

TOXINS WORKSHOP

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Getting a Hold of Toxins in Our Body

Detoxification Can Save Your Life

Have you ever had a problem that you go to the doctor with and they tell you that nothing is wrong? Is that possible, you think, when you have so many symptoms and something just doesn't feel right? Do you feel like you need to examine this further?

Toxins are all around us. Some, we can take control of, while others, like some environmental toxins, we just can't do anything about.

But, the toxins that surround us, over a period of time, can have extremely detrimental effects on our bodies, our minds, and our youth!

Detoxification can lead to better health, better sex, better productivity because of a better mood, can lead to getting rid of anxiety, better sleep and more energy.

Just some of the toxins we deal with are:

- mercury exposure: can cause infertility or hypertension. Now, we know that mercury can be poisonous, but it used to be commonly used in antiseptics, cosmetics and laxatives.
- Lead exposure affects our nervous system. It's much more regulated now, and most people have heard of lead poisoning, and the ban on lead-based paints.
- arsenic: a poison, used as a routine growth stimulator for chicken, is allowed to an extent in foods, yet it can lead to organ failure and death in humans
- cadmium: found in burning waste, it is now found to contaminate some food and water, cadmium exposure can lead to flu symptoms at least, kidney and respiratory tract problems. The most common way we are exposed to cadmium is cigarette smoke.

There are also biological toxins and infections we face. Emotional toxicity from our environment takes a huge toll on us as well, as does toxicity from medications we may be taking to make us better.

In the end, we are bombarded by toxins that may be killing us. But there are some things that we can do to help.

In this nine part series we will discover how it is that some of those toxins are affecting us, ways that we can learn exactly what it is that may be causing some of our illnesses, what to look out for, and how we can detoxify ourselves.

It is important for us to understand that we can take control of our health, but we need to make some changes, we need to undo what nature does to us every day and we need to understand it is a process, a program and a commitment to better health and a longer life.

The first step is to get tested. You may not even know that toxins are the problem. Some symptoms you may have had for years, with doctors sending you away saying that there is nothing wrong with you. But your body is telling you that there is something wrong with you. Now, it is time to find out what.

This is not magic science. Instead, this is documented and the effects can be terrifying. Start here to learn more: www.atsdr.cdc.gov

Next time we are going to start examining how heavy metals affect our health.

Toxins: The Not So Obvious Culprit

What's Really Wrong with Us?

When we have something wrong with us, we go to a doctor, right? The doctor asks a few questions, does some tests, and sends us home, telling us the results will be back in a few days and they will call us if something is wrong. And they don't call, which makes you feel better, at first. Two months later, you still have the same symptoms. You go back to the doctor and nothing is wrong. But yet, your body is telling you that something is wrong. How long do you keep trying the same tests? Maybe its time for us to look into something else that could be causing our illnesses.

Is it possible that toxins could be causing some very real illnesses in us, and we just aren't having the right tests done?

Yes!

The Collaborative on Health and the Environment contains a list of 180 diseases and their links to toxins. <http://www.healthandenvironment.org/tddb>

Some of them, the obvious, like cancers, ADD, and Alzheimer's have tests that can be done to determine that we have it, as well as medications that can help to regulate the illnesses (which, we will also talk about later). Those are tests that are done by your regular practitioner, with numbers and results. A holistic doctor can take you a little further with that in finding natural solutions to help you maintain your illness, sometimes alongside the medications you are taking.

But, then there are the symptoms that are chronic, obvious and unbearable, and yet we go to doctors and are unable to identify them. Well, it is more than just possible that toxins are causing these symptoms, and we have to alter our lifestyles, detoxify, and commit to change in order to get to the root of the problem, and even cure some of the things we may be assuming now that we have to live with.

I mentioned, in the last article, some of the side effects of heavy metals and other toxins. It's amazing to know what we take into our bodies and systems every day and how just being aware can make all the difference.

At our offices, we can check your toxicity levels for heavy metals like lead, cadmium and arsenic. But we can also teach you about the medications you may be taking and how to maybe improve your life so that your doctor can work with you to take you off of them. Even emotional toxicity, or being surrounded by poisonous people, can cause very real and physical side effects. We will work with you on your diet, your lifestyle and how you can detoxify yourself to live a more natural life.

The common mistake for most people is to not check toxicity levels and to suffer unnecessarily with issues like always being stressed and anxious, which can be caused by mercury toxicity, lead and arsenic toxicity can affect cognition, and emotional toxicity can cause stress, high blood pressure. Even our medications could be killing us.

It's time that we really look into what is causing our pains and illnesses, get to the root of the problem, and once and for all, solve it.

In the next piece, we will take a look at the heavy metal toxins and how each one affects us, and what we can do.

Heavy Metals: Lead and Mercury

How Our Environment is Killing Us

Did you ever hear the expression mad as a hatter? Do you know where the expression comes from?

In the 19th century, mercury was commonly used in the making of hats. And because of constant exposure to the toxin, many hatters (hat makers) would end up trembling and appearing insane, or mad. It was eventually discovered that the mercury was causing this and it was no longer used in the process. But to this day, mercury poisoning is called mad Hatter's Disease.

We can use this unfortunate time in history to learn a lesson, or we can keep repeating it. Right now, it seems, as a society, we keep repeating the same mistakes and we continue to be contaminated by mercury, and it continues to poison us.

The only solution is to take control of our own bodies and make sure that we limit our exposure, as well as work to get the toxins out of our systems.

Mercury can affect our mitochondrial activity, our metabolism and our cellular function.

And yet, even though we knew its effects, we used it in laxatives, diuretics, antiseptics and cosmetics.

Today, we can be exposed to mercury through coal burning power plants, through mining and waste incinerators, hospitals, crematoriums, cement factories, volcanoes. On a more personal note, through amalgams for teeth, we can be exposed. Mercury is also in fish and it's important to know that it cannot be cooked out of the fish! It is absorbed when it is consumed and it can penetrate every single cell in the body, possibly causing it to disrupt cell division and molecular postulates.

It can be excreted through breast milk, so detoxification can be a great help if you are pregnant or nursing.

We may know the word thimerosal in the United States as the additive in certain vaccines given to children. Just a couple of years ago, it was determined that there may be a link to thimerosal and autism. Thimerosal, or thiomersal is degraded to ethyl mercury! Since then, it has been removed from vaccines.

Lead exposure, on the other hand, is associated with vascular disease in the heart, carotids, arrhythmia and hypertension, as well as a host of other issues, like fatigue, hearing loss and seizures. It goes straight into the respiratory systems and is released into the blood and distributed into the body. And even then it is stored in the bones and can be re-released into the body later.

We can get lead poisoning from contaminated air, water, soil, food and consumer products. Perhaps the most common way it through lead-based paint.

It is, however, possible to get rid of those toxins in our bodies and through detoxification, get rid of some of the symptoms we may already be exhibiting. Detoxification can help us get back to normal, make us healthier and feel right again.

A simple check of mercury and lead levels can help us figure out if it is higher levels of mercury or lead, and resolve it!

Next time, we will examine arsenic

Toxic Arsenic is Underestimated

Allowed in Our Foods, it Could Be Killing Us

Arsenic, though it is an obvious poison, seems to be considered a more acceptable toxin, with certain limits. And yet, the name arsenic is always synonymous with poison. Don't we always associate it with assassinating people, or poisoning rats? And yet, now we use it as a growth hormone in chicken.

If that doesn't make you nervous, it should!

Not only is arsenic allowed in chicken, but it's also allowed in water.

In a recent study, the urine of 13,000 people was checked for levels of arsenic, and it was noted that participants who had type 2 diabetes had a 26 percent higher level of total arsenic than those without the disease.

This means that arsenic cannot only be linked to cancer, heart disease, and loss of mental function, but also to diabetes.

For more information, see this story:
<http://diabetes.webmd.com/news/20080819/arsenic-linked-to-diabetes>

Now that we know this however, it certainly can affect one of the biggest “prescriptions” doctors give their overweight, diabetic patients, which is a diet of lean meats and plenty of water.

Lean meat, like chicken, also contains arsenic, which is used to rid the chicken of parasites and promote growth. The government allows farmers to give chickens a certain amount of arsenic. That amount hasn't changed in almost 50 years. Yet, we eat twice as much chicken per year as we did 50 years ago. That means we are taking in toxic amounts of arsenic.

And what about children, who eat more chicken in percentages, than adults. Most kids choose chicken over other meats, and parents, who are considering the protein and health benefits, are happy to oblige.

Go get your toxicity levels checked and monitored and corrected. At home methods could include what I have always recommended, a diet rich in cilantro (which is known for ridding our body of many toxins), distilled water, and plenty of chicken, but only organic chicken!

Also, keep in mind that while water is extremely healthy for us in many ways, drinking too much can make our sodium levels go down, which isn't healthy for us either. Balance here is the key.

Arsenic disrupts ATP production. Even acute exposure can cause effects like vomiting or severe diarrhea. More chronic exposure can cause dermatitis and white lines around the fingernails and renal damage.

We have many ways in our office to test and rid your body of toxins. Arsenic is such a common poison, that you need to come in and make sure that you check your levels, get back to a healthy number with detoxification, and then change some of your habits to limit future exposure.

Cadmium Toxicity In The News Again

Detox Crucial for This Hard to Contain Toxin

For a period of time, the use of cadmium was decreasing steadily, because of the widespread understanding of its toxicity and carcinogenicity and the associated health concerns. Until recently when news started coming out that China, under scrutiny once for using lead in toys, now needed to find something else to use, and was using cadmium, essentially poisoning our children.

And once again, we see how easy it is for us to be exposed to dangerous levels of toxins. We can be exposed to cadmium for items like batteries, smoking, jewelry, framework, plastic alloys, etc. The most common way to be exposed it through inhalation, for example, through smoking.

Exposure can lead to pulmonary edema and death. It is most commonly associated with many types of cancer. It is notoriously difficult to remove from the body and in some instances it can replace magnesium and calcium in the body.

Smoking is probably the most common way to be exposed to cadmium. It is estimated that about 10 percent of the cadmium in a cigarette is inhaled and as much as 50 percent of that will be absorbed by the lungs.

The Department of Labor issued some information, too, about cadmium and its effects on the workplace. <http://www.osha.gov/SLTC/cadmium/>

Cadmium also ranks number 7 on the list of most hazardous substances listed by the U.S. Centers for Disease Control and Prevention.

A recent article in the New York Daily News talked about the Associated Press' investigation and what it covered. It shows us how susceptible we are to toxins.

"The AP purchased 103 pieces at national and regional store chains in New York, Ohio, Texas and California. A lab analysis revealed that the most contaminated trinket contained 91 percent cadmium by weight, while other objects tested at dangerous levels including 89 percent, 86 percent and 84 percent by weight. Twelve percent of the pieces contained at least 10 percent cadmium.

"Some of the most toxic toys were bracelet charms sold at Wal-Mart, as well as at the Claire's jewelry franchise and in Disney's "The Princess and the Frog" movie-

themed pendants. Even more worrisome, some of the items easily shed their metal, raising additional concerns about children's exposure to toxins. Kids don't have to swallow cadmium to be exposed – simply sucking on or biting costume jewelry with high levels of cadmium can hit them with regular doses of the metal.”

You can see now how easy it is to poison ourselves without even knowing it. This is the time to come into our offices and work on detoxifying yourself, getting rid of all the things that could be harming you, and working on a healthy future.

Electromagnetic Radiation's Effects On Our Body

Controlling Our Exposure

We are naturally exposed to a certain level of electromagnetic radiation generated by the earth and our bodies. It helps to function our cells, organs and glands. But so many of our technological advances end up exposing us to so many more of those levels than what's natural. And it is very detrimental to our systems.

This electromagnetic radiation can cause high levels of stress, for example. We usually think that it is emotional elements that lead to stress, and the result is purely physiological. But that's not always true. As a matter of fact when you are stressed, your immune system is compromised, as is your digestion. It can also lead to adrenal fatigue and impaired sleep.

“Serotonin, dopamine, epinephrine, and acetylcholine are some of the more prominent neurotransmitters that can have a significant influence on mood and behavior,” according to an article on www.naturalbias.com. “In addition to the levels of these neurotransmitters being closely related to diet, research has shown that they can also be impacted by electromagnetic fields. Imbalances of these neurotransmitters can cause depression, apathy, fatigue, violence, and even lead to suicide.”

Here you can work with this type of toxin through neurotransmitter balancing. There is little that we can do to limit our exposure. We can try several small methods, like keeping our cell phones off when they are not in use, and using wired headsets or speakers, rather than blue tooth headsets.

The same author, Vin Miller, on www.naturalbias.com offers some solutions for limiting exposure to electromagnetic radiation, like staying away from electronics or appliances, especially when you first turn them on. Stay out of the kitchen when the microwave or dishwasher is on and don't stand directly in front of them if you don't have to.

When using a blow dryer, keep it far away from your head, and if you can, switch to a regular razor instead of an electric one.

“Cordless phones and wireless Internet routers are also a concern because of the amount of electromagnetic radiation that they continuously produce. In fact, they typically produce more radiation than cell phones. To minimize your exposure, use regular corded telephones and wired Internet connections. If you insist on using wireless devices, at least use a timer to keep them turned off while you sleep.”

No matter how we try it is hard to block the amount of electromagnetic radiation we are exposed to and we need to try and combat as much of the toxins that enter our body as we can. The best idea would be to call 718-382-9200 and see where to begin.

Toxic Relationships Can Hold You Back

Who You Surround Yourself With Dictates Your Health

One of the most controllable toxins in our life is emotional toxicity. Controlled mostly by the people in our environment, we have the means to change it, though sometimes when we get too low in our mental state, we are unable to feel like we can lift ourselves up out of it.

The key to doing this is neurotransmitter balancing; it's feeling like we can make the changes that we need to make and hold on to the promises we make until we follow through with them.

Take for example a toxic work environment: if the people that you work with are always negative, always giving off a bad feeling, always making you stressed, it is something you will always take home with you. A person with a full-time job spends

more time at work, than they do waking hours at home, and dealing full-time with people and an environment that is so poisonous, can cause havoc in your life.

If you are stressed at work, or feel negative, feel unwanted and that you can't do right, if you are put down by your co-workers or your boss, you won't leave that office every day with a positive outlook on life.

So, you end up taking that home with you. And when you take it home, you poison the people around you.

But what about when the people in your home are toxic, too? Do you ever say that your partner sucks the life out of you? Do you ever feel like they don't bring you energy, but rather that they take the energy away from you?

That's an emotionally toxic environment. You spend your life with someone who is supposed to be positive and supportive and instead their negative energy ends up bringing you down, leaving you in emotional turmoil.

Sometimes, your surrounding environment leaves you depressed and you just can't get out of your downward spiral. This is when you need to do everything you can to help rid yourself of your toxic environment.

We can try to change or get rid of the poisonous people in our lives and hopefully that will work. Otherwise, we need to adapt ourselves to the environment.

Emotional toxicity can cause weight gain, depression, failure in relationships, mood swings, loss of libido, stress, high blood pressure, bad sleeping patterns, and so much more.

During the 2008 American Psychological Association's National Convention, Dr Herbert Benson, author of "The Relaxation Response," said that 60 to 90% of physician visits are stress related.

To find out more ways that we can work with emotional toxicity, give our offices a call at 718-382-9200.

Toxins in the House

Go Natural To Live Longer and Healthier

Take a look in your bathroom medicine cabinet or in your makeup drawer. Grab five of the products that have an ingredient list. Pick up your toothpaste, your deodorant, your mascara, your face cream and your shampoo. Take a look at the ingredients.

Check out a website called www.healthystuff.org and see just how toxic some of these are for you. And it's not like everyone doesn't know it. Look at the instructions on your tube of toothpaste. It says that if you swallow too much, call poison control. The reason for this is because what you are consuming is POISON!

So, why are we consuming it? Deodorant isn't natural, nor is it healthy for you. Shampoo, conditioner, so many products that we think are natural, even if they say natural, can be putting toxins into our system.

Here are some examples:

- Toothpaste contains fluoride, which can be linked to cancer
- Antiperspirant contains aluminum, which can be linked to cancer or Alzheimer's disease
- Nail polish: some of the ingredients in nail polish can cause birth defects in unborn children or respiratory illnesses in the adults that use them

To find out how many toxins are in the cosmetics you wear, you can follow this link: <http://www.cosmeticsdatabase.com/index.php?nothanks=1>

We need to get a hold of what we use in our lives, from the food that we eat, to the safety of the water we drink, to the everyday things we ingest, inhale, and products we use.

Just think about the makeup that women use on their faces everyday. Every day they clog their pores with the same chemical. Every day, not only can their skin not breathe, but at the same time it's not a natural product.

I recommend that in order to make ourselves healthier more naturally, we stop using some of these products.

A mixture of glycerin, baking soda and salt can be used instead of toothpaste, or at least a trip to a store with a natural products section, where there are natural toothpastes available.

Deodorant doesn't have to be used either. A simple search online shows several alternatives, like a little bit of lemon juice, baking soda, tea tree oil, vinegar or cornstarch.

As for shampoo, it contains so many toxins that there is even a movement of people who are taking a stand against shampoos, called the "no poo" movement. They use a mix of baking soda and apple cider vinegar.

We could go on and on, but the choice is yours. It depends on how much you want to commit to ridding your life of the toxins that could be poisoning you.

Next time we will talk about medication and what you can do to lead a healthier life.

What Do You Do When Your Prescription Could Kill You?

Toxins In Your Medicines

If you've ever read any of my columns you understand that you should never put all your trust in one study, or in FDA approval. FDA approval doesn't always guarantee safety. There are plenty of medications that have eventually had their approval revoked when it was discovered that there were harmful, long-term effects.

Take for example one medication called Coumadin, a blood thinner. It is actually made of a rat poison derivative. How is this possible that we are given medications that are poisons?

Another example is ACE Inhibitors. ACE, or angiotensin converting enzyme, is a type of medication that helps to lower blood pressure and reduce protein in the urine. The way that this medication was discovered was through snake venom. It became apparent that when this snake attacked, the prey's blood pressure would go down. Out of that, they ended up creating these ACE Inhibitors, which would have the same effect. But it's still a poison! It's meant to kill!

So what can you do? Do you stop taking all your medications? Absolutely not! Never ever stop taking a medication without consulting your doctor. Or you could stay inside the house forever, never leaving, making sure you eat nothing, drink nothing, use no products.

But that's not going to happen. However, the toxins in your life could be making you sick. You need to not only find out what the culprit is and where it is coming from, but solutions that can help you lead a healthier life.

Detoxification is crucial, so that you can have a fresh start at this new life, so that you could get rid of old illnesses that could be the result of toxicity.

But there are also other ways to improve your health and naturally detoxify. For example: lose weight. If you need to clean your place would you rather clean a one bedroom apartment or a three story house. The less of you there is, the less toxins there are in your system to have to clear up.

Reduce your toxin load by eating organic food, wash fruits and vegetables well, cook with low heat, use your own garden and non toxic cleaners, use cotton cloths and drink plenty of water.

Also try to use your cell phone less and keep it off when you aren't using it, make sure you don't live close to a cell phone tower, move your bowels regularly to detoxify yourself and make sure you have the right nutrients with vitamins and microelements.

There are so many ways that you can live a natural and healthier life without locking yourself away.

We have discussed so many toxins in length and now you need to take your health into your hands and call our offices at 718-382-9200 to schedule an appointment.

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