

Sources of Toxicity: Drugs

The Reality of Drugs and Pharmaceutical Companies

We live in a world that likes quick fixes. When we have a headache, we take Tylenol, when constipated, MiraLax, when experiencing acid reflux, Aciphex, when depressed, Prozac, when faced with high cholesterol levels, we are put on statin drugs like Lipitor. And the list goes on. Each one of these drugs creates a profound toxic load on our liver. When there are many other toxic sources in our lives, our liver is simply not able to expel the toxins effectively and this is when we experience sluggish and toxic liver. As you know by now, our liver is a critical organ in converting the T4 hormone to the potent, bio-available T3. Without a healthy, clean liver we will never experience optimal thyroid health.

We are not saying that we should never take drugs. There is the right place and time for us to take them – best described as topical. Unfortunately, Western medicine, as we know it, does not treat the root cause of our diseases, only the symptoms. Holistic medicine has proven that every disease has a cause, be in diet, lifestyle, stress, toxic overload from a chemical exposure or long-term drug (prescription and recreational) usage.

The pharmaceutical companies are multi-billion dollar companies responsible for growing the shareholders' wealth and are expected to deliver consistent quarterly growth from drug sales. How do the sales happen? From us being told and convinced there is no other way of healing. As you might have experienced first-hand yourself; your doctor would have told that you will be in Synthroid for the rest of your life. The pharmaceutical companies offer incredibly attractive incentives and lavish medical conferences (which are drug pitches at exotic locations so it's more of a holiday for the doctors than a real conference) which create loyalty from the medical practitioners.

As the author of this handout, I, Magdalena, have worked for a while for a pharmaceutical client back in my advertising days, I therefore intimately know this uber secretive world. I will never forget a meeting that took place in Shanghai, China, when our agency was presenting the growth of degenerative diseases in China to the top marketing executives of one of the largest pharmaceutical brands. The room got filled with a great sense of enthusiasm by the executives who were salivating at the "growth opportunities" in the Chinese market. I asked to be taken off this account after this meeting.

The reality is: there is no big money in healing with food, and there is little money in disease prevention.

But, you have a choice and this is why you are here today. To heal and to get to the root of the problem.

Hormones Detox

Reset Your Hormones

“People are fed by the Food Industry,
which pays no attention to health,



and are treated by the Health Industry,
which pays no attention to food.”

Wendell Berry

The Reality of Antibiotics

Dr Nicole Egenberger, a renowned Naturopathic Doctor in NYC (the former president of the Naturopathic Association of NY) said: “The two worst things Western medicine has given women over the past 100 years are birth control pills and antibiotics.” Why so? We will only discuss the antibiotics today in this document.

Antibiotics do a great job at killing all the bad bacteria, fungus and parasites in our gut to free us from disease like sinus infections, wound infections, urinary track infections, etc. The problem is: most physicians prescribe “broad spectrum” antibiotics which also kill all the good bacteria in our gut. This leaves us with a weakened immune system and it is therefore not uncommon for people to fall sick again (often with something else) after taking a dose of antibiotics. Many people develop autoimmune disease further down the road from prolonged usage of antibiotics.

There will be moments in your life when you simply have no choice but to take an antibiotic. What we then advise to do is: always take a good dose of probiotics while taking antibiotics and continue taking them up to 2 weeks after you are done with the antibiotic treatment.

It is best, of course, to resort to strong natural remedies at the onset of a disease. Herbs can be extremely potent when used properly so get familiar with a good herbalist in your area.

The Reality of Supplements

“In a multivitamin, relatively large amounts of isolated vitamins hit our bodies' systems in one big dose. Our bodies have not evolved to digest, absorb and utilize isolated micronutrients nearly as effectively as they do naturally packaged vitamins and other micronutrients. “

Paul Bendheim, neurologist

Vitamins are essential to life because their properties enable or facilitate various processes within the human body. Vitamin supplements are usually available in various formulations, combinations and doses that may lead to toxicity if taken the wrong way. It is important to check with your health care provider before using any vitamin supplements.

Use (and Misuse) of Vitamin Supplements

Dietary supplements are popular with people who hope to rectify nutrient deficiencies and improve their overall health. A review published in the Canadian Medical Association Journal notes that vitamin deficiency syndromes remain uncommon in the typical Western diet. The American Heart Association reports that almost every nutrient may be toxic to health if consumed in excess quantities for long periods of time. In addition to vitamin toxicity, dietary supplements may also interact with other supplements and prescription drugs. Therefore, it is important to consult a health care provider before taking any dietary supplements.

In our practice, we see people coming with a long list of supplements, yet they report not feeling any better. Here are some potential reasons:

1. **The supplement is not taken properly.** For example, when a person discovers to be low on iron (a common problem with thyroid patients), she immediately runs to a pharmacy to pick up iron pills. Iron alone would not be absorbed properly without the presence of Vitamin C so this may result not only in the iron levels not improving but also severe constipation. Furthermore, iron inhibits absorption of zinc making us now also deficient in zinc. It is therefore better to modify your diet, by eating, for example plenty of liver (for iron) and combining it with steamed broccoli (for Vitamin C) to fix this deficiency naturally.
2. **Quality of supplements.** Not all supplements are made the same. Since the FDA does not regulate the supplements industry, the producers are left to their own devices on what marketing messages and claims they can present to the consumers. A number of brands have been found to be toxic to our bodies.
3. **Digestive tract is too damaged to absorb the supplements.** This is a common problem. When we experience digestive issues such as pain, bloating, gas, constipation, diarrhea, our gut is not able to absorb these supplements very well. We are simply making our pee and poop an expensive affair.
4. **Synthetic version of vitamins and minerals makes absorption difficult.** This is the reason why having a well balanced diet or a modified diet to fix mineral and vitamin deficiencies will produce the best results.

How to pick supplements?

There might be times when you would need to resort to supplementation if you feel your diet wouldn't be able to help you quickly enough. Please remember that supplements in the US are not supervised properly by the FDA hence many are of questionable quality. As a general rule, we would advise you not to buy from the multi-level marketing companies or companies without a solid background.



A couple of tips for you:

- Free of allergens such as corn, whey, gluten, sugars (like maltra)
- No food coloring (you can see food numbers on labels)
- B12 should be methylcobalamin, never cyanocobalamin
- Vitamin E mixed tocopherols (means natural Vit E is used)
- Minerals in a citrate/glycinate/malate form – not oxide
- Always avoid Magnesium Stearate
- Curcumin: phytosome form and in cooking add black pepper
- Omega 3 : TG ; TG refers to the true triglyceride form, it should also be molecularly distilled – this guarantees good absorption
- If you have a thyroid condition – avoid iodine in all supplements
- Food source - careful of yeast allergy

Independent Lab Testing Supplements

www.ConsumerLab.com – an independent test and review site for supplements, vitamins and minerals. It's a great website that states the safe brands. It's a paid service but not expensive.

What about probiotics?

There are many challenges with picking and trusting the probiotic makers as probiotics are known to start dying off from the moment they are packed into capsules. This is what will help to look for in a good probiotic:

- Should have as many beneficial bacteria strands as possible, minimum eight.
- Should have strains from at least two different groups, groups being: Lactobacilli, Bifidobacteria and potentially some soil bacteria.
- There are at least 8 billion bacteria cells per gram.
- The manufacturer conducts frequent batch testing.
- You can make yoghurt with it.

Recommended dose: 15-20 billion bacterial cells per day for an adult.

Brand Recommendations

- For Omega 3 – Nordic Naturals, Green Pastures
- Thorne Research – although they only sell to licensed practitioners
- Designs for Health – for your multivitamins



- Probiotics – Bio-Kult, GutPro (you can get them on www.HormonesBalance.com/gutpro)
- Curcumin - Foreign Research, Apex Turmero

Where can we buy them?

- Your healthcare practitioner.
- Online: <http://www.willner.com/>
- Be careful buying from online resources – cases of fake products being sold

Sources:

Dr Nicole Egenberger, Naturopathic MD (NYC)

Disclaimer

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