

PATHOGEN	SOURCE	TOXICITY SYMPTOMS	SUPPLEMENTS	HERBS, FOODS & OTHER
<p>ARSENIC A common poison found pre-dominately in cigarette smoke, pesticides, and dental compounds.</p> <p>Settles in muscles. Most common symptom is constant backache.</p>	<p>Smoke, herbicides, pesticides, insecticides, coal burning, wood preservatives, manufacturing of glass, some beers, tobacco smoke, defoliants, table salts, laundry aids, dental compounds from root canal fillings, some marine plants and seafood, contaminated drinking water, white sugar is processed with arsenic.</p>	<p>Arsenic prevents chiropractic adjustments from holding. Constriction of the throat, muscle spasms, low grade fevers, hair loss, brittle nails and a garlicky odor to breath yet a sweet metallic taste. Burning sensation in eyes, throat, chest, enlargement of tonsils, diarrhea, dark spots on skin, fatigue, nervousness. Dislodges phosphorus.</p>	<p>Vibropathic remedy, Metaline herbal supplement.</p> <p>Iodine, selenium, amino acids, vitamin C.</p>	<p>Raw Mexican sugar (called piloncillo) 1 tsp 3x/ day.</p>
<p>ASBESTOS</p>	<p>Insulation, tiles, baby powder, brake shoes of automobiles, and other commercial uses.</p>	<p>Settles in the lungs. A known carcinogen.</p>	<p>Homeopathic and vibropathic remedies.</p>	<p>Remove asbestos from buildings.</p>
<p>FOOD IRRADIATION On Feb 17, 1984, Secretary of US Dept of Health and Human Services, Margaret Heckler announced plans to permit fruits, vegetables and grains to be exposed to high levels of gamma radiation - 10,000-300,000 rads. (enough to kill living things if directly exposed). The idea was to kill insects, bacteria, fungus and viruses.</p>	<p>Since January, 1986, fruits, vegetables and grains can now be subjected to gamma rays from Cesium 137 and Cobalt 60. (Cobalt 60 used for cancer disease). These radioactive materials come from nuclear power waste products. Only some whole foods are required to say picowaved . Most processed foods (frozen, prepared, ice cream, etc. are not labeled.)</p>	<p>Irradiation destroys essential vitamins and nutrients, creates unique radiolytic chemical compounds never before consumed by humans and generates carcinogenic by-products such as formaldehyde and benzene.</p>	<p>Homeopathic and vibropathic remedies.</p>	<p>Salt and Soda Bath: 1 lb sea salt and 1 lb baking soda in bath. Soak for 20 minutes. Clorox Bath: 6 tablespoons Clorox to bath water. Let feet soak first to make sure you can handle.</p> <p>Foods that are labeled pasteurized may be irradiated foods.</p>

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<p>RADIATION Many sources especially present in proximity to nuclear power plants.</p>	<p>Air travel (equivalent to one chest x-ray), microwave ovens cell phones, computers, smoke detectors, (use photoelectric brand) weapons industry, mammograms, x-rays, electric power lines. It lingers in vegetables, plants and animals. When it rains or snows we get extra doses.</p>	<p>Anxiety, gastric distress, vertigo, hearing problems, exhaustion, sore throat, aches in joints, nervousness, mood swings, insatiable hunger, loss of will power.</p>	<p>Homeopathic remedies. Ginseng, Valerian Root and Passiflora (Passion flower) all helpful. Vit. A, B-complex and C also helpful.</p>	<p>1 tsp baking soda, 1 tsp salt, 1/2 tsp cream of tartar, 1 qt water - mix together and drink 8 oz @ 2 hrs. Willow leaf tea helps with symptoms. Charcoal (burnt toast with cinnamon) helps remove fallout. <i>Airplane Travel:</i> Window seats get most radiation. Sit in the middle of planes when flying. <i>Microwaves:</i> Most damaging to male organs. Concentrated waves fill the home with microwave use do not stand near while cooking. Changes the configuration of the food - rats become ill when fed a diet of microwaved food. <i>Television, Electric Clocks</i> - keep far from you in bed.</p>
<p>RADON A radioactive gas given off when uranium decays or breaks down into radium and eventually into radon gas.</p>	<p>This gas enters the home through cracks in basement walls and around loose fitting pipes</p>	<p>Long-term exposure is the 2nd leading cause of lung cancer in the U.S. Once in the lung, radon emits alpha radiation causing cellular damage.</p>	<p>Have your home inspected for radon.</p>	<p>Put 2 tsps liquid Chlorophyll in 6 oz water. Take 500 mg of Vit C with it. 3x/day for one week (will also remove Carbon Monoxide Poison)</p>
<p>SODIUM FLUORIDE A by-product of the aluminum industry.</p>	<p>Toothpaste and drinking water</p>	<p>Can affect the thyroid, parathyroid, thymus and parotid glands for several hours upon contact. Accumulates in right kidney.</p>		<p>Teas of calendula, dandelion, elder flowers, nettle leaves, St. John's Wort and yarrow flowers. (Fluoride Tea) Rebuild thyroid and parathyroid glands by using yellow dock, cleavers, goldenseal root, willow bark, club moss and uva ursi.</p>
<p>GENETICALLY ALTERED FOOD</p>	<p>52% U.S. Corn, 50% Canola, 89% Soy. Other vegetables as well.</p>	<p>Rats fed a diet of Monsanto's GE Corn showed liver and kidney damage.</p>		<p>Purchase Organic foods to assure no GE, no Cloned foods.</p>

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<p>NICKEL Used in industry as a coagulating agent used to harden fats (hydrogenation). It will rob the cell of oxygen and settles in sinus joints and spinal column. It will bind with fungus and cause tumors. NICKEL has a tendency to accumulate in the kidneys.</p>	<p>Margarine, oil, & fats labeled hydrogenated. Prepared foods which contain hydrogenated or partially hydrogenated oils such as breads, chips, cookies, candy, prepackaged frosting, commercial peanut butter, vegetable shortening, tobacco smoke, air pollution, auto exhaust, nickel-cadmium batteries, industrial exposure, jewelry, cold wave permanents, welding, dental fillings and crowns, stainless steel cookware.</p>	<p>An oxygen robber. It binds with blood fungus and causes tumors. Every tumor needs nickel to hold it together. Headache, backache, stuffed sinuses, listlessness, swollen joints (knee, wrist, ankle), painful cracking, neck, contact dermatitis, skin rashes, gingivitis, stomatitis, dizziness, extreme toxicity can lead to paralysis, overflow to brain and epilepsy.</p>	<p>Homeopathic and vibropathic remedies.</p> <p>Vitamins and mineral supplementation, sulfur amino acids (cysteine).</p>	<p>Poppy seed removes nickel deposits in two months without side effects. Take 1 tsp with honey by mouth twice a day. Poppyseed cake. Breathe in steam of poppyseed tea or apply poppy seed compress to affected area of body. Other foods that are good are garlic, eggs and beans.</p>
<p>CADMIUM A metal poison that is in our environment, water, food and air. It inhibits many enzymes and nutrients and may affect the nervous system, heart and blood vessels, lungs, kidneys, liver, and produce high blood pressure, anemia, and other problems. The impairment of calcium metabolism can contribute to bone disorders such as osteoporosis.</p>	<p>Found in processed grains, dairy products, meats, fish, fertilizers, auto exhaust, cigarette smoke, batteries, solder and dentures. Found in contaminated shellfish from industrial seashores, paint pigments, fungicides, rubber products, welding, oxide dusts, galvanized pipes.</p>	<p>It disrupts the absorption of other minerals and tends to settle in the heart and the right kidney. Pneumonitis, vomiting, diarrhea, loss of calcium in bones, deterioration of heart and blood vessel structures, and prostration.</p>	<p>Homeopathic and vibropathic remedies. Increase your zinc intake. Also, Calcium, iron, copper, selenium, Vitamin C (up to 3 grams). Sulfur containing amino acids (cysteine, methionine), dietary fiber, fiber supplements containing pectin and alginates, Take multi-mineral supplement at bedtime.</p>	<p>Use paprika and eat vegetables from the cabbage family.</p>
<p>MERCURY A nerve toxin, settling in the brain, nerves, kidneys, spleen, intestinal wall, heart muscles, lungs and bones. It is one of the oldest known common pollutants. 50% of the mercury used in US goes into batteries which we dispose of in landfills and drain into soil and water.</p>	<p>Manufacture & delivery of petroleum products, latex paints, anti-fungal sprays on grains, fluorescent lamps, cosmetics, hair dyes, thermometers, dental fillings, salt water fish caught in contaminated waters, medications (diuretics), hemorrhoid suppositories, merthiolate, antiseptics, soft contact solutions.</p>	<p>Fatigue, drowsiness, insomnia, dizziness, tremors, poor memory, headaches, poor coordination, tingling of lips or feet, impaired vision or hearing. Loss of appetite and weight loss, depression, blood changes, inflammation of the gums, irregular heart beat, kidney malfunction, excessive salivation, metallic taste.</p>	<p>High potency multi vitamin mineral. Extra Vitamin C, sulfur containing amino acids (cysteine, methionine), dietary fiber (pectin), Green algae, homeopathics and vibropathics.</p>	<p>Garlic, eggs and beans.</p> <p>Infrared sauna bathing to increase mercury secretion through sweating</p> <p>Clean, filtered or distilled water to avoid as source.</p>

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<p>LEAD One of the most common and persistent neurotoxins in the environment. Shown to cause damage at even very low levels. In children it is responsible for 90% of the cases of hyperactivity. It affects the brain, bones, liver, kidney, pancreas, heart and nervous system.</p>	<p>Found in gasoline vapors (leaded gas), car exhaust, paint, hair dyes, water pipes, tobacco smoke and on the solder of tin cans. Air pollution, newsprint and colored adds, dolomite, soft coal, leaded glass, pewter ware, pesticides, pencils, fertilizers, pottery, cosmetics, bleached white sugar (protoplasmic). Children especially vulnerable. They seem to absorb a much higher percentage of both inhaled and ingested lead.</p>	<p>Lack of will power, fatigue, lack of abstract thinking, allergies, anemia, headaches, weakness, hyperactivity in children, brain dysfunction. Abdominal pain, anemia, enzyme poisoning, lower osteoblast (bone) production, lowered blood formation, blockage of enzymes at cellular level, lesions of the central and peripheral nervous system. (CNS lesions result in behavioral problems and hyperactivity). Can also raise uric acid levels leading to gout. High blood pressure.</p>	<p>Homeopathic and vibropathic remedies. Metaline herbal product (contains pumpkin seed, okra, rhubarb root, capsicum, peppermint and dulse.)</p> <p>Extra vitamin C, E, Calcium, Iron, Fiber, Garlic.</p>	<p>1 gallon cranberry juice, 3 T whole cloves, 2 tsp ground cinnamon, 1 tsp cream of tartar: Boil the cloves in 1 qt. cranberry juice. Add 1 tsp cream of tartar. Stir. Drink 5 oz 3x/day. For children 3 oz 3 x/day for 12=15 days. Then do it once a week.</p> <p>6 oz basil, 1 oz rosemary, 1 oz hyssop, 1 oz boneset - mix and make a tea and drink 1 cup 3x/day.</p> <p>Red Cabbage helpful to remove lead. Take 1 T grated red cabbage 3x/day.</p> <p>Garlic, eggs, beans</p>

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<p>COPPER, GOLD, TIN, SILVER Environmental Toxins.</p>	<p>Copper found in drinking water due to pipes.</p> <p>Tin found in industrial compounds.</p> <p>Gold & Silver in dental structures and drinking water.</p>		<p>Homeopathic and vibropathic remedies.</p>	
<p>FORMALDEHYDE Also see food Irradiation above in Toxicity symptoms.</p>	<p>Cheese, milk, sometimes grain. Most new upholstery and carpeting, cars .</p>	<p>Tired, nauseous, may affect reproductive organs.</p>	<p>Homeopathic and vibropathic remedies.</p>	<p>2 grams Vitamin C, 1 tsp baking soda, 100 mg B-15 taken 2x/daily for 2 week,</p>
<p>DIOXIN A broad leaf herbicide first widely used in Vietnam. One of the ingredients in Agent Orange.</p>	<p>Common lawn and garden spray as well as used in the paper manufacturing process. Absorbed through the skin and lungs. Also found in corn.</p>	<p>Settles in the brain, digestive system and sometimes the kidneys. Those with corn allergies often have dioxin residue. Dioxin in the body attracts viruses, including Epstein Barr and parasites.</p> <p>Carcinogenic, kidney disorders, diabetes.</p>	<p>Homeopathic and vibropathic remedies.</p>	<p>Eat 15 mustard seeds daily. Eat organic whenever possible. Don't use garden products with dioxin as an ingredient.</p>
<p>ALUMINUM This metal has a predisposition for neural tissue and often settles in the brain affecting memory and behavior. Many researchers feel that aluminum is a major player in Alzheimer's Disease, a disease of dementia, forgetfulness and senility. Other organs affected are the bones and stomach.</p>	<p>Cookware, handles of gasoline pumps, aluminum foil, walkers for the elderly, canned foods, and soda, table salt, pickles, antacids, antiperspirants, aluminum sulfate baking powders, toothpaste, commercial soaps and lotions, soft water, beer, drinking water (numerous cities add aluminum salts to drinking water), ulcer medications, tobacco smoke, air pollution, soil exposed to acid rain, American cheese, bleached flour.</p>	<p>Dryness of mouth, skin and mucous membranes, stomach pain, flatulence, ulcers, hard stool and/or with small hardened pieces (fecal stones), pain in the spleen area, tendency for colds, burning pain in the head relieved by food, heartburn, aversion to meat, forgetfulness, crying in children, kidney problems (especially right kidney), cell oxidation inhibition. Extreme toxicity leads to gastrointestinal irritation, colic, tumors,rickets.</p>	<p>Vitamin E, C, herbal supplement called Metaline, Homeopathic and vibropathic remedies.</p>	<p>Rhubarb root, cayenne pepper, red cabbage (raw grated 2 Tablespoons 2x/day. Okra, pumpkin seeds, dulce.</p>