

DANGER **50 DAILY** **KILLERS**



...in your home & office

"If you gave a sample of blood or urine to us, we could find all sorts of things you didn't think you had. We are regularly, every day, exposed to 50,000 chemicals." Only a fraction of these chemicals have been studied for their effects on humans.

– Dr. James Pirkle, PhD- Deputy Director for Science- Centers for Disease Control and Prevention (CDC)

THE CLEANSING CENTER

Colonics

Juicing

Chelation

IV Vitamin Therapy

Parasite Detoxification

Heavy Metals Detoxification

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<http://TheCleansingCenter.com>

Overview

Most people are unaware of two things: one, the level of disease causing toxins in their system and two, the source of these toxins. We are exposed to a multitude of disease, death and cancer causing chemicals everyday.

Some exposure risks we can immediately arrest through diet and behavior modification. Unfortunately, much exposure is out of our hands – exposure to harmful chemicals is a fact of every day life in today's densely populated and industrialized world.

When our body is in a state of optimum health, it can quickly excrete, dispel or defend against the effects of most dangerous toxins before they cause harm. However, for many of us, decades of exposure and unhealthy living has burdened and deteriorated our bodies' excretory and immune systems leaving us without sufficient defense. These uninhibited toxins have the chance to slow our metabolism, further weaken our immune system, degenerate tissue, mutate cells, interrupt neurological function and in many cases cause cancer and may be responsible for a variety of the unexplainable illnesses.

Unfortunately this is no exaggeration, and the public's ignorance of exposure is great. When a substance creates a new scare, scientists, typically, conduct a study on the effects of that particular substance on lab animals or humans. However, scientists only recently began to study the effect multiple exposures to various toxic chemicals.

The organic and whole food movement amongst consumers is evidence that at least some of this information is moving into the public spotlight. However, given the size and success of processed food, chemical and health insurance conglomerates, and their influence on politicians, it is unlikely our country will hold a summit tomorrow ushering in new health for all. Our country is

still so stuck on how to pay for healthcare, it has hardly scratched the surface in an attempt to look at why.

So what is one to do? **Avoid exposure to toxins** when possible; regularly **cleanse your body of toxins**, to address the exposure that you can't control; make sure that your body has an **ample supply of the nutrients** it needs to optimally function; **maintain physical fitness** and **consume enough antioxidants** to counteract the free radicals being produced by the toxins in your body and those you are likely to encounter.

Unfortunately, the media has frequently lampooned and stereotyped holistic medicine as crystal healers wafting incense. In reality, holistic medicine focuses on all aspects of health. Preventive health care – addresses the entirety of the patient's day to day lifestyle and looks for ways to alleviate sources of health compromising toxins and behavior.

A pioneer in demystifying traditional holistic taboos in the area is The Cleansing Center in Millburn, NJ.

The Cleansing Center put together a program that combines the wisdom of traditional medicine with the most successful, common sense and practical holistic, preventive health practices for clients seeking wellness. Staff includes Registered Nurses & Physicians tired of a broken, corrupt and ineffective healthcare system.

The Cleansing Center

Clients typically come to The Cleansing Center for relief of an immediate ailment (constipation, fatigue, stress or unexplained illness that traditional approaches have failed to resolve). Once a client experienced an immediate relief from a colonic, massage or a high dose vitamin C session; they become more interested in what they can do to take a more proactive approach to their health and general well-being.

After addressing nutrition, exercise and antioxidants, some clients are curious to determine if some of their unexplained symptoms are the result of exposure to heavy metals (cadmium, aluminum, mercury and lead). Since Mercury is chemically similar Selenium; Lead is chemically similar Calcium; Cadmium is chemically similar to Zinc and Aluminum is chemically similar to Magnesium; all of which are substances your body NEEDS to function. Some doctors believe that this is why our body is tricked into absorbing them. Once inside, these metals are trapped and begin a cascade of devastating effects; most of which are just coming into focus.

Anyone who has a special sensitivity to Lead or Mercury may require special medications (chelating agents) to remove these poisons from their bodies. Chelating agents latch onto or bind to these metals, creating a compound that can be passed in the urine. These are the same chelating agents that your child would receive in the hospital should he/she have eaten paint chips and developed lead poisoning. What is typically addressed is low level toxicity that the government has advised not to be toxic. But without studies determining multi-chemical exposure toxicities and the cause of all the unexplained illnesses, no one knows for sure. The Cleansing Center has a ZERO tolerance policy for heavy metals in our bodies. In other words, there is NO "good" level of poisons in your system.

The Cleansing Center conducts heavy metal toxicity analysis with the help of Quest Diagnostics and Doctors Data Laboratory.

Heavy Metal Analysis requires the client to take an IV or Oral chelating medication and collect their urine for 6-24 hours. Upon analysis of laboratory results, a program of detoxification is designed for the client. That could involve one or a combination of any of the following services: IV Vitamin Therapy, Juicing, Chelation Therapy, Colon Hydrotherapy, Detoxifying Massage with IV Vitamins and Oxygen Therapy, Diet Modification, Exercise

Counseling and utilization of Life Coaches.

The goal is to cleanse and replenish the body in the hopes of restoring and rejuvenating its natural, resilient healthful state.

The belief is that unburdening the body's accumulated toxic stress will facilitate its ability to heal itself and be an effective form of disease prevention and optimization of overall health and general well being.

If you think this is all mucus, take a look at a list of just some of the most common and most detrimental products/toxins we consume every day that have been linked to a number of America's major illnesses. Again, many of these toxins have only been tested for their singular effect on the human body so who knows in what combinations these chemicals can produce an undesired effect in those who may have increased sensitivity or may be immunocompromised because of age or disease state. As you go through the list, check the products/toxins you likely have regular contact with...the results may be frightening.

Tap Water

Tap water is chlorinated to kill bacteria in an attempt to make it safe to drink. However, chlorine, and byproducts created by its combination with water, can compromise our health. Chlorine kills bacteria indiscriminately; both the good and the bad. Our digestive system uses good bacteria to help breakdown food, absorb nutrients and form and expel waste – inhibiting the ability to expel waste exposes us to pathogens otherwise handled by our natural defenses. Chlorinated water has also been linked to cancer and the suppression of our immune system.

“Chlorinated water contains chemical compounds called trihalomethanes which are carcinogens resulting from the combination of chlorine with compounds in water. These

chemicals, also known as organochlorides, do not degrade very well and are generally stored in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). Organochlorides can cause mutations by altering DNA, suppressing immune system function and interfering with the natural controls of cell growth.” - Dr Z Rona MD MSc

Microwave Ovens

Microwave ovens heat food by warming from the inside out. The microwave oven uses radiation to agitate water molecules in food, making them “shake” fast enough to create friction against surrounding food molecules. The result from the friction is heat hot enough to make your coffee or pot roast scalding. “Atoms, molecules and cells hit by this hard electromagnetic radiation are forced to reverse polarity 1 to 100 billion times a second.”

(*<http://www.mercola.com/article/microwave/hazards2.htm>)

This process breaks down cellular and molecular structures in food, deforming and mutating it, producing harmful carcinogenic byproducts and robbing food of its nutritional value. Consuming any chemical or substance that is unnatural to the body, places unnecessary strain on our immune system, making us more susceptible to disease and infection.

Fast Foods

Fast food contains the most processed food. In fact, a hamburger eaten at most fast food restaurants is made with beef that typically comes from hundreds of different cattle – increasing the risk for food poisoning and God knows what. The bottom line is that since the food is mass-produced and sold cheaply, the processing involved, like large feed lots at the slaughterhouse, often leads to food contamination. And the most prevalent contaminant of meat is bacteria from fecal matter which makes its way into our food. While this should be reason enough to be wary of fast food, the number of preservatives, hydrogenated and Trans-fatty oils

is astonishing. High levels of Parabens, Sulphites, Benzoates, Nitrates and Nitrates are found in most processed food, particularly fast food. These preservatives are particularly difficult for our system to handle and have been linked to obesity, cancer and digestive dysfunction. Did we mention the hormones and antibiotics administered to the cattle? Looking at your daughter's pre-pubescent breasts ought to give you concern enough to drive right past McDonalds.

Dental Work

Mercury exposure can result from your filings. Mercury is one of the most harmful toxins; ranked above lead, cadmium and arsenic. Mercury vapor is released from amalgam fillings and absorbed into the bloodstream and settles into muscles and bones. It has also been shown to cross the blood brain barrier, and may play a role in causing Alzheimer's disease. Mercury is considered cytotoxic, meaning it kills cells. There has been a recent trend to decrease the amount of fish we eat because it exposes us to harmful levels of mercury. Your body absorbs mercury because of its similarity to selenium, an essential element. Once mercury is in your body it's trapped because your body is unable to eliminate it naturally. Mercury absorbed as a child is still producing a cascade of harmful effects decades later.

Smoking

There are 11 known human carcinogens in cigarette smoke (including: Arsenic, Nickel, Chromium, and Cadmium). Cigarette smoke contains more than 4,000 chemical compounds. Tobacco products are filled with addictive, cancer causing chemicals. Smokers are more than ten times more likely to get lung cancer and smoking for more than twenty years almost guarantees that a smoker will develop emphysema; even if they quit.

Hydrogenated Oil

Almost every packaged, processed food contains hydrogenated oils. The reason is that it increases the shelf life of a product, and makes it taste good. The reason hydrogenated oils maintain shelf life is the reason it is harmful to consume. Hydrogenated oils are difficult, almost impossible to digest. It is a substance that is totally foreign to the human body, cannot be processed like healthy fats and oils, and has been linked to heart disease, diabetes, cancer and hypertension. In 2006, New York City enacted legislation banning hydrogenated oils in restaurants.

Homogenized & Pasteurized Products

When a substance foreign to our digestive system is ingested, our immune system comes to its defense. It helps the body process and excretes foreign substances and chemicals the body does not use. Homogenized and pasteurized are heated to a temperature that effectively kills bacteria; however, high levels of heat also produce new and sometimes dangerous chemical compounds. Currently, there is not a lot of fanfare to support banning pasteurized and homogenized products; almost every bottled liquid we drink (even all natural organic juices) has been treated through these processes. Think about the way our body functions. Our body is composed of cells with very unique characteristics and requirements for DNA replication and our survival. Our cells require healthy and unadulterated cells from animals, fruits, vegetables and nuts. When our bodies attempt to metabolize deformed and adulterated cells from over cooked or micro waved foods; a cascade of unpredictable events follow, some of which are thought to include many new and unexplainable diseases.

High Fructose Corn Syrup

Similar to hydrogenated oil, high fructose corn syrup is pervasive in processed, packaged goods. Even ketchup has it! The following passage was taken from an article in a medical journal that looked at the effects high fructose corn syrup (fructose), as

opposed to sucrose (sugar) on human health...“fructose has potentially harmful effects on other aspects of metabolism. In particular, fructose is a potent reducing sugar that promotes the formation of toxic advanced glycation end-products, which appear to play a role in the aging process; in the pathogenesis of the vascular, renal, and ocular complications of diabetes; and in the development of atherosclerosis. Corn syrup has also been implicated as the main cause of symptoms in some patients with chronic diarrhea or other functional bowel disturbances. In addition, excessive fructose consumption may be responsible in part for the increasing prevalence of obesity, diabetes mellitus, and non-alcoholic fatty liver disease.”

(Altern Med Rev. 2005 Dec;10(4):294-306 from http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16366738&query_hl=1&itool=pubmed_docsum)

Sugar

“The health dangers which ingesting sugar on a habitual basis creates are certain. Simple sugars have been observed to aggravate asthma, move mood swings, provoke personality changes, muster mental illness, nourish nervous disorders, deliver diabetes, hurry heart disease, grow gallstones, hasten hypertension, and add arthritis.

Because refined dietary sugars lack minerals and vitamins, they must draw upon the body’s micro-nutrient stores in order to be metabolized into the system. When these storehouses are depleted, metabolization of cholesterol and fatty acid is impeded, contributing to higher blood serum triglycerides, cholesterol, promoting obesity due to higher fatty acid storage around organs and in sub-cutaneous tissue folds.

Because sugar is devoid of minerals, vitamins, fiber, and has such a deteriorating effect on the endocrine system, major researchers and major health organizations (American Dietetic Association and American Diabetic Association) agree that sugar consumption

in America is one of the 3 major causes of degenerative disease.”
(* <http://www.healingdaily.com/detoxification-diet/sugar.htm>)

Artificial Food Coloring

Due to processing, packaged food loses the color of its natural ingredients. If processed food was not dressed up by artificial coloring, most of the packaged food we eat would be gray. While most artificial coloring agents are considered safe by the FDA, studies are now linking these additives to a range of different diseases and disorders – most notably in children, whose meals are laden with unnatural added color to heighten its appeal. Tartazine is a main ingredient in the artificial dyes, approved by the FDA, and in the colors of the foods we eat. Tartrazine is a coal-tar derivative. Erythrosine is another component of artificial coloring and has been linked to thyroid tumors in rats. Artificial food colorings are suspected to cause reactions ranging from hyperactivity, allergic reactions, depression and asthma-like symptoms in children. Norway has banned all products containing coal tar and coal tar derivatives. As such, many FD&C approved colorings have been banned.

Aspartame and Artificial Sweeteners

Aspartame is a non-carbohydrate sweetener – in other words it's sweet with no calories. Aspartame comes in the form of products containing NUTRASWEET or EQUAL, and is pervasive in processed foods. Here is a list of documented symptoms caused by aspartame: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

Fluoride

In 1945 American cities began adding fluoride to its drinking water to fight cavities and aid in the growth of strong teeth in children.

However, recent studies have shown that the level of fluoride in drinking water is too high – higher than the level set by the EPA. In fact, research has shown that even consuming the allowable limit of fluoride can damage children’s teeth and lower their IQ. This excessive exposure to fluoride is unnecessary; dentists agree that fluoride is most effective when applied directly and that daily brushing and mouth washing provides sufficient levels. Research has also shown that exposure to moderate levels of fluoride negatively alters behavior and produces symptoms similar to Attention Deficit Disorder in children and increased lethargy and sluggishness in adults. Lab rats regularly exposed to low levels of fluoride developed lesions similar to those found in patients suffering from Alzheimer’s and dementia.*

(*<http://www.holisticmed.com/fluoride/>)

Antibiotics and Hormones in Animals

In our body, hormones play a crucial role in the maintenance of our vital functions, our sexual development, maturation and reproduction. Imbalances of hormones can cause a variety of disease and illness.

Research shows that hormones given to animals used for meat products is transferred to the consumer causing cancer and the early onset of puberty and ovarian cysts. The most common hormones used in animals are Oestradiol 17 β , testosterone, progesterone, zeranol, trenbolone acetate and melengestrol acetate (MGA). Europe banned use of Oestradiol because it was a proven complete carcinogen – “complete” meaning it both initiates and encourages the growth of tumors in humans. Testosterone, progesterone, zeranol, trenbolone acetate and melengestrol are also considered carcinogens and adversely effect human development, especially in children.

Pesticides in vegetables and plants

“The pervasiveness of the contamination is evident from the fact

that the scientists detected the presence of at least one pesticide in water from each of the streams tested. Moreover, the chemicals were found almost year-round in about 95% of the streams tested regardless of their location (agricultural, urban or mixed land-use watersheds).”

Since pesticides are designed to kill living organisms (bugs), common sense tells us that they have the potential to harm other living things (people). In small, limited doses pesticide exposure can be harmless – referred to in the scientific community as the chemical’s acute toxicity. However, if you repeatedly expose animals and humans to small amounts of pesticides the results are extremely detrimental. Alachlor, for instance, when tested for acute toxicity on lab rats and mice produced impaired coordination (ataxia), muscle tremors, hyperactivity, lethargy, trouble breathing (dyspnea) and convulsions. The same chemical tested for its chronic toxicity (repeated low-level exposure) showed that it caused cancer and produced damage to the liver, kidney, spleen and the lining of the nose and eyelids. According to the EPA, 60 percent of herbicides, 90 percent of fungicides and 30 percent of insecticides are known to cause cancer. Other known, proven, health risks associated with pesticides are birth defects, nerve damage and impaired absorption of essential nutrients in children. Unfortunately some of the most nutritional fruits and vegetables, like apples, have the highest levels of pesticides.

Fish

Government studies show that one in every six babies born in the US will have blood contaminated with mercury at levels above the federal safety standard. How does this happen? The smokestacks of coal firing plants and chemical factories produce mercury in particle form that falls to the earth and easily makes its way into the soil and water of the environment. Mercury pollution in this form is harmful; however, methyl mercury, formed when it

is consumed by ocean bacteria, sticks in the body of living things and poses serious health risks. Every time larger prey consumes smaller prey, it also consumes that its mercury load – making large fish like shark, swordfish, mackerel, tilefish and albacore tuna the most contaminated.

Shellfish

Shellfish are a particularly dangerous type of fish to consume because they have no scales. Scales block the absorption of pollution from the environment, but shellfish don't have this luxury, and as a result are more likely to contain higher levels of toxins from the environment.

Antiperspirants – Aluminum

One of the major ingredients in antiperspirants is aluminum. Aluminum, and other heavy metals like mercury and iron, have been known to cause electrical disturbances in the human nervous system and are linked to other neurological disorders like Alzheimer's disease and Parkinson's.

White Flour

White flour has been completely robbed of any nutrition by the time you eat it. It is fortified with vitamins and minerals (vitamins added after the natural life of the food has been stripped); however, this synthetic infusion of vitamins is hardly a sufficient substitute for human health needs.

Did you know that white flour is a natural insecticide? Any insect trying to live off white flour, in shipping or storage, dies. Also, to make white bread white, processors use alloxan – a chemical that kills the cells in your pancreas. Because of its devastating effect on the pancreas, alloxan has been linked to diabetes. Aside from the health risks posed, wheat contains vital nutrients for health. In the process of creating white bread 76% of wheat's nutrients

are stripped out and 97% of its fiber is lost. After the nutrients are taken out, the wheat is then treated chemically – it is bleached, chlorinated and infused with chemicals to extend its shelf life. The best bread for health is that made from whole grains.

Air Pollution

One of the major problems with air pollution is that it's everywhere. A toxic substance that is carried in the air can land in our soil and water, contaminating our food and drinking water, or worse be directly inhaled into our bodies. Particle chemical and metal byproducts from major industry accumulate in our bodies, weakening our immune system and making us prone to disease and infection. As reported by the CDC (Centers for Disease Control) "Examples of toxic air pollutants include benzene, which is found in gasoline; perchlorethylene, which is emitted from some dry cleaning facilities; and methylene chloride, which is used as a solvent and paint stripper by a number of industries. Examples of other listed air toxics include dioxin, asbestos, toluene, and metals such as cadmium, mercury, chromium, and lead compounds." That's a long list to take in one short breath. Also acknowledged by the CDC is the fact that "People exposed to toxic air pollutants at sufficient concentrations and durations may have an increased chance of getting cancer or experiencing damage to the immune system, as well as neurological, reproductive (e.g., reduced fertility), developmental, respiratory and other health problems." Many of these chemicals actually increase in toxicity as they move up the food chain (see section on Fish) becoming harder for our bodies to expel.

Household Chemicals

Disinfectants, deodorizers, glass cleaners, toilet bowl cleaners, mold and mildew removers, carpet cleaners, air fresheners, bleach, detergent and dry cleaning chemicals are common in almost every household. Labels warn that ingestion, or contact with the skin, for some of these products will cause irritation, or

worse poisoning. While many of us, except for small children, would never ingest these poisons, our exposure to its harmful effects is not limited to direct contact. Most of these chemicals' harmful effects can be produced by repeated inhalation, contact with hands and skin, and residues that are unknowingly ingested. In other words, if we look at chemicals as a major source for disease and illness, one place to begin limiting exposure is in the home. While many may never feel directly affected by these chemicals, repeated, life-long exposure may hinder our health, making us prone to illness and disease. Worse is the potential for these chemicals to permanently harm the developing respiratory, circulatory and nervous systems of children.

Childhood Vaccinations

Vaccination has become a necessary part of civilized living. In order to enter most schools, a child (even of college age) must receive certain recommended vaccinations in the interests of keeping the population safe. While these concerns are genuine, vaccination presents other unsuspected health risks that are far greater. It's not necessarily that the vaccine itself poses the risk, it's the additives. Recently, it has been shown that children receiving vaccinations are exposed to a level of methyl mercury that exceeds federal guidelines. Methyl mercury (see Fish, Shellfish, Air pollution, Dental work) is a neurotoxin capable of causing immune, sensory, neurological, motor and behavioral dysfunction. While this exposure is harmful to adults, it is even more damaging to their sensitive developing systems of children. In fact, mercury toxicity produces symptoms in children similar to autism.

Pressure treated wood

Pressure treated lumber contains arsenic. Pressure treated lumber has been on the market for 60 years generating close to 4 billion dollars a year in profit and is used to manufacture: backyard decks, picnic tables, lawn furniture, fences, gazebos,

and boat docks and playground equipment. Arsenic seeps its way our water, soil and air from illegal mulching, burning and disposal.

Flame Retardants (PBDE)

PBDE is a flame retardant used in carpeting, electronics and furniture. Research in laboratory animals has linked PBDE exposure to an array of adverse health effects like thyroid hormone disruption, permanent learning and memory impairment, behavioral changes, hearing deficits, delayed puberty onset, and decreased sperm count, fetal malformations and, possibly, cancer. Research in animals shows that exposure to brominated fire retardants in-utero or during infancy, even at very low levels, leads to more significant harm than exposure during adulthood. Some of these studies have found toxic effects at levels lower than are now detected in American women. Prior to trouble with PBDE's PCB's were the leading toxic flame retardant. PCB's were banned in 1977 because of their harmful effects on human health, and the rapid rate at which they were accumulating in humans and animals. Today, PBDE's are found to be contaminating a number of everyday items. A study conducted by the science journal Environmental Science and Technology revealed that PBDE's contaminated thirty-one of thirty-two everyday groceries like milk, eggs, cream, butter, cheese, chicken and turkey.

Flame Retardants (PCB)

Another flame retardant similar to PBDE is PCB – banned thirty years ago because of its rapid accumulation in human and animal tissues. PCBs can be found in electrical transformers, hydraulic fluids and adhesives. PCBs have been detected in 30 percent of human breast milk and in 2004 a study of ten randomly chosen babies from the US and found an average of two hundred synthetic chemicals in their umbilical cord, including PCBs and other chemicals used in food packaging, flame retardants and Teflon residues. PCB have been known been known to cause similar developmental brain and behavior disorders as PBDE

and is likely carcinogenic. Although levels are now declining, PCBs persist in the environment and cause a number of well-documented health problems. Recent studies have shown that PBDEs can act in concert with PCBs and other chemicals through similar mechanisms, increasing their toxic effects.

Food Additives - MSG (Monosodium Glutamate)

MSG is added to a large number of processed foods to enhance the taste of food that lack nutrition like potato chips, soft drinks, frozen foods and diet foods. A two-year University of Liverpool (England) study of food additive discovered that the synergistic effects of food additives aspartame, monosodium glutamate and artificial colorings yellow and blue interfere with the normal development of nerve cells. The combined toxic effect of these chemicals was up to seven times greater than when they were applied individually. MSG alone causes obesity and impaired sexual function in lab rats in doses commonly provided in a single dish of Chinese cuisine. MSG triples the amount of insulin produced by the pancreas and causes rapid weight gain. MSG has also been linked to diabetes. The chemical accumulates in the body over time and because of its detrimental effects on the nervous system, acts like a neurological time bomb.

Plastics, Exhaust, Manufacturing Synthetics – Formaldehyde

Nationally, just 8 chemicals account for 99% of estimated cancer risks. One of them is formaldehyde. Many might be thinking, "Formaldehyde? The stuff used for embalming?!" Yes. It's in more places than you think. Formaldehyde, like many of the most harmful chemicals on this list, is used by manufacturers as a building block to create synthetic materials and plastics. After manufacturing, these synthetics start to break down releasing gasses containing the chemicals used in their composition.

So, that unmistakable aroma of fresh upholstery, carpeting, plastic and paint in a new car is actually the trace aroma of the formaldehyde and styrene gas exuded by the synthetics in your car. Same goes for the smell coming from the carpeting and mattress in your home. These gasses are even more dangerous in closed unventilated space, like when you roll up the windows and turn on the air conditioning in your car. The primary source of formaldehyde is vehicular exhaust, as formaldehyde is a product of incomplete combustion. On a larger scale, major refineries performing catalytic cracking, coking operations, and fuel combustion are major sources of formaldehyde in the environment. Stone, clay, and glass production use fuel combustion sources such as boilers, furnaces, and engines in manufacturing processes which also generate formaldehyde.

Beauty Care Products - Parabens

Parabens are toxic and allergenic synthetic chemicals used extensively as preservatives in cosmetic products. The Environmental Working Group found three major health risks associated with parabens; increased risk of breast cancer, potential endocrine disruptor and a skin or sense organ toxicant.

Plastics, Exhaust, Manufacturing Synthetics – Benzene

Benzene is the name of an aromatic hydrocarbon, C₆H₆. In liquid form, benzene is clear, colorless and flammable. At room temperature, liquid benzene evaporates easily into the air, and can dissolve in water. In the environment, benzene may be present in air, water, and soil. It is also a naturally occurring product of decomposition in some foods. Benzene comes mainly from petroleum. It has been used in, or used to manufacture, a wide variety of chemical products, including DDT (dichloro-diphenyl- trichloroethane), detergents, insecticides and motor fuels. Used as a substitute for lead, benzene now makes up 1 to

2 percent of every gallon of gasoline and it is released as a by-product of fuel combustion. The greatest use of benzene is as a building block for making plastics, rubber, resins and synthetic fabrics like nylon and polyester. Other uses include: printing solvents, paints and dry cleaning.

Benzene is a carcinogen. While many chemicals are suspected to be cancer-causing, benzene is one of the few substances that have been identified by the U.S. Environmental Protection Agency (exit VDH) as a “known human carcinogen.” The International Agency for Cancer Research has also determined that benzene is carcinogenic to humans. In laboratory studies with rats and mice, benzene has been shown to cause leukemia and other types of cancer.

Occupational studies of workers exposed to benzene have shown that long-term exposure to high levels has caused acute myeloid leukemia.

Benzene can cause neurological damage and can harm the immune system. Long-term exposure to benzene fumes can cause nerve damage. Short-term exposure to high levels of benzene, and to other related aromatic hydrocarbons such as toluene and xylene, can cause dizziness, nausea, headaches and unconsciousness.

Excessive exposure to benzene can harm the immune system. Sensitive populations—As with most chemicals, benzene poses a greater hazard to young children and pregnant women. Also, studies have indicate that alcohol consumption increases the toxicity of benzene.

Spot Removal, Cleaning Solvents and Correction Fluids – Trichloroethylene

Trichloroethylene (TCE) is commonly used as a solvent to remove

grease from metal parts, but it is also used in adhesives, paint removers and spot removers. Exposure to this chemical can occur from breathing air in and around where these household products are used. You can also be exposed by drinking, swimming, or showering in water contaminated with trichloroethylene. Keep in mind, that all these manufacturing chemicals make their way into our water, soil and air due to their prevalent use in manufacturing. As of 2006, 100 tons of trichloroethylene was used in the US.

Contact with the skin or breathing contaminated air while manufacturing trichloroethylene or using it at work to wash paint or grease from skin or equipment. Breathing small amounts may cause headaches, lung irritation, dizziness, poor coordination, and difficulty concentrating. Breathing large amounts of trichloroethylene may cause impaired heart function, unconsciousness, and death. Breathing it for long periods may cause nerve, kidney, and liver damage. Ingestion of large amounts of trichloroethylene may cause nausea, liver damage, unconsciousness, impaired heart function, or death. Ingesting small amounts of trichloroethylene for long periods may cause liver and kidney damage, impaired immune system function, and impaired fetal development in pregnant women, although the extent of some of these effects is not yet clear. Unfortunately, despite no one being entirely sure what the effects of this chemical is on humans, its prevalent use in the manufacturing industry continues.

Mothballs, Deodorizers – Dichlorobenzene

Dichlorobenzene (para-dichlorobenzene or p-DCB) is a white solid with a strong, pungent odor used to control moths, molds, and mildew, and to deodorize restrooms and waste containers. It can be found in household mothballs, air fresheners and toilet deodorizer blocks. Once exposed to air, p-DCB slowly changes from a solid to a vapor to deodorize or kill insects. Most people

recognize the odor as the smell of mothballs, and can smell p-DCB in the air at very low levels. p-DCB can cause dizziness, headaches and liver problems and is reasonably anticipated to be a carcinogen by the Department of Health and Human Services. Animals given p-DCB at high levels developed liver and kidney tumors. Like most toxins, the risk of disease or contamination from p-DCB exposure is far greater for children.*(<http://www.atsdr.cdc.gov/tfacts10.html#bookmark04>)

Processed Meats – Nitrates

Sodium nitrate (NaNO_3) and its close relative sodium nitrite (NaNO_2) are preservatives used in nearly all processed meats, like salami, hot dogs, pepperoni, bologna, ham, bacon and SPAM, to preserve color and protect against botulism. Once sodium nitrates react with stomach acids and chemicals they produce cancer-causing chemicals called nitrosamines. There is no evidence as to what levels are harmful, however, a reasonably cautious person would want to limit intake for sensitive classes of people like small children and pregnant women.

Technically, sodium nitrate removes oxygen from the blood and has been suspected in the development of colon cancer, migraines and chronic obstructive lung disease.

Plastics and Polymers - Vinyl Chloride

Polyvinyl chloride, commonly abbreviated PVC, is a widely used polymer globally used in over 50% of construction materials because it is cheap and easy to assemble. PVC can be found in vinyl siding, magnetic swipe cards, window profiles, gramophone records, piping, plumbing and conduit fixtures. It can also be made in phthalates (see later section on phthalates) for clothing and upholstery, flexible hoses and tubing, flooring, roofing membranes, and electrical cable insulation.

According to the EPA, “vinyl chloride emissions from polyvinyl

chloride (PVC), ethylene dichloride (EDC), and vinyl chloride monomer (VCM) plants cause or contribute to air pollution that may reasonably be anticipated to result in an increase in mortality or an increase in serious irreversible, or incapacitating reversible illness. Vinyl chloride is a known human carcinogen which causes a rare cancer of the liver.”*

(*http://en.wikipedia.org/wiki/Polyvinyl_chloride)

Water Contamination - Perchlorate

Perchlorate is an oxygen-rich chemical used in rocket fuel and other explosives, including fireworks and flares. It easily dissolves in water and has been found to contaminate sites in 35 states where it was manufactured and handled. The chemical has been shown to interfere with the body’s iodine uptake in the thyroid gland, and in developing fetuses and newborns, this can cause mental retardation.

In February 2008, U.S. Food and Drug Administration said that U.S. toddlers on average are being exposed to more than half of the U.S. EPA’s safe dose from food alone. In March 2009, a Centers for Disease Control study found 15 brands of infant formula contaminated with perchlorate. Combined with existing perchlorate drinking water contamination, infants could be at risk for exposure to perchlorate above the levels considered safe by E.P.A.

The US Environmental Protection Agency has issued substantial guidance and analysis concerning the impacts of perchlorate on the environment as well as drinking water. California has also issued guidance regarding perchlorate use.*

(*<http://en.wikipedia.org/wiki/Perchlorate>)

Pots and Pans – Teflon, PFOA

The EPA’s scientific advisory board found in 2005 that perfluorooctanoic acid (PFOA), a chemical compound used to make Teflon, is a “likely carcinogen.” This finding was part of a

draft report that has yet to be made final. DuPont settled for \$300 million in a 2004 lawsuit filed by residents near its manufacturing plant in Ohio and West Virginia based on groundwater pollution from this chemical. Currently this chemical is not regulated by the EPA.

In January 2006, DuPont, the only company that manufactures PFOA in the US, agreed to eliminate releases of the chemical from its manufacturing plants by 2015,[11] but did not commit to completely phasing out its use of the chemical. This agreement is said to apply to not only Teflon used in cookware but also other products such as food packaging, clothing, and carpeting. DuPont also stated that it cannot produce Teflon without the use of the chemical PFOA although it is looking for a substitute.

PFOA is not part of the finished product of nonstick cookware or bakeware. It is used only during the manufacture of the product, and only a trace amount of PFOA remains after the curing process. There should be no measurable amount of PFOA on a finished pan, provided that it has been properly cured.[9]*

(*<http://en.wikipedia.org/wiki/Teflon>)

Teflon and C-8

Teflon and the chemicals used in its production have grown into a \$2 billion-a-year industry. This includes ammonium perfluorooctanoate, known as C-8, which has been linked to cancer, organ damage and other health effects in tests on laboratory animals.

‘And how could they not be in our blood?’ Houlihan said. ‘They’re in such a huge range of consumer products. We’re talking about Teflon, Stainmaster, Gore-tex, Silverstone. So if you buy clothing that’s coated with Teflon or something else that protects it from dirt and stains, those chemicals can absorb directly through the skin.’ Houlihan and her colleague, Kris Thayer, senior scientist

at EWG, have been poring over 20 years of confidential DuPont papers and other industry documents on Teflon. *
(*<http://abcnews.go.com/2020/story?id=124363>)

Highest C-8 Levels Found in Children

According to the Environmental Protection Agency, some of the highest C-8 levels were found in some of the children tested. Even DuPont says that it cannot rule out that Teflon-connected products, such as Stainmaster carpet treatment, give off the chemical, although at blood levels the company says are far too small to be a problem.

'We are confident when we say that the facts, the scientific facts, demonstrate that the material is perfectly safe to use,' Uma Chowdhry, Dupont's vice president of research and development, told 20/20. Chowdhry is the DuPont executive chosen to defend Teflon, and she claims that the substance is completely safe, despite the fact that the key chemical, C-8, is in everyone's blood.

'We do not believe there are any adverse health effects,' she said. 'There are lots of chemicals that are present in our blood.'

Now the unexpected discovery of the almost universal contamination of Americans' blood from C-8, combined with worrisome laboratory studies, has led to a high priority investigation by the EPA of the chemical's risks. 'It's a potential threat,' said Houlihan. 'And the EPA's moving fast in studying this. Human blood levels are too close to the levels that harm lab animals. That's why they're moving too fast.*'
(*<http://abcnews.go.com/2020/story?id=124363>)

Household Pesticides, Bug Spray and Insect Repellent – Pyrethroids

A pyrethroid is a synthetic chemical that kills most insects and is common in commercial products such as household insecticides

and insect repellents. Pyrethroids are usually combined with piperonyl butoxide, a known inhibitor of key liver enzymes. Combined, pyrethroids are toxic to most beneficial insects like bees or dragonflies and there is a strong probability they are estrogen disruptors.*

(*<http://en.wikipedia.org/wiki/Pyrethroid>)

Large amounts of these chemicals can cause you to experience dizziness, headache, and nausea that might last for several hours. Larger amounts might cause muscle twitching, reduced energy, and changes in awareness. Even larger amounts could cause convulsions and loss of consciousness that could last for several days. There is evidence from animal studies that pyrethrins and pyrethroids might be capable of causing cancer in people.*

(*<http://www.atsdr.cdc.gov/toxprofiles/phs155.html>)

Plastics, Cosmetics, Sex Toys – Phthalates

Phthalates are used in nail polish, adhesives, caulk, paint pigments, and sex toys made of so-called “jelly rubber.” Phthalates, or phthalate esters, are a group of chemical compounds used as plasticizers (substances added to plastics to increase their flexibility) and are chiefly used to make polyvinyl chloride flexible. High doses of many phthalates have shown hormonal activity in rodent studies, and, studies involving large amounts of phthalates have shown damage to the liver, the kidneys, the lungs and the developing testes.*

(*<http://en.wikipedia.org/wiki/Phthalates>)

Stain Resistant, Non-stick Cookware – PFC’s (perfluorochemicals)

(FOUND IN: Scotchgard, Stainmaster Carpet, GORE-TEX and Teflon)

Perfluorochemicals (PFCs) are a family of manmade chemicals

used to make products that resist heat, oil, stains, grease and water. Common uses include non-stick cookware, stain-resistant carpets and fabrics and as components of fire-fighting foam, and other industrial applications. Two of the chemicals in the PFC group are perfluorooctane sulfonate (PFOS; C₈F₁₇SO₃) and perfluorooctanoic acid (PFOA; C₈F₁₅O₂H). The chemical structures of PFOS and PFOA make them extremely resistant to breakdown in the environment.

Since the 1990's PFCs have been elevated to highly toxic, extraordinarily persistent chemicals that pervasively contaminate human blood and wildlife all over the world. As more studies pour in, PFCs seem destined to supplant DDT, PCBs, dioxin and other chemicals as the most notorious, global chemical contaminants ever produced. Government scientists are especially concerned because unlike any other toxic chemicals, the most pervasive and toxic members of the PFC family never degrade in the environment.* ([*http://www.ewg.org/reports/pfcworld/es.php](http://www.ewg.org/reports/pfcworld/es.php))

In new laboratory work scientists find that low doses of PFOA harm lab animals — at estimated blood levels lower than those found in some children. The government initiated in-depth analyses of human risk on receiving 3M lab studies in May 2001. And now, with calculated risks to human health far too high, the government is poised to demand rare, expedited assessments.*

Industry's most recent study shows organ weight changes — often a gross sign of toxicity and damage to organ function — among lab animals exposed to PFOA in the womb and into early adulthood. Some human children and adults have more PFOA in their blood than the estimated levels for the animals in this study.

The federal government considers PFOA to be carcinogenic — causing liver, pancreatic, testicular, and mammary gland tumors in rats. Three of these four cancers have been increasing in the

US population in recent years. Breast cancer strikes one in eight women. The incidence of testicular cancer has risen in certain parts of the world during the last several decades and is now the most common type of cancer in men aged 15 to 35.*

In two-year cancer studies, none of the 80 rats in the “control group” developed testicular or pancreatic tumors; in contrast, these tumors were found in eight of 76 (11%) exposed to PFOA. In a two-year cancer study conducted by 3M, PFOA doubled the incidence of mammary tumors in exposed laboratory animals.*

(* <http://www.ewg.org/reports/pfcworld/part4.php>)

Cleaning Solvents, Liquid Soaps, Cosmetics – Glycol Ethers

Glycol ethers can be found in cleaning compounds, liquid soaps, and cosmetics. Acute (short-term) exposure to high levels of the glycol ethers in humans results in narcosis (unconsciousness induced by narcotics), pulmonary edema, and severe liver and kidney damage. Chronic (long-term) exposure of glycol ethers to humans may result in neurological and blood effects, including fatigue, nausea, tremor, and anemia. Animal studies have reported reproductive and developmental effects from inhalation and oral exposure to the glycol ethers. EPA has not classified the glycol ethers for carcinogenicity. Chronic exposure to glycol ethers has been known to result in fatigue, lethargy, nausea, anorexia, tremor and anemia.*

(* <http://www.epa.gov/ttn/atw/hlthef/glycolet.html>)

What's Killing You?

Tap Water • Microwave Ovens • Fast Foods •
• Dental Work • Smoking • Hydrogenated Oil
• Homogenized & Pasteurized Products • High
Fructose Corn Syrup • Sugar • Artificial Food
Coloring • Aspartame and Artificial Sweeteners •
Fluoride • Antibiotics and Hormones in Animals
• Pesticides in vegetables and plants • Fish •
Shellfish • Antiperspirants – Aluminum • White
Flour • Air Pollution • Household Chemicals
• Childhood Vaccinations • Pressure treated
wood • Flame Retardants (PBDE) • Flame
Retardants (PCB) • Food Additives - MSG
(Monosodium Glutamate) • Plastics, Exhaust,
Manufacturing Synthetics – Formaldehyde •
Beauty Care Products - Parabens • Plastics,
Exhaust, Manufacturing Synthetics – Benzene
• Spot Removal, Cleaning Solvents and
Correction Fluids– Trichloroethylene • Mothballs,
Deodorizers – Dichlorobenzene • Processed
Meats – Nitrates, Hormones & Antibiotics •
Plastics and Polymers - Vinyl Chloride • Water
Contamination - Perchlorate • Pots and Pans
– PFOA • Household Pesticides, Bug
Spray and Insect Repellant – Pyrethroids •
Plastics, Cosmetics, Sex Toys – Phthalates •
Stain Resistant, Non-stick Cookware – PFC's
(perfluorochemicals) • Cleaning Solvents, Liquid
Soaps, Cosmetics – Glycol Ethers

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