



## OPTIMIZING BRAIN HEALTH

# Session Four

## Reducing Toxic Burden

**Classes featured:** Reducing Your Body's Toxic Burden

My reflections:

What I want to remember:



## WHAT YOU NEED TO KNOW:

- Detoxification is your body's natural process of breaking down chemicals, compounds, hormones, and toxicants to make them less harmful and escort them out of your body.
- Toxins are in our environment and our food, plus we can make them in our body from an overabundance of yeast, fungi, bacteria, and even chronic stress and toxic people in our lives.
- Top toxins to watch out for in support of brain health are arsenic and mercury, plus phthalates, pesticides, and petrochemicals.
- Your genes impact whether or not you have a predisposition to get a brain disease, but your lifestyle plays a part in determining whether or not you actually develop a brain disease.

### Tips from the pros to remember:

- Check out [EWG.org](https://www.ewg.org) to learn which fruits and vegetables to buy organic. This list is updated every year.
- Hydrate to assist your body in detoxifying naturally.
- Ditch plastic and replace with glass. Get rid of any coated cookware that is scratched.
- Never microwave in plastic or drink beverages in plastic containers that have been left in the sun.



## HOMEWORK

### Assignment

Choose one or two of the following to focus on:

- Go to [EWG.org](https://www.ewg.org) to browse and have fun.
- Make a list of priorities for reducing your toxin exposure.
- Go through your skincare, cosmetics, and cleaning products to see what you can ditch and how many chemicals you're exposed to.
- Sweat every day, either through exercise or sauna.
- Download and print the “dirty dozen” list.
- Drink your calculated fluid intake.

Quick notes:

## 4 FOOD RELATED TOXINS TO AVOID OR LIMIT

### BPA

- BPA (bisphenol A) is a hormone-disrupting chemical.
- Use stainless steel, glass, or aluminum for water bottles and food storage.
- Use alternatives to plastic wrap.
- Choose BPA-free canned goods.
- Brew coffee in a glass French press instead of a percolator.
- Keep plastic out of the dishwasher, freezer, and microwave.

### Chemical additives

- Aspartame and acesulfame potassium (found in products listed as “sugar-free,” “no sugar added,” and “diet”).
- Potassium bromate (found in bread and baked goods).
- Caramel coloring (found in precooked meats, soy sauce, and chocolate-flavored products).
- Carboxymethylcellulose (found in beer, cake icings, jellies, ice cream, and diet foods).

### Food dyes

- Regular intake of food products with dyes have been linked to health problems such as cancer, allergies, headaches, and behavior disorders.
- Some synthetic food dyes are made from petroleum.
- The nutrition label may only say “artificial color,” or it may state the name of the synthetic color, for example “Yellow 5.”
- Look for products with natural dyes like fruit and vegetable extracts.

### Heavy metals

- Even at low levels of exposure, heavy metals are associated with organ damage. Examples include mercury, arsenic, and lead.
- Avoid fish with the highest mercury levels, such as swordfish, bigeye tuna, shark, marlin, orange roughy, and King mackerel.
- Reduce the amount of arsenic in rice by rinsing dry rice multiple times and cooking it in a large water-to-rice ratio.

# TOXINS IN YOUR PHYSICAL ENVIRONMENT

When using products with a label (cosmetics, household products, etc.), pay close attention to what's listed under ingredients.

Toxin	Where they are found
<b>Bisphenol A</b>	Plastic bottles, inner can linings, and chronic xenoestrogen exposure
<b>Dioxin</b>	Meat and surface water
<b>Mercury</b>	Fish and mercury dental fillings
<b>Perfluorinated chemicals</b>	Non-stick cooking and baking pans
<b>Atrazine</b>	Pesticides found in drinking water
<b>Organophosphates</b>	Pesticides found in baby food
<b>Glycol ethers</b>	Cleaning products, liquid soaps, and cosmetics
<b>Phthalates</b>	Plastic containers, cosmetics, toothbrushes, lotions, and cosmetics
<b>Arsenic</b>	Rice and some drinking water
<b>Fire retardants</b>	Furniture, car seats, changing table pads
<b>Lead</b>	Water and lead-based paints
<b>Mold</b>	Damp home or workplace
<b>Glyphosate</b>	Herbicide in farming