



GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten



THE GLUTEN FREE DETOX

Sometimes it is gluten, and sometimes
it is what you can't see...

What is Toxicity?



Cardinal Rule of Toxicity...

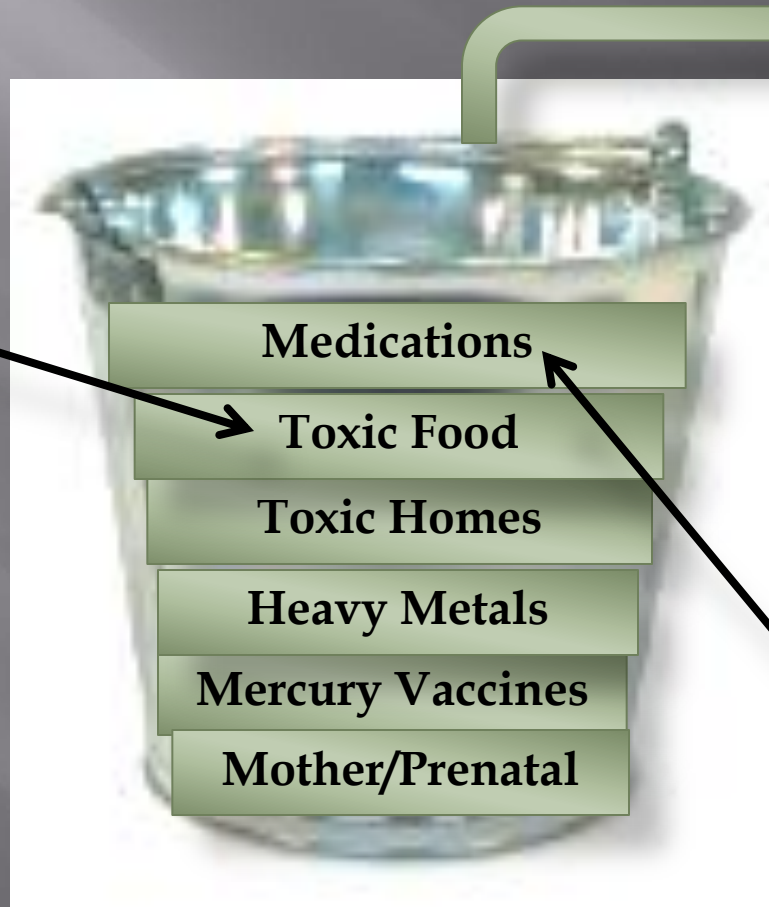
*Anything in large enough quantities
can become toxic.*

i.e. too much water = drowning



In most cases toxicity is caused by accumulated and synergistic harmful compounds. The degree of a persons reactions is largely dependent upon their unique environmental actions and to a smaller extent genetic predispositions.

Gluten & food allergies or intolerances



Bucket overflows
**DYSFUNCTION
DISEASE**

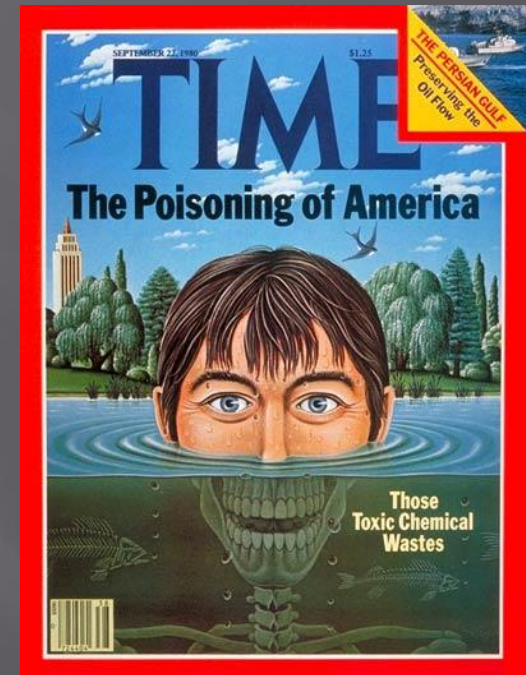
At this point
most patient
see a doctor
and are
prescribed
medications
for their
symptoms



Toxicity of Yester-year

“Of all of man’s interventions in the natural order, none is accelerating quite so alarmingly as the creation of chemical compounds....There is, however, a price to pay for an industrial society that has come to rely so heavily on chemicals: almost 35,000 of those used in the U.S. are classified by the Environmental Protection Agency (EPA) as being either definitely or potentially hazardous to human health”

Douglas M. Costle,
Administrator of the EPA



Monday, Sept. 20th 1980

Genetics Vs. Environment



80% of all cancers are attributed to environmental factors including exposure to carcinogenic chemicals.

International Agency for Research on Cancer and World Health Organization

*"It's not just genetics."
Time Magazine, January 12, 2010*

Gluten – The Path to Toxicity

Undiagnosed – typically little symptoms...

- Years of gluten induced damage combined with other poor choices...

Progression to subclinical problems

- Intestinal permeability (Leaky gut)
- Acquired food and environmental allergies

Recognition of problem but not it's origin

- Illness and disease
- Autoimmunity and inflammatory changes



Toxicity is Always Multifactorial

- Once you become ill, healing may require more than removal of gluten.
- Toxic burden impacts the function of multiple tissues in the body.
 - Liver
 - Immune Function
 - GI Tract
 - Skin
 - Lungs...



Common Symptoms of Toxic Burden Overload

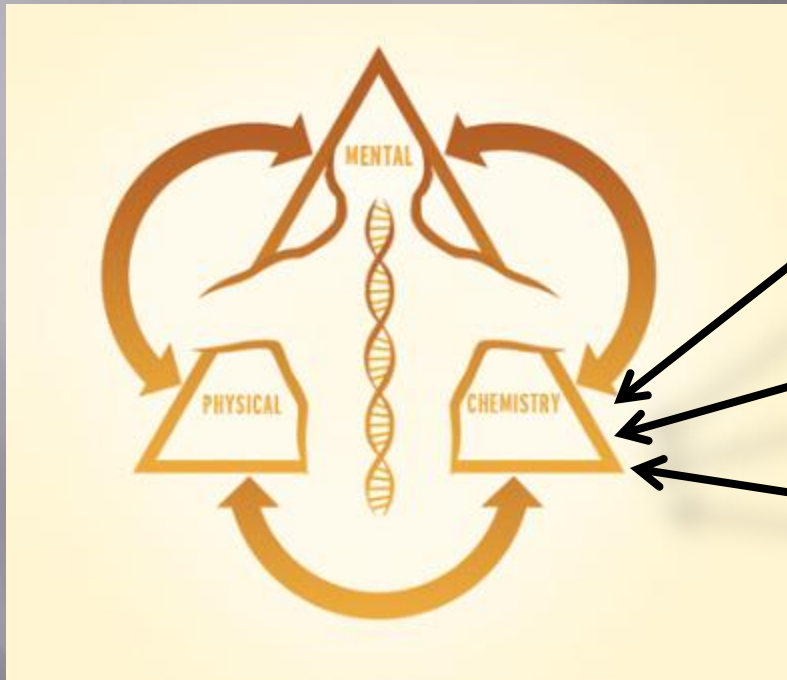
- Weight loss resistance
- Hormonal imbalances
- Brain Fog
- Insomnia
- Headaches
- Fatigue
- Depression
- Digestive Problems
- Allergies
- Asthma

The worst symptom is no symptom at all!

(Be aware of invisibility!)



It may require more than diet change to heal...



 **SPECTRACELL LABORATORIES**
ADVANCED CLINICAL TESTING

ELISA/ACT Biotechnologies LLC

 **GI Effects**
Stool Profiles
U.S. patent pending 2008

Toxic Exposures

- Food
- Medications
- Household Products/Indoor Air
- Water
- Heavy Metals & Biotoxins

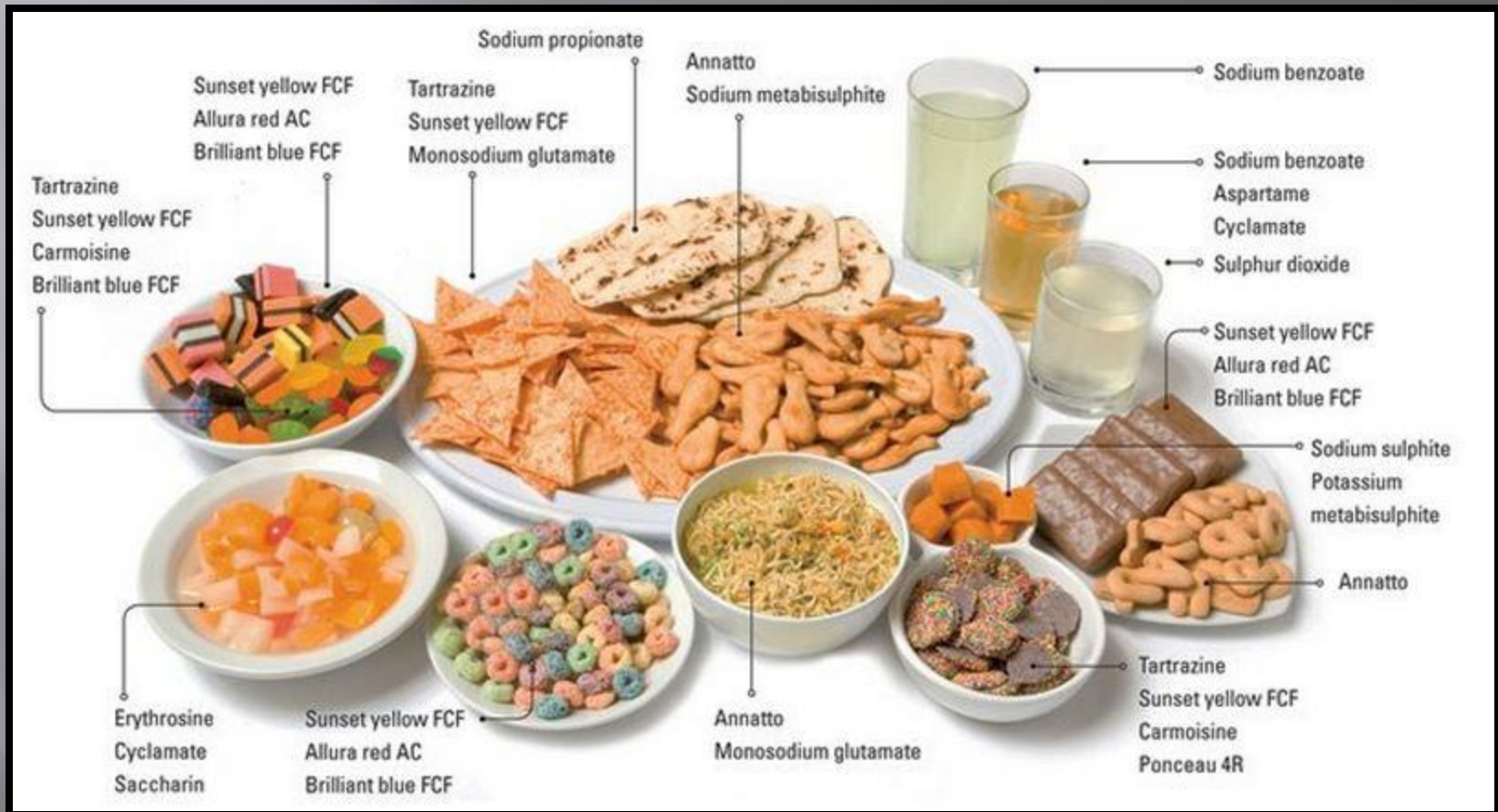


Frood...

- Aside from the possibility of reacting to real food...
- The FDA has approved approximately **3,000** food additives, preservatives, and colorings.
- The average person ingests **150 lbs.** of additives every year.
- Many commonly eaten foods are genetically modified or contain genetically modified ingredients.



Frood...



Pesticides

- **3 million tons of pesticides** are used each year worldwide -- More than **1,600 chemicals** are used in the production!
- Most have not been tested for their toxic effects on humans. *Exposure has been linked to:*

Nervous system disorders
Immune system suppression
Childhood Cancer
Breast Cancer
Diabetes

Reproductive damage
Hormone problems
Asthma -ADHD - Autism
Migraine Headaches
Developmental delays

TOXINS IN FOOD - Herbicides, Pesticides, Steroids, Hormones, Antibiotics, and Excitotoxins

- It takes approximately 5 to 8 pounds of chemically sprayed grain to produce 1 pound of beef. Therefore you will ingest considerably more cancer causing chemicals from meat than from fruit and vegetables.
- On average, one glass of inorganic, store-bought milk contains the residue of about a hundred different antibiotics. Once in our bodies, these antibiotics ultimately weaken our immune system.



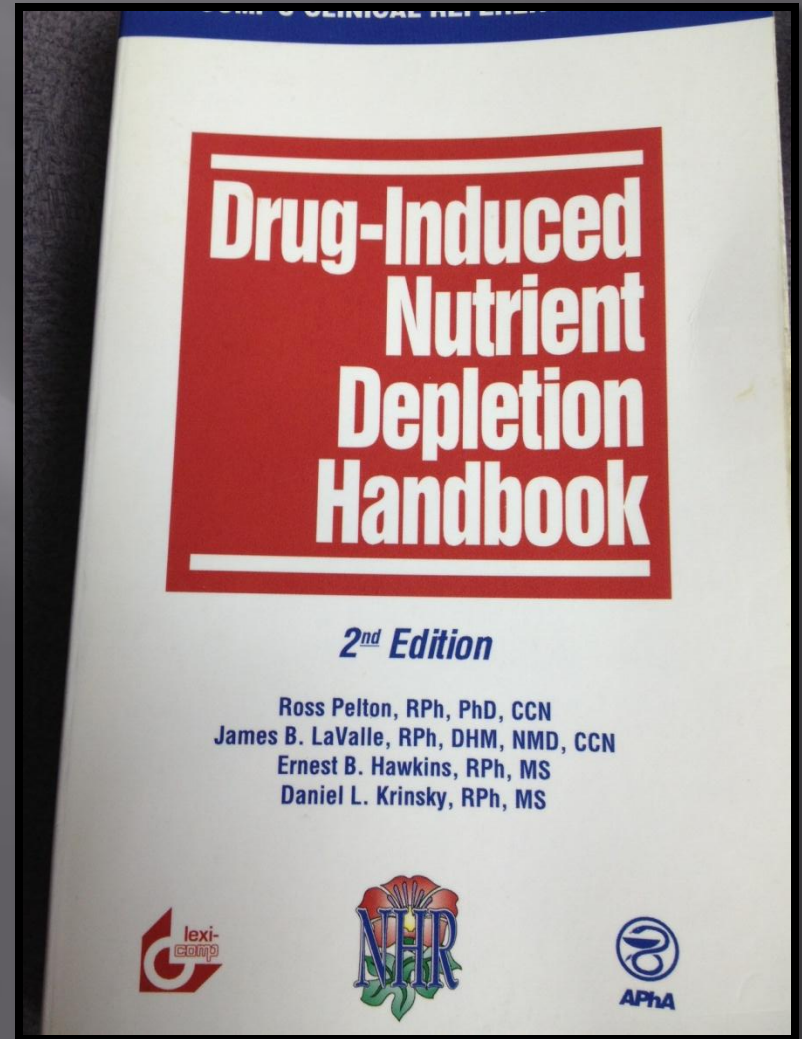
TOXINS IN FOOD - Herbicides, Pesticides, Steroids, Hormones, Antibiotics, and Excitotoxins

Excitotoxins – The Hidden Toxin in Packaged Food

- ▣ Excitotoxins are molecules, such as MSG that excite neurotransmitters in your brain making them addictive and toxic. Prolonged ingestion of excitotoxins produce endocrine disturbances like obesity and reproductive disorders.

Medications

Unintended
consequences...



Medication prescribed
with known nutrient
depleting qualities

Proper follow-up
and patient education
regarding symptoms of
nutrients known
to be affected

Preventative Co-
prescription
of appropriate nutrients

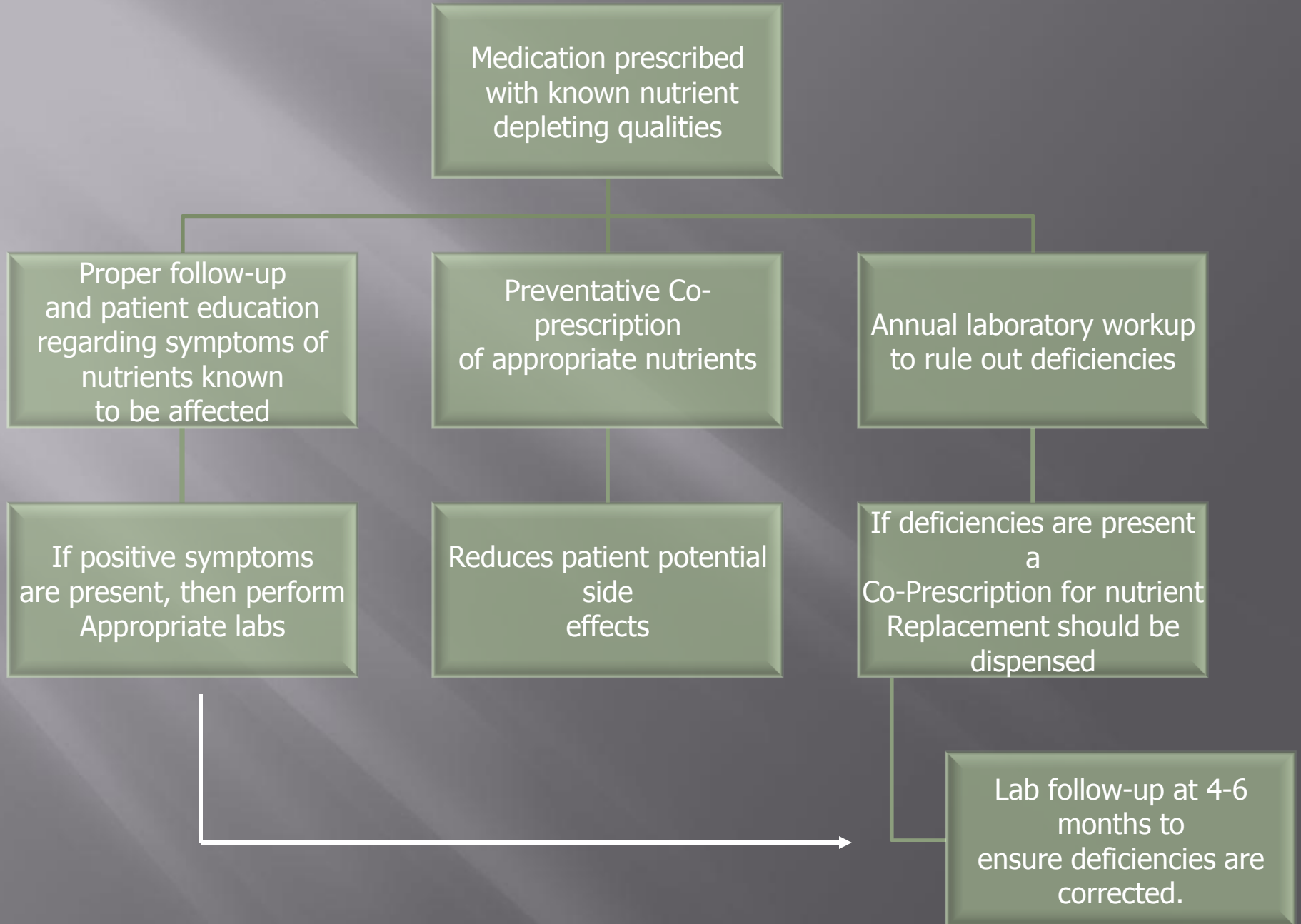
Annual laboratory workup
to rule out deficiencies

If positive symptoms
are present, then perform
Appropriate labs

Reduces patient potential
side
effects

If deficiencies are present
a
Co-Prescription for nutrient
Replacement should be
dispensed

Lab follow-up at 4-6
months to
ensure deficiencies are
corrected.



Toxicity Vs. Deficiency

Chemical Toxicities

Heavy Metals

Lead / Mercury

Medications

Toxic doses / Water contamination

Inorganic compounds

Plastics / Pesticides

Environmental

Emissions from manufacturing plants and our technologies

Nutritional Deficiencies

Vitamins A,D,E,K

Cancer, heart disease, bone loss

Vitamin C

Cancer, joint pain, gum disease

Iron

Anemia

Magnesium

Fatigue, high blood pressure, muscle pain...



Top Causes of Death in the United States

1. Cardiovascular Disease
2. Cancer
3. Stroke

Fourth Leading Cause of Death in the United States

Adverse drug reactions**

** Lazarou J, Pomeranz BH, Corey PN. Incidence of Adverse Drug Reactions in Hospitalized Patients. *JAMA* 1998; 279(15):1200-05.

Vaccinations

- Many vaccinations contain thimerosal, a mercury-based preservative.
 - Tetanus, flu, hepatitis B, and others.
 - www.vaccinesafety.edu
 - www.vran.org
- Exemptions from vaccines have more than doubled since 1997.
 - (*LA Times*, March 29, 2009)

Mercury Fillings...

Studies indicate that:

*The more amalgam fillings are present
in your mouth, the more mercury you
will have in your organs, including the
brain, kidneys, heart and liver...*

... and in the fetus!

How Dangerous Are They

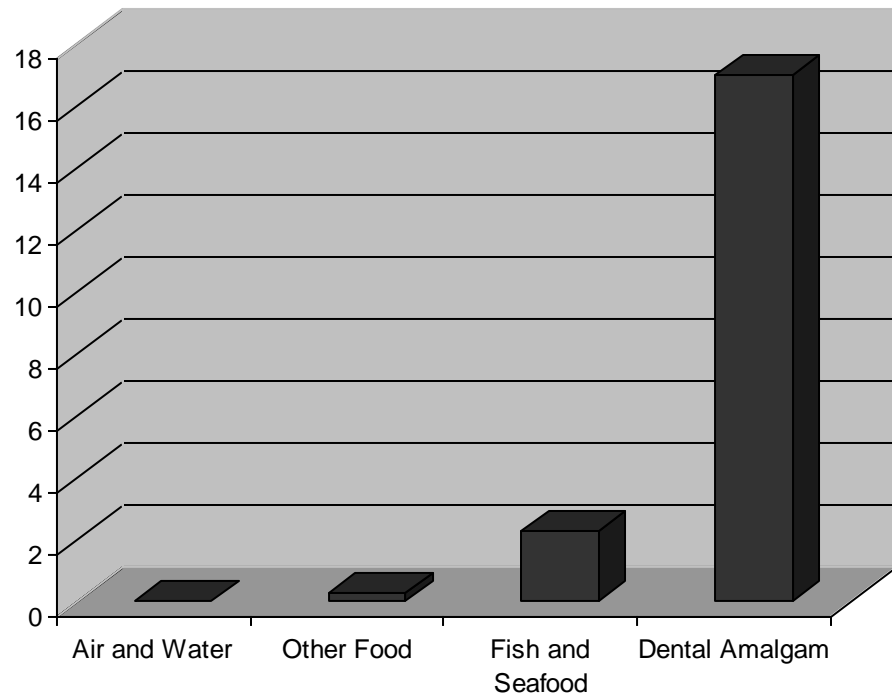
- In 1988, scrap dental amalgam material was declared a hazardous waste by the EPA.^[i] OSHA has certain mandates present to handle amalgam fillings before going into and out of your mouth. The OSHA guidelines are as such:
 1. Scrap amalgam must be stored in an unbreakable, tight sealed container away from heat
 2. Use a no-touch technique for handling the amalgam
 3. Store under liquid, preferably glycerin or photographic fixer solution

^[i] "Amalgam declared hazardous", Dentistry Today, February, 1989, p1.

Daily Mercury Exposure...

World Health Organization, 1991
International Academy of Oral Medicine and Toxicology

Dental amalgam fillings are the #1 source of daily exposure to inorganic mercury in the adult population.



CORROSIVE



SDS REQUIRED
CONTAINS
METALLIC MERCURY
POISON



PERSONAL PROTECTION

WARNING

Ingestion: May cause Neurotoxic
Nephrotoxic Effects.

Inhalation: May cause Bronchiolitis,
Pneumonitis Pulmonary Edema.

Eyes & Skin: May cause redness and
irritation to eyes and skin.

Acute Exposure: May cause
sensitization dermatitis and possible
visual disturbances.

California Prop 65 Warning: This
product contains mercury, a chemical
known to the state of California to cause
birth defects or other reproductive harm.

Study Finds High-Fructose Corn Syrup Contains Mercury

Half of batches tested positive, third of popular sweetened products showed traces

-- Robert Preidt



MONDAY, Jan. 26 (HealthDay News) -- Almost half of tested samples of commercial high-fructose corn syrup (HFCS) contained mercury, which was also found in nearly a third of 55 popular brand-name food and beverage products where HFCS is the first- or second-highest labeled ingredient, according to two new U.S. studies.

HFCS has replaced sugar as the sweetener in many beverages and foods such as breads, cereals, breakfast bars, lunch meats, yogurts, soups and condiments. On average, Americans consume about 12 teaspoons per day of HFCS, but teens and other high consumers can take in 80 percent more HFCS than average.

"Mercury is toxic in all its forms. Given how much high-fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the [U.S. Food and Drug Administration] to help stop this avoidable mercury contamination of the food supply," said the Institute for Agriculture and Trade Policy's Dr. David Wallinga, a co-author of both studies.

In the first study, researchers found detectable levels of mercury in nine of 20 samples of commercial HFCS. The study was published in current issue of *Environmental Health*.

In the second study, the agriculture group found that nearly one in three of 55 brand-name foods contained mercury. The chemical was most common in HFCS-containing dairy products, dressings and

Content provided by:



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roll over to interact



7 whole grains on a mission™

all natural cereals, snacks and entrées



search for a pharmacy

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Common Symptoms of Mercury Toxicity...

- Depression
- Mild fatigue
- Anxiety
- Forgetfulness
- Eyelid, face, or muscle twitching
- Digestive issues
- Constipation and or diarrhea
- Frequent bad breath
- Constant body odor
- Dizziness
- Irritability
- Unexplained anger
- Sensitivity to sound
- Anxiety (mild to moderate)
- Inability to concentrate (Brain Fog)
- Abnormal menses
- Low body temperature
- Cold hands and feet
- Tender teeth
- Tinnitus (Ringing in the ears)
- Insomnia
- Metallic taste in the mouth
- Nail fungus

Environmental Toxicity

- Our indoor environment is two to five times *more toxic* than our outdoor environment.

Environmental Protection Agency

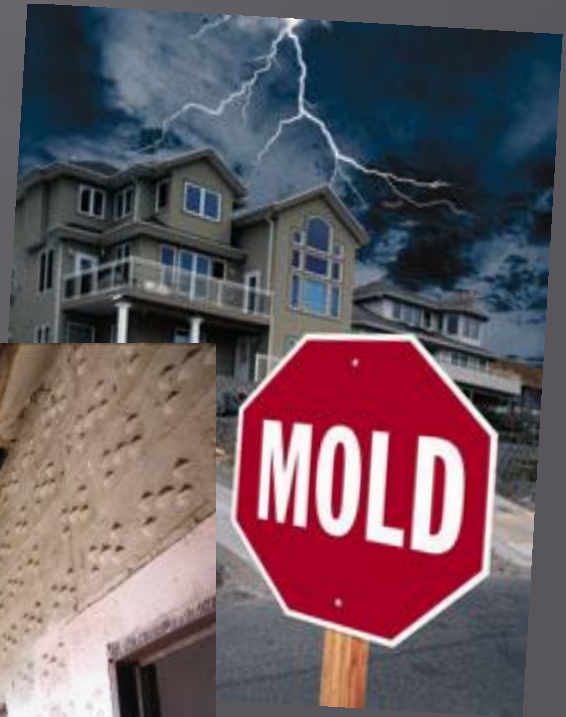
- In some cases, the air measurements indoors have been found to be 100 times more polluted.

Environmental Protection Agency
Office Radiation and Indoor Air
Indoor Environment Division
www.epa.gov/iaq/indexold.html



Indoor Toxicity

- Modern Construction
- Invention of HVAC
- Mold Morphology
- 24% genetic susceptibility



How Toxins Contribute to Obesity...

Two Causes:

1. Leptin Receptors become less sensitive in the hypothalamus.¹
2. Body creates protective fat (Toxins are primarily fat-soluble).²

(1) Mold Warriors, Dr. Ritchie Shoemaker, 2002

(2) The Detox Diet, Dr. Paula Baillie-Hamilton, 2002

Toxins In Water

Tap water contains unhealthy contaminants including microorganisms, heavy metals, agricultural run-off, pharmaceuticals, household chemicals, lawn chemicals, gasoline, dry cleaning solvents, drugs, chlorine, fluoride, radioactive particles, lead and other impurities. Many of these are known carcinogens.



Chlorine in Water

- Chlorine was introduced to public drinking water in 1908 in Chicago and was used to eliminate waterborne disease such as cholera and typhoid fever.
- In the 1970's it was discovered that chlorine when added to water forms trihalomethanes (chlorine by-products) by combining with certain naturally occurring organic matter, such as vegetation and algae.
- The National Cancer Institute estimates cancer risks for people who consume chlorinated water to be up to 93% higher than people who are not exposed to chlorinated water.

DBPs

Disinfection Byproducts (DBPs) are found in tap water when chlorine interacts with organic matter. These DBPs are more toxic than the chlorine itself. They are responsible for the majority of the harmful effects of chlorinated water...

- Increased cancer, asthma, and skin irritation.
 - Respiratory irritation and fatigue.
 - Weakening of the immune system.

Fluoride

- Americans are consuming too much fluoride because it is in large quantities in municipal water, toothpaste, mouthwash, and other products.
- The U.S Department of Health plans to lower fluoride in the drinking water for the first time in 50 years.
- Studies show that fluoride is very damaging to the brain. Fluoride affects a section of the brain that regulates reactions to stressful circumstances, making human beings easier to control.
- The introduction of fluoride into the municipal water systems was first used by Hitler. He used it on concentration camp prisoners.



Pharmaceuticals In Water

Pharmaceuticals have been found in the drinking water of over 41 million Americans. The pharmaceuticals include antibiotics, anti-convulsants, mood stabilizers and sex hormones.

The presence of so many prescription drugs and over the counter medicines like acetaminophen and ibuprofen in so many Americans drinking water, is raising serious concerns about the long term consequences to human health.



Pesticides in Water

The U.S. Environmental Protection Agency (EPA) states that, “By their very nature, most pesticides create some risk of harm to humans, animals, or the environment because they are designed to kill or otherwise adversely affect living organisms.”

- Around one billion pesticides are used each year in the U.S. alone.



Lead

- Lead enters tap water through corrosion of plumbing materials. A huge source of this lead is the aging city pipes that transport water to your home.
- Lead is a metal found in natural deposits and is commonly used in household plumbing and water service lines that bring water to homes.
- Lead in the water can cause many adverse health effects. In babies and children, exposure to lead can lead to delay in physical and mental development, along with attention span and learning abilities. Adults that are exposed, may develop kidney problems or high blood pressure.
- Lead has also been shown to cause damage to the brain, kidneys, nervous system, and red blood cells.
- Lead crosses the placenta. With detoxification and without re-toxification, it will take 4 generations to eliminate lead from our offspring.

Lead's Big Comeback...

- Toys produced in China. - **Recalled**
- Lead in lipstick and personal care products. - **Recalled**
- Lead in city waters throughout North America.
- Several potential additional sources from manufacturing (painted dishes, canned foods, imported candy).
- Air and water exposure (especially in industrialized areas)



Lead

BODILY ACCUMULATION

- 1950's & 1960's: "The Lead Generation." (*leaded gas, leaded paint*)
- Lead crosses the placenta.
 - Without detoxification or retoxification, it will take 4 generations to eliminate lead from our offspring.



Increased Toxic Exposure at Home

- One of the most significant risks from unfiltered water is chlorine vapors and chloroform gas. The FDA and U.S. government agencies report that most homes in the U.S. have measureable levels of chloroform gas. This chlorine gas will vaporize from toilet bowls, washing your clothes, dishwashers, or taking a shower or bath.
- A hot soothing bath...Opens your skin pores and allows easier absorption of chlorine and other contaminants directly into your system. Also creates chemical steam which you inhale and can contain up to 20 times the chlorine levels of tap water.



Bottle Water vs. Filtered Water

The regulations for bottled water are equal to that of tap water. Basically bottled water is tap water. The Natural Resources Defense Council report concluded that; “Therefore, while much tap water is indeed risky, having compare available data, we conclude that there is no assurance that bottled water is any safer than tap water.”



How do you protect your family from these contaminants?

- Whole House Water Filtration System
- Reverse Osmosis and shower filters for apartment residence.



Plastics

Storing bottled water for long periods of time can also cause chemicals to leach into the water such as phthalates. The phthalates are substances that are added to plastics during the making of the bottle to give it flexibility. These phthalates that leach into the water, and ingested are estrogen mimickers and are shown to cause hormonal interference and increase the risk of certain cancers.





WATERSHIELD
pure, clean, natural



**NSF
Certified!**



Toxic Chemicals in the Home

Dishwashing Detergent

Petrochemicals, Benzene, Phosphates

Oven Cleaner

Lye and Ammonia

Surface Cleaners

Petroleum surfactants

Antibacterial Soaps

Triclosan



Teflon – Non Stick Coating

PFOA's cause:

- Childhood Development Problems
- Liver, Pancreas, Testicular, and Mammary Gland Tumors
- Thyroid Dysfunction

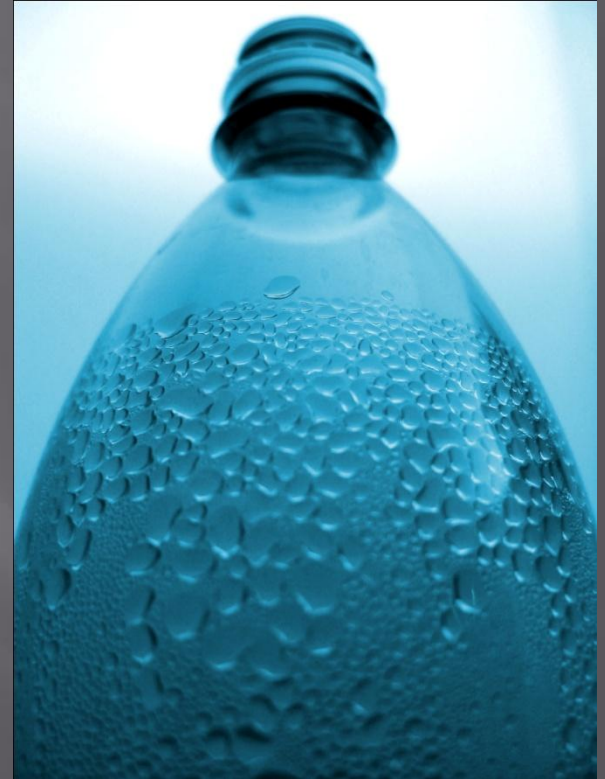
Predicted ban by 2015.

Present Class Action Law Suits



Plastics

Our bodies take in 210 mcg/day of a cancer-causing and hormone-disrupting chemicals called **PTHALATES** ... found in every soft and flexible plastic we use!



Phthalates

- Capped in San Francisco and Europe.
- Banned in Canada.
- Less risk: #1, #2, #4, #5.
- Greater risk: #3, #6, #7.

*National Geographic:
The Green Guide*



Personal Care Products

- Survey by Campaign for Safe Cosmetics –
 - Average woman uses 9 personal care products daily and are exposed to 100+ different chemicals daily
 - Perfumes : 250-400 chemical components
 - Lipstick: 33 components
 - Body Lotion: 32 components
 - Mascara: 20 components



Personal Care Products

Diethanolamine (DEA) is found in over 600 home and personal care products such as soaps, lotions, cosmetics, bubble baths, laundry and dishwashing detergents.

- In 1997 the U.S. Department of Health and Human Services National Toxicity Program found that when DEA was applied to the skin of rats, it resulted in clear evidence of carcinogenic (cancerous) activity.



Personal Care Products

- Propylene Glycol is a substance used in antifreeze solutions and hydraulic fluids as a powerful solvent. Ironically enough, it is also found in childhood vaccinations, cosmetics, toothpastes, shampoos, deodorants, lotions, and even processed foods (including pet foods).
- Propylene Glycol has been shown in studies to be absorbed through the skin and cause many problems such as kidney damage, liver abnormalities, skin cell growth inhibition, damaged cell membranes, rashes, respiratory damage, immune system deficiency and central nervous system depression.[\[i\]](#)
[\[i\]](#) Material Safety Data Sheet [MSDS]



Personal Care Products

- Sodium Lauryl Sulfate (SLS) is perhaps the most common of the three chemicals and by no means any less toxic. SLS is used as a surfactant to break down the surface tension of water. This degreaser is used in practically every soap, shampoo and toothpaste on the market today.
- SLS has been used in studies to induce mutation in bacteria and to irritate skin. It has also shown to enter the heart, liver, lungs and brain from skin contact, and has been proven to maintain residual levels once inside these organs.[\[i\]](#)

[\[i\]](#) Journal of the American College of Toxicology; Vol. 2, No 7, 1983



Toxic Compounding...

- 4 billion prescription drugs are ingested in the U.S. each year.
- 70,000 chemicals are used commercially.
- 3,000+ chemicals are added to our food supply.
- 10,000+ chemicals are used in food processing, preserving, and storage.
- The EPA Estimates that our homes are now 5 to 100 times more toxic than outdoor air.

**"95% of all cancer is due to diet and the accumulation of toxins."
~ University of Columbia School of Public Health**

ARE YOU TOXIC?

1. Do you store food in plastic containers?
2. Do you eat non-organic meat or dairy?
3. Do you use Teflon / non-stick cookware?
4. Do you use personal care products?
5. Do you drink city water?
6. Do you eat processed foods and drinks?
7. Do you use household cleaning supplies?
8. Do you have silver fillings in your mouth?



Don't Panic

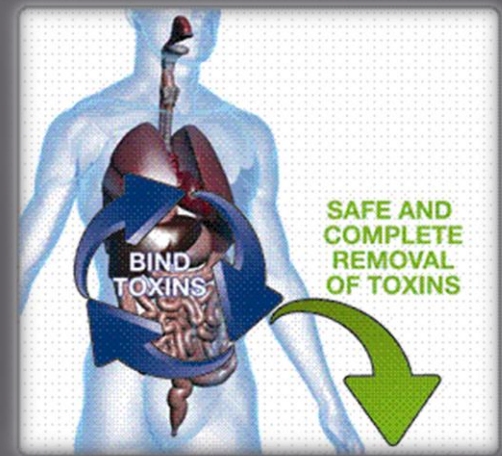


There is hope...



Toxic Recovery

- Test for specific food and environmental toxic exposures and REMOVE them.
- Identify nutritional deficits - correct them.
- Perform a Detoxification Protocol
 - Vitamin C Cleanse
 - Ultra Liver Detox
 - Ultralimmune IgG
 - Biotic Defense
 - Max Digest
 - Inflammation Repair
 - Chelamax - Metal Detox
- Self Respect - Be good to your body



Scientifically shown homeostatic benefits ascorbate promotes or enhances:

- * Scurvy resistance: improved blood vessel and cardiovascular integrity ✓
- * Enhances hormone healthy and reduces hormone unhealthy actions ✓
- * Enhances neurotransmitter functions healthy and reduces unhealthy actions ✓
- * Promotes immune system healthy and reduces unhealthy actions ✓
- * Enhances nitrous oxide (NO) functions ✓
- * Enhances and repairs detoxification functions ✓
- * Enhances ATP energy compound production ✓
- * Enhances healthy bone formation ✓
- * Enhances and rebuilds glutathione functions ✓
- * Promotes iron *balance* [uptake and release] ✓
- * Reduces bioaccumulation of toxins ✓
- * Improves transit time ✓
- * Protects DNA from oxidative damage ✓
- * Reduces toxic minerals in body ✓
- * Enhances natural anti-cancer surveillance ✓
- * Direct tumor cytolytic effects ✓



For More Resources or...

TO ORDER:

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- Contact my office – www.TownCenterWellness.com
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