

Raising a Healthy Family Chemical-Free




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


Disclaimer

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




1p36 Deletion Medical Conditions

- Heart- 44%
- Hearing- 66%
- Vision- 80%
- Seizures- 50-75%
- Spine- 16-30%
- Hypothyroid- 20%
- Genital area- 25%
- Recurrent Infections- 66%
- Digestive Problems
- Early Puberty
- Kidney
- Hands and Feet
- Palate



What factors can be controlled?

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



Children's Burden in our Toxic World

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



Baby's burden



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



Metabolic effects of Toxic Burden

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



What to do?

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



“True” Marketing to the Family



Reducing Chemicals in your Food

- Chemicals
 - Chemicals to avoid:
 - **Artificial Sweeteners**
 - Aspartame
 - Saccharin
 - High Fructose Corn Syrup
 - Sucralose
 - Sorbitol
 - **Artificial Colorings/Dyes**
 - Blue, Red, Yellow, Orange, etc.
 - Caramel Color
 - **MSG!**
 - Monosodium Glutamate
 - **Preservatives**
 - Butylated Hydroxytoluene (BHT)
 - Butylated Hydroxyanisole (BHA)
 - Partially Hydrogenated Vegetable Oil
 - Sodium Nitrate/Nitrite
 - Sodium Benzoate
 - Sodium Casein



Name the product

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



Name the product



Reducing Chemicals in your Food: Artificial Sweeteners

- **Aspartame-**
 - Breaks down into Formaldehyde in the body
 - Linked to lymphoma/leukemia and breast cancer
- **Saccharin-**
 - Linked to cancer of the uterus, ovaries, skin, blood vessels, and other organs.
- **High Fructose Corn Syrup (HFCS, Corn Sugar, Crystallized Fructose, etc.)**
 - Highly processed from corn starch utilizing toxic heavy metals such as Mercury, which has been found in the finished product.
 - Increase in consumption has paralleled the epidemic rise in childhood obesity
- **Sucralose**
 - Artificial chemical sweetener without long term studies on human subjects.

The "Illusion" of Health!

MSG (Monosodium Glutamate)

- **MSG**
 - MSG raises the blood level of glutamates to 20-40 fold and overwhelms the blood brain barrier
 - Too much glutamate gets to the neurons and they are unable to stop firing. Therefore, they are classified as an **excitotoxin**.
- **Excitotoxin**
 - An excitotoxin is a chemical that causes a brain cell to become overexcited and fire uncontrollably, leading to cell death

MSG- Hidden Names

- Glutamic acid (E 620)², Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)
- Calcium glutamate (E 623)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625)
- Natrium glutamate
- Yeast extract
- Anything "hydrolyzed"
- Any "hydrolyzed protein"
- Calcium caseinate, Sodium caseinate
- Yeast food, Yeast nutrient
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein, soy protein concentrate
- Soy protein isolate
- Whey protein, whey protein concentrate
- Whey protein isolate
- Anything "...protein"
- Vetsin
- Ajinomoto

Artificial Coloring/Dyes

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

Preservatives

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

Other Foods

- Infancy-
 - Formulas
 - Top 5 ingredients in Similac Sensitive Formula:
 - Corn Syrup Solids, Sugar (Sucrose), Milk Protein Isolate, High Oleic Safflower Oil, Soy Oil.
 - Cereals
- Toddler
 - Baby food
 - Juice
 - Milk
- Children
 - Soft Drinks
 - Pre-made lunches
 - Water?



Pesticides in Food



- Organophosphates (OP)
 - adverse effects in the neurobehavioral development of fetuses and children, even at very low levels of exposure
- Organochlorine Pesticides (OC)
 - DDT
 - Potent neurotoxin, banned for decades, still showing up in residues in food today.
 - Other OC's still in use today.
 - lindane, endosulfan, dicofol, methoxychlor and pentachlorophenol
- Polychlorinated biphenyls (PCB)
 - carcinogen, neurotoxin, teratogen, endocrine disruptor



Glyphosate/Surfactant "Roundup"

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



Genetically Modified Organisms (GMOs)

- **Definition:** Organism (bacteria and yeast, insects, plants, fish, and mammals) whose genetic material has been altered using genetic engineering techniques.
- The American Academy of Environmental Medicine
 - AAEM's position paper stated, "Several animal studies indicate serious health risks associated with GM food," including **infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system.** They conclude, "There is more than a casual association between GM foods and adverse health effects. There is **causation**," as defined by recognized scientific criteria. "The strength of association and consistency between GM foods and disease is confirmed in several animal studies."



Genetically Modified Organisms (GMOs)



COUNTERTHINK



Reducing Chemicals in our Food: Pesticides in Food

How to Clean up the Diet

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

How to Clean up the Diet

- Buy organic whenever possible, especially local producers
- Avoid GMO foods...main GMO crops are corn, soy, canola and cottonseed
- Eat organic locally grown produce
- Seek out local farms and co-ops in your area

www.saynotogmos.org

www.localharvest.org

How to Clean up the Diet

- Choose natural pasture raised or organic chicken, turkey, lamb and pork
- Farm fresh or cage free eggs
- Natural no nitrate hot dogs and meats
- Choose grass fed beef (omega 3)
- Wild salmon and fish...avoid farm raised
- No soy (only organic fermented)
- Fermented foods...kombucha, yogurt, kefir, kim-chi and other fermented vegetables (probiotics)

How to Clean up the Diet

- Read labels and list of ingredients
- Avoid MSG...can be hidden under names such as yeast extract, autolyzed yeast, hydrolyzed protein, calcium caseinate
- Avoid nitrates in hot dogs and meats
- Avoid synthetic colorings, flavorings and preservatives including BHA, BHT and TBHQ (made from petroleum)

www.msgtruth.com

<http://www.preventcancer.com/consumers/food/hotdogs.htm>

www.feingold.org

What about our home?

Reducing Chemicals in the Home Cleaners/Containers

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



Homemade Cleaners!

A Better Alternative?



Environmentally Friendly Cleaners



Reducing Chemicals in the Home Water/Clothes/Bedding

- **Fluoride**
 - Polluting byproducts of many industrial processes, such as aluminum, steel and fertilizer manufacturing, coal-burning power plants and glass and cement production
 - If SWALLOWED, fluoride is Highly Toxic
 - Unclassifiable carcinogen by the World Health Organization and EPA
- **Flame Retardants**
 - Identification of Flame Retardants in Polyurethane Foam Collected from Baby Products. Environmental Science and Technology
 - Nine had small amounts of the chemical TCEP, which California has labeled as a human carcinogen.
 - 36 had chlorinated tris - a chemical the Consumer Product Safety Commission calls a probable carcinogen.
 - Children's pajamas also contain Antimony, a toxic metal known to cause headache, dizziness, and depression.
 - Larger doses cause violent and frequent vomiting, and could lead to death in a few days.



Reducing Chemicals in the Home Paints/Fragrances

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



Safe Paints and Fragrances



Reducing Chemicals in the Home Toxic Heavy Metals

- Lead

- Highly toxic
- Known to cause mental retardation at levels as low as 5 ppm/dL
 - Water, Water Hose
 - Toys (ANY toy from China), paint, jackets and overalls, bracelets, key chains, children's rings, easels, paint, lunch boxes, necklaces, and wooden toys



- Mercury

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



Reducing Chemicals in the Home Toxic Heavy Metals

- Cadmium

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



- Arsenic

- Highly toxic
 - Class 1 carcinogen
 - Drinking water, mulch, playground mulch, playground sets (wood), drugs, fertilizers, seafood such as mollusks, oysters and clams
 - Monosodium methyl arsenate (MSMA)- less toxic form that is used in conventional and organic farming.



Chemicals in the Environment



Chemicals in our Environment

• Industrial Plants



- Release hundreds of tons of toxic carbon based pollutants yearly in the US alone.
- Go to www.scorecard.org to see how much pollution is being released per zip code. Also identifies the worst offenders by company.

• Jet Fuel

- Many hazardous jet exhaust chemicals have been found hundreds of miles from closest jet airport in soil samples.
- Sulphur dioxide, alkylbenzene hydrocarbons, nitrous oxide, etc.



Chemicals in the Environment

• Water

- Tiny amounts of pharmaceuticals -- including antibiotics, hormones, mood stabilizers, and other drugs -- are in our drinking water supplies, according to a report done in the NY Times in 2008.
 - Effects on fish in the Potomac river showed both male and female reproductive organs due to the amounts of oral contraceptives in the drinking water.
- Fracking- a method of drilling for natural gas/oil that breaks up shale rock by chemicals that release enormous amounts of methane gas.
 - Methane builds up in the soil, contaminating the water supply to the point that residents were able to light the water coming from their faucets "on fire." Documentary "Gasland" from 2010 shows residents from Wyoming, Colorado, and Texas dealing with this problem



Gasland 2010



Clean up the Environment

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



How do we SURVIVE in our Toxic World?



Detox Strategies

- Eliminate what harms, add what heals...
 - Clean up the environment
 - Clean up the diet
 - Improve the body's ability to eliminate toxins

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



Eliminating toxins relieves oxidative stress and inflammation.



Support Detoxification Pathways

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



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

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



Resources

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



Informative Movies/Documentaries

- Food Documentaries
 - Food Inc.
 - Forks over Knives
 - King Corn
 - The Future of Food
 - Fresh
- Environment
 - Inconvenient Truth
 - Gasland
 - Crude
 - The Eleventh Hour



Thank you!



Barry Smeltzer MPAS, PA-C
Healing Provisions
San Antonio, TX

