

## **Toxin Information and Common Sources**

We live in a world where we are surrounded by man-made toxic molecules which do not tolerate very well. An example of this is the one ‘nice’ thing which they put into almost all cosmetics and personal care products to make them smell good – the fragrance. In reality, it takes over 3,000 different chemical ingredients to make up the vast array of different smells that we come across in the bath room cabinet every day. When trying to ‘optimise’ cellular expression and metabolic function you can definitely do without these vast array of toxins, which are implicated in a host of mild to serious health complaints. Do your best to avoid all sources of toxins and replace products with natural alternatives and chemical free replacements. A good nutritional base will help your body to get rid of many of those which do slip through into your diet and daily lifestyle.

### **Chemicals**

Plastics	Medication	Exhaust Fumes	Tobacco Smoke	Industrial Pollution
Solvents	Varnish	Glues	Lacquer	Dyes
Detergents	Pesticides	Hair dye	Disinfectants	Germicides
Perfumes	Textiles	Lubricants	Swimming pools	Bleach
Household cleaners	Alcohol	Cosmetics	Personal care	Ink/toner
Antifreeze	Paint	Insect repellent	Fertiliser	Weed killer
Preservatives	Petroleum products	Toothpaste	Mouth wash	Dried fruits
Decaf coffee	Rubber	Cement	Manufacturing	Foods (additives)

### **Radiation (ionizing – NOT EMF or ELF)**

X-rays	Dental X-rays	Nuclear Reactors	Cosmic Rays (sun)	Radon gas
CT Scans	Medical radiation	Thoron	Space	Background (earth)

### **Toxic Metals**

Antiperspirants	Deodorants	Salt	Tin cans	Aluminium Foil
Aluminium Utensils	Food Additives	Medication	Cosmetics	Tobacco
Diesel Engines	Pesticides	Dental appliances	Amalgams	Antacids
Soft drinks	Tea	Coffee	Washing powders	Water softeners
Hair dye	Cookware	Jewellery	Nail polish	Ink/toner
Old pipes	Canned foods	Batteries	Cotton Products	Paint
Latex	Petroleum products	Starch	Hydrogenated Oils	Kitchen Appliances
Mouth wash	Flooring	Glass Products	Solvents	Cleaning Agents

These tables are by no mean definitive, there are literally thousands upon thousands of products which we come into contact with and which either contain or have been manufactured using chemicals. Use your best endeavours to identify and eliminate the most obvious for day to day exposure.