

**Subject:** FW: Toxicology Final

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**Date:** 6/15/2015 13:10

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From: Rebecca Wilder [[wilderrj@msn.com](mailto:wilderrj@msn.com)]

Sent: Monday, June 15, 2015 12:54 PM

To: Rebecca Wilder; Mitch Halloran

Subject: Toxicology Final

REBECCA WILDER

TOXICOLOGY FINAL

Spring 2015

A. Environmental Toxicants-

3. PCB's

The United States was producing PCB's between 1929 and 1979, when it was banned and so exposure was high. Now it is the residual exposure of those items manufactured which include the air, water and soil supply in many areas. The specific items of increased exposure include the following:

- \* Transformers and capacitors
- \* Other electrical equipment including voltage regulators, switches, reclosers, bushings, and electromagnets
- \* Oil used in motors and hydraulic systems
- \* Old electrical devices or appliances containing PCB capacitors
- \* Fluorescent light ballasts<<http://www.epa.gov/epawaste/hazard/tsd/pcbs/pubs/ballasts.htm>>
- \* Cable insulation
- \* Thermal insulation material including fiberglass, felt, foam, and cork
- \* Adhesives and tapes
- \* Oil-based paint
- \* Caulking<<http://www.epa.gov/epawaste/hazard/tsd/pcbs/pubs/caulk/index.htm>>
- \* Plastics
- \* Carbonless copy paper
- \* Floor finish

B. Food Toxicants. Food Coloring Dyes-Red 40 and Yellow 5

Price of natural food coloring kit for 3 primary colors was \$15 on Amazon.com. box of 4 colors in grocery store of toxic nature about \$5.

Red 40 AKA Allura Red

may act as a trigger in those who are genetically predisposed, to ADHD and food intolerances. Alternatives include products that contain paprika, beet juice, carotene, red cabbage and turmeric for coloring instead.

Yellow 6 AKA Tartrazine

is widely used in the making of potato chips, jams, candy, drinks and even pet food. It is also added to shampoo and other cosmetic products, as well as vitamins and certain medications.

Health effect include allergic reactions, such as asthma and other health problems, including blurred vision, migraines, fatigue and anxiety. It has been linked to It might also cause chromosomal damage, although this has not been properly studied or documented. Alternatives include turmeric powder, yellow carrots, lemon zest, saffron flowers, bee pollen

#### C. Drug-Nutrient Interactions -Anticonvulsants

Sometimes, ketogenic diets or vagus n. stimulation are described as "anticonvulsant" therapies as well, and could be used concurrently and should be further explored as an alternative.

#### D. Personal Care Products-Shaving Lotion

Contains soaps and perfumes, propane, isobutane, and other ingredients.

Generally skin irritation in the form of allergies arise, but can include the following symptoms: blurred vision, breathing difficulty, burning pain in the throat, burns to the eye, diarrhea or vomiting, stomach pain, and rash.

Alternatives include baby oil, coconut oil, aloe vera gel

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