

Hey! My Brain Doesn't Work That Way! or Using the Body to Lead the Mind

Damage Done by Toxins and How Diet Can Help



Marc Landry
occupational therapist

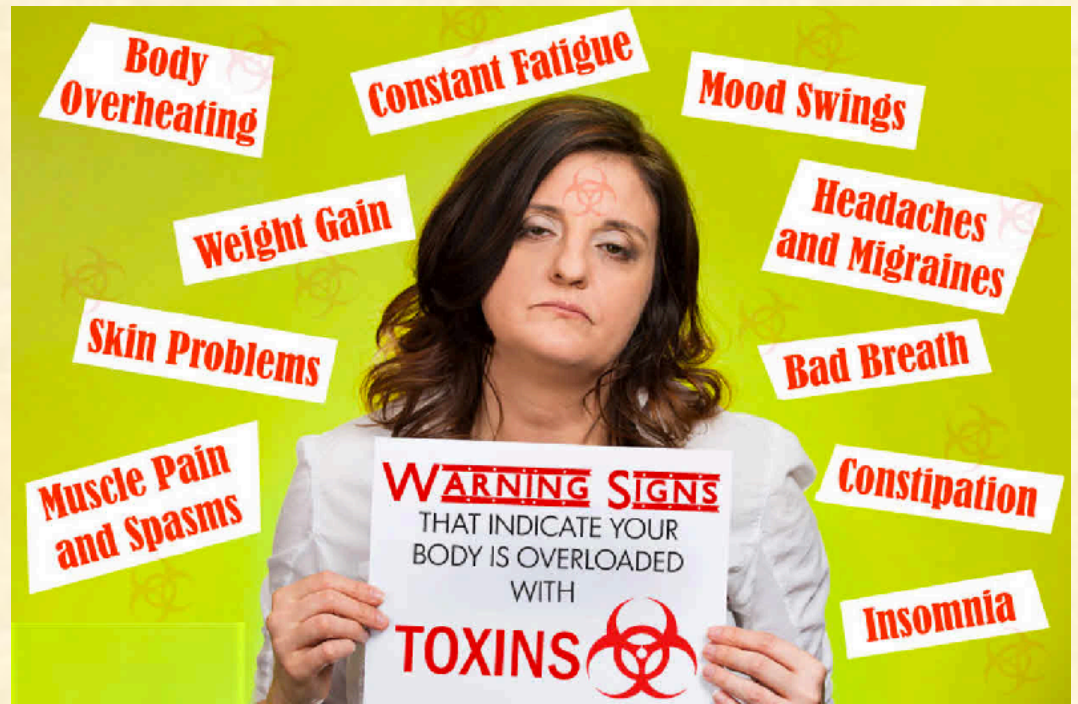
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November 2020
Developed for:



BC Aboriginal
Child Care Society

Our Languages,
Our Teachings,
Our Ways



Toxic Threats **around** and **inside** us!

<http://www.psr.org/chapters/boston/resources/in-harms-way.html>

Learning, behavioral and developmental disabilities including Attention Deficit Hyperactivity Disorder (ADHD) and autism prevent our children from reaching their full human potential. Seventeen percent of children in the United States have been diagnosed with one or more developmental disabilities. These disorders have widespread societal implications, from health and education costs to the repercussions of criminal behavior. Though trends are difficult to establish with certainty, there is a growing consensus that learning and behavioral disorders are increasing in frequency.

These disabilities are clearly the result of complex interactions among genetic, environmental, and social factors that impact children during vulnerable periods of development. **Research demonstrates that pervasive toxic substances, such as mercury, lead, PCBs, dioxins, pesticides, solvents, and others, can contribute to neurobehavioral and cognitive disorders.** Human exposure to neurotoxic substances is widespread. A review of the top twenty chemicals reported released under the 2000 Toxics Release Inventory reveals that nearly half are known or suspected neurotoxicants. Over 2 billion pounds of these neurotoxic chemicals were released on-site by facilities into the air, land or water. As our knowledge about these neurotoxic chemicals has increased, the "safe" threshold of exposure has been continuously revised downward. Toxic exposures deserve special scrutiny because they are preventable causes of harm.

In 1998 Greater Boston PSR launched the project **In Harm's Way: Toxic Threats to Child Development** to explore this important issue.

EVERY YEAR, MORE THAN A MILLION CHILDREN ARE POISONED BY COMMON HOUSEHOLD CHEMICALS*

* Source: U.S. Environmental Protection Agency



PSR[®] **PHYSICIANS FOR SOCIAL RESPONSIBILITY**
1985 NOBEL PEACE PRIZE
U.S. affiliate of International Physicians for the Prevention of Nuclear War, recipient of the 1985 Nobel Prize for Peace

CHILDREN EXPOSED TO SYNTHETIC HERBICIDES EARLY IN LIFE ARE FOUR AND A HALF TIMES MORE LIKELY TO DEVELOP ASTHMA*

*Source: Department of Preventative Medicine, Keck School of Medicine, University of Southern California



Toxic Threats **inside** us!

We allow this **why** ???



But aren't the FD&C dyes certified to be safe?

No.

They are certified to contain no more than the amount of lead, mercury, arsenic, benzidine, and other contaminants that the Food & Drug Administration (FDA) considers acceptable. They are certified to contain a minimum percent of actual color as specified in the [Code of Federal Regulations](#).



The manufacturer must submit a sample of each batch of dye to the FDA for certification. In 2009, almost 20 million pounds of coloring were certified.

Consider [benzidine](#). Yellow #5 & Yellow #6 are each allowed to have 1 ppb (parts per billion) of benzidine. That is a really tiny amount; benzidine is known to cause cancer ([see toxicological profile - 242 pages](#)), but it apparently can't be easily removed from the dye, so the FDA decided to allow it at that amount. But how much is *really* in there?

Drs. Peiperl and Prival wanted to see how much benzidine is actually in the Yellow #5 and #6 you buy in the supermarket, so they bought bottles and tested them. In 1993, they found that half of the 53 Yellow #5 samples they tested contained 7 to 83 ppb of benzidine, and in 1995, they found that half the 67 samples of Yellow #6 contained more than 10 ppb benzidine, with some as high as 104 ppb, and one at 941 ppb. Separately, Dr. Lancaster, in Canada, did a similar study in 1999, reporting that he was finding levels of benzidine ranging from less than 5 to 270 ppb.

Consider [lead](#). That is a big subject, well covered by the [Mayo Clinic's website](#) on lead poisoning, and the FDA tells us to avoid it because it damages the brain of both children and adults. Yet it is an interesting bit of trivia that while the synthetic food colorings are allowed to have no more than 10 ppm (parts per million) of lead, many of the "D&C" colors used in medications and given multiple times a day to sick people are allowed to have double that amount.

Fluoride now officially labeled as a neurotoxin,
one which cannot be excreted from the body.

Are Toxins Toxic?

Not if you believe big business or big government!

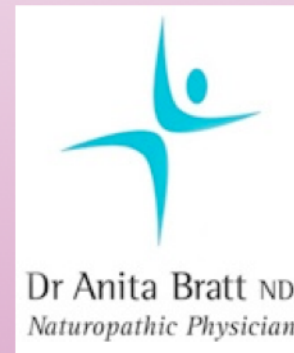
- There is no "safe" level where toxins are not toxic!
- 20-30 of 85,000 chemicals tested for impact on developing brain.
- Toxins affect genes and gene expression/switching.
- Toxins affect all body systems, including digestion/metabolism
- Toxins resembling natural chemicals can trick our bodies.
- All toxic exposures affect brain development.
- Toxins in combinations are untested and unpredictable.
- Cord blood of babies contains hundreds of toxins

Every human being on every developed nation on Earth, whether living in a rural or isolated area, in the middle of a large city, now contains at least 700 contaminants in their body including pesticides, pthalates, benzenes, parabens, xylenes and many other carcinogenic and endrocrine disrupting chemicals.

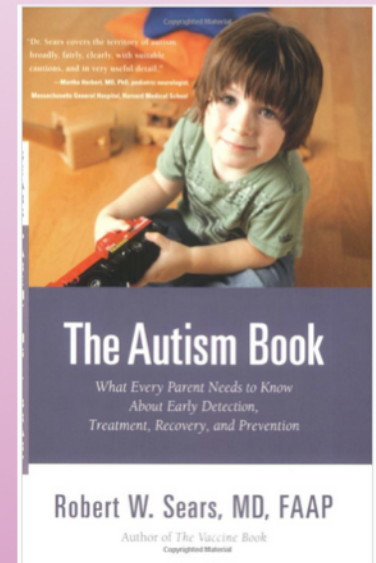
Martha Herbert MD, PhD Harvard Medical School
The Autism Revolution ©2012

The Precautionary Principle

- The basis of Europe's chemical policies.
- Exposures to man-made substances should demand prior proof of safety.
- "When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically"

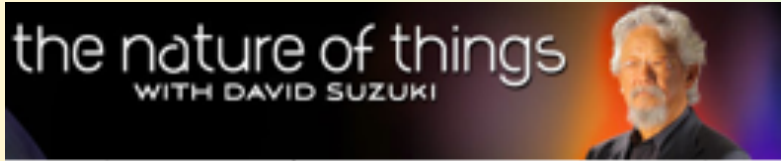


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Science and Environmental Health Network
Wingspread Statement ©1998

Brain Function -Controversial Truths



The Autism Enigma

- Some multiple antibiotic treatments can cause gut imbalances and overgrowth of some bacteria including clostridium which, as a by-product, release neurotoxins into the body. The neurotoxins cause brain and nerve damage. These cases can have symptom reversal with vancomycin and some improvement with probiotics
- Microbes that colonize the gut in childhood tend to remain through life and can be hard to alter, at this time

If you flattened out your intestines, you'd have the area of a tennis court.
This patch of gut has more diversity of flora and fauna than any same size patch on earth.
Are antibiotics the only toxins we dump onto this system that upset the balance??

- Kids that crave white foods and carbohydrates may be addicted to propionic acid, which is used as a preservative and is formed when carbohydrates ferment in the gut.
- The dose of propionic acid in rats was associated with frantic behaviour, hyperactivity, hypersensitivity, and non-social behaviour shift.
- Propionic acid in the body has been shown to cause damage that affects brain function.
- It is an environmental toxin that may trigger a genetic change (turn on or off an allele).



[The Autism Enigma](#)



Autism - The Diet

It's NOT just for autism

Different Examples:



These are NOT acceptable on the Feingold diet

<http://www.autismepicenter.com/autism-diet.shtml>

<http://www.cbc.ca/news/health/story/2007/09/27/autism-study.html>

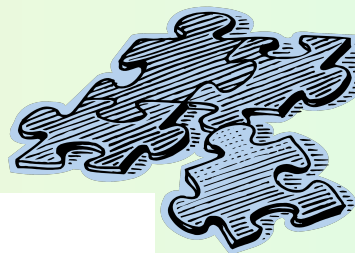
<http://www.autismndi.com/>

<http://www.pecanbread.com/>



But these are okay - we teach you what to choose.

www.feingold.org



DIAGNOSIS OF AUTISM
10 QUICK TIPS
AUTISM PARENTS
AT THE EUROPEAN
PARLIAMENT
10 EASY STEPS
FOR PICKY EATERS

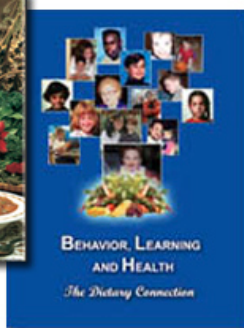
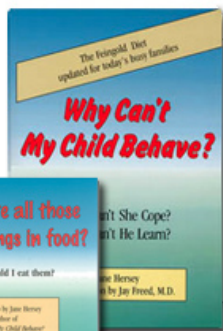
Also in this issue:

- TOXIC CHEMICALS – A MAJOR RISK FACTOR FOR AUTISM
- IS THERE JUSTICE FOR THE VACCINE-INJURED?
- HOW BACTERIAL IMBALANCES MAY PREDISPOSE TO SEIZURE DISORDER
- THE JOURNEY FROM ASD TO A MITOCHONDRIAL DISEASE DIAGNOSIS
- AUTISM MOTHERS REPORT FROM DALLAS

BUY THE AUTISM MOTHERS 2011 CALENDAR DETAILS ON PAGE 4

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Additional resources are available.

The Feingold Diet



It's NOT just for autism

www.feingold.org

Stage One:

Stage One is the initial period during which the items listed below are eliminated from the diet.

- **Artificial (synthetic) colors** Food dye may be listed as "food coloring," "certified color," or "color added." It may also be listed by its name (i.e., "Tartrazine"). Sometimes the words "artificial color" or "color added" actually refer to a natural coloring such as carmine or titanium dioxide. You will not know this, however, without a Feingold Association's Foodlist & Shopping Guide, which is available in the U.S. and Canada.
- **Artificial (synthetic) flavors** Artificial vanilla (vanillin) is a synthetic flavoring generally identified by name. Most of the thousands of artificial flavors are listed only as "flavoring," "artificial flavoring" or "natural & artificial flavoring."
- **Three preservatives**
BHA BHT TBHQ
(Butylated Hydroxyanisole) (Butylated Hydroxytoluene) (Tertiary Butylhydroquinone)
- **Aspartame** Aspartame and similar sweeteners - Equal, Nutrasweet, Spoonful, Equal-Measure, Benevia, Misura, NatraTaste, E951, Neotame, Alitame - are now excluded from the Feingold Program.
Sucralose (Splenda) and other synthetic sweeteners are not officially excluded, but products containing them are not added to the Foodlist & Shopping Guide. Products containing alcohol sugars (names end in "-ol") are allowed, but marked with a "(CS)" since they are related to corn syrup. Stevia and agave are sweeteners made from plants, and they are allowed.
- **Salicylates** These are chemical compounds found in some foods, medicines, and personal care products.

Stage Two:

After observing a favorable response to Stage One, salicylates may be reintroduced and tested for tolerance one at a time. While some people find they need to remain on Stage One, others are able to tolerate some salicylate-containing items occasionally, and still others can eat them freely. The artificial colors, flavors, preservatives, and sweeteners listed above are not reintroduced.

Some chemical additives are not routinely eliminated, but products containing them are marked in the Foodlist & Shopping Guide, so that they can be avoided at the start of the diet or later if necessary. They are: Calcium Propionate (CP), Corn Syrup (CS), Sulfite (SF), Sodium Benzoate (SB), Monosodium Glutamate (MSG/HVP), Nitrites/Nitrates (N), and Natural Smoke Flavor (SM).

No artificial sweeteners or High Fructose Corn Syrup



Artificial Sweeteners: The Worst of the Worst

Sweeteners, both artificial and sugar-derived, top the list of addictive additives. But artificial sweeteners are the absolute WORST things you can put in your body. Consider [aspartame](#), sold under the brand names NutraSweet and Equal. Diet cola, which often combines aspartame and caffeine, is the perfectly addictive beverage. These two agents create a very unique but deadly combination of excitotoxins that kill off your brain cells. However, before they do so, they go out with a bang by giving you something akin to a buzz. It's the perfect plan to get you to go back to the store to buy another soda. And maybe a supersized soda—after all, it has ZERO calories, no matter how much you consume!

But not so fast. You are sipping your way into a trap.

Studies now show that, in spite of their zero-calorie status, many [artificial sweeteners](#) actually cause weight GAIN because they stimulate your body to crave carbohydrates. But weight gain may be the least of your worries. [Aspartame](#) causes formaldehyde to build up in your brain, which results in all sorts of potentially serious medical problems, including:

Frontal lobe inflammation	Visual disturbances	Migraines
A syndrome similar to multiple sclerosis	Seizures	Cognitive problems
Chronic fatigue syndrome and fibromyalgia	Symptoms similar to Parkinson's disease	Symptoms similar to attention deficit disorder

*Ban
Neotame,
Aspartame,
aminosweet*

*Avoid
nutrasweet,
equal, etc.*

In fact, pilots' associations are aware of the visual disturbances and caution pilots to avoid using aspartame due to its potential to compromise their ability to pilot a plane.

The food industry claims that aspartame is safe. However, if you look at the studies that claim to support aspartame's safety, you will see that 90 percent of them were funded by the food and beverage industry. When you examine independent aspartame studies, it's a totally different story. Ninety percent of those have found serious health problems related to aspartame. The FDA merely evaluates the studies that the industry submits—it doesn't have a team of researchers conducting those studies itself, contrary to what you might think.

Aside from [cancers and tumors](#), top researchers [have linked aspartame with](#) the following symptoms and diseases: Headaches, Memory loss, Seizures, Vision Loss, Coma, ADD, Lupus, Fibromyalgia, Muscular Dystrophy, Alzheimer's, Chronic Fatigue, Diabetes, Depression

Dr. Mercola is the founder of the world's most visited natural health web site, [Mercola.com](#). You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report [The Dangers of Over the Counter Remedies](#) by going to his [Report Page](#).

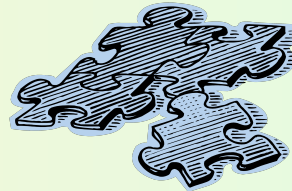
Heal the GUT ---Heal the BODY ---Heal the BRAIN

A complex process involving building a probiotic population that will kill clostridium, candida, yeast and other opportunistic flora that produce toxins.

www.gaps.me

www.gapsdiet.com/

www.westonaprice.org



Kate Hutchinson Vancouver, BC

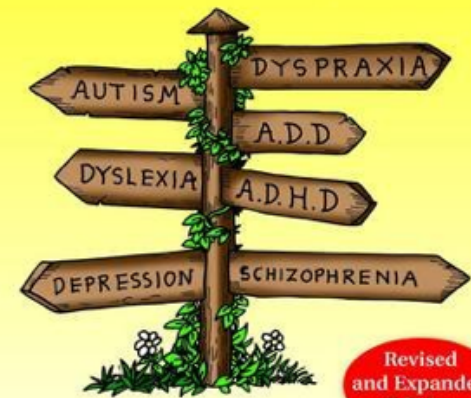
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Gut and Psychology Syndrome

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Dr. Natasha Campbell-McBride MD,
MMedSci(neurology), MMedSci(nutrition)

Probiotics are the most important supplement.

www.youtube.com/watch?v=Z_0NvcJZwa8&feature=youtu.be

Stop the Toxic Assaults!

☑ World Mercury Project is now **Children's Health Defense.**
Led by RFK jr. childrenshealthdefense.org
childrenshealthdefense.org/wp-content/uploads/generation-sick-facts-behind-childrens-health-crisis-and-why-it-needs-to-end-ebook.pdf

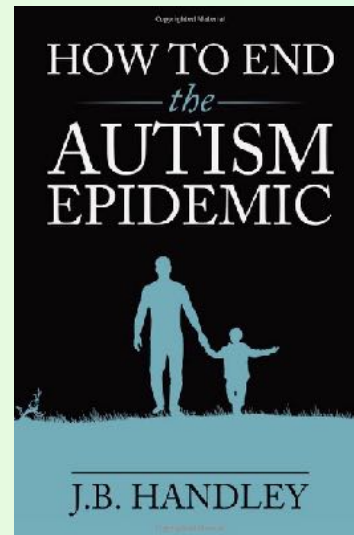
☑ <http://www.cease-therapy.com/>

☑ Facebook Groups

Children Medical Safety Research Institute

Thinking Mom's Revolution

J.B. Handley



We're talking about scientists from the Kennedy Krieger Institute at Johns Hopkins University, arguably the pre-eminent institution in the country focused on autism, who are saying exactly what parents are saying - that in a vulnerable subset of children, vaccines are, in fact, a trigger of autism.



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or search at

[otmarclandry.com/
recommended-
reading-links](http://otmarclandry.com/recommended-reading-links)



 Print

Brain Threats

Brain-Protectors

Saturated fats



Vitamin E



Beans and ...



BRAIN BUILDERS

- Avocados
- Bananas
- Beef, lean
- Brewer's yeast
- Broccoli
- Brown rice
- Brussels sprouts
- Cantaloupe
- Cheese
- Chicken
- Collard greens
- Eggs
- Flaxseed oil
- Legumes
- Milk
- Oatmeal
- Oranges
- Peanut butter
- Peas
- Potatoes
- Romaine lettuce
- Salmon
- Soybeans
- Spinach
- Tuna
- Turkey
- Wheat germ
- Yogurt

BRAIN DRAINERS

- Alcohol
- Artificial food colorings
- Artificial sweeteners
- Colas
- Corn syrup
- Frostings
- High-sugar "drinks"
- Hydrogenated fats
- Junk sugars
- Nicotine
- Overeating
- White bread

FOR EXTRA POWER

Exercise



Intellectual stimulation



Sleep



Innovative Sciences

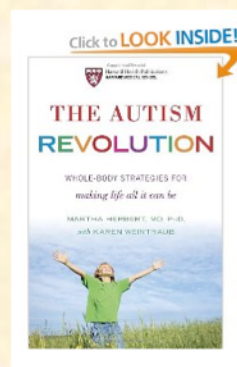
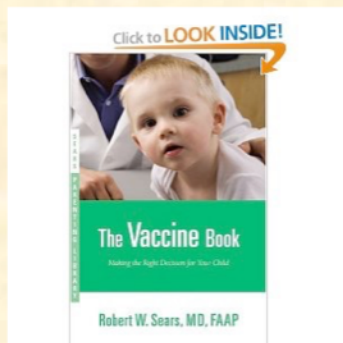
adversomics - the study of the genetic and immune basis of adverse vaccine reactions

vaccinomics - the development of personalized vaccines

nutrigenomics - the study of the effects of foods and food constituents on gene expression

immune network theory - a network that is adaptive, individual, ever changing

personalized medicine - a medical model which includes information about one's unique genome, bacterial makeup, immune system, toxic load, blood chemistry, and past medical information



Epigenetics

copy number variation (CNV)

single nucleotide polymorphism (SNP)

gene damage does not mean it is inherited

up to 2193 genes, 2806 SNP's, 4544 CNVs, 158 linkage regions involved in autism

INNOVATIVE SCIENCES

ADVERSOMICS the study of the genetic and immune basis of adverse vaccine reactions

VACCINOMICS the development of personalized vaccines

NUTRIGENOMICS the study of the effects of foods and food constituents on gene expression

IMMUNE NETWORK THEORY a network that is adaptive, individual, ever-changing

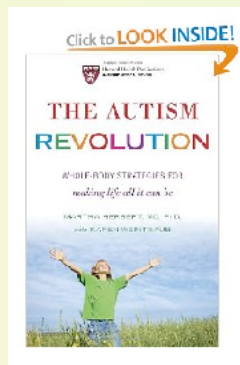
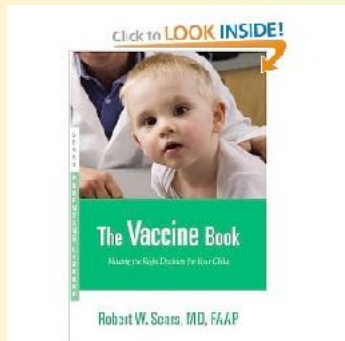
PERSONALIZED MEDICINE a medical model which includes information about one's unique genome, bacterial makeup, immune system, toxic load, blood chemistry, and past medical information

Epigenetics

copy number variation (CNV)

single nucleotide polymorphism (SNP)

gene damage does not mean it is inherited



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Visit my website for the following:

“Workshop Materials”

Recommended Reading and Links

Relaxation Book & Social Stories

“What Works” “Red Zone” and “Safe Place” forms

Teaching Self Regulation Handout

The Scarfe Papers (“Play”)

Advocacy Support

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