



DR. TAZ ^M_D

What Is Your Toxic Load And How To Reduce It

Are you overwhelmed with all the information about chemicals, pesticides, heavy metals, that may be affecting your health? Parabens, phthalates, mercury, lead and organophosphates increase your toxic load. Is it really important for us to know the difference?

Research continues to suggest that the toxins and chemicals that we are exposed to do impact our health. Some chemicals are endocrine disruptors; others impact neurotransmitters, while certain chemicals can affect our immune systems and digestive function.

I developed this survey on the next page so that it may help us all determine where to manage our collective toxic exposure. I have included a scoring guide so that you can determine whether you have high, moderate or low toxicity scores.

(HIGH TOXICITY SCORE 41+) (MEDIUM TOXICITY SCORE 21-40) (LOW TOXICITY SCORE 13-20)

According to the Journal of the National Cancer Institute, 75% of cancer is caused by diet and environmental factors.

Ways to reduce toxic load:

- Eat organic. Non-organic foods expose you to pesticides, fungicides, herbicides, fertilizers, antibiotics, hormones, artificial flavors and sweeteners.

If you cannot buy all organic, focus on foods that commonly carry the most toxins such as berries, grapes, peaches, cherries, apples, celery, green leafy veggies, cucumbers, carrots and tomatoes. Always wash your produce thoroughly. Rinse non-organic rice, grains and legumes before cooking.

- Switch to green cleaning products. Replace bleach with vinegar and “scrubbing foams” with baking soda, use hydrogen peroxide to remove stains.

- Hydrate well with filtered water. Water helps to dilute and flush out toxins.

- Improve the quality of your air. Invest in an air purifier and houseplants. One houseplant can clear up to 100sqft. Peace lilies, pot mums and snake plants have the widest range of toxin elimination.

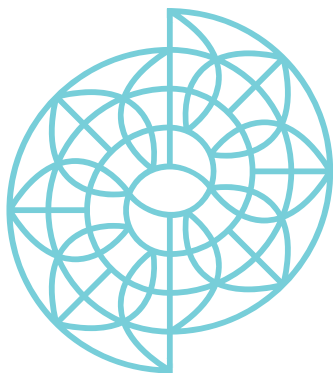
- Avoid fish that are high in mercury. Swordfish, shark, marlin, sea perch and catfish are a few.

- BPA in plastic containers mimics oestrogen in the body and can increase your risk of certain cancers, hormonal and reproductive disorders. Try to use glass instead of plastic.

- Toxins can enter through your skin. Choose natural, organic cosmetic and beauty products.

- Carpet releases toxic fumes and chemicals. Consider replacing wall-to-wall carpeting with natural fiber wool or cotton rugs on hardwood floors or ceramic tiles. If you must have carpet, insist on carpet made without petroleum products or toxic chemical finishes. Ask your installer to use non-toxic glues, adhesives, stains and sealers.

* This quiz is for informational purposes only and is not a substitute for medical advice, diagnosis or treatment.



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TOXICITY QUIZ

SCORING	(1) NEVER	(3) SOMETIMES	(5) ALWAYS
I/We eat out more than 2 times weekly?			
I/We buy non organic produce?			
I/We buy non organic meat / dairy?			
I/We use household cleaners weekly?			
I/We use standard dry cleaning weekly?			
I/We use standard insecticides in our home / work?			
I/We use plastic products to pack lunch or leftovers?			
I/We grill more than 1 time weekly?			
I/We cook with non-stick cookware?			
I/We use standard bath / beauty products?			
I/We eat cured meat / cheese, alcohol more than 3 times weekly?			
I have mercury amalgams?			
I use a plasma tv, cell phone or cordless phone daily?			
		TOTAL	

(HIGH TOXICITY SCORE 41+) (MEDIUM TOXICITY SCORE 21-40) (LOW TOXICITY SCORE 13-20)

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