

# SUPERCHARGED

ABUNDANT ENERGY FOR LIFE

## How To Complete a Home and Work Chemical-Clean up

### Introduction

In order to have abundant energy, it is vital to clean up your external environment. External environmental stressors are like loads on a boat which will eventually cause the boat sink leading to low energy and ill health.



A two-year study involving five independent research laboratories in the United States, Canada and the Netherlands has found up to 232 toxic chemicals in the umbilical cord blood of 10 babies from racial and ethnic minority groups. In the face of unprecedented human exposure to toxins today, more

than ever we are going to need to know how to clean up our environment and detoxify if we want to optimize our health and lifespan.

## Table of Common Chemicals

| Chemical/Heavy Metal            | Science paper-link   | Environmental Sources  |
|---------------------------------|--|--|
| Mercury (organic and inorganic) | <a href="#">Link to chronic fatigue syndrome</a><br><a href="#">Link to autoimmune thyroiditis, multiple sclerosis, Lupus and eczema</a><br><a href="#">Infertility</a><br><a href="#">Immunity and brain</a><br><a href="#">Health issues due to amalgam fillings</a><br><a href="#">Autoimmune thyroiditis and amalgams</a><br><a href="#">Amalgams and Fibromyalgia</a> | Non-organic fruit, veg and grains as they are often treated with mercury based fungicide, some vaccines, some contact lens solutions, Amalgam fillings, Some cosmetics (e.g. mascara), In air from fuel combustion, incineration and industrial processes, Contaminated seafood (highest in largest fish and some seafood) and rice, in the air from volcanic ash and burning of coal, thermometers and barometers, float valves, mercury switches, energy efficient light bulbs |
| Lead                            | <a href="#">Breast Cancer</a><br><a href="#">Immune hypersensitivity</a>   | Paints, Cosmetics, Hair colorings with lead-based pigments, Old plumbing, Lead, petrol, traffic pollution, Lead-glazed pottery, Mining and smelting  |
| Cadmium                         | <a href="#">Breast Cancer</a><br><a href="#">Chronic Fatigue Syndrome</a><br><a href="#">Immune Hypersensitivity</a>   | Smoking, Passive smoke, Water, Fertilizer, Fungicides, Pesticides, Soil, air pollution, Refined grains, Shellfish, tuna, Liver, kidney, Wheat, Tomatoes and potatoes, Soft drinks, Rice, Coffee, Tea, Batteries  |
| Arsenic                         | <a href="#">Bladder cancer, lung cancer, skin cancer, liver cancer, kidney cancer</a>  | Smelting of copper, zinc, and lead. Manufacturing of chemicals and glasses. By-product of pesticides production Water supplies worldwide, leading to exposure of shellfish, cod, and haddock. Paints. Rat poisoning, Fungicides Wood preservatives, foods contaminated by natural phenomenon e.g. volcanic eruptions affect chlorella, algae, fish oils etc  |
| Nickel                          | <a href="#">Nickel allergy and chronic fatigue</a><br><a href="#">Allergy and Fatigue</a><br><a href="#">Breast Cancer</a>   | Used in industry in steel, nickel-cadmium batteries, nickel plating, some heating fuel and ceramics. Automobile exhaust, Cigarette smoke, Manufacturing emissions, Airborne dust, Coins, Hairpins, buttons, Jewellery, Prosthetic joints, Heart valves, Nickel plating, Hydrogenated fats and oils, refined  |

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|  |   | and processed foods, Baking powder, Cocoa powder, super phosphate fertilizers , Tobacco smoke. Cooking utensils (including stainless steel): pots pans and cutlery/ silverware, Tinned foods |
| Aluminium                                    | <a href="#">Reproductive disruption, bone toxicity, irritation and neurological Alzheimer's link</a>  | Acid rain leeches aluminium out of soil into drinking water, Aluminium cookware and foil, Earth's crust, denser in certain geographical areas, Antacids, Anti-perspirants, Foods additives   |
| Aflatoxins (mould)                           | <a href="#">Link to liver cancer</a><br><a href="#">Immune system impact</a>  | Agricultural products peanuts and corn   |
| Benzene ring compounds                       | <a href="#">Effects on neurobehaviour</a><br><a href="#">Neural Tube Defects</a><br><a href="#">Link to colour blindness</a>  | Petrol (gasoline), solvent in rubber and surface coating industries  |
| Bisphenol A                                  | <a href="#">Thyroid hormone disruption</a><br><a href="#">Link with heart disease</a><br><a href="#">Insulin function disruption</a><br><a href="#">Endocrine disruption</a><br><a href="#">Classified as carcinogenic by the International Agency for Research on cancer</a> | Plastics, water bottles, food and beverage containers, cash register receipts (Thermal receipt paper)  |
| Formaldehyde                                 | <a href="#">Allergic contact dermatitis</a><br><a href="#">Antibodies and altered immunity</a>  | Preservative in cosmetics and personal care products, used in building materials (e.g. wood), automobile manufacture and particle boards   |
| Isocyanate                                   | <a href="#">Work-exposure and respiratory problems</a><br><a href="#">Antibodies and asthma</a><br><a href="#">Antibodies</a><br><a href="#">Link to Asthma</a>   | Foam, fibers, varnishes, paints elastomers in cars, building insulation and autobody repair, spray on protection for cement, wood, fibreglass, steel and aluminium                           |
| Parabens                                     | <a href="#">Male hormone disrupting</a><br><a href="#">Effects on male reproductive system</a>  | Used in many personal care and beauty products and pharmaceutical drugs  |
| Tetrabromobisphenol A                        | <a href="#">Thyroid function disruption</a><br><a href="#">Cell membrane disruption</a>   | Electronic circuit boards and flame retardants used to spray on furniture, inside cars, curtains, carpets etc  |
| Tetrachloroethylene                          | <a href="#">Congenital abnormalities</a><br><a href="#">Breast Cancer</a>   | Common drinking water contaminant, used in dry cleaning, and used in metal degreasing  |
| Trimellitic Phthalic Anhydrides (phthalates) | <a href="#">Asthma and allergic conditions</a><br><a href="#">Infertility, obesity and allergies</a>  | Plastic softeners, personal care products  |
| Sodium Lauryl sulphate                       | <a href="#">Irritation of the skin</a>  | Many home personal care products and cosmetics   |

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|--|---|--|
| Nitrosamines   | <a href="#">Oesophageal and gastric cancer</a><br><a href="#">Classified as probably carcinogenic to humans by the International Agency for Research on cancer</a>  | Cosmetics, rubber products, pesticides. Nitrite preserved meat, cheese and fish, beer, smoked fish, vegetables and meat, tobacco smoke                             |
| Organophosphates   | <a href="#">Classified as a possible human carcinogen by the US Environmental protection agency</a><br><a href="#">ADHD and behavioural problems</a><br><a href="#">Alzheimer's</a><br><a href="#">Reduced birth weight and gestational age</a> | Insecticides widely used in agriculture, residential landscaping, public recreation areas, and in public health pest control programs such as mosquito eradication |
| p-phenylenediamine   | <a href="#">Non-Hodgkin's lymphoma, multiple myeloma, acute leukemia, and bladder cancer</a><br><a href="#">Throat irritation (pharynx and larynx), bronchial asthma, and sensitization dermatitis</a>  | Hair dye used in rubber, black clothing, various inks, hair dye, dyed fur, dyed leather, and certain photographic products   |
| Azo dyes/precursors  | Azo dyes can break down into aromatic amines which have been linked to:<br><a href="#">Breast Cancer</a><br><a href="#">Bladder Cancer</a>  | dyes and pigments for textiles, paints, hair dye   |
| Polybrominated biphenyls (PBBs) and polychlorinated biphenyls (PCBs) | <a href="#">PBBs are classified as possibly carcinogenic to humans</a><br><a href="#">PCBs are classified as human carcinogens</a>  | Flame retardants added to laptops, electric circuit boards, sprayed on textiles and upholstery   |

## 5 Areas to Clean-Up

### 1. Minimize toxin exposure in food

#### General

- Eat an unprocessed and unrefined organic diet
- Avoid storing food in plastic containers, they contain toxic bisphenol A or phthalates
- Avoid tinned foods which can leach heavy metals into the food



## Advice on Specific Food Groups

### Grains

- Choose organic grains. Pesticides, herbicides and other toxins can be found in high concentrations in many non-organic grains.
- Choose whole unprocessed grains as they contain more nutrients than highly processed ones. Processed flours are also often bleached.
- Emphasize whole grains over breads; they are less refined and contain more nutrients
- Sprouting grains dramatically increases their nutrient value and makes them easier to digest. Soaking grains overnight also increases nutrient absorption and digestibility.



### Red Meat

- Consider not eating red meat more than once per week, and always eat game or organic red meat as non-organic versions can contain antibiotics and hormone residues
- If you eat red meat a good source of quality meat from game includes wild duck, wild boar, pheasant, elk and venison.
- Choose meats from grass-fed rather than grain-fed animals, as they are lower in saturated fats and higher in beneficial polyunsaturated fats.
- Avoid charring or burning the meat during the cooking, as this produces carcinogens.
- Minimize processed, cured and smoked red meats as these have been linked to cancer



## Poultry

- Always buy organic or free range poultry.
- Commercially reared poultry tends to contain antibiotics, tranquilizers and hormones.
- Poultry is best purchased as whole birds rather than in parts, as this involves less processing.



## Fish and Seafood

- Choose wild fish where possible as commercially grown fish tends to contain antibiotics, hormones, pesticides, dioxins, PCBs and TBTs.
- Avoid large fish such as shark, tuna and swordfish as these are high in mercury pollution. Snapper, crayfish, caviar, crab, halibut, grouper, mahi mahi, rockfish and lobster can also contain mercury toxicity.
- Avoid deep fried fish as they are more processed and high in bad trans fats.
- Use canned or tinned fish only occasionally. Tinned tuna is best avoided, as it tends to have high levels of pollutants. However, tinned wild Alaskan salmon, mackerel, herring and sardines (avoid those in low quality oils - tomato sauce/brine is better) may be less polluted.
- Generally eat smoked fish only occasionally as they contain higher levels of carcinogenic particles.



## Vegetable and greens

- Buy fresh organic vegetables and avoid long storage as their nutritional value will diminish over time. Non-organic vegetables have often been sprayed with many pesticides and herbicides and intensive farming can also deplete their





## Nuts and Seeds

- Choose fresh nuts and seeds. Avoid roasted, salted or otherwise processed nuts and seeds as the processing can alter the structure of the beneficial fats contained in them.
- To increase absorption, you can soak nuts overnight in water and grind them. This will get rid of enzyme inhibitors that can interfere with absorption. Sprouted seeds have the highest nutrition content.
- Avoid peanuts as they contain a substance called aflatoxin — a toxic mould.
- Store nuts and seeds in airtight containers and refrigerate to ensure freshness.



## Eggs

- Choose free-range organic eggs and poach or soft boil them rather than fry as high heat alters the protein structure of the egg. Non-organic free range eggs contain less nutrients, have higher levels of toxins and hormones in them, and do not taste as good.



## Fats and Oils

- Choose cold pressed organic oils. The processing of many non-organic oils damages the structure of the fats making them harmful to health.
- For cooking, use butter, ghee, palm oil, olive oil, or coconut oil. Do not use any other vegetable oils for cooking, as heating changes their chemical structure and creates free radicals. Limit fried foods as these also contain free radicals.



- Avoid all trans fats and hydrogenated fats, such as in margarines, many commercial biscuits and in deep fried foods, as these contain free radicals which are harmful to health.

## **Dairy**

- Always buy organic dairy. Most toxins are fat-loving and will dissolve and accumulate in fat. As most dairy products contain relatively high amounts of fat, ensuring that they are highest possible quality is very important.
- Limit pasteurized milk as it lacks many beneficial enzymes. Unpasteurized dairy can be bought from your local farmer's market.
- Avoid margarines and other butter substitutes as they often contain harmful hydrogenated or trans fats.



## **Herbs, Spices, Seasonings and Sweeteners**

- Avoid commercial table salt. Commercially processed salts tend to have many added chemicals. Use instead natural sea salt such as Malden's.
- Avoid sugar in all forms. Most forms of sugar are devoid of any nutrients.
- Use honey, molasses and carob sparingly for sweetness.
- Avoid artificial sweeteners such as Nutrasweet, Splenda, Saccharin and aspartame. Xylitol is a more natural low Glycemic load alternative sweetener.
- Be aware that most dressings and condiments (such as ketchup, thousand island dressing etc.) are high in sugar and additives and should be limited. Always read labels.
- Note most dried herbs are irradiated. Go for organic dried herbs where possible — or even better, use organic fresh herbs rather than dried.



## Beverages

- Avoid carbonated soft drinks as they are high in sugar and often very acidic.
- Avoid caffeinated drinks (colas, tea, coffee and cocoa). Caffeine is dehydrating, causes blood sugar imbalances and often contain toxins. Drink water or herbal teas instead.
- Limit your alcohol intake - it is acidifying, imbalances blood sugar and is toxic to the liver.
- Avoid caffeine. Caffeine causes your body to release sugar from storage into your bloodstream, causing a rapid rise in blood sugar levels. Decaffeinated coffee is also best avoided, as it still contains other stimulants which cause the body to raise blood sugar again.
- Avoid beverages contained in plastic bottles. The plastic leaches toxic hormone disruptor bisphenol A into the liquid. Use glass water bottles where possible.



## Legumes

- Choose dried beans and pulses in preference to canned ones. They don't have added salt and sugar and also work out to be cheaper.
- Buy organic legumes and non-genetically modified (in the USA most soy is now GM).
- Sprouting legumes increases their nutrient content and makes them easier to digest.
- To help avoid trouble digesting beans it is best to tenderize them. This means, after initially cooking them for 10 minutes at a high temperature, pour out the water and replace with new water. This takes out much of the indigestible fibre. Carry on cooking but add in some raw ginger or 3 inches of kombu seaweed. This also reduces the problems of indigestible fibre.



- Note potatoes are considered legumes, these are recommended to be eaten in moderate amounts as they are low in antioxidants and other nutrients, eating organic is also recommended where possible

## **2. Minimize exposure in water**

Ensure you are drinking proper filtered water (Britta filters aren't enough), especially ensuring you are fluoride, chlorine and bromine-free as well as filtering out other common water contaminants including arsenic, lead and hormone disrupting chemicals.

It is best to have a water filter at home rather than constantly buying bottled water and getting exposure to Bisphenol A (BPA). Good under-the-sink and counter-top filters in the UK are sold at [www.Freshwaterfilter.com](http://www.Freshwaterfilter.com) and in the USA at [www.propurusa.com](http://www.propurusa.com)

## **3. Minimize exposure in air**

- VOCs are toxic gases at room temperature, “off-gasing” from paints, computers and electrical wiring –ensure your house is well-aired or purchase a filter device such as air purifiers – see [www.healthy-house.co.uk](http://www.healthy-house.co.uk) in the UK and [www.allergybuyersclub.com](http://www.allergybuyersclub.com) in the USA for example products
- Never use home fragrance sprays or air fresheners (they are full of volatile organic compounds –VOCs including formaldehyde, camphor, ethanol, phenol, benzyl alcohol and petroleum based artificial fragrances) switch to natural sources like essential oils
- Other air freshening tips: for wardrobes you could use lavender and cedar bark freshens and deters moths, for rooms: consider plants such as spider plants absorb pollution, for tobacco smoke: burn candles or diffuse essential oils
- Control dust by regularly using a damp cloth on furniture as it will hold down dust better than a dry one, for curtains try vacuuming with small nozzle

#### **4. Minimize exposure in personal hygiene products, cosmetics and creams**

The Environmental Working Group ([www.ewg.org](http://www.ewg.org)) in the US have comprehensive database to check the safety of home products. As a summary:

- Pick fluoride-free toothpaste
- Pick aluminium-free deodorant
- Pick sodium-lauryl sulphate-free soaps and shampoos
- Pick perfume, hair spray, soaps and shampoo without phthalates
- Use natural sunblock containing zinc oxide or titanium oxide only – avoid ones with benzophenone-3, octinotate, 3-benzylidene camphor, 3(4-methyl-benzylidene camphor,2-ethylhexyl 4-methoxy cinnamate, homosalate, 2-ethylhexyl 4-dimethylaminobenzoate, 4-aminobenzoic acid (PABA) oxybenzone or palmitate
- Pick creams free of parabens (also known as ethyl paraben, methyl paraben, butyl paraben, propyl paraben, benzyl paraben) and as natural as possible
- Choose cosmetics that are free of parabens and other toxins (e.g. most mascara contains mercury) good alternatives are [www.lilylolo.co.uk](http://www.lilylolo.co.uk) and [www.lilylolo.us](http://www.lilylolo.us)
- Avoid hair dyes containing p-phenylenediamine (PPD), phthalates and ammonia

#### **5. Minimize exposure in the home and from home cleaning products**

Think how this applies to your office if you spend time in one as well:

- Check no mold/damp is building up in your house
- Use natural laundry detergent and softeners (e.g. Ecover or Seventh Generation) as many standard ones contain VOCs, for stains either use lemon juice and sunlight or rub with soda crystals and wash
- If you are nickel sensitive avoid all nickel and stainless steel pots, pans, cutlery (silverware), and nickel or stainless steel elements in kettles
- Don't store food or water in plastic containers or cellophane (due to BPA)
- Avoid using aluminium foil in cooking and wrapping food
- Where possible avoid foam in furniture containing polybrominated diphenyl ethers – this is a flame retardant also sprayed on curtains, rugs, drapes, beds, car seats,

pajamas, TV and computer monitors – clean soft furnishing regularly - for mattresses and sofas: sprinkle with bicarbonate of soda leave and vacuum, cushions: take outside to air and beat out dust, pillow: as above and wash twice per year (check label), rugs: shake outside and beat regularly, carpets: sprinkle with bicarbonate of soda leave and vacuum (also helps odour)

- Avoid using strong pesticides and herbicides in your garden (there are no safe pesticides!)
- Switch to toxin-free natural home-cleaning products like Ecover and Seventh Generation, for walls and paintwork use an ecological cream cleaner and soft cloth, see below for more natural non-toxic substances for cleaning:

### How to Clean with Non-Toxic Cleaning Products

#### Uses of Bicarbonate of Soda

- Stained tea and coffee cups, spoons and pots: soak in bicarbonate of soda
- Fridge: wipe inside with 1 tbsp bicarbonate of soda in hot water (also kills odours)
- To remove odours from footwear: sprinkle with bicarbonate of soda. Leave over night
- Toilets odours: add bicarbonate of soda to the water once per week
- Grout cleaning: Paste of baking powder and lemon juice and use a toothbrush
- Stubborn marks on sinks, taps, showers and baths: paste of baking soda and water or cream of tartar and lemon juice
- Heel marks on hard floors: rub with a damp cloth and bicarbonate of soda
- Pet bedding: sprinkle with bicarbonate of soda. Leave and shake out.



### **Uses of Distilled White Vinegar**

- To remove limescale on taps, toilets, in kettles, plug holes unplated shower heads: rub with paste of distilled white vinegar and baking soda, can also leave on over night
- Microwave: To steam clean: distilled white vinegar & water. Full power 5 minutes. Wipe clean.
- Shower curtains, doors and tiles, windows, mirrors, ceramic tiles: wipe off mildew etc with distilled white vinegar
- To clean up pet/baby urine: spray with 3 parts SODA water and 1 part distilled white vinegar

### **Uses of Soda Crystals (sodium carbonate)**

- Kitchen Ovens : hot water & soda crystals and washing up liquid
- Drains: once a month: kettle full boiling water over soda crystals removes soap and grease

### **Uses of Soap Flakes**

- For Burnt pans  $\frac{1}{2}$  soap flakes in pan, add boiling water and when cold, wash up
- For lino flooring use soap flakes