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## **Toxins, How to Avoid the Top Ten Most Common**

There are many upsides to living in a modern, high-tech. But as with most things in life and in nature, whether you call it yin and yang, balance or the principle that opposites attract, with the upside comes a significant downside.

For all of the conveniences and advances that we have grown so accustomed to comes a slew of environmental toxins -- chemicals and other materials largely from industry and carelessness -- that have very much saturated our water, our food and the very air we breathe.

Many of these toxins are things that you can't see, smell or feel, at least not right away. One of the major problems with them is just that. We don't realize that we're being affected until we come down with a chronic disease after years of subtle and often consistent exposure to a combination of these toxins.

This makes it almost impossible to pinpoint a specific environmental toxin as the source of illness, yet when you look at the facts -- the increasing numbers of cancers, immune system disorders, neurological problems, chronic fatigue syndrome, multiple chemical sensitivities, allergies and hormonal disturbances that are facing the nation -- it is hard NOT to take notice. Consider these statistics:

- Some 77,000 chemicals are produced in North America
- Over 3,000 chemicals are added to our food supply
- More than 10,000 chemical solvents, emulsifiers and preservatives are used in food processing
- 1,000 new chemicals are introduced each year

Where do all of these chemicals end up? They are absorbed into our groundwater, rivers, lakes and oceans, spewed into our air, and added, quite intentionally, to our food supply.

### **The Effects of Toxins on Your Body**

A study in last year's British Medical Journal estimated that perhaps 75 percent of most cancers are caused by environmental and lifestyle factors, including exposure to chemicals.

Another report, this one by the Columbia University School of Public Health, estimated that 95 percent of cancer is caused by diet and environmental toxicity.

This is really not surprising when you consider that estimates show most Americans have somewhere between 400 and 800 chemicals stored in their bodies, typically in fat cells. Some of the short- and long-term effects of these toxins include:

<ul style="list-style-type: none"><li>✓ Neurological disorders (Parkinson's, Alzheimer's, depression, ADD, schizophrenia, etc.)</li><li>✓ Cancer</li><li>✓ Nutritional deficiencies</li><li>✓ Hormonal imbalances</li><li>✓ Enzyme dysfunction</li><li>✓ Altered metabolism</li><li>✓ Reproductive disorders</li></ul>	<ul style="list-style-type: none"><li>✓ Fatigue</li><li>✓ Headaches</li><li>✓ Obesity</li><li>✓ Muscle and vision problems</li><li>✓ Immune system depression</li><li>✓ Allergies/Asthma</li><li>✓ Endocrine disorders</li><li>✓ Chronic viral infections</li><li>✓ Less ability to tolerate/handle stress</li></ul>
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Source, by Dr. Joseph Mercola with Rachael Droege.