

## **Summary** : Toxic mould, yeast, parasites and heavy metals

### **1. Heavy metals:**

- 1. Arsenic:** may leak from mobile phones, tablets, laptops, monitors, LED televisions while they are on especially for long periods; found in food: imported garlic, root vegetables (potato, sweet potato, parsnip, turnip), onion, pepper, shellfish, chicken stock; found in CCA "treated" pine (decking & garden edging)
- 2. Mercury:** farmed & predatory fish, fish emulsion on crops like on tomatoes, citrus, bananas, stone fruit, cashews; used in organic farming; cheap hair dye, hair products, preservative in perfumes, makeup, skin creams - use organic brands from Europe; used in electronics
- 3. Cadmium:** vehicle exhaust, rust-proofing paint, artists oils, shellfish, tobacco, marijuana, may contaminate fruits like mango
- 4. Lead:** old fruit trees like avocado from previous use as pesticide (combined with arsenic); garden soil can be contaminated by lead paint; solder in electronics, lead-light windows
- 5. Stainless Steel:** cookware, kettles, cafe expresso machines, instant water boilers, canned food; can cause chronic allergy states; safer cookware may be enamel, stoneware, pyrex (saucepans)
- 6. Tin & Antimony:** canned food, plastic water bottles
- 7. Radioactive Fallout:** dust from nuclear testing and mining blows across the country and washes into water supplies after heavy rains – settles to bottom eventually but takes a while; avoid tap water for a week after heavy rains; install decent filters
- 8. Titanium:** toothpaste, sunscreen, makeup, stainless steel, some non-stick cookware
- 9. Mould metals:** These are metals that stimulate mould growth:
  - **Gallium:** leaks from old mobiles, tablets, laptops, monitors, LED TVs; stimulates mould growth; keep technology up to date, get rid of old devices; do not hand down to children
  - **Thallium:** kale, cabbage, broccoli, cauliflower, brussels sprouts, banana; vehicle exhaust fumes
  - **Indium:** may leak from computer tablets, laptops, flat screen monitors, LED televisions
  - **Aluminium:** deodorant (including spray cans); aluminium foil – sweet wrapping, moulds used to set chocolate; baked goods: baking powder, bread, cakes, pancakes, biscuits/cookies, steamed buns, tarts/pies (cooked in aluminium trays); potatoes, spinach, tea (green/black), refined salt, soy milk, coffee pods, canned drinks, aluminium cookware & drink bottles
  - **Titanium:** skin products (sunscreen, makeup), toothpaste, teeth whitening, steel kettles
  - **Bismuth:** pigment (BiOCl) in "mineral" makeup, hair dye, paints, solder in electronics
  - **Boron:** top 10 foods: raisin, almond, hazelnut, apricot (dried), peanut, brazil nut, walnut, red kidney bean, cashew, dates, prunes, red wine, lentil, chickpea; some multivitamins
  - **Silver:** old mercury amalgams, jewellery, colloidal silver, solder in electronics
  - **Vanadium:** toughened stainless steel - industrial vats (wine, beer, juice, sauces, pastes and spreads, nutritional supplements), paints, diesel (fuel oil) exhaust
  - **Zirconium:** ceramic cookware, dental caps, facings & dentures, jewellery, stainless steel

### **2. Mould:** found in damp places and on stored food (nuts, cheese, cereals, raw muesli, pepper, teas);

**Nuts:** buy local product, US walnuts ok, wash well, pat dry, salt, roast at 120 degrees for 60 minutes (120 minutes for raw peanuts), store in fridge or freezer;

**Cheese:** old cheese can be mouldy – cut off the mouldy rind, avoid buying pre-grated cheese

**Tea:** gently boil teas both black and herbal for 1-2 minutes

**Cereals:** freezing cereals does not kill mould but does slow it down

- - put raw cereals like muesli in a hot fry pan for 30-60 seconds before eating
- - clean up dust from stored foods carefully on kitchen surfaces
- - organic cereals may be more contaminated – use extra care with imports like quinoa

**Soil:** use a mask and gloves when handling garden soils and composts

**Home:** remove visible mould from household areas with diluted white vinegar

- - examine for mould behind and under furniture especially in damp areas
- - ventilate living areas well – remember the most toxic moulds do not have a musty smell

- - use dehumidifiers or absorbent crystals if unable to ventilate (wardrobes, basements, attics)

### 3. **Parasites:**

a. **Toxoplasmosis:** cat parasite – may be found in cat litter and garden soil where cats active; known to contaminate fish and animal meats and milk products

- - one quarter of human population infected
- - danger to pregnant women if parasite travels to sacral spinal cord from small intestine
- - can infect stomach and vagus nerve causing nausea and elevated blood sugar
- - can infect stomach, gastric nerves and thoracic spinal cord causing burning pain between shoulder blades and acne on back
- - elevated blood sugar leads to increased fat deposition and diabetes in later life as parasite forces pancreas to release more and more insulin to bring sugar level down
- - may not be fully killed by modern pasteurisation (72 degrees for 15 seconds), therefore freeze all meat, fish and dairy for four days minimum, or cook food well
- - there are many traps – restaurant foods with butter, feta cheese, sour cream, yoghurt – be vigilant and eat only cooked animal products in future; when you dine out socially bring a plate of cheese and/or nuts that you have prepared and eat only these
- - use cheese that can be fried or braised like haloumi if unable to freeze for four days
- - use long-life milk if no time to freeze milk when on holidays etc.
- - remember the milk in store-bought coffee has not been fully boiled – drink black or soy
- - eat coconut yoghurt or make your own yoghurt from dry kefir granules

b. **Worms:** - colonise many people due to contamination and inadequate washing of herbs and salad foods plus contact with pets

- - growth cycle timed to phases of moon: – roundworms and hookworms seem to hatch at the Full Moon, fluke worms at the New Moon
- - maintenance treatment works best taken at these times when new worms have just hatched ; do two days treatment in warmer months, one day in cooler months

c. **Protozoa:** (giardia, amoeba, blastocystis, malaria, babesia, trypanosoma, leishmania, cryptosporidium, balantidium, sarcocystis, naegleria, leucocytozoon ) - found in tanks, ponds, creeks and rivers; town water in periods of high heat and low rainfall; raw animal products

- - filter or boil all drinking water, seal or cover container then store in refrigerator if available
- - do not use tap water to rinse your mouth after tooth brushing
- - avoid tap water in restaurants especially during hot dry summer periods – buy the expensive stuff if they do not filter their water (ask about this)
- - some protozoa are transmitted by blood-sucking insects (mosquitos, midges, ticks) – wear suitable clothes and footwear especially if outdoors in the evening or early morning near water and/or moist vegetation in warm climates. Use chemical insect repellants only if simple barrier methods are not available
- Other protozoa are picked up by flies and cockroaches from bird and animal droppings and carried onto food – do not leave food uncovered and unattended for more than brief periods if you are living in warm climates. Cover food with suitable screens or cloths, refrigerate if possible; cook or wash well before eating raw foods