

# Environmental Toxins Basic Recommendations - Part Four

Another helpful intervention is to use air filters and air purifiers or sanitizers. I have written an article that discussed these in some detail, and we'll link to that in the resources section. A HEPA filter that is capable of removing ultrafine particles below 0.1 microns, such as mold, dust, pet dander, volatile organic compounds, and even viruses from the air, is a great thing to have in the home because these ultrafine particles represent 90 percent of all airborne pollution that you breathe. An air sanitizer that eliminates allergens, odors, mold, and germs is also a good idea for some people and can be effective in reducing allergies and other respiratory symptoms.

The number and range of devices on the market in both of these categories is pretty mind-boggling, and I spent a lot of hours figuring out the best options for my home and our patients' homes. My research is ongoing, but I can tell you what we're currently using at the time of this recording. We have an IQAir, and the IQAir makes freestanding units such as the HealthPro Plus that you can put in different rooms, and they also make an inline system called Perfect 16 that can hook up to your HVAC system. IQAir makes HEPA filters that employ a four-stage filtration process, which includes activated carbon to filter particles all the way down to 0.003 microns. These are the smallest particles that exist, with a guaranteed efficacy of more than 99.5 percent.

An important note about IQAir. If you do buy one of the freestanding units, such as the HealthPro Plus, Amazon.com is not an authorized reseller, so if you purchase from there, the warranty won't be valid, so I recommend purchasing directly from IQAir's website or one of their authorized resellers.

Air sanitizer is another category that we mentioned. Air Oasis is one of the best brands. These units work differently than HEPA filters. They use a technology developed by NASA called advanced hydration photocatalytic oxidation, or AHPCO, to destroy mold, bacteria, and other microorganisms with ultraviolet light and a catalyst. We have a few of their Air Angel units in smaller rooms as well as an AO3000 in the main living area, but an important note on these: I currently recommend running the Air Oasis units only when you're not in the rooms and turning them off when you enter. This is due to the small amounts of ozone that they release. Though the ozone levels are well below the recommended threshold, according to Air Oasis's website, I prefer to be cautious. You could, for example, run the Air Oasis unit in the living room and kitchen while you're sleeping, and then move it to the bedroom when you wake up.

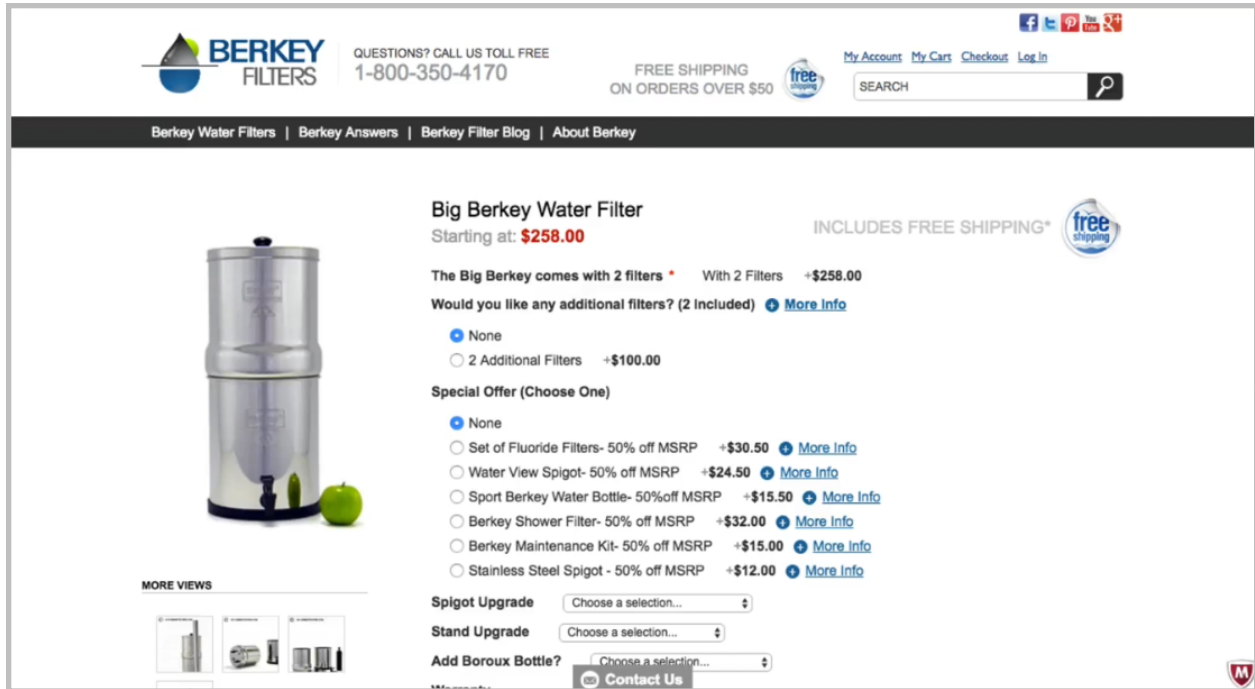
I also recommend using HEPA or a charcoal filter such as the IQAir along with the Air Oasis device rather than just the Air Oasis device on its own. We'll have a patient handout for you on improving indoor air quality.

We all know that drinking plenty of water is important, and it's something we'll talk about with our patients, of course, but while we're fortunate to have drinkable water, we're also being exposed to

many contaminants when we drink that water. The EWG has identified 316 contaminants in the public water supply, 202 of which are unregulated. These contaminants include things such as fluoride, chloramine, chlorine, lead, arsenic, and others. Fluoride is one of the most controversial ones because, as you I'm sure know, it's used in dental cleaning because there is a belief that it improves dental health, but even if you buy that, which many people don't, that benefit only comes from using it externally on the teeth, not consuming it internally. Consuming fluoride internally has been linked to negative effects on the thyroid and many other endocrine organs.

Chlorine and chloramine in water have been linked to bladder, kidney, rectal, and breast cancer, as well as asthma. Minerals such as lead and arsenic can be very harmful to health, as they accumulate in the body. I'm sure you've heard about the tragedy in Flint. Not only were there high levels of lead leading to lead poisoning in many of Flint, Michigan, residents, but the water also had high levels of trihalomethanes, or TTHM, which is a disinfectant byproduct. While that was an extreme case, lower levels of these metals can have a negative impact on our health as well.

If your patients drink tap water from their local town or city in the U.S., their tap water supplier publishes their water quality test. The EWG has curated this data in its national drinking water database, which we'll provide a link to. Patients with a well should be encouraged to test their well water. Knowing what contaminants your water has in higher amounts can help you determine the best filtering options.



**BERKEY FILTERS** QUESTIONS? CALL US TOLL FREE 1-800-350-4170

FREE SHIPPING ON ORDERS OVER \$50

My Account My Cart Checkout Log In

Berkey Water Filters | Berkey Answers | Berkey Filter Blog | About Berkey

### Big Berkey Water Filter

Starting at: **\$258.00** INCLUDES FREE SHIPPING\*

The Big Berkey comes with 2 filters \* With 2 Filters +\$258.00

Would you like any additional filters? (2 Included) [More Info](#)

- None
- 2 Additional Filters +\$100.00

**Special Offer (Choose One)**

- None
- Set of Fluoride Filters- 50% off MSRP +\$30.50 [More Info](#)
- Water View Spigot- 50% off MSRP +\$24.50 [More Info](#)
- Sport Berkey Water Bottle- 50% off MSRP +\$15.50 [More Info](#)
- Berkey Shower Filter- 50% off MSRP +\$32.00 [More Info](#)
- Berkey Maintenance Kit- 50% off MSRP +\$15.00 [More Info](#)
- Stainless Steel Spigot - 50% off MSRP +\$12.00 [More Info](#)

**Spigot Upgrade** Choose a selection...

**Stand Upgrade** Choose a selection...

**Add Boroux Bottle?** Choose a selection...

[Contact Us](#)

The idea behind using a water filter, of course, is to remove the most contaminants while keeping as many healthy minerals as possible. Again, the EWG is a great resource for this, but in terms of specific products, we use a Berkey above-sink water filter. It's fairly cost effective. We also have an under-the-sink water filter, and there are many different options here. One is the Radiant Life 14-stage biocompatible water purification system, which has three purifiers: a reverse osmosis filter and then two deionization purifying stages. While most reverse osmosis systems are known to reduce the healthy mineral content of water, the Radiant Life system includes a remineralization stage. They offer four-gallon, nine-gallon, and 14-gallon tanks starting at about \$1,600, so this is obviously a much more expensive option. There are a number of other options that are in between the Berkey and the Radiant Life filter that are under the sink, and they remove fluoride, chlorine, chloramine, and many of the other common contaminants that you'd want to avoid.

The EWG has a water filter buying guide that allows patients to search for filters that reduce the contaminants that are highest in their municipal water supply. You can also filter by cost and by how effective they are. Most patients will probably just want to be told what filter to buy, but if you have a patient who wants to do more research, the EWG guide is a good resource.

The chlorine and contaminants we're exposed to during bathing time can also have a negative effect, and I've written about this in the past, and we'll link to that article. A whole-house filter is a good option for reducing contaminants in bath water, though these can be expensive as well. Some of the same companies that offer under-the-sink drinking water filters, such as Radiant Life, also offer whole-house filters.

Vitamin C showerheads are a less expensive option, and they remove 99 percent of chlorine. However, you would need a filter on every showerhead. If you have young kids and they are taking baths, you can put vitamin C crystals, powder, in the bath water itself if you don't have a filter. For patients who just aren't able to use filters for whatever reason on their bathing water, you should recommend shorter or less frequent showers and not using very hot water because high heat increases the amount of steam and absorbing chemicals through that steam, and then shutting off the water while they are soaping up.

Lastly, let's cover how to promote natural detoxification. A healthy diet is by far the most important starting place because a healthy, nutrient-dense diet contains all of the nutrients that are required for detoxification. A Paleo-type diet with plenty of cruciferous vegetables in particular, which contain nutrients that promote healthy detox, is a really good starting place. Then, a Paleo diet in general is going to be anti-inflammatory, help reduce stress on the body, and provide those important micronutrients.

Gut health is also extremely important for detoxification. Encourage patients to eat fermented foods and fruits and vegetables with prebiotics. Otherwise, you can add in a probiotic and prebiotic supplement if they aren't doing that. Of course, if they have more significant gut issues such as SIBO or dysbiosis, it's really crucial to treat those for proper detox function.

Along the lines of gut health, you should also make sure that your patients are having regular bowel movements, as this is, of course, one of the main routes of elimination of toxins along with sweat and urine. If someone is experiencing constipation, see if there is an underlying cause such as SIBO, and treat that, or consider using things such as magnesium in order to help keep the patient regular.



There are a few supplements that I find useful for promoting healthy detoxification in general. Pure Encapsulations DIM Detox has DIM, diindolylmethane, which promotes healthy estrogen metabolism and cell cycle activity. It also has calcium D-glucarate, which targets beta-glucuronidase enzyme activity and promotes healthy hormone detox through the glucuronidation pathway. Then, it has milk thistle extract, alpha-lipoic acid, and N-acetylcysteine, which all support phase two detoxification, which converts the free radicals that are produced during phase one detox into less harmful substances. Then, there are taurine, glycine, and methionine, which are amino acids that also promote healthy phase two detox pathways and healthy cell metabolism.

Sweating, of course, is another major way that our body gets rid of toxins. If your patient is not regularly sweating, encourage them to do some exercise that makes them sweat. Of course, they can also use things such as dry saunas or far or near infrared saunas as a way of promoting healthy detoxification.

We also release toxins from the body through urine, and because of this, it's important to make sure that your patients are properly hydrated, so they are urinating enough. While I don't recommend forcing a specific amount of water consumption on a patient, you should screen for low water intake and markers of dehydration, as we discussed in the blood chemistry module.

Of course, managing stress and getting enough sleep are vital to promoting healthy detoxification, so make sure that your patients are doing well on these fronts.

The best way overall to reduce toxic burden is to keep toxins out of the body in the first place. However, since it's not possible to completely get rid of the toxins we're exposed to in the modern environment, we can only do our best and then help our bodies detoxify what does make it into our system. Between reducing toxic burden and encouraging proper detox through diet and lifestyle, your patients have a much better chance of avoiding the negative complication of toxin exposure.

Okay, that's it for now. Thanks for watching. See you next time.