



Preventing toxic overload

By Jacqueline Fields, MD, founder of Dr. Fields' Sacred Skin | September 1, 2014

Toxemia is the medical term that defines a condition in which our bodies accumulate poisonous substances to such a point that levels exceed the ability of our body systems to cleanse them away.

We humans have created a toxic world. Unlike all other species we insist to pollute the very environment that we are dependent on to live. The consequences of this behavior are we humans are dealing with more and more health problems. From conception a child is exposed to an enormous amount of toxins in their environment: first from their mother and then from the world they are born into. In North America the air is toxic with over 80,000 metric tons of carcinogens released in the air annually; the water is polluted with over 2100 chemicals in most municipal water supplies; and the food supply is contaminated with over 80% of the foods having genetically modified ingredients, loaded with toxic chemicals and hormones, and is depleted of many nutrients. Most people are never aware of how many toxins they come in contact with on a regular basis, and of the problems associated with those toxins.

One of the first toxins a child is exposed to is mercury. In a study by the Environmental Working Group the umbilical cord blood was sampled from 10 babies and this was tested for contaminants. The results showed that they had an average of 287 contaminants including methyl mercury. Of these chemicals 180 of them are carcinogenic in humans, 217 are toxic to the brain and nervous system, and 208 are known to cause birth defects.

Vaccines have been a remarkable source of exposure of mercury to our children for years. At birth infants are given hepatitis B, this is followed by 32 shots and boosters by the age of two. Although vaccines are safer today since the removal of thimerosal (the mercury preservative) some still contain this known toxin. The flu vaccine and the DT booster still contain mercury. DtaP-HepB-IPV do contain trace amounts of thimerosal.. Replacement preservatives include phenol, benzethonium chloride, and formaldehyde. All of which may harm a growing child.

Even if a child is never vaccinated nor had amalgam fillings they are still exposed to a host of toxins via the air, water and soil. The human body now harbors more xenobiotics or foreign chemicals than any other time in history. Today newborns are so burdened with xenobiotics that for the first time they are not expected to live as long as their parents. One in 6 children born today have some degree of neurological/behavioral impairment from environmental xenobiotics.

Phthalates and plastics are the main pollutants in the human body. They damage numerous areas of the body including the brain and thyroid. It has been shown phthalates create insulin

resistance, and is hence contributing to our obesity epidemic. This number one pollutant is in our food, beverages, medicines, air, cosmetics, construction material, and textiles and therefore is very difficult to avoid. Studies show how this toxin has contributed to not only obesity and insulin resistance but also chronic inflammation and arteriosclerosis.

According to 1992 Earth summit the U.S. has the worst soil in the world. It is mineral depleted which supports why we want to buy organic and locally so we can have maximum nutrient content to our foods. This also supports why supplementation has become a requirement. Rice grown in the U.S. has been shown to have 1.5-5 times the amount of arsenic in it than rice from Europe, India or Bangladesh. This trend occurred because rice crops were grown in soils previously used to grow cotton, where arsenic was used to kill boll weevils. I recently had a case of a 10 year old child with Arsenic toxicity which we suspect came from potting soil. The case is currently being worked up.

Diseases have reached epidemic proportions with new labels continually emerging such as chronic fatigue, metabolic syndrome, fibromyalgia, premenstrual syndrome, autism, and erectile dysfunction. Most of which are managed by medications, which poison abnormally functioning pathways. Researchers now tell us 95% of cancers and possibly other diseases have only two causes-diet and environment. So if we in medicine could focus on the toxic overload to our patient and assist their bodies to function optimally we could make a profound difference.

Not only do we have this toxic burden and nutrient depleted food but then unfortunately the average American then makes poor food and drink choices. The Average American eats a Standard American Diet, which stands for S.A.D. The average American eats 203lbs of sugar per year. They choose to eat fast foods, processed foods, sodas, caffeine and artificial sweeteners.

With all these toxins in the food, water and air, as a physician I have to have my patients undergo a complete nutritional lifestyle change and to undergo a series of steps to help them detoxify and optimally support their health.

Optimal wellness and detoxification protocol

1. **Adequate filtered water**—Tap water has been shown to have pesticides, antibiotics and other medications as well as metals, fluoride, insecticides, herbicides etc. The only way to filter out fluoride is by using a reverse osmosis water filter. When possible drink out of glass containers. Visit www.pureprousa.com or call (800) 993-2933/www.freedrinkingwater.com (800) 880-4808. Also visit uncle Charlie's water on the web. This is ancient pure water which I am working on a transport system to make it available to us in Fort Collins.
2. **Breathe clean air**—try to get outside into clean air as much as possible. Focus on long slow inhalations and exhalations. Learn more about conscious breathing on our website. Deep breathing helps move our lymphatics and our blood flow.
3. **Diet**—choose a diet using organic ideally locally grown foods when possible. Have a diet dominated by fresh produce. Eat minimal animal protein. Eat low glutinous grains such as basmati rice, quinoa, millet, and buckwheat. Try to eat produce in season. Add herbs

- to your diet for extra phytonutrients. Cook with organic, unrefined, cold pressed olive oil or coconut oil. For additional diet guidelines please see my article on diet.
4. **Sleep**—work towards having 8-9 hours of sleep. Stage 3-4 sleep is essential for restoration of the body. Restful sleep supports specifically a healthy immune and endocrine system.
 5. **Alkalinize your body**—Eat a diet rich in organic fruits and vegetables. Test your first morning urine—this pH should be 6.5-7.5. When your body pH is neutral the tissue is able to release more toxins. Acid-forming foods include most proteins (such as meats, fish, poultry and eggs), nearly all carbohydrates such as grains, breads and pastas and most fats. I often recommend eating lots of dark leafy greens or drinking green super foods to help alkalinize the body. See my handout or article on pH correction for further information.
 6. **Exercise regularly**—exercise of course helps control weight and decreases the risk of cardiovascular disease and diabetes. Just as important, exercise also helps the lymphatic system remove cellular waste. Aerobic exercise can increase lymphatic flow threefold, which means the body can release three times the amount of toxins. Plus with increased perspiration this helps the release of even additional toxins.
 7. **Use Safe Cookware.** I recommend avoiding Teflon for it is made out of toxic chemicals. The safest is glass, stainless steel or enameled cast-iron. All-clad is an excellent choice.
 8. **Use only safe skin care products.** Cosmetics and skin care products are loaded with chemicals hence it inspired me to create my own chemical free cosmetic line called Dr. Field's Sacred Skin, see my brochure on www.thehealinggardens.org. To learn more please read my article on Safe cosmetics.
 9. **Cleanse your sinuses daily.** I recommend using a netti pot daily with warm water and a pinch of sea salt this will cleanse the nasal mucosa. This practice tends to decrease infections and allergies.
 10. **Fasting on a regular basis**—Fasting is an old method of detoxification that has been talked about for centuries and become part of many religious practices. Fasting allows the body to heal by giving it a rest. I highly recommend 3-5 day juice fast especially in the spring. Juice fasting creates an alkaline environment and really can help the body eliminate accumulated waste products, chemicals and toxins.
 11. **Participate in guided detoxification.** We regularly guide our patients through a variety of personalized cleanses. Please note that in May The Healing Gardens and Kathy Westover will be offering a detox classes on a regular basis. For more information see our list of classes available on our website.
 12. **Use your skin for regular detoxification.** Your skin is your largest organ hence consider skin brushing, detox baths (see our options in our store) or far infrared sauna to assist elimination of toxins through your skin.
 13. **Add nutritional supplements** that support phase I and phase II detoxification of the liver. The liver is the key organ responsible for detoxification. It is your filter. If it is properly functioning it will protect you from both environmental and metabolic poisons. With the change of the seasons especially in the spring it is wise to embark on a detoxification program. Use extra nutrients supportive to the liver such as milk thistle, N-Acetyl L-Cysteine, vitamin C, curcumin and acetyl glutathione. If your digestive tract struggles with absorption please note that we offer Myers vitamin infusions even for non patients. Please call 970-472-6789 to schedule your meyers today.

14. For more information on our classes and resources please visit us at the Healing Gardens medicinal store, or call 970-472-6802 or on line at www.thehealinggardens.org.

Article title: Preventing toxic overload

Author: Jacqueline Fields, MD

Date: Originally Web published on April 28, 2014

Publisher: The Healing Gardens, Fort Collins, Colorado, USA

Pages: 4

Websource: <http://thehealinggardens.org/images/PDFs/Article%20Archives/Preventing%20toxic%20overload%201.pdf>