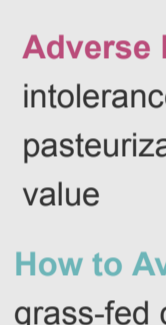


### TAP WATER

**Associated Toxins:** fluoride, arsenic, chlorine, and more...

**Adverse Health Effects:** fluorosis, kidney injury, thyroid damage, brain damage, cancer, diabetes, and more...

**How to Avoid:** use a decent drinking water filtration system

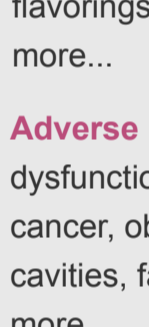


### MILK

**Associated Toxins:** may include mycotoxins or aflatoxins

**Adverse Health Effects:** lactose intolerance, allergic reactions, pasteurization reduce milk's nutritional value

**How to Avoid:** use whole raw milk from grass-fed cows instead of pasteurized milk

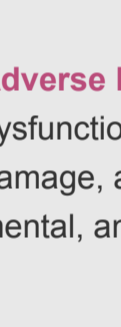


### SOFT DRINKS

**Associated Toxins:** a wide variety of toxins such as citric acid, malic acid, carbon dioxide, artificial colors, artificial sweeteners, artificial flavorings, preservatives, and many more...

**Adverse Health Effects:** kidney dysfunction, diabetes, dehydration, cancer, obesity, heart disease, dental cavities, fatty liver, diabetes, and many more...

**How to Avoid:** it's recommended to eliminate all kinds of soft drinks from your diet



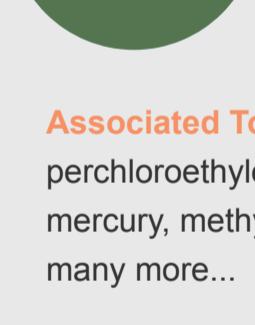
### ALCOHOLIC DRINKS

**Associated Toxins:** toxins may differ widely based on the type of alcoholic drink

**Adverse Health Effects:** liver dysfunction, cancer, depression, brain damage, and other serious physical, mental, and social consequences

**How to Avoid:** stop or limit the use of alcoholic drinks as much as possible

## 3. THE TOXINS WE BREATHE

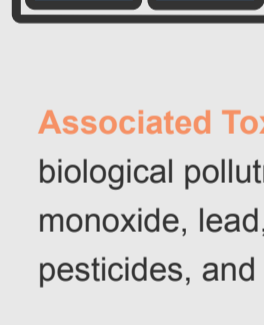


### OUTDOOR AIR

**Associated Toxins:** benzene, perchloroethylene, arsenic, lead, mercury, methylene chloride, and many more...

**Adverse Health Effects:** cancer, brain damage, birth defects, lung dysfunction, infertility, and many more...

**How to Avoid:** don't leave your home or office when pollution levels are high and help to reduce the overall air pollution of your area



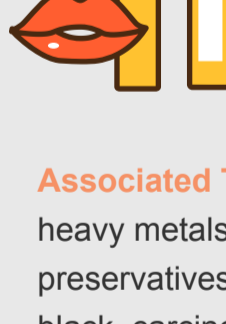
### INDOOR AIR

**Associated Toxins:** asbestos, biological pollutants, carbon monoxide, lead, nitrogen dioxide, pesticides, and many more...

**Adverse Health Effects:** respiratory diseases, heart disease, cancer, asthma, and more...

**How to Avoid:** make sure that your home or office is well-ventilated and remove the sources of pollution

## 4. THE TOXINS WE PUT ON

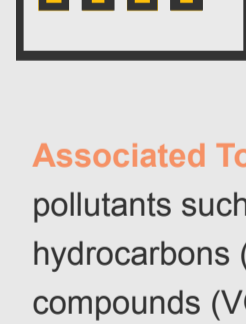


### COSMETICS & BEAUTY PRODUCTS

**Associated Toxins:** lead and other heavy metals, parabens, preservatives, phthalates, carbon black, carcinogens, coal tar, fragrance, homosalate, and many more...

**Adverse Health Effects:** allergic reactions, skin or eye irritation, cancer, organ system toxicity, inflammation, mental disorders, reproductive toxicity, and many more...

**How to Avoid:** only use safe cosmetics and beauty products which do not contain toxic chemicals

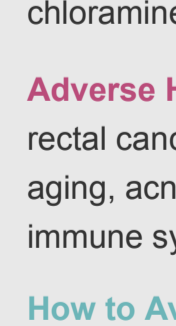


### AIR POLLUTION

**Associated Toxins:** microscopic pollutants such as: polycyclic aromatic hydrocarbons (PAHs), volatile organic compounds (VOCs), oxides, particulate matter (PM), ozone (O3), and cigarette smoke

**Adverse Health Effects:** uneven skin tone, accelerated aging, skin cancer, inflammation, eczema, psoriasis, acne, allergic skin conditions, skin cancer

**How to Avoid:** don't leave your home or office when pollution levels are high and make sure that your home or office is well-ventilated

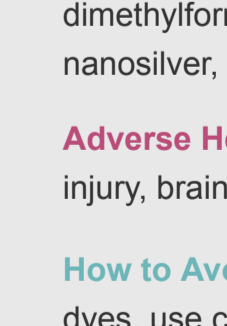


### BATHING WATER

**Associated Toxins:** chlorine, chloramine

**Adverse Health Effects:** bladder and rectal cancer, skin cancer, premature aging, acne, dry skin, eczema, rashes, immune system problems, and more...

**How to Avoid:** use a quality shower filter for bathing or showering



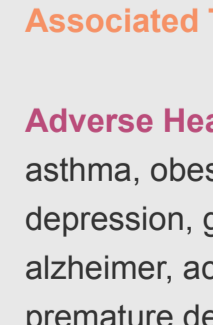
### CLOTHING

**Associated Toxins:** dimethylformamide, azo dyes, nanosilver, and more...

**Adverse Health Effects:** cancer, liver injury, brain damage

**How to Avoid:** avoid acrylic and azo dyes. use clothes which have been colored using natural dyes.

## 5. THE TOXINS WE UNSEE

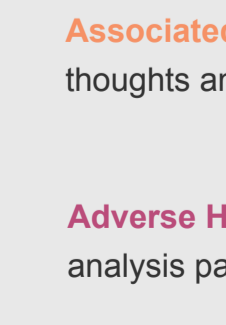


### TOXIC STRESS

**Associated Toxins:** toxic stress

**Adverse Health Effects:** heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, alzheimer, accelerated aging, premature death

**How to Avoid:** stay away from toxic stress by keeping a positive attitude, exercising, meditating, and following a healthy and balanced lifestyle



### OVERTHINKING

**Associated Toxins:** negative thoughts and emotions

**Adverse Health Effects:** mental illnesses, analysis paralysis, sleep disorders

**How to Avoid:** raise your awareness and try to live at present moment



### DIGITAL TOXINS

**Associated Toxins:** cell phone wireless radiations, wifi signals, gps signals

**Adverse Health Effects:** brain cancer, salivary gland tumors, behavioral problems, migraines, vertigo

**How to Avoid:** learn how to use your digital devices and gadgets on a proper note