Raising a Healthy Family Chemical-Free



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Barry Smeltzer MPAS, PA-C Healing Provisions PLLC Foundation Surgical Hospital Campus 9502 Huebner Rd. Suite 301 San Antonio, TX 78240 830-446-2314

Digestive Problems

Early Puberty

· Hands and Feet

Kidney

Palate

Disclaimer

- Information in this presentation is for educational purposes only
- Not to be taken as specific medical advice
- All medical decisions regarding you or your child's health issues should be discussed with your health care provider



1p36 Deletion Medical Conditions

- Heart- 44%
- Hearing- 66%
- Vision- 80%
- Seizures- 50-75%
- Spine- 16-30%
- Hypothyroid- 20%
- Genital area- 25%
- Recurrent Infections-66%



Children's Burden in our Toxic World

Genetic predispositions Mother's Burdens Heavy Metals Environmental Pollutants Excess Sensory Input Stress/Internal Conflicts Dietary Factors Microbial Immune/Inflammatory Burden



Baby's burden

Study done in 2008 on cord samples of 10 minority children demonstrated up to **287** chemicals in the umbilical cord blood

BodyBurden



A benchmark investigation of ind chamicals, pollutaria, and people human ambilical card blood

What factors can be controlled?

- The Gene deletion manifests itself in multiple systems in the body. It cannot be undone.
- There are factors, however, that can be improved to maximize the health and potential of every child!



Barry Smeltzer MPAS, PA-C

Metabolic effects of Toxic Burden

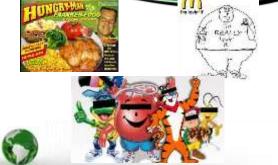
- Impaired Detoxification
 - Methylation Defects
 - Sulfation Defects
 - Cysteine Deficiency
 - Glutathione Deficiency (GSH)
- Oxidative Stress Nutrient Deficiencies
- Gastrointestinal Dysfunction
 - Dysbiosis (Yeast, Bad Bacteria, Parasites, Virus...)
 - Malabsorption
 - Maldigestion (enzyme deficiency, IgG food sensitivities, urinary peptides)
 - **Chronic Inflammation**

What to do?

- Educate yourself and your family.
 - Clean up the diet
 - Clean up the home
 - Clean up the environment







Reducing Chemicals in your Food

- Chemicals
 - Chemicals to avoid:
 - Artificial Sweeteners
 - Aspartame Saccharin
 - High Fructose Corn Syrup
 - Sucralose
 - Sorbitol

Artificial Colorings/Dyes – Blue, Red, Yellow, Orange, etc.

Caramel Color · MSG!

Monosodium Glutamate

Preservatives

- Butylated Hydroxytoluene (BHT)
- Butylated Hydroxyanisole (BHA)
- Partially
- Hydrogenated Vegetable Oil Sodium Nitrate/Nitrite
- Sodium Benzoate
- Sodium Casein

Name the product

INGREDIENTS: SUGAR; WHOLE GRAIN CORN FLOUR; WHEAT FLOUR; WHOLE GRAIN DAT FLOUR; DAT FIBER; SOLUBLE CORN FIBER: PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, SOYBEAN AND/OR COTTONSEED OILS) †; SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); NIACINAMIDE: REDUCED IRON: NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; TURMERIC COLOR; YELLOW #6; ZINC OXIDE; ANNATTO COLOR; BLUE #1; PYRIDOXINE HYDRO-CHLORIDE (VITAMIN B6); RIBOFLAVIN (VITAMIN B2); THIAMIN HYDROCHLORIDE (VITAMIN B1); VITAMIN A PALMITATE; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN D; VITAMIN B12. ILESS THAN 0.5g TRANS FAT PER SERVING.



Reducing Chemicals in your Food: Artificial Sweeteners



The "Illusion" of Health!



MSG (Monosodium Glutamate)

MSG

- MSG raises the blood level of glutamates to 20-40 fold and overwhelms the blood brain barrier
 - Too much glutamate gets to the neurons and they are unable to stop firing. Therefore, they are classified as an excitoxin.

Excitotoxin

 An excitotoxin is a chemical that causes a brain cell to become overexcited and fire uncontrollably, leading to cell death



MSG- Hidden Names

- Glutamic acid (E 620)², Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)
- Calcium glutamate (E 623)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625) Natrium glutamate
 - Yeast extract
 - Anything "hydrolyzed"
 - Any "hydrolyzed protein" Calcium caseinate, Sodium
 - caseinate
 - Yeast food, Yeast nutrient

Autolyzed yeast

- Gelatin
- Textured protein Soy protein, soy protein concentrate
- Soy protein isolate
- Whey protein, whey protein concentrate Whey protein isolate
- Anything "...protein" Vetsin
- Ajinomoto

Artificial Coloring/Dyes

Artificial colorings

- · Red, Blue, Yellow, Orange
 - Derived from Petrochemicals
 - Designed to make food and food products "look" good. They hold no nutritional value.
- Study linking Food Dyes and ADHD
- Effects of a restricted elimination diet on the behaviour of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial
 - The Lancet, <u>Volume 377, Issue 9764</u>, Pages 494 503, 5 February 2011



Preservatives

Benzoates

allergies such as skin rashes and asthma as well as believed to be causing brain damage. Bromates

- destroy the nutrients in the foods. It can give rise to nausea and diarrhea.
- Butylates responsible for high blood cholesterol levels as well as impaired liver and kidney function.
- Caffeine
 - Diuretic, stimulant properties. It can cause nervousness, heart palpitations and occasionally heart defects. Mono and di-glycerides
- can cause birth defects, genetic changes and cancer.
- Caramel color
 - famous flavoring and coloring agent that can cause vitamin B6 deficiencies. It can cause certain genetic defects linked to cancer.



Glyphosate/Surfactant "Roundup"

- Most widely used herbicide/pesticide in the world.
- Significantly disrupts mitochondrial function.
 - Mitochondria are the "batteries" of the cell.
 - With decreased power, cells are not able to function properly



Genetically Modified Organisms (GMOs)

 Definition: Organism (bacteria and yeast, insects, plants, fish, and mammals) whose genetic material has been altered using genetic engineering techniques.



The American Academy of Environmental Medicine

AAEM's position paper stated, "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system. They conclude, "There is more than a casual association between GM foods and adverse health effects. There is causation," as defined by recognized scientific criteria. "The strength of association and consistency between GM foods and disease is confirmed in several animal studies."







How to Clean up the Diet

- Eat like your ancestors
- Eat real food
- · Avoid processed food
- · Get back in the kitchen
- Plan your meals
- Adapt your recipes





How to Clean up the Diet

 Buy organic whenever possible, especially local producers



- Avoid GMO foods...main GMO crops are corn, soy, canola and cottonseed <u>www.saynotogmos.org</u>
- Eat organic locally grown produce Green Markets
- Seek out local farms and co-ops in your area <u>www.localharvest.org</u>





USDA

ORGANIC



How to Clean up the Diet

· Read labels and list of ingredients



Avoid MSG...can be hidden under names such as yeast extract, autolyzed yeast, hydrolyzed protein, calcium caseinate www.msdruth.com



Avoid nitrates in hot dogs and meats http://www.preventcancer.com/consumers/food/hotdogs.htm



Avoid synthetic colorings, flavorings and preservatives including BHA, BHT and TBHQ (made from petroleum) www.feingold.org

What about our home?



Reducing Chemicals in the Home Cleaners/Containers

- Bisphenol A (BPA)
 - Endocrine disruptor
 - · Brain and hormone development problems in fetuses and young children
 - · can promote human breast cancer cell growth
- Phthalates
 - · Endocrine disruptor
 - · Reproductive and neurological damage
 - DBP (di-n-butyl phthalate) and DEP (diethyl phthalate)
 - » Nail polishes, deodorants, perfumes and cologne, aftershave lotions, shampoos, hair gels and hand lotions. (BzBP, see below, is also in some personal care products.) BzBP (benzylbutyl phthalate) * some flooring, car products and personal care products.

 - DMP (dimethyl phthalate)
 - insect repellent and some plastics (as well as rocket propellant).

Homemade Cleaners!



Environmentally Friendly Cleaners



Reducing Chemicals in the Home Water/Clothes/Bedding

- Fluoride
 - Polluting byproducts of many industrial processes, such as aluminum, steel and fertilizer manufacturing, coal-burning power plants and glass and cement products, coal-burning power plants and I f SWALLOWED, flooride is Highly Toxic
 Unclassifiable carcinogen by the World Health Organization and EPA

 - Flame Retardants
 - Identification of Flame Retardants in Polyurethane Foam Collected from Baby Products. Environmental Science and
 - Collected informably Products. Environmential science and Technology Nine had small amounts of the chemical TCEP, which California has labeled as a human carcinogen. 36 had chlorinated tris a chemical the Consumer Product Safety Commission calls a probable carcinogen.
 - Children's pajamas also contain Antimony, a toxic metal known to cause headache, dizziness, and depression. Larger doses cause violent and frequent vomiting, and could lead to death in a few days.

Reducing Chemicals in the Home Paints/Fragrances

- VOC's- Volatile Organic Compounds
 - Found in paints, paint thinners, cleaning supplies, pesticides, building materials and furnishings, and dry cleaning supplies
 - Linked to: cancer, damage to the liver, kidney and central nervous system, loss of coordination
- Fragrances
 - · Chemicals from perfumes, cosmetics and personal care products are inhaled or absorbed through the skin
 - Synthetic musk chemicals Galaxolide and Tonalide
 - Affect androgen and progesterone receptors. Tonalide has also been reported to increase the proliferation of estrogen-responsive human breast cancer cells
 - Also contain Phthalates



Safe Paints and Fragrances

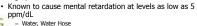


Reducing Chemicals in the Home Toxic Heavy Metals

– Lead

NG

Highly toxic



 rule: ruse
 Toys (ANY toy from China), paint, jackets and overalls, bracelets, key chains, children's rings, easels, paint, lunch boxes, necklaces, and wooden toys

– Mercury

Extremely Toxic

- Neurotoxin, causes profound effects if inhaled or on skin. – Organic Mercury (methyl mercury) is the most toxic.
 - Inorganic Mercury (ethyl mercury, thimerosol) is converted by the body to organic mercury.
 » Fluorescent bulbs (compact), vaccines, hand creams, thermometers, barometers etc.



- Cadmium

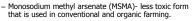
Highly toxic



- Nephrotoxic, carcinogen
 Nickel-cadmium batteries, cigarette smoke,
- contaminated water, food, industrial pollution

Arsenic

- Highly toxic
 - Class 1 carcinogen
 - Drinking water, mulch, playground mulch, playground sets (wood), drugs, fertilizers, seafood such as mollusks, oysters and clams



Chemicals in the Environment



Chemicals in our Environment

Industrial Plants



- Release hundreds of tons of toxic carbon based pollutants yearly in the US alone.
- Go to <u>www.scorecard.org</u> to see how much pollution is being released per zip code. Also identifies the worst offenders by company.
- Jet Fuel
 - Many hazardous jet exhaust chemicals have been found hundreds of miles from closest jet airport in soil samples.
 - Sulphur dioxide, alkylbenzene hydrocarbons, nitrous oxide, etc.



Chemicals in the Environment

Tiny amounts of pharmaceuticals -- including

• Water • Ti ar dr a

 artibiotics, hormones, mood stabilizers, and other drugs -- are in our drinking water supplies, according to a report done in the Ny Times in 2008.
 Effects on fish in the Potamac river showed both male and female reproductive organs due to the amounts of oral contraceptives in the drinking water.

 Fracking- a method of drilling for natural gas/oil that breaks up shale rock by chemicals that release enormous amounts of methane gas.



Methane builds up in the soil, contaminating the water supply to the point that residents were able to light the water coming from their facets "on fre". Documentary "Gasland" from 2010 shows residents from Wyoming, Colorado, and Texas dealing with this problem

Gasland 2010





Clean up the Environment

- Recycling
- Composting
- · Buy local, eat local
- Reuse, buy used
- Reduce
- · Buy safer products - Nature-based Chemicals
- Food
- Clothing/household items









Detox Strategies

- Eliminate what harms, add what heals...

 - Clean up the environment Clean up the diet Improve the body's ability to eliminate toxins

In order to decrease the body's burden of our toxic world, we must support our body's ability to get rid of the toxins on its own.





Eliminating toxins relieves oxidative stress and inflammation.

Support Detoxification Pathways

- Methylation- Methyl B12, DMG, TMG, SAMe, B2, B3, Folinic, Methyl Folate, BH4 •
- Sulfation- Biotin, Molybdenum, B1, Epsom Salts
- Glutathione Conjugation
- Glycine Conjugation
- Taurine Conjugation
- Acetylation
- Glucuronidation

Improve the Body's Ability to Eliminate Toxins through the Gut

- 70% of the immune system lies in the gut!
- By improving the diet, a significant change can be made in the toxic load and in the immune system.
- Bad bacteria/yeast like an acidic environment.
- · Abnormal gut bacteria lead to decreased digestion and constipation/diarrhea cycle.
- A good balance between good and bad bacteria will allow proper digestion and decrease bloating, constipation, and malabsorption. As well as help with allergies and inflammation.



Resources

- www.healthychild.org
- www.ewg.org
- www.westonaprice.org
- www.maryjanesfarm.org
- www.thehealthyhomeeconomist.com
- www.mothering.com
- www.mercola.com

Informative Thank you! **Movies/Documentaries** • Food Documentaries • Food Inc. Forks over Knives King Corn The Future of Food Barry Smeltzer MPAS, PA-C • Fresh Healing Provisions • Environment Inconvenient Truth San Antonio, TX Gasland Crude The Eleventh Hour