



Are environmental toxins
and heavy metals causing
your health problems?



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Environmental toxins are pervasive in our society and can accumulate in our bodies.

We are surrounded by synthetic toxins and heavy metals. There are additives, preservatives and pesticides in our food, contaminants in our water, air and soil and chemicals in pharmaceuticals, cosmetics and personal hygiene products that we use in our bodies and on our skin. Daily exposure and accumulation of these toxins, coupled with the body's inability to get rid of them, leads to accumulated levels in body fat and in tissues such as the brain, the kidneys and the liver.

Ineffective elimination of the toxins causes numerous common chronic health symptoms as well as more complex diseases such as cancer, fibromyalgia, autism, ADHD, heart disease and neurological complications.

How do environmental toxins and heavy metals affect health?

Heavy metals such as mercury, lead, cadmium and aluminum have a number of harmful effects on the body. They also tie up binding sites so essential minerals can't get into the cells. The most common examples of this are in the case of mercury found in dental amalgam fillings, cadmium found in cigarettes and aluminum found in cookware. Accumulation of these metals results in deficiencies in certain nutrients and can lead to Parkinson's disease, anaemia, allergies, hair loss, appetite changes, hyperactivity, low thyroid activity, headaches, skin conditions, constipation, learning disabilities and depression.

Other environmental contaminants include PCB's, Bisphenol-A, Phthalates, Dioxins, Furans, Fire retardants and Parabens which are commonly found in everything from paints and food and beverage containers to personal care products such as soaps, cosmetics, clothing and pharmaceuticals. These chemicals can lower immunity, disrupt hormones and cause changes in behavior and memory.

How do I know if I have environmental toxins in my body?

The clinic offers several ways to test for environmental toxins. Heavy metals can be detected in hair, blood and urine.

Hair is an effective way to measure the body's nutrient levels and the presence of heavy metals that are stored in tissues.

The presence of heavy metals in blood occurs primarily in acute exposure and when the tissues are disrupted and the metals released. This method of testing is recommended as a screening test when there are specific symptoms that indicate acute exposure to a particular heavy metal.

Testing urine for environmental toxins and metals is a simple and accurate way of assessing the body's toxic burden. The heavy metal test involves an oral chelating agent also called a provocation or challenge test. The urine sample is sent to a special lab and the results are returned in about two weeks, with a detailed chart outlining exposure levels of metals or environmental toxins and reference ranges to determine if levels are elevated.

Addressing the underlying cause:

Identifying and removing the source of environmental toxins and heavy metal exposure can reduce your heavy metal burden and eliminate toxins.

This may include:

- Removing your silver amalgams by a specially trained and certified dentist
- Eliminating the use of canned food
- Not smoking
- Eliminating possible sources in the home from cooking utensils, cleaning products, drinking water, cosmetics and food

How can environmental toxins and heavy metals be eliminated from the body?

Cleansing the liver and kidneys and balancing the body's pH will ensure that the routes of elimination are functioning well. Making your diet and lifestyle more alkaline using special teas and alkaline bath salts stimulates the elimination of heavy metals. Other dietary changes are often needed to eliminate heavy metals.

Regular infrared saunas or hydro therapy are safe and effective ways of eliminating toxins from the body. Infrared saunas use lower temperatures than traditional saunas to stimulate the elimination of toxins from fat cells.

As part of your treatment plan, specific homeopathic remedies, supplements or treatment protocols may also be added to aid in the elimination of environmental toxins and heavy metals.

Intravenous vitamin C may be recommended to ensure that heavy metals are not reabsorbed into the system during detoxification or after dental amalgam removal.

Are there any side effects from the testing or treatments?

Side effects of the provocative urine testing and chelating agents are rare. Patients with gastrointestinal imbalance may experience some mild bloating. Patients are pre-screened and pre-treated for gastric issues prior to initiating detoxification.

How long will environmental detoxification take?

Detoxification depends on many factors including the amount and type of environmental toxicity and burden on the body, the health of the patient and organs of elimination such as the liver and kidneys. Many people start to notice improvement within weeks. Expect the process to take at least 3 – 6 months.

"Learn more about how you can regain your health and wellness."



Identify Your Environmental and Toxic Exposure & Regain Your Health and Wellness

Do you experience

- Fatigue
- Headaches
- Muscle pains, numbness and tingling
- Stomach pains
- Foggy thinking
- Hair loss
- Low libido
- Allergies
- History of reactions to medications
- Inability to handle caffeine after noon
- Have you had recent dental work, eat fish and seafood, use aluminum foil, eat canned food and use chemical household cleaning products?
- Are you sensitive to chemicals, perfumes and foods?
- Have you recently renovated your house or do you live in an older home?
- Do you or anyone in your family have cancer, fibromyalgia, chronic fatigue, autism, asthma, ADHD, Alzheimer's disease or cardio vascular disease?

You may be experiencing symptoms of environmental toxicity or heavy metal burden.

Testing for heavy metals is as simple as providing a urine or hair sample.

Ask for your **FREE 15 minute consultation**

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