



Boulder Natural Medicine Clinic, LLC

Environmental Toxins

Environmental toxins are chemicals and other materials created largely from industry and carelessness. These chemicals have saturated our water, food and the very air we breathe. You can't see, feel, or smell many toxins--at least, not right away. We don't realize their affects until we come down with a chronic disease after years of exposure.

77,000: chemicals are produced in North America

Over 3,000: chemicals added to our food supply

Over 10,000: chemical solvents, emulsifiers and preservatives used in food processing

1,000: new chemicals introduced each year

The Effects of Toxins on Your Body

A study by The British Medical Journal says that 75% of most cancers are caused by environmental and lifestyle factors.

A report by the Columbia University School of Public Health estimates that 95% of cancer is caused by diet and environmental toxicity.

Most Americans have between 400- 800 chemicals stored in their bodies, typically in fat cells. Some of the short- and long-term effects of these toxins include:

<ul style="list-style-type: none"> • Neurological disorders (Parkinson's, Alzheimer's, depression, attention deficit disorder, schizophrenia, etc.) • Cancer • Nutritional deficiencies • Hormonal imbalances 	<ul style="list-style-type: none"> • Enzyme dysfunction • Altered metabolism • Reproductive disorders • Fatigue • Headaches • Obesity 	<ul style="list-style-type: none"> • Muscle and vision problems • Immune system depression • Allergies/Asthma • Endocrine disorders • Chronic viral infections • Less ability to tolerate/handle stress
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Tips to Avoid Environmental Toxins

It's impossible to avoid all environmental toxins. What you can do, however, is limit your exposure.

- Buy and eat, as much as possible, organic produce and free-range, organic foods.
- Rather than eating fish more often, which is largely contaminated with PCBs and mercury, consume a high-quality purified fish or cod liver oil.
- Avoid processed foods -- remember that they're processed with chemicals.
- Only use natural cleaning products in your home and be sure to read the labels carefully.
- Switch over to natural brands of toiletries.
- Remove any metal fillings as they're a major source of mercury. Be sure to have this done by a qualified biological dentist. Please contact our office for dentists in Colorado.
- Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing.
- Avoid artificial food additives of all kind, including artificial sweeteners and MSG.
- Get plenty of safe sun exposure to boost your vitamin D levels and your immune system (you'll be better able to fight disease). Please note that at Boulder Natural Medicine we can check your vitamin D levels at the office with a blood test.
- Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
- Seek to build your health up through the nutrition, plenty of rest, stress reduction and exercise, and limit your use of drugs (prescription and over-the-counter) as much as possible.
- In addition to the above, get your environmental toxins levels checked through and environmental pollutants panel. See below for more information regarding this test.

Environmental Pollutants Panel

Boulder Natural Medicine Clinic offers the Environmental Pollutants Panel - A GC/MS urine analysis for assessment of patient exposure to common environmental and occupational chemicals.

Chemicals in the report include metabolites of:



- **Xylene**

Xylene, a ubiquitous petrochemical solvent, is first oxidized via p450 enzymes then conjugated with glycine to form 2- and 3-methylhippurate.

- **Toluene**

- **Benzene**

- **Trimethylbenzene**

- **Styrene**

- **Phthalic Acid Esters**

Phthalates are used in the manufacture of plastics to allow for flexibility and to soften resins. Not only that, but it is found in everything from makeup to detergents, shampoos to time-released pharmaceutical drugs. This toxin is a well known endocrine disruptor as well as causing neurological and developmental disorders. It can interfere with tryptophan metabolism resulting in an increase in quinolinic acid, a pro-inflammatory and neurotoxic compound. Phthalates have also been implicated in abnormal fetal development, especially in male fetuses.

- **Parabens**

Parabens are a widely used family of preservatives found in many cosmetic, pharmaceutical and industrial products. Parabens have inherent estrogenic and other hormone related activity and have been implicated in the growth and development of human breast cancer cell lines.

- **A listing of sources of each chemical tested is provided with your report.**

The cost for the Environmental Toxins test kit is \$189.00 per test kit. All results remain confidential and are mailed to our office directly within 7 business days. Please contact the office if you are interested in checking your environmental toxin levels. After determining these levels, Dr Flatland can develop an individualized plan to help you eliminate and detoxify your body effectively. **Please give us a call at (303) 447-1339 if you are interested in the environmental toxin test kit. You can stop by our office for a test kit or we can mail you one. Thank you!**