



HEALTH & WELLNESS LETTER

By Nan Kathryn Fuchs, Ph.D.

7 Lethal Toxins Hiding in Your Home — and How You Can Avoid Them

*...Plus the best action you can take now to rid
your body of these potential killers*

Dear Friend,

As a knowledgeable health reader, you probably know there are hundreds of dangerous toxins in your environment. And you probably know these toxins — including heavy metals, pesticides and chemicals — have been linked to hundreds of health problems.

But did you know that some of the highest concentrations of toxins you'll find anywhere are right in your own home? It's true!

And I'm not talking about the obvious places, like the chemicals found in cleaning products or the pesticides found in food. No, I'm talking about little-known health hazards that can affect you even if you only use natural cleaning products and eat organic foods.

You and your family are exposed to a shocking array of deadly substances in unusual places. And in this Special Report, I'm going to show you where some of them are hiding. I'll also tell you how to cut down on your contact with these potential killers. Plus, I'll reveal the very best ways to flush these toxins out of your body.

[1. The hidden toxin in your toothpaste and soap](#)

Many toothpastes and toothbrushes — and some soaps, detergents, and deodorants — contain a germ-fighting agent called triclosan. It's a relatively harmless substance used to control bacteria.

But here's the problem: when triclosan combines with the chlorine in tap water, it turns into the toxic chemical chloroform! And studies show that chloroform can cause depression, liver problems, even cancer.

But that's not all. In addition to chloroform, triclosan also produces other compounds when it reacts with tap water. Some of these convert into dioxins, which are among the most dangerous chemicals known to man. Dioxins can cause cancer, birth defects, learning disabilities, and more. Another thing about dioxins is

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Are your health concerns due to toxic build-up?

Do you suffer from any of these health concerns, and nothing you do seems to help?

- Joint stiffness and discomfort
- Cholesterol or high blood pressure
- Poor memory of attention span
- Headaches
- Feeling tired
- Indigestion or nausea
- Lowered immunity
- Reduced sex drive
- Excess sweating or blushing
- Drowsiness or sleeplessness
- Irritability or sadness
- Visual disturbances
- Feeling stressed
- Dry, itchy skin
- Impaired balance and coordination

All of these common health concerns may be due to years of toxic build-up of heavy metals, pesticides, or other harmful chemicals in your blood, arteries, heart, brain, kidneys, liver, and other vital organs.

But there is a safe, natural way to flush these dangerous toxins from your body and put an end to their health-sapping effects. And that's to choose a safe, natural detoxifying regimen and stick with it long enough to feel a real difference.

that unlike some other toxins, they usually stay in your body for many years. The only way to eliminate them faster is by going on a detox program. (You'll find some detox options later in this article.)

What to do:

Look on the label of your toothpaste and soap, and avoid any brands that list triclosan. When washing your hands, skip the anti-bacterial products and use ordinary soap and water instead. Research shows that it's just as effective at preventing colds and food-borne diseases.

[2. How that "new product" smell could be hazardous to your health](#)

There's a special smell from a new car when it's fresh from the factory. But the truth is, that smell is anything but fresh. It could be deadly.

The smells from a new car or any other new product are actually fumes emitted from paints, vinyls and plastics. They are of a class of chemicals known as volatile organic compounds, or VOCs.

One well-known VOC is formaldehyde, the embalming fluid. Formaldehyde is a strong irritant, known to cause watery eyes, sinus irritation, abdominal problems and nausea. Even worse, it has been identified as a human carcinogen.

What to do:

Before you use newly purchased equipment of any kind,

leave it unpacked for a few days in a well-ventilated room. (Preferably one you don't spend much time in.)

And when you buy a new car, leave the windows down at night to allow gasses to escape. If you can tolerate driving with the windows down, do so for a couple weeks. The sunshine and fresh air will do you good. And your car will air out faster.

Above all, do not buy spray cans or car deodorizers that mimic new car smells! You certainly don't want to put extra chemicals into your body.

[3. Why you must be careful about choosing the right toilet paper](#)

Bet you didn't know that most brands of toilet paper contain the cancer-causing chemical formaldehyde!

They also contain artificial dyes and artificial fragrances, which can cause irritation to your skin. In fact, a number of years ago Dear Abby ran several letters from readers describing the nasty conditions they got from their toilet paper.

One reader wrote that her gynecologist had diagnosed her as having genital herpes. For ten years, this poor woman had nasty flare-ups that caused her great pain, frustration and emotional anguish. Finally, a different gynecologist figured out it was the dye in her colored toilet paper that was causing the problem! Her rashes disappeared immediately.

Another reader wrote that

she had unbearable burning and itching for over a year. Several doctors told her she had some kind of infection, but none of them could pinpoint what kind. Finally, a nurse suggested that the problem might be her toilet paper. After switching to a brand that was dye-free, her symptoms vanished.

Still another reader wrote that after his wife switched to a new brand, he and his daughter experienced terrible pain in their genitals. Luckily, they figured out what the problem was and switched back to their old brand. They too became symptom-free.

What to do:

The safest toilet paper is toilet paper that is uncolored, unscented, and free of chemicals. You can find chemical-free brands at most health food stores.

[4. Can deodorant increase the risk of breast cancer?](#)

Many deodorants contain dangerous chemicals like ammonia, formaldehyde, and aluminum chlorohydrate.

These chemicals are absorbed through your underarm skin and seep into the breast tissues underneath. Tiny microscopic nicks from shaving make this journey even easier. (After all, the label on the deodorant tells you not to apply it to broken skin!)

So what's the upshot? Simply this: Statistics show that half of all breast cancers occur in the part of the breast closest to the under-

arm, while only 6% appear in the area farthest from the underarm. That means you're 8 times more likely to develop breast cancer next to where you apply your deodorant!

If you use an antiperspirant, you may be creating a double danger. You see, there are other chemicals in antiperspirants that prevent sweating. And sweating is one of the ways your body

Did You Know...

That your skin is the largest detoxifying organ of your body? In addition to regular exercise, saunas and steam rooms can help you sweat toxins out of your body. Many people feel relief from colds, muscle aches, skin problems, even depression after using a sauna.

cleanses itself of toxic substances. Prevent sweating, and these poisons build up in your body. Worst of all, fatty breast tissue is especially efficient at storing these poisons.

What to do:

Choose only natural underarm deodorants and avoid antiperspirants. You could start by choosing a safer, more naturally formulated deodorant such as *Tom's of Maine*, *Desert Essence*, or *Jason*. Or you can simply dust some corn starch and baking soda under your arm to stay dry and odor free.

[5. Why your dinnerware could be giving you lead poisoning](#)

You don't have to have peeling paint chips in your home to be exposed to dangerous levels of lead. In fact, every year, the Centers for Disease Control reports new cases of lead poisoning stemming from the use of dishes, glasses, and jars that contain lead!

You see, lead has been used in ceramic dishes and crystal for centuries. It's used for the bright colors on ceramic dishes and for some smooth transparent glazes. This lead can leach out from dishes and get into your food and drinks. And if you serve acidic foods and drinks such as tomato sauce, salsa, orange juice, salad dressing, applesauce, coffee, tea, or cola, the lead leaches out faster.

Once in your body, lead can cause muscle weakness, anemia, impotence, and permanent brain damage!

What to do:

While tableware made in the U.S. must meet government standards for lead, lead-free, ceramics from other countries often do not. To be safe, don't serve acidic foods on ceramic dinnerware made in another country.

If you are unsure about the ceramic dishes or crystal glasses you have, you can buy a testing kit for less than \$20. Just do a search on the Internet for "lead testing kits" or ask at your health food store.

6. Why even the walls of your home could make you sick

You've heard me talk about Sick Building Syndrome before. It's associated with exposure to chemicals and microorganisms found in contaminated buildings.

Sick Building symptoms can be caused by a number of contaminants including bacteria, molds, pollen and viruses. Molds and fungi can grow in water-damaged buildings.

Some people get extremely sick from exposure to toxic molds, while others don't. Why?

Because our immune systems have natural defense mechanisms that clear them out. In some people, these work well. In others, they don't.

One reason why many of us don't get sick with exposure to various toxins is that your liver normally removes harmful sub-

How to get the most out of you

Now that it's time to replenish your supply of PectaSol® Chelation Complex, you may be wondering if you're on the right track. So I'm going to tell you...

You must keep taking your PectaSol® Chelation Complex every day. Why? Because if you **skip a day or two a week — or if you let yourself run out** — you cheat yourself of its full cleansing ability. Heavy metals, pesticides and other harmful substances can once again build up and take over. Eventually you — or your vital organs — give up the battle!

I just let you in on the biggest mistake you can make. Now, let me give you six GOOD reasons to support your body with the detoxifying ability of PectaSol® Chelation Complex. You need this unique combination of modified citrus pectin and modified alginate every day, especially if you:

- ✓ **Are concerned about poisonous heavy metals like mercury, lead, arsenic and cadmium that are around**

you everywhere and every day.

- ✓ **Are shocked by the number of deadly toxins right in your home—that have been linked to so many health concerns.**
- ✓ **Feel anxious about your health—have aches and pains and other disorders that just don't seem to go away.**
- ✓ **Have tried other detoxifying regimens but found them unpleasant or expensive.**
- ✓ **Want to do everything you can to rid your body of these deadly substances—to help other supplements work better and to feel healthier than you have in years.**

If these reasons don't convince you, let me remind you why you may have chosen to give PectaSol® Chelation Complex a try in the first place. PectaSol® Chelation Complex is...

- ✓ **The ONLY Chelator of its kind proven to work in human clinical trials**
- ✓ **A powerful—yet gentle—way to rid your body of dangerous heavy metals and toxins**
- ✓ **Includes Algimate®—a potent dietary chelator that binds to heavy metals in the foods you eat—like tuna, cereal and medicines—and flushes them out before you digest them**
- ✓ **Won't deplete the calcium, magnesium, zinc, iron and other minerals your body needs to maintain good health**

Please don't make the mistake of not renewing your supply of PectaSol® Chelation Complex. I tell my patients every day that you must give your body the time to scrub these toxins out of your liver, intestines, brain, heart and other organs.

stances like biotoxins from your blood. Or they are attacked and broken down by a healthy immune system, then excreted.

But 24% of the population doesn't have a "toxin-removal" gene that makes antibodies against molds. It's called HLA-DR. This gene tells your body to

make antibodies to fight neurotoxins. Without them, your body doesn't recognize these toxins as being foreign invaders. If you lack the gene to clear biotoxins, and you're exposed to harmful molds and fungi, you'll get sick and stay sick.

But molds and fungi are not

the only toxin in your walls and floors. Remember formaldehyde, the cancer-causing chemical I mentioned earlier? Well it's hiding in building materials, too. Plywood, particle board, and carpets often contain glue that out-gases formaldehyde. And unlike other new products that stop emit-

ur PectaSol® Chelation Complex

So take my simple advice:

By all means reorder your PectaSol® Chelation Complex right away. When it arrives, put it in a place where you'll remember to take it faithfully every day, just like you brush your teeth or clean your contact lenses. And to get the best results, take it without meals to help your body absorb every drop of these valuable nutrients.

Use your Special Discount Coupon for the best re-order price

Now is the best time to reorder because Advanced Bionutritionals, is offering specially discounted Preferred Customer pricing for the next 30 days only to people who've already tried this remarkable formula.

It's the lowest price-per-bottle you can get on this formula, since it comes straight from the manufacturer. You skip the hassle of reordering for awhile when you stock-up or get on their

convenient Free E-Z Ship Plan Plan. And you feel great that *you've got a set plan to cleanse your entire body for quite awhile.*

I believe so strongly that staying on your PectaSol® Chelation Complex is vital to your health that I've asked the Vice President of Advanced Bionutritionals to pick up the shipping charges for you to make it even more affordable.

But you have to move fast if you want this extra savings. **Shipping and handling is FREE only if you order a one-month or a three-month supply within the next 10 days.** So I'm telling all of my patients to take advantage and save themselves this extra money.

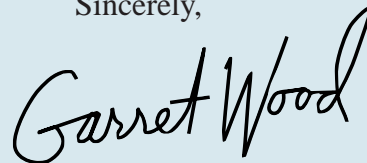
If you want shipping and handling to always be FREE, then sign up for the Free E-Z Ship Plan. This way you get your PectaSol® Chelation Complex shipped AUTOMATICALLY to you each month for FREE so you never run out unexpectedly and you

can cancel at anytime. And you still get the 10 percent discount each month!

Now you can join the party and celebrate with hundreds of others who have already reached their dream of a healthier life. *Without* having to go to your doctor or spend time hooked up to an IV. And without having to engage in any strange cleansing rituals.

You made the right decision to try PectaSol® Chelation Complex. So make the right decision again and stay on it for the long-haul by calling **1-800-728-2288** today. It's the simplest path to a lifetime of renewed health.

Sincerely,



Garret Wood
President, Advanced
Bionutritionals

ting VOCs after a while, carpet and building materials can continue to outgas formaldehyde for many years!

What to do:

A good air cleaner can filter out bacteria, molds, pollen and other pollutants. Look for one that has a HEPA filter, which traps micro-particles. And make sure that the size of the unit and the speed of the fan are adequate based on the size of the room you want to clean.

Also look for an air cleaner that has an activated carbon filter. It can filter out VOCs like formaldehyde, plus other gaseous pollutants like radon. Today, some air cleaners combine both an activated carbon filter and a HEPA filter. This gives you two very effective air cleaning technologies.

What about cleaners that use ions or ozone to clean the air? Ion generators charge particles

for easier capture, but these charged particles can stick to walls and surfaces. Ozone generators don't remove particles well. They may also raise the indoor level of ozone above the federal limit.

If you have unexplained symptoms and think you have been exposed to biotoxins, you may be able to clear these toxins away with a good detoxification program (See your detox options below).

[7. How a famous brand of ice cream turned deadly](#)

A few years back, a sample of Ben & Jerry's "World's Best Vanilla"® ice cream was tested for the presence of dioxins by an independent laboratory. According to the authors in the study, "The level of dioxin in a serving of the Ben & Jerry's World's Best Vanilla Ice Cream was almost 200 times greater than the 'virtual-

ly safe (daily) dose' determined by the EPA."

Ben & Jerry's were shocked. According to their own promotional literature, "Dioxin is known to cause cancer, genetic and reproductive defects and learning disabilities... The only safe level of dioxin exposure is no exposure at all."

So how did dioxin get into a presumably wholesome product like Ben and Jerry's? Dioxin is a by-product of industrial processes such as bleaching with chlorine bleach to whiten products including food containers. Standard paper-making uses chlorine compounds as a bleaching agent. This process discharges millions of gallons of organochlorine-laced wastewater daily. Some of these chemicals are considered human health hazards. And some, such as dioxin, have been identified by the EPA as carcinogens and highly toxic.

By the way, Ben & Jerry's

How de-toxifying your body can help your other supplements work better

You've probably heard of the term "bio-availability." It simply refers to a chemical compound and your body's ability to absorb it.

Bio-availability varies from person to person. But one thing that can affect your bioavailability is toxins. The more toxins in your body, the less recep-

tive your cells and organs are to vitamins, minerals, supplements—even medications.

Today, at least 30,000 chemicals never before seen on the planet are mass-produced and released into the environment. There's no escaping them.

Bottom line: Putting good stuff into your body isn't enough. You also have to take the bad stuff out! If you haven't taken steps to remove toxins from your body, the supplements you take simply aren't going to be as effective as they could and should be.

have since switched to a more environmentally-friendly unbleached paperboard for their ice cream containers.

What to do:

You need to know that any white paper (toilet paper, paper towels, tampons, and other paper products) has probably been through a chlorine process to bleach it.

You can purchase non-bleached paper products at most health food stores.

You should also avoid using chlorine bleach for household cleaning or laundry. Hydrogen peroxide is a safe alternative; it breaks down into water and oxygen. The OxiClean® family of cleansers is another safe choice. It breaks down into water, oxygen and soda ash.

How to Remove These Toxins from Your Body

The good news is that there are things you can do to remove these toxins from your body. But before we discuss these various detox options, you need to know what the different types of toxins are.

Most toxins fall into one of three categories: heavy metals, mycotoxins, and man-made chemicals.

Let's start with man-made chemicals, such as pesticides and plastics. The reason most man-made chemicals are bad for you is that they contain *xeno-estrogens*, estrogen-like substances that wreak havoc on the hormonal

systems of living things. In fact, the very reason that pesticides work is that they disrupt the hormones of insects. Unfortunately, they disrupt our hormones, too: research shows that xeno-estrogens increases your risk of hormone-related cancers such as breast, prostate and ovarian cancer.

The second class of toxins is *heavy metals* like lead, cadmium, arsenic and mercury. Research shows that exposure to these metals can cause heart dysfunction, liver problems, joint pain, vision loss, weakened immune systems, brain damage. They've also been strongly implicated in brain diseases such as Alzheimer's and autism.

Finally, there are mycotoxins, which are toxins produced by mold and fungus. Mycotoxins can cause allergies, sinusitis, fatigue, and joint pain. Some of the nastier strains have led to nerve and brain damage, kidney failure, and even cancer.

So how do you remove these toxins from your body?

One of the best ways to remove xeno-estrogens is by taking a dietary supplement called **calcium D-glucarate**. It works by inhibiting an enzyme that prevents the excretion of estrogenic compounds. Calcium d-glucarate is totally safe and is available at health food stores. Take 500 mgs, three times a day.

For heavy metals, the most common therapy is called **chelation therapy**. Chelation is when one substance binds to another. In this instance, the chelating substances bind to heavy metals

so they can be eliminated from your body.

There are three well-known chelators today: EDTA, DMPS and DMSA. Both **EDTA** and **DMPS** must be given intravenously at your doctor's office. (Some marketers claim that you can get results by taking EDTA orally, but this has never been proven to work well. Absorption

EDITOR'S NOTE:

If want the lowest price-per-bottle on your PectaSol® Chelation Complex re-order, then please see the enclosed Advanced Bionutritionals Preferred Customer Savings Coupon right away. You can get a great price cut of 10% off a three-month stock-up supply or save even more if you choose the convenient Free E-Z Ship Ship Plan. It's the best way to lock in the best price and make sure you don't miss a day of taking your PectaSol® Chelation Complex. Remember, you risk absolutely nothing with Advanced Bionutritionals' 100% money-back guarantee.

Hurry now to redeem this savings discount — worth over \$14! And get **FREE SHIPPING & HANDLING** with your order in the next ten days only!

Call TOLL-FREE Today
1-800-728-2288

Monday - Friday,
8:00a.m. - 7:00p.m. EST

is typically poor.) A typical IV session lasts between a half-hour and an hour-and-a-half. Usually, you'll have to take a dozen or more treatments to get results. Please note that EDTA and DMPS can be harsh on your system, so your doctor will have to monitor your liver and kidneys carefully.

The third chelator, **DMSA**, is a prescription drug that can be taken orally. Usually, you'll take it every other day for several months to several years. Like EDTA and DMPS, DMSA can be harsh, so your doctor

will have to monitor your kidney and liver function. Some patients have reported adverse reactions to DMSA.

Two supplements that are milder than DMSA are **n-acetylcysteine (NAC)** and **alpha lipoic acid (ALA)**. Both NAC and ALA boost your liver's ability to detoxify, which can help flush out xenoestrogens. Even more remarkably, NAC and ALA both bind to heavy metals. The drawback of taking them is that sometimes they just redistribute

these heavy metals from one part of your body to another instead of moving them out. Sometimes, metals are redistributed to your brain!

The last detoxifier I'd like to tell you about is **modified citrus pectin**. This is my personal favorite, for several reasons. First of all, modified citrus pectin is the *only* supplement I've ever seen that gets rid of all three types of toxins — xenoestrogens, heavy metals and mycotoxins. Secondly, it has no negative side effects. Third, there is now evidence that it may offer other health benefits as well, like lowering cholesterol.

There are several brands of modified citrus pectin on the market, but the only one I can recommend at this time is the **Pectasol® Chelation Complex** formulated by Isaac Eliasz MD. This is the only form that's been subjected to scientific studies. And Dr. Eliasz has a patent on this form, which means none of the other brands are using it.

If you're interested in trying Pectasol®, you may order it by calling 1-800-728-2288.

Yours, for a longer,
healthier life,

Nan Kathryn Fuchs, PhD

Could your frying pan be cooking up nerve gas?

Teflon® is one of the best-known brand names in the world. There's hardly anyone who hasn't eaten a meal cooked on a non-stick fry pan. But Teflon® is part of a broad family known as perfluorochemicals. They have a molecular structure that prevents them from mixing well with water or oil.

The trouble is, cookware coated with Teflon® and other non-stick surfaces can heat up to where the coating emits toxic particles and gases.^{xliv} It can happen in just a few minutes on a conventional stovetop. At high temperatures, these non-stick coatings break down into a chemical known as PFIB—similar to the World War II nerve gas phosgene! These gases have been linked to hundreds of bird deaths and an unknown number of human illnesses.

Now, following court action, the federal government has reached an agreement with manufacturers to phase out perfluorinated chemicals found in many non-stick surfaces.^{xlvi}

What to do:

Never use non-stick pans made with Teflon on high heat. Or better yet, stop using them altogether and use cast iron or stainless steel pots and pans instead.