

Weston A. Price Conference 2013

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Removing the “Obstacles to Cure” I: Toxic Chemicals

Summary: Adopting an organic and nutrient-dense Weston A. Price diet is essential for restoring and maintaining optimal health. However, it is also just as critical to remove the "obstacles to cure" in your life. In the 1800s Dr. Samuel Hahnemann, the founder of homeopathy, railed against the use of toxic mercury and chemicals in medications, calling the use of these in allopathic (conventional) medicine a major "obstacle to cure." Unfortunately prescription medications are just as toxic today and in epidemic use around the world today. Although individuals must confer with their doctor and be careful in the removal of these drugs, other toxic chemicals in our life are relatively easy to eliminate. By simply replacing our conventional personal care products - cosmetics, deodorants, shaving cream, etc., and home cleaning supplies - soaps, shampoos, detergents, etc., with non-toxic ones, we can substantially reduce our toxic chemical body burden. Further, avoiding fractionated and isolated vitamin supplements with trans fat excipients and eating an organic WAPF diet (minus your major food allergy) can make a very significant difference in your health. Finally, if you are on one or more prescription drugs, consider working with a holistic doctor or practitioner to strengthen your body enough to be able to begin titrating off these dangerous medications at some point in your (hopefully near) future.

Toxic Chemicals - Key Points:

- “Radical” means pertaining to what is “fundamental, far-reaching, and thorough; and going to the roots or origin.” “Radical Medicine” is thus the field of medicine that asserts we can heal ourselves (through our inner physician) just as our holistic ancestors believed we could, such as Dr.’s Benedict and Louisa Lust did (“vis medicatrix naturae”), the founders of naturopathy in the US.
- **IF**, we remove the clearly toxic “obstacles to cure.”
- In the mid-twentieth century 7 incredible toxic insults to the human body were instituted: **pesticides and other toxic chemicals, mercury amalgam fillings, vaccinations, EMF stress, GMO foods, antibiotics, and the widespread use of prescription drugs through advertising.**
- Dr. Samuel Hahnemann (1755-1843), the founder of homeopathy in 1789, originated the term “obstacles to cure” when referring to the toxic medications of his day (mercury ointments, opium, acids, etc.). He wrote *The Organon of the Medical Art* in 1810 (best translation: Wendy O’Reilly)
- *Allopathic* means “other than, or against, disease,” and refers to the conventional doctors (MDs and DOs) who prescribe medicine antagonistic and suppressive to disease symptoms such as *antihistamines*, *antiinflammatories*, *antitussives*, *antibacterials*, etc.
- *Naturopathic* medicine concentrates on supporting the body’s own natural

- immune defenses in order to help it heal itself (“vis medicatrix naturae”), and to do no harm by using natural and non-toxic supplements, herbals, and homeopathic remedies (“primo non nocere”).
- 20th Century: “The (Toxic) Chemical Age”
 - 1940 to 2000 – 87,000 new chemicals were synthesized in the US alone
 - New chemicals are invented at a rate of 2000 per year PANNA 2004
 - 1950 - less than 10% of cornfields sprayed with pesticides
 - 1993 - 99% of cornfields chemically treated with pesticides
Living Downstream Sandra Steingraber, 1997
 - •In 1929, Swann Chemical Company (later became part of Monsanto) first manufactured polychlorinated biphenyls (PCBs).
 - Although banned in 1976, they are still found all over the globe, even in the remote and once pristine Arctic. PCB’s are neurotoxic and carcinogenic.
Our Stolen Future, Theo Colborn
 - Environmental Working Group (EWG) Body Burden Research 2002
 - 9 healthy subjects tested for 210 chemicals
 - 91 industrial toxic compounds found in every subject, with *167 chemicals* identified overall. 76 were linked to cancer, 94 neurotoxic, 86 hormonal disruptors, and 79 associated with birth defects or abnormal development.
 - Environmental Working Group (EWG) Body Burden 2 Research 2005
 - The cord blood of the average baby at birth contains at least 200 chemicals (placenta does not shield the fetus)
 - 287 chemicals studied: 180 linked to cancer, 217 neurotoxic, 208 cause birth defects or abnormal development
 - National Cancer Institute: “As many as 98% of all cancers can be correlated to toxic chemical exposures.”
 - Chemicals commonly seen on cosmetic labels: propylene glycol (isopropyl alcohol), colors (D&C green #6, FD&C red or yellow, etc.), mineral oil, PPD (4-paraphenylenediamine) hair dye, sodium laurel sulfate
 - But the *most* common chemicals are the parabens

IMPORTANT STUDY:

- **Darbre, Philippa, et al. *J. Appl. Toxic.*, 2004, Jan-Feb, 24 (1).**
- **Parabens (methylparaben, propylparaben, butylparaben, etc.) were identified in 1988 to have estrogenic-mimicking activity**
- **Dr. Darbre identified 20 parabens in breast cancer tumors**
- **18 of the 20 parabens ORIGINATED FROM SKIN APPLICATIONS (deodorants, creams, cosmetics, etc.)**
Home-Brewed Cancer: We can turn on genetic switches towards cancer in our own homes through the use of parabens and other toxic chemicals...
- But we can also *turn off* genetic switches: Only **5%** of cancer and cardiovascular disease patients can attribute their disease to heredity
Willett 2002 *The Biology of Belief*, Bruce Lipton

- “Gene myopia:” The current popular view that our health and destiny are programmed and controlled by genes alone
Peter Nathanielsz *Life in the Womb: The Origin of Health and Disease*
- “Epigenetics:” “In recent years, molecular biology has shown that the genome is far more fluid and responsive to the environment than previously supposed.”
Eva Jablonka & Marion Lamb *Epigenetic Inheritance and Evolution...*
- Angelina Jolie – only had a 2% chance of BRCA (breast cancer susceptibility gene)
- FDA: Non-Oversight and lax regulations - It is *not necessary to get FDA approval* for a new cosmetic (exceptions – color ingredients)
- The FDA is *not even legally required to test* cosmetic ingredients for safety
- •After over 70 years of monitoring cosmetics, the FDA has *only banned or restricted 9 personal care ingredients* (EU – 450)
- The Cosmetic Trade Association (CIR) is the organization that “thoroughly reviews and assesses the safety of ingredients used in cosmetics”
FDA statement
- However, in actuality, the CIR has *not examined 99.6%* of the ingredients in cosmetics for potential health impacts. (EWG Skin Deep: A Safety Assessment of Ingredients in Personal Care Products, 2005)
- Typically *not seen* on labels:
 - Benzene: linked to leukemia since 1897
 - Toluene, Styrene, Xylene: carcinogenic and neurotoxic
 - Formaldehyde: (Formal or Formalin), known carcinogen
 - Progesterone (not required to list on label)
- All perfume is toxic: EPA study found toluene in every sample of perfume tested
- National Academy of Sciences identified toxic chemicals in 95% of perfumes
- UCLA Study (2004): Before and after exposure to perfume revealed significantly diminished cerebral blood flow and inflammation of the blood vessels consistent with “exposure to neurotoxic substances”

Treatment 1: Remove these toxic “obstacles to cure:”

- Replace your personal care products with non-toxic ones.
Excellent website to determine the toxicity of your soaps, shampoos, cosmetics. Greater than 65,000 products reviewed:
www.ewg.org/skindeep
- Clean personal care products that also *perform well* on the skin and hair that have tested clinically and energetically since 1993
www.radicalmedicine.com
- Caution with a history of toxic chemicals: Artist, farmer, hairstylist, dentist, esthetician, lab tech, surgeon, nurse, printer, firefighter, factory worker, painter, etc. Or even those with simply a normal usage of toxic chemicals (conventional cosmetics, shampoos, soaps)

Treatment 2: Take an effective binder to efficiently detox

- “Russian Algae” Biosuperfood, **F1** (F2 and F3 too strong) – algae/spirulina combo binds toxic metals and chemicals, is a powerful anti-oxidant, and a multiple vitamin/mineral/protein supplement as well. www/bioage.com

Treatment 3: Clean up home, school, office, buy used cars

- Home: start with non-toxic bedding (natural latex, wool toppers, organic cotton futons vs synthetic formaldehyde-laden foam)
Cars: Have formaldehyde carpets/cushions, PVCs and phthalates, and brominated flame retardants (BFRs). (Michigan Ecology Center study)
Mary Cordaro: Expert in the field of natural homes and furnishings
www.marycordaro.com

Debra Lynn Dadd: *Natural Home* magazine

Toxic Supplements – Key Points:

- Most supplements contain synthetic vitamin isolates (like refined grains), inorganic minerals, and toxic excipients (“other ingredients”).
- We need to supplement due to topsoil depletion, demineralized soils, overcropped land, acid rain, and agricultural poisons (pesticides) damaging the nutritional quality of our foods.
Empty Harvest by Bernard Jensen and Mark Anderson
- 1936 Congress – US is 99% deficient in essential minerals
- **Excipients** = the non-active ingredients in supplements, “other ingredients”
Excipients function as binders and coating agents, fillers, lubricants and flow enhancers (so that production machinery will flow at maximum speed)
- Most common excipients: magnesium stearate, calcium stearate, ascorbyl palmitate, talc, cellulose, silicon dioxide.
- Magnesium stearate – over 90% of supplements contain this excipient. Other names for mag stearate: vegetable stearate, stearic acid, vegetable lubricant.
- Stearates are made by hydrogenating cottonseed oil which has the highest content of pesticide residues of all commercial oils (Udo Erasmus, *Fats and Oils*), and hydrogenation rancidifies fats and converts them to indigestible trans fats that cause heart disease (not cholesterol).
- Hydrogenated trans fatty acids = deformed fat molecules correlated to cancer, Alzheimer’s, heart disease, diabetes, obesity, MS, etc. “Trans fats have been linked to at least 30,000 premature deaths in the US annually.”
Ascherio, A & Willett, W. *American Journal of Nutrition*: Harvard School of Public Health, 1997, Vol. 66, 1006S-1010S.
- Hydrogenated “false” fats were banned in restaurants in NYC in 2007 and in the state of California in 2008.
- Magnesium stearate reduces dissolution of capsules and the absorption of nutrients by 65%. *Pharmaceutical Technology*, April, 1985.
- Stearic acid inhibits T-helper cells, impairs plasma membrane integrity, and reduces cell viability.
Tebbery, P. & Buttke, T. *Immunology*,

July 19, 1990, 379-386.

- All conventional nutritional companies use mag stearate, most health food store companies do, and even many professional lines.
- **Active Ingredients** = almost always fractionated, isolated nutrients. EG, vitamin C is not ascorbic acid – this is just the antioxidant shell. Vitamin C is a complex nutrient: Bioflavonoids (hesperidin, rutin, anthoxanthins, etc.), tyrosinase enzyme, organic copper (immune functioning), substance P (capillary wall fragility), substance J (oxygen-carrying capacity), ascorbinogen, mineral co-factors, and ascorbic acid (antioxidant shell).
Vitamin C is the “armor of the lymphocytes,” organic copper, functioning in the tyrosinase enzyme, is the most active factor of the C complex. Royal Lee, DDS
- Pure Radiance C from The Synergy Company is made from organic and wild berries (amla, camu camu, acerola, etc.)

Other Toxic Chemicals – Prescription Drugs:

- Began with herbs: eg aspirin from meadowsweet in 1835 in France; but by 1839 a German chemist isolated it from phenol (corrosive and toxic – EPA)
- Time-Release drugs often are coated with phthalate (plasticizers linked to abnormal reproduction, damage to sperm, reduced testosterone, cancer)
Dr. Russ Hauser, *Harvard Env. Health News*, 11/10/08
- US is the most medicated country in the world: almost 50% of Americans are on at least 1 Rx drug; over 65, 5 out of 6 are on Rx drugs and almost 50% take 3 or more medications (termed “polypharmacy”) CDC Stats, Sept, 2010
- Yet the US is 29th in life expectancy at age 50 in the world (77.9). WHO Study (2006)
- Allopathic medicine is *at least* the 3rd leading killer in the US. Starfield, B. (Johns Hopkins), *JAMA*, 2000
- **Allopathic medicine is the #1 leading killer in the US, Null, G. et al, *Death by Medicine. (When all deaths were included – inpatient and outpatient, allopathic drugs and surgery eclipsed both heart disease and cancer)***
- Prescription drugs also cause astronomical morbidity, that is, illness in patient populations who take these medications thru “side effects”
Fosamax and Actonel – jaw osteonecrosis and femur fractures
Vioxx and Celebrex – heart attack/stroke, liver disease
- Statin drugs
The Great Cholesterol Con by Malcolm Kendrick: High cholesterol levels don’t cause heart disease; people with heart disease tend to have low levels of cholesterol; a high fat diet does not affect blood cholesterol levels.
Statin Nation: The Great Cholesterol Cover-Up by Justin Smith (director)
The pharmaceutical industry spends hundreds of millions of dollars each year promoting the idea that high cholesterol causes heart disease. Only 2 nations permit DTC (direct to consumer) advertising: NZ (1981) & US (1997)

- General anesthesia: Postoperative cognitive dysfunction (POCD) can be associated with dementia several years later; there is a 35% increased risk of developing dementia from anesthesia compared to control group (65 & older) European Society of Anesthesiology, *Euroanaesthesia* 2013, 18AP1-4. Lidocaine “clearly carcinogenic” – all anesthetics break down into toxic carcinogenic aniline; also linked with cardiac arrest, asthma, dementia, neuromuscular diseases. *Science*, May 1993
- Caution: Remove Rx drugs carefully in conjunction with your allopathic and holistic physician.
- Model of Healing: Get your medicine from your food. If your health is not optimal supplement. If you have significant symptoms then take medications as needed until you and your holistic physician/ practitioner can improve your health enough to begin to titrate off these dangerous medications.
- WAPF Diet Protective: Pesticides work by interfering with vitamin A pathways. Therefore to survive the modern world we must ingest adequate amounts of butter/ghee, CLO (or SLO), eggs, and organ meats from grass fed animals. Gelatin-rich organic bone broths aid digestion and absorption of nutrients (protein, calcium, magnesium, folic acid, and B vitamins) by normalizing HCL acid secretion in the stomach. (1982 *American Journal of Physiology*). Fermented vegetables, yogurt, kefir, and kombucha contain beneficial bacteria that can act as potent chelators of toxic chemicals and heavy metals.
- Proof that eating organic food is essential! 2 pesticides were measured – malathion and chlorpyrifos – in 23 elementary students (ages 3 to 11) in Seattle. “Immediately after substituting organic food...the concentration of pesticides decreased *substantially* to *non-detectable* levels until the conventional diet was reintroduced.” (EG malathion went down to 0 from 263 ppb) Lu, Chensheng (Alex), et al. *Emory University Health Sciences News*, Washington University, and the CDC; funded by the US EPA.
- Summary: We must remove the obstacles to cure to most fully receive the benefits of an organic nutrient-dense diet. Simply replace your personal care products (cosmetics, soaps, shampoos...) and your cleaning products with non-toxic ones. Don't buy new cars or homes, and reduce toxic stressors at work and school. Don't buy supplements from a drugstore or a big box store, and read labels at the health food store.

Radical Medicine Booth:

Book – *Radical Medicine*

Ebooks – *The 5 Dental Detox Days: A Naturopathic Doctor's Guide to Effective Detoxification of Mercury Amalgam Fillings*

The 5 Post-Cavitation Surgery Days: A Naturopathic Doctor's Guide to Complete Healing After Dental Surgery

Curing CASPERS: A Naturopathic Doctor's Guide to Treating Chronic Autoimmune Stealth Pathogens Evolved from Resistant Bacteria Syndrome