



HEALTH WARNINGS

Information that may save a life!

Part 1

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PREFACE

This FREE e-book is a gift for you.

The purpose is to encourage YOU not to accept everything at face value but to do your own research and make your own decisions. I strongly believe that your own personal health will ultimately depend on how much responsibility you accept for yourself.

My mission is to help as many individuals as possible to retain their health, achieve longevity and to avoid some of the hidden pitfalls that are out there. By putting this in an e-book form and making it free and available worldwide, I am hopeful of reaching as many people as possible. Perhaps you may be prepared to pass this e-book on to your friends.

Many topics will be touched upon, such as:

- My Reasons for Writing this E-Book
- Oral Care and Fluoridation
- Food
- Toxins and Pharmaceuticals
- Vaccination and Experimentation
- Worldwide Government Policies Impacting on Our Freedom of Choice

I would like to acknowledge the tremendous support given to me by LaReita Berky of Utah, USA. LaReita has been there for me. When you know that LaReita has five young children, then you understand how much I appreciate the time that she has freely given me. Not only has she given me this support, but she passed this book on to her librarian friend, Jane Ervin, for her comments and also to her friend, Chemain Evans, who is an excellent editor. Chemain's input into this book has been invaluable and I thank them all for their contributions.

I would also like to acknowledge the support that has been given to me for many years by the following people:

Chris Woollams is a biochemist and is responsible for the charity website <http://www.canceractive.com>. Chris's Charity Organisation is responsible for a magazine called *ICON*, which is in many of the hospitals of the United Kingdom in the oncology wards. He has written some amazing books on cancer and in July 2008 released his latest: *The Rainbow Diet*. You can purchase Chris's book by visiting: <http://www.healthymoneyvine.com/cancer-prevention.html>

Phillip Day is an investigative medical journalist. Phillip is responsible for Campaign for Truth in Medicine and Credence Publications. For further information on Phillip please go to: <http://www.healthymoneyvine.com/credence-publications.html>

Peter Taubert is a researcher and author. He has written many books on ingredients in foods and chemicals that are contained in our personal care, cosmetics, household products and also foods that can trigger certain ailments. If you would like further information on Peter please contact me on: healthymoneyvine@gmail.com

All three of these people have given me immeasurable support over the years. I do not hesitate to pick up the phone or do an email to any of them, as I know that they will always respond in the most helpful way possible. When I first decided to become involved in the fluoridation issue for my area, the first person I phoned was Phillip, who gave me invaluable assistance and steered me towards the people who could help our cause most.

Thank you all!



Marilyn Vine – 2009

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SECTION 1

My Reason for Writing This E-Book

My Reason for Writing This E-Book

You might ask, “Who is Marilyn Vine and why is she writing an e-book issuing health warnings?”

I am retired and in my sixties. I am a wife, mother of three, and grandmother of two. I am someone who is passionate about people, health and living life to the max.

It all goes back to 1996, when I became quite ill and no one could diagnose what was wrong with me. All that they could say was that they thought it was tropical, as my husband and I had been overseas for a period of time in 1995 while he worked.

I was so ill that I made a vow that I would never be that ill again!

While trying to find answers to my illness, I read a book that changed my life. Phillip Alexander's *It Could Be Allergy and It Can Be Cured* expounded on three little points that would keep your immune system up and running:

- Drink good quality water.
- Keep stress out of your life.
- Take vitamin and mineral supplementation.

Three simple concepts, but how many people actually apply them to their life? In fact, most of the population on this planet doesn't even have access to some of these things. Since this time I have been reading health articles and attending conventions and seminars conducted by knowledgeable people in the alternative health industry. I would like to share with you what I have learned.

Unfortunately, early in the piece, when I started collecting information that both interested me and I felt was information that I wanted to pass on to other people, I failed to keep the source and date of my articles. I have learned along the way the importance of this. I apologise that some of the articles contained in this e-book do not have the source and date, but there are enough particulars for people to be able to research and verify the information.

In 1996 I became involved in a network marketing company selling good nutritional products and reasonably safe personal care and household products. When attending conventions, I met the following people and over the years a relationship has formed.

When attending conventions, I met Phillip Day and Chris Woollams, two researchers whose work I respect, and over the years a relationship has formed. When you follow.. people like Phillip and Chris, you begin to realise the importance of not accepting everything at face value and to question even the people you feel are the “authority” figures who seemingly know the right answers.

Chris Woollams is a biochemist from the United Kingdom. He publishes a magazine called *ICON*, which is distributed to oncology wards in hospitals in the United Kingdom—free of charge!

Phillip Day, of Campaign for Truth in Medicine, has been visiting Australia and New Zealand from the United Kingdom since 2000. He has been passing information to people regarding many subjects, like cancer, AIDS and vaccination. He has written many books on these subjects.

So back to why I have taken the time to write this e-book.

I believe that people have a right to know the truth. This is even more important when it concerns:

- Their lives and that of their families.

- Their right to be free of disease and suffering.
- Their right to maintain their health and achieve longevity.

I, myself, have been passing information on to people for many years to alert them to some of the dangers they unknowingly face. My biggest problem originally was getting information out to people. This all changed when I put my first Web site together.

My Web site, <http://www.healthymoneyvine.com>, currently includes four pages that cover topical health issues. Some of these are articles bringing dangerous practices to your attention and others, great research informing us of breakthroughs in health maintenance, etc. Over time I expect that I will add more pages as more information comes my way.

<http://www.healthymoneyvine.com> also contains a great deal of information on such “hot” topics as vaccination, fluoridation, using nonstick cookware and much more!

I am a firm believer that **YOU** are in control of your health.

No one else!

Not a government agency, nor your doctor, even though he/she may have good intentions.

If you are not comfortable with how your health currently is, then do something about it!

In an endeavour to provide the best possible care for myself and family, I have read many articles, many of which provide conflicting information and at times leave me wondering what/whom to believe.

When reading health articles in particular, we should consider the following:

- Who paid for the research?
- What vested interests may the researcher have?
- Has the research been done fairly?

For example, if they are testing the efficacy of herbs, have they used natural or synthetic? Have they used the herbs or vitamins in enough quantity to be effective? Many people are not aware that synthetic herbs do not work and, in fact, can cause more problems than they supposedly fix.

Vitamin E is a prime example. You will also find that most of the research undertaken on Vitamin E that gives bad or misleading results has been done using **dl**-alpha-tocopheryl, rather than **d**-alpha-tocopheryl. One may ask, what is the difference? The “**dl**” denotes the fact that it is synthetic. The pundits like to tell us that taking vitamin E is a waste of time and money, but many of us know that this is not true. How do we know it is not true? If you are in tune with your body and you are eating right, using the correct supplements and drinking good quality alkaline water, then you will experience a feeling of well-being. It is a feeling difficult to describe in words, but you will know when your body is functioning properly. Pharmaceutical companies and others would like to discredit the use of natural supplements in an endeavour to prevent us from “wasting” our money on these items. If you ask most General Practitioners here in Australia how much time was given to the learning of nutrition with regard to health, you will find that most are lucky to have spent more than half a day during the course of their entire medical training.

Phillip Day, from Campaign for Truth in Medicine, states that “there is a lot of contradictory data on vitamin studies. It is not so much the ‘synthetic’ argument but the fact that the vitamin studies are using low dosages, whereas people taking vitamins are using far higher dosages than the RDA (recommended daily allowance). For instance, vitamin C for cancer is only therapeutically valuable if it contains over 5-8 g in the plasma; vitamin E, over 800 mg, etc.” He suggests some good Web sites to visit to do your own research:

<http://www.orthomolecular.org>
<http://www.doctoryourself.com>
<http://www.mercola.com>
<http://www.naturalnews.com>

Earlier I was saying how important it is for people to read between the lines. I believe that the article contained in the URL below is a prime example of this. Please click on the URL and find out for yourself.



<http://articles.mercola.com/sites/articles/archive/2009/03/14/The-Malicious-Smearing-of-a-Crusading-Doctor.aspx>



As the author of this e-book, I take no responsibility for the information contained or omitted in the articles in this booklet.

This e-book is for informational purposes only, and if you are suffering from any medical problem, then you should seek medical advice.

All articles that have come from Dr Mercola's Web site are covered by the following disclaimer:



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I trust that you will find this e-book an interesting read and be motivated enough to pass it across to people that you think will benefit from the information.

Marilyn Vine – May 2009

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SECTION 2
Oral Care and Fluoridation

Mouthwash Scare



On January 11, 2009 the Sunday Mail, a Queensland newspaper, reported that a review in the Dental Journal of Australia found that there was now “sufficient evidence” that “alcohol-containing mouthwashes contribute to the increased risk of development of oral cancer.”

It is thought that ethanol (a form of alcohol) in mouthwash may more readily allow permeation of the lining of the mouth with cancer-causing substances and cause harm.

The review was led by Professor Michael McCullough and Dr Camile Farah, Director of Research at the University School of Dentistry. They made a recommendation that mouthwashes containing alcohol be restricted to short-term use or that alcohol-free versions be substituted.

Professor Michael McCullough went as far as to say “alcohol-containing mouthwash should have a classification of prescription-only and carry written health warnings.”

Some of the Australian Dental Association (ADA) approved mouthwash contain up to 220 parts per million of fluoride. I have undertaken extensive research on fluoride and it raises the question of how much fluoride could be implicated in this oral cancer. For information on fluoride go to:

<http://www.healthymoneyvine.com/fluoride-information.html>

Also go to <http://www.healthymoneyvine.com/free-ebooks.html> and download for free “*Fluoride Poisoning: is fluoride in your drinking water – and from other sources – making you sick?*” Bruce Spittle – Forewords by Albert Burgstahler and AK Susheela.

Back in 2002 as a member of a network marketing company distributing health products and personal care and household products, we were advised that toothpaste was being implicated in cancer of the mouth and throat. In June 2002 a close friend’s son was diagnosed with two virulent forms of cancer of the tongue and unfortunately died in December 2002. His oncologist at Lower Hutt Hospital, Ward 11, in New Zealand told his mother that he was seeing more and more forms of cancer such as her sons.

My friend’s son had an ulcer for six months that would not heal prior to the diagnosis being made.

I am interested in aromatherapy and information I received with regard *The Systems of the Body – Related Illnesses*, produced by the Aromatherapy Education Institute of America., I learned of some of the first warning signs of cancer to help detect early indicators of this disease:

“Mouth and throat – A chronic ulcer of the mouth, tongue, or throat that does not heal”

Unfortunately, I received this information too late to help my friend

I can also give you information on mouthwash and toothpastes that use xylitol and sodium chlorine dioxide (Sodium Chlorite Solution) if you e-mail me at: Marilyn Vine, healthymoneyvine@gmail.com

In fact, my friends and I call this product “hospital in a bottle”, as it has a much wider usage than just mouthwash!

The following story was sent through to me in an e-mail. I do not know who Isabel is or (now) even the source of the e-mail to me.

“On the strong recommendation of my very pleasant dentist, about 3 years ago, I bought a bottle of Listerine. It sits on the shelf barely used after I considered the probability that my mouth’s natural flora would be greatly disturbed by using the product. Instead, I brush with baking soda (an alkali) & assure you that a mouth wash of Sodium ascorbate or colloidal silver before bedtime ensures a healthy mouth. Either mouthwash can be swallowed. Don’t use Ascorbic Acid. After taking ascorbic acid, it is very important to rinse your mouth with water. Especially important that children rinse their mouths too. Ascorbic acid powder has a pH of about 3.”
- Isabel

You may be wondering about the ascorbic acid. Ascorbic acid is a form of Vitamin C. Vitamin C is believed to erode the enamel of the teeth. I know that Vitamin C is sold in a chewable form to make it easier for parents to give their children Vitamin C. They are generally reasonably large tablets and I always suggest to people to cut them in half and to swallow them rather than chew them for this very reason.

“Mouthwash linked to Oral Cancer, Erosion of Tooth Enamel”

by Barbara L. Minton

Daily use of mouthwash has been linked to increased incidents of oral cancer, erosion of tooth enamel, increased tooth sensitivity, and higher levels of bad breath according to recent studies. In the first study, researchers from the University of Sao Paulo, Brazil reviewed case-control studies from 1998 to 2002. A total of 309 patients with oral cancer of the mouth and pharynx and 468 controls matched by sex and age were included. Detailed information on smoking, alcohol consumption, schooling, and oral health and hygiene were obtained through interviews. Results indicated that daily mouthwash use was strongly associated with cancer of the pharynx and also associated with cancer of the mouth.

Surprisingly, the use of full dental prosthesis was not associated with oral cancer, although bleeding gums and failure to have dental visits were also strongly associated.

In another study, at the Division of Restorative Dentist in Bristol, UK, researchers found that use of low pH mouthwashes cause erosion of dental enamel that is directly correlated to sensitivity in teeth. People with less enamel complained of much greater tooth sensitivity to hot and cold.

The study measured both in situ and in vitro erosion by three low pH mouthwashes. Results showed that enamel loss in situ and in vitro was progressive over time with all three mouthwashes. The team recommended that low pH mouthwashes should not be considered for long term or continuous use and should never be used prior to brushing.

Low pH indicates high acidity levels. Most common mouthwash products sold at traditional retail outlets are highly acidic. Listerine has a pH of 4.3, and Scope has a pH of 5.0. Neutral pH is 7.0 with declining values indicating increased levels of acidity. Healthy body saliva has pH o 6.4 to 6.8.

Most people use mouthwash to eliminate bad breath caused by food stuck between the teeth and bacteria which feed off the accumulation of food. But experts say that mouthwash doesn't live up to its reputation. It works for a short period of time by killing lots of germs. But this is followed by the high alcohol content drying out the mouth. When saliva glands are dry, they are unable to help wash away bacteria, so it flourishes and causes even more bad breath. This is why babies always have sweet smelling breath since they produce so much saliva and drool a lot.

So, mouthwash may make your breath smell better for a short period of time, but what have you done to your immune system, esophagus and stomach lining? And, what about that chemical soup your liver is required to detoxify? Do you really need to add more chemicals to the toxic overload your body has to cope with daily?

“Could there be any correlation between the use of mouthwash and an epidemic known as acid reflux disease?” asks Crusador columnist Greg Ciola, who realizes much more study is needed in this area.

There are some new products on the market that help solve a bad breath situation in a health promoting manner. Spray and Peelu are two companies that each make a line sweetened with xylitol that includes chewing gum, toothpaste, oral rinse , and mints. These companies cite studies that have shown xylitol to help reduce the occurrence of cavities and improve overall oral health as well as sweeten breath. They are available in health food stores and online from such retailers as Lucky Vitamin and Vitacost.

About the author:

Barbara L. Minton is a school psychologist, a published author in the area of personal finance, a breast cancer survivor using “alternative” treatments, a born existentialist, and student of nature and all things natural.

October 24, 2008

Source: <http://www.naturalnews.com/024591.html>

Reprinting this article: Non-commercial OK, cite NaturalNews.com with clickable link.



Isn't it interesting - I have been collecting data on mouthwashes, etc., since January 1991, and all these articles are telling the same stories as research just now released in 2009! How long does it take for us to learn and for the public to become aware of these things? Apparently, **18 years** in this case!

“Milder Listerine Announced Following Cancer report”

By Ron Winslow
Wall Street Journal, April 23

NEW YORK - Warner-Lambert Co said it is developing a lower-alcohol version of its popular, harsh-tasting Listerine mouthwash.

The disclosure comes in the wake of news reports that a pending study from National Cancer Institute suggests users of high-alcohol mouthwashes face an increased risk of cancer of the mouth and throat. Listerine is 26.9% alcohol and the new version is expected to contain significantly less alcohol.

Joseph D Williams, chairman and chief executive of Warner-Lambert, said the company's development of a lower-alcohol formula is “coincidental”. It's not directed at any cancer problem.” Other officials said the company will offer the reformulated version to appeal to European consumers and lure new US customers.

The big Morris Plains, N.J., drug and consumer products company's stock tumbled \$3.125 to \$75 in New York Stock Exchange composite trading in response to news of the study. Listerine is the leading mouthwash in the US, with a 30% market share last year, the company said. Domestic sales were \$238 million, while sales in Europe and Japan added \$42 million.

The institute said the study, which is expected to appear in a future issue of the journal *Cancer Research*, didn't “firmly establish” the increased risk of cancer and said “it is premature to make recommendations about using mouth wash” based on the results.

Researchers surveyed 866 people with mouth and throat cancer and 1,249 people without the disease, and after adjusting for use of tobacco and alcohol, found a slightly increased risk of the cancers among mouth wash users. According to a summary of the findings, men who used a mouth wash with 25% or higher alcohol content had a 60% higher risk than people who didn't use mouthwash. However, the risk was seen only in people who used mouthwashes with 25% or higher alcohol content. The summary gave no indication of what kind of mouth wash any of those involved in the study used.

Mr Williams disclosed the new formula in response to a question at a previously scheduled meeting of securities analysts. Mr Williams said the company hadn't seen the cancer data but asserted that Listerine was safe and effective. He didn't give any other details of plans for Listerine, but after the meeting other officials said a new formula was developed when consumers in Britain and elsewhere in Europe objected to the taste of Listerine and that it was likely such a version would be marketed in the US. Lodewijk J.R. de Vink, executive vice president, US operations, said the company will continue to market its basic Listerine after it brings out the reformulated version.

The alcohol content is important to the product's claims for germ-killing ability, and the company touts Listerine as the only leading mouth wash with the American Dental Association seal vouching for effectiveness in

controlling dental plaque and a gum disease called gingivitis. But officials believe tests with a lower-alcohol product - the company wouldn't disclose the level - will prove effective enough against those problems to also win the ADA seal.

Competitors have used advertising to take aim at Listerine's sharp, bitter taste, but haven't succeeded in denting its popularity in the US. Indeed, Warner-Lambert's own advertising has exploited the taste as an indication of its effectiveness.

Staff Reporter of the Wall Street Journal - Wall Street Journal, April 23 1991 B1

<http://crowndiamond.net/techpack/0518.pdf>

“Mouthwash Danger”

High alcohol mouthwashes may raise a person’s risk of developing oral cancer by as much as 60%. *Danger threshold:* Mouthwashes with an alcohol content of 25% or higher (as indicated on their labels) have been implicated in mouth, tongue and throat cancers. *Theory:* Alcohol acts as a solvent in the mouth, making tissues more vulnerable to carcinogens.

Research by the National Cancer Institute, reporting in Working Mother, 230 Park Avenue, New York 10169



Regarding the next article, please note that in my early research ignorance I failed to ascertain who Dr Gott was or to even keep the source of the information so that I could have gone back and checked. My apologies for my oversight.

I am still not sure who Dr Gott is. But I found a Web site where people can ask questions of him:

<http://www.topix.com/forum/health/T70MLSPRHU9MJ7U1L/p18>

“Mouthwashes May Harm Children”

Dear Dr Gott

I’ve recently read that alcohol-containing mouthwash is an unrecognised cause of poisoning in young children. Listerine is touted to have a 26.9% alcohol content, the highest of some 12 brands tested. Is anything being done to alert the public of this potential hazard?

Dear Reader

You’re right that mouthwashes containing alcohol can be toxic for small children. In fact, the American Association of Poison Control Centers recently reported that during the past 5 years, more than 10,000 children under the age of 6 ingested such products.

One ounce of a high-alcohol mouthwash can cause serious side effects, such as seizures and brain damage, in a toddler.

Several organisations, including the American Academy of Pediatrics, have petitioned the Consumer Product Safety Commission to require child resistant packaging for all mouthwashes that contain more than 5% alcohol.

“Mouthwashes Pose Hazard to Children”

Scripps Howard News Service

The effort to prevent children from being poisoned by mouthwashes that contain alcohol is gaining momentum.

A petition calling attention to the danger of alcohol-containing mouthwashes has been filed with the Consumer Product Safety Commission by the attorneys general of 27 states and several medical and health organisations, including the American Academy of Pediatrics.

Opponents of the mouthwashes point out that 10,000 children under age 6 have been poisoned by them during the past five years. They note one ounce of mouthwash with a large amount of alcohol can cause seizures, brain damage and comas in small children, and five ounces can be fatal.

“Canker Sore Sufferers”

New for canker sore sufferers: a study at the University of Oslo in Norway saw a 70% decrease in the small, crater-like ulcers when patients prone to them brushed with a toothpaste without sodium lauryl sulfate. Researchers suspect that sodium lauryl sulfate, a common dental detergent, disrupts the mouth’s mucosal layer, leaving it more vulnerable to irritants and allergens.

Longevity, *August 1995*



Some of you will be aware of information on sodium lauryl sulfate, but others may not. For your information the following is a quote from Peter Taubert’s book *“Silent Killers – More Than You Paid For! And Other Chemicals Found in Personal Care Products”*:

‘Sodium Lauryl Sulfate – Industrial cleaners, Toothpaste, Cosmetics, Soaps, Shampoo, Bubble bath, Bath and shower gels, Facial cleansers, Car wash soaps, Antibiotic tablets, Mascara.

It can produce allergic sensitivity reactions, may be drying and irritating to the skin and is moderately toxic by ingestion, it is also reported to be the most common cause of eye irritation by commercial shampoos. It is more toxic when ingested than when taken intravenously. It stays on the hair long after the shampoo, etc has been rinsed off and over a period of time strips the hair of acids, amino acids and moisture. Listed as having teratogenic properties (DPIM)¹. Sodium lauryl sulphate from shampoo can cause cataracts and it does not have to come in contact with the eye for this to happen as it readily penetrates skin and travels to the eyes and other organs. Ingested orally or applied topically it accumulates in and damages the liver and brain. Applied topically it causes skin allergies, contact eczema, dermatitis and damages the stratum corneum. It remains in the body for approximately five days after being applied to skin. In toothpaste it can cause mouth ulcers. Retained for a long time in the tissue it can penetrate into the eyes and also into systemic tissue e.g. brain, liver, kidneys, etc through the skin. Causes eye irritation, skin rash, hair loss and allergic reactions. Infants and children are at particular risk as the tissue of young eyes may be more susceptible to alteration and because their skin is very absorbent. It causes improper eye development in babies and children as it affects the protein structure of the eyeball and can cause blindness.

¹ Teratogenic – Relating to, or causing developmental malformations.

When SLS is combined with any of the following chemicals it causes nitrosating agents to form:

2-bromo-2-nitropropane-1,3-diol
Cocoyl sarcosine
Diethanolamine (DEA)
Imidazolidinyl urea
Formaldehyde
Lauryl sarcosine
Hydrolyzed animal protein
Monethanolamine (MEA)
Quaternium-7, 15, 31, 60, etc
Sodium methyl cocoyl taurate
Triethanolamine (TEA)

Human toxicity for both nitrate and nitrite is well proven, nitrite is the more toxic but nitrate converts readily in the human body to nitrite. It has been estimated that between 50 and 100 micrograms of nitrosamines are applied to the skin when using shampoo, etc that contain nitrates. To consume the same amount of this carcinogen you would have to eat almost half a kilogram of bacon.

"Silent Killers – More than you paid for! And Other Chemicals Found in Personal Care Products" PM Taubert, Compsafe Consultancy, Murray Bridge, South Australia. First Published May 2001. ISBN 0 9585420 3 1



Who would want to wash their hair or apply makeup using a product that contains this ingredient? I would venture to say no one in their right mind once they knew the implications.

If you would like to receive information on safer personal care, shampoos, household products and cosmetics, please do not hesitate to contact me on healthymoneyvine@gmail.com or have a look at <http://www.healthymoneyvine.com>

Is your toothpaste really “Natural”?



Many people are turning to more natural lifestyles. Unfortunately, a great many of us get taken in with the word “natural”, and what we think we are buying, we are not! In the marketplace today there are many toothpastes available—some with fluoride, some without and many different flavours and forms. Read Dr. Mercola’s article below for more information. There are several click ons that you might want to see through his article. If you would like to contact me on healthymoneyvine@gmail.com, I can give you information on good quality toothpaste which is one of the safest in the marketplace.



<http://articles.mercola.com/sites/articles/archive/2007/12/15/is-your-toothpaste-really-quot-natural-quot.aspx>

Fluoride



I live in Batemans Bay, NSW, Australia. In August 2007 I became aware that our local council, Eurobodalla Shire, was commencing a public consultation to determine whether the people of the Shire wished to have their water fluoridated.

As a result of this, Dr Howard Morley and I formed Eurobodalla Fluoride Issues Incorporated in March 2008.

Eurobodalla Fluoride Issues Incorporated has the evidence that the Council's process of determining the Shire's wishes for fluoridation of their water supply was biased in the extreme. In fact, after the process was completed, a man called Dennis Stevenson wrote a report to Council outlining all the points of bias. Dennis was a Member of the Australian Capital Territory Legislative Assembly and was also a member of Australia's major State Government enquiry into fluoridation.

He wrote a 177 page dissenting report when the majority of Enquiry Members tried to suppress the worldwide evidence received by the Enquiry proving that fluoridation causes cancer, full body fluorosis—including dental fluorosis (tooth decay and skeletal damage), causes major environmental pollution and is an assault on individual rights. See ACT Government Fluoridation Enquiry Report. If you would like a copy of this report please email me at healthymoneyvine@gmail.com and request ACT Government Fluoridation Enquiry Report..

One of the points that Mr Stevenson raised in his report to Council was:

"Note that once fluoride is added to public water supplies, the entire food chain becomes contaminated (I am not aware of a better word to use here). This occurs when growing, processing or cooking thousands of food stuffs and drinks with fluoridated water. This makes it impossible - in any practical sense - for anyone to avoid fluoride, even if they use bottled or tank water. One may also try to avoid fluoride with water filtration systems, many of which, incidentally, do not effectively remove fluoride. However, this attempt to reduce the overall ingestion of fluoride is, firstly, usually quite expensive and secondly, will not eliminate fluoride from the family diet. This does not take into account additional fluoride ingested from drugs (fluoride is a common component of many pharmaceutical and psychiatric drugs) toothpaste, gels, slow release fluoride fillings etc."

Source: "An Analysis of the Eurobodalla Shire Council's Information and Polling Sheet on Fluoridation" by Dennis Stevenson. Mr Stevenson has given me permission to cite his report.

As a result of my involvement in Eurobodalla Fluoride Issues Incorporated, I put together a Web site page covering a vast amount of information on fluoride. Unfortunately, the people who seem to get the most publicity are the pro-fluoridists, and they continue to spout the same rhetoric time and time again without any factual scientific evidence to back up what they are saying. Whereas on the other hand, there are now large numbers of scientific reports supporting the harm that fluoride can cause, including a drop in the IQ of our children and the damage caused to the unborn foetus.

National Kidney Foundation of America in April 2008 issued a warning to people with chronic kidney disease on the dangers of drinking fluoridated water.

Perhaps you would take time out and look at the two YouTubes on the top of the page wherein Dr Yiamouyiannis tells us that fluoride causes cancer! <http://www.healthymoneyvine.com/fluoride-information.html> I have also read other information where they have found that when fluoride is removed from public water supplies that the cancer and heart attack rates can drop anywhere up to 50 percent! In case you are wondering who Dr Yiamouyiannis is – details below.

Dr. Yiamouyiannis received his Ph.D. in biochemistry from the University of Rhode Island and served his post-doctoral fellowship at the Western Reserve University School of Medicine. He then became editor at Chemical Abstracts Service, the world's largest chemical information center, where he first became aware of the health

damaging effects of fluoride. He is the former science director of the National Health Federation; he is the executive director of Health Action and president of the Safe Water Foundation. He is a world-leading authority on the biological effects of fluoride and is responsible for ending the use of fluoride in many areas of the United States and abroad.

Recommended that Infants Avoid Ingesting Fluoridated Water

Health authorities now advise that infants avoid ingesting fluoridated water; overexposure to fluoride puts infants at risk of developing dental fluorosis, a white or brownish scarring of the tooth enamel.

- In an attempt to prevent dental fluorosis in children, the American Dental Association (ADA) recently joined the Centers for Disease Control (CDC) in advising that fluoridated water not be used in infant formula or foods.⁽¹⁾ According to the CDC, 32% of American children have dental fluorosis, a significant increase from 23% in the 1980s.⁽²⁾
- The Academy of Pediatrics and the Academy of General Dentistry have also cautioned parents to avoid fluoridated water when making infant foods.⁽³⁾
- The National Research Council stated that on a per-body-weight basis, infants and young children ingesting fluoridated water have approximately three to four times greater exposure than adults.⁽⁴⁾
- Fluoridated water (1 ppm) has 250 times more fluoride than occurs naturally in human breast milk (.004pm).⁽⁵⁾
- The Environmental Working Group, a public interest watchdog group, analyzed government data in March 2006 and found that babies are over-exposed to fluoride in most major U.S. cities. In Seattle, almost 45% of formula-fed infants are over the safe fluoride exposure level.⁽⁶⁾
- Dental fluorosis indicates fluoride toxicity and, according to a prominent dental researcher, “*It is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion.*”⁽⁷⁾
- In November 2006, the respected medical journal *Lancet* described fluoride as an “emerging neurotoxic substance” due to evidence linking fluoride to lower IQs in children and brain damage in animals.⁽⁸⁾
- *Mothering Magazine*, November 2006, published “New Fluoride Warning for Infants”.⁽⁹⁾
- Nursery Water for Infants, a type of bottled water with added fluoride, continues to be sold despite the new warnings.⁽¹⁰⁾
- Common household water filters do not remove fluoride; and unlike chlorine, fluoride does not steam off when water is boiled.

For more information contact Washington Action for Safe Water: safewater@comcast.net

www.slweb.org

www.fluorideaction.org

References

(1) http://www.ada.org/prof/resources/pubs/epubs/egram/egram_061109.pdf ;
http://www.cdc.gov:80/fluoridation/safety/infant_formula.htm

Dental fluorosis pictures: <http://www.fluorideaction.org/dental-fluorosis.htm>

- (2) <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5403a1.htm>
- (3) <http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;115/2/496>
<http://www.agd.org/consumer/topics/baby/fluoride.asp>
- (4) http://dels.nas.edu/dels/rpt_briefs/fluoride_brief_final.pdf
- (5) <http://books.nap.edu/nap-cgi/skimit.cgi?recid=11571&chap=23-88> p.33
- (6) <http://ewg.org/issues/fluoride/20060322/index.php>
- (7) Dr. Hardy Limeback, BSc, PhD, DDS, Associate Professor and Head, Preventive Dentistry, University of Toronto
- (8) <http://www.canada.com:80/saskatoon/news/story.html?id=3ac13c57-80cc-4ddf-bb26-58d592a63014&k=95961>
- (9) http://www.mothering.com/sections/news_bulletins/november2006.html#fluoride
- (10) <http://www.nurserywater.com/home.html>



To bring yourself up to date on all the research and evidence against fluoridation, please go to <http://www.healthymoneyvine.com/fluoride-information.html> and read the articles for yourself. If you wish to contact me with regard to this information, please feel free to do so at healthymoneyvine@gmail.com.

Also on <http://www.healthymoneyvine.com/free-ebooks.html> you will find free access to Dr Bruce Spittle's book "*Fluoride Fatigue – An Abridged Version of Fluoride Poisoning: Is Fluoride in Your Drinking Water – and from Other Sources – Making You Sick?*"

I understand that 98% of Western Europe has rejected fluoride in their public water systems and yet Australia, and I believe the United Kingdom, is currently pursuing this avenue. Later on you will read information on Codex Alimentarius and Agenda 21 [Appendix B] and you will notice that fluoride is part of the overall goal. Fluoride is also being touted as making people passive! My doctor of chiropractic tells me that in earlier times, when a patient presented in a doctor's surgery and was agitated that the doctor would put a couple of drops of fluoride in the water to calm the situation down.

Chlorine is another additive to our water which has far-reaching effects. We are advised to drink 2 litres of water per day to maintain our water levels in our body. Generally, when this advice is given, it is recommended that you drink filtered water rather than tap-water, as it contains either fluoride or chlorine. These substances can have a harmful affect on your body.

“Chlorine Link to Defects Verified”

**By Leigh Dayton, Science Writer
THE AUSTRALIAN, Thursday June 5, 2008**

INTERNATIONAL research linking chlorinated drinking water to birth defects challenges the adequacy of Australian water quality guidelines.

Chlorination is the cheapest, most effective way to kill dangerous microbes in water, and is used to disinfect virtually all Australian tap-water supplies.

But in a study of 396,049 babies born in Taiwan between 2001 and 2003, British and Taiwanese scientists found chemical by-products of the treatment process increased the risk of heart defects, cleft palate and anencephalus, a developmental condition resulting in the absence of a major part of the brain, skull and scalp.

The work, reported this week in the British journal *Environmental Health*, builds on Australian findings published last April in the US *Environmental Health Perspectives*.

That study of 20,870 babies born to Perth mothers between 2003 and 2004 found chlorination increased the risk of birth defects generally, and cardiovascular problems in particular.

The team's leader, University of Western Australia environmental health physician Philip Weinstein, said "To have a corroborative study that supports our findings may give policy-makers enough evidence to move to protect the unborn babies of Australia."

Both reports linked the congenital defects to trihalomethanes – compounds formed when chlorine reacts with leaves, twigs and other natural organic matter in the water.

The more matter, the higher the concentration of THMs.

"The biological mechanism for how these disinfection by-products may cause defects is still unknown" said international team leader, epidemiologist Jouni Jaakkola of Birmingham University's Institute of Occupational and Environmental Medicine.

Australia permits the world's highest concentrations of THMs, up to 250 micrograms a litre.

Developed nations including Britain, the US and Canada allow 100 micrograms a litre or less. Denmark recently reduced the limit to 25 micrograms a litre.

Dr Jaakkola and his colleagues discovered that mothers exposed to THM concentrations of roughly 20 micrograms a litre – the highest level detected in Taiwan – were at an increased risk of 50-100 per cent, compared with levels below 5 micrograms a litre.

Along with colleagues at UWA and the Telethon Institute for Child Health Research in Perth, Professor Weinstein found Perth THMs ranged from 36-190 micrograms a litre.

According to University of Technology, Sydney, water safety expert Vigi Vigneswaran, THMs cannot be removed by domestic-quality water filters.

"The best method is (for water suppliers) to remove the natural organic matter with membranes, and with nano-filtration," he said.

Source: *THE AUSTRALIAN*, Thursday June 5, 2008 – THE NATION 7

SECTION 3 - Food

“New Stealth Chemicals Hidden in Your Food”

If you pick up a can of soup and find that the sodium levels are lower than you expected or that a food item advertises it has “less sugar” or “no MSG”, then there may be cause for alarm.

A relatively young company, Senomyx, may be responsible for the sodium and sugar levels falling in various grocery store items. They may be putting chemicals into your food right now, without telling you and without you even realizing.

Senomyx has contracted with Kraft, Nestlé, Coca Cola, and Campbell Soup to put a chemical in foods that masks bitter flavours by turning off bitter flavour receptors on your tongue. The companies can then reduce sugar and sodium levels by approximately half without affecting the flavour. All of the companies declined to identify which foods and beverages the chemical additives have been or will be added to. **These chemical compounds are not required to be listed separately on food labels; they are grouped into the general category of “artificial flavours”.**

Senomyx was able to obtain FDA approval and a “generally recognized as safe” classification from the Flavor and Extract Manufacturers Association in less than a year and a half, based on a safety study conducted on rats for just 3 months. Food items that are most likely to contain these new chemicals include soups, juices (fruit and vegetable), ice cream and sauces.

Sources: *Natural News*, April 10, 2008, <http://www.naturalnews.com/z022982.html>



To read more about this, please click on the link to Dr Mercola’s Web site below and see what he has to say:



<http://articles.mercola.com/sites/articles/archive/2008/04/29/new-stealth-chemicals-hidden-in-your-food.aspx?source=nl>



When I read this article, I realised that I had been buying liquid stocks, dried soups, sauce mixes that all contained the words “No MSG”, and I now know that instead of using MSG to give it the flavour they have been using this new stealth chemical. The companies that have been named in the article were the brands that I was buying. For sometime previously I had stopped using the dried chicken and beef extracts and had been purchasing the really handy liquid forms. I now no longer use either. How many housewives out there are using similar things?

We eat very little pre-packaged foods. We mainly eat fresh.

We have eight citrus trees, two feijoas (pineapple guavas), a macadamia and a tamarillo (tree tomato) and a wonderful vegetable garden. I am fortunate enough to have a cousin who has not had fertilizers and pesticides on his farm for close on 30 years and I get sides of beef direct from the farm. We eat very little other meat.

I have known for years that ice cream contains carrageenan and it is on rare occasions that we have a Magnum ice cream (one of my husband’s favourites!). Peter Taubert, in his book “*Your Health & Food Additives*”, tells us:

“**CARRAGEENAN -407 E407** (Irish moss). Thickener, vegetable gum, artificial sweetener base, modifying agent, emulsifier, stabiliser and suspending agent. Extracted from the red seaweeds *Chondrus crispus* and *Gigartina*.

Known to be an additive that often contains hidden MSG. In humans, carrageenan inhibits pepsin and other gastric enzymes in the stomach and increases the potency of compounds known to produce cancer. Reported to be the possible cause of ulcerative colitis and when degraded, may be carcinogenic. The most harmful form is when taken in a drink. It may cause asthma, rashes and ulcers in the colon and should be avoided by babies and anyone with stomach ulcers. Carrageenan can be degraded in the human gut. Inferior quality carrageenan can be contaminated with ethylene oxide, which results in the formation of ethylene chlorohydrin, a highly carcinogenic compound (and teratogen [DPIM])”.²

2000 Edition “*Your Health & Food Additives. What They Are and What They Do and Why They Are Used!*” PM Taubert Eighth Edition P21 June 2000. Published by CompSafe Consultancy, 47 Lachlan Avenue, Murray Bridge, South Australia 5253. Phone/facsimile +61 8 8531 1118 (M) +61 417 847 535 email – cycom@camtech.net.au ISBN 0 9585420 23



For those of you who do not know what a teratogen is, it is “an agent or influence that causes physical defects in the developing embryo.” [Source: See footnote 2]. Thalidomide is a teratogen.

When you start to do your own research and start to realise the little things that are going on in our lives that have a profound effect on your health, it will make you want to learn more to help keep your families and yourself safe—or as safe as you are able to.

No mother would intentionally feed her family foods that could harm their health!

PLEASE, all I ask is that you keep your ears and eyes open. Don't dismiss people when they try to alert you to something. Listen to what they have to say and go away and do your own research if you don't believe them.

Don't be like the three wise monkeys who hear no evil, see no evil and speak no evil.

It is a totally different world today!



This article came to me via an email in March 2009 and had no source with it.

² 2000 Edition “*Your Health & Food Additives. What They Are and What They Do and Why They Are Used!*” PM Taubert Eighth Edition P21 June 2000. Published by CompSafe Consultancy, 47 Lachlan Avenue, Murray Bridge, South Australia 5253. Phone/facsimile +61 8 8531 1118 (M) +61 417 847 535 email – cycom@camtech.net.au ISBN 0 9585420 23

“Supermarket Shelf Poisons”

Anybody who takes Vitamin C (and most people should) would do well to avoid the following Soft drinks Sunkist, Fanta, Diet Coke, Sprite, & Pepsi Max.

These drinks contain Sodium Benzoate 211 on the label. A chemical reaction between Vitamin C and Sodium Benzoate creates Benzene a highly Carcinogenic chemical (story by Channel 9).

Benzene has the ability to severely damage the DNA in the Mitochondria to the point that it totally inactivates it, knocks it out altogether. The Mitochondria consumes Oxygen to give you energy, and if you damage it, then the cell starts to malfunction very seriously, often fatally, a whole array of Diseases has been tied to the damage to the DNA, including Parkinson's Disease and quite a lot of Neuro-Degenerative Diseases..

This is a follow-up of all the TV station's story on Mentos and Diet Coke. Don't mix these two either, they cause a chemical reaction (explosion) in the stomach, it's not only Mentos but also any Mint products. Mint Life Savers, Tic Tac's, Cool Mint's, etc, the Mint is not the culprit here but the Aspartame in the Diet Drinks, 951 on the label, also avoid 950 Acesulfame F (same thing). Aspartame poisoning has been scientifically linked to 92 Symptoms of Disease ... Still going to drink your Diet Drinks???

Most European countries have forbidden the Importing and use in their Country of Aspartame including all makes of Saccharin, example: Equal, Nutra-Sweet, Spoonful & Diet Drinks, including 6,000 consumer Good's and Beverages, sold on the Supermarket shelves. This ban affects all use of this product in any type of consumable infringement and will carry penalties that go from 9,000 euros to 90,000 Euros.

Mexico is also considering banning all 6,000 products of Aspartame on its Supermarket shelves. In Mexico Aspartame is known as Rumsfeld's Disease, after George Bush's mate Donald Rumsfeld. The Nutra-Sweet company and Searle are owned by Monsanto who appointed Rumsfeld as their General Manager, so they could use his clout with Parliament to get this Deadly Poison passed by the FDA and boost their sales of Aspartame.

Avoid all Toothpastes made in China , especially Colgate's they contain Ethylene Glycol.. This is an Anti-Freezing agent, Highly Toxic and even Fatal -- it destroys the Liver, Kidney, Lung, Blood Cells, Heart and the Nervous System. It is also in some Mouth Washes, Make-up, Aftershave, Baby Powder and Wipes, Shampoo, and Deodorants.

Avoid Smarties; they contain almost every Toxic artificial colour on the market. The worst are 102, 104, and the worst of all 110 Carcinogenic, 124 undesirable, 127 Carcinogenic 128 Extreme Caution, 129,131, and 133 are also carcinogenic. To top it off Smarties are not even made of Chocolate (neither are Tim Tam's). Synthetic Chocolate has non-nutritional food value whatsoever.

Read your labels -- it may one day save your life.



In Associated Press in March 2009 the following article appeared by Martha Mendoza:

“Range of pharmaceuticals in fish across US”

“Fish caught near wastewater treatment plants serving five major U.S. cities had residues of pharmaceuticals in them, including medicines used to treat high cholesterol, allergies, high blood pressure, bipolar disorder and depression, researchers reported Wednesday.”

To read this article in full please go to:

<http://www.google.com/hostednews/ap/article/ALeqM5jHJX6cEHhC2MY51YVyPv7smDu9RQD975A5L0Q>

“Just Say No to Nuts During Pregnancy”

Recent research has found that regular consumption of nut products during pregnancy raises the odds of your child having asthma symptoms by nearly 50 percent. About 4 percent of American children have food allergies, and roughly 3 million people in the U.S. are allergic to peanuts or tree nuts. It's already recommended that children under 3 not be given nuts or nut products because their immune systems are still developing and may be more susceptible to allergens. Daily consumption of nut products increases the odds that a child will have wheezing by 42 percent, shortness of breath by 58 percent, and steroid use to ease asthma symptoms by 62 percent. Overall, the odds of developing asthma symptoms for a child whose mother ate nuts daily are 47 percent higher.

Sources:

[U.S. News and World Report July 15, 2008](#)

[American Journal of Respiratory and Critical Care Medicine July 15, 2008; 178\(2\):113-4](#)



To read more on this, please click on the Dr Mercola site shown below:



<http://articles.mercola.com/sites/articles/archive/2008/08/09/just-say-no-to-nuts-during-pregnancy.aspx?source=nl>

“FDA Urges Pregnant Women to Consume More Mercury-Laced Seafood”



Here we have another story similar to David Ewing Duncan’s “The Pollution Within”—the Food and Drug Administration (FDA) urging pregnant women to consume more mercury laced seafood. Mercury is such a harmful ingredient and the reading that I have been doing is showing that mercury could be involved in children getting autism. Thimerosal is a form of mercury. Thimerosal is also the preservative that is contained in most vaccines. Over the years there have been reports of people in a particular area in Japan suffering degenerative disease and it was put down to the fact that they were consuming large amounts of seafood and that this contained high doses of mercury.

To read the report that was produced by the Environmental Working Group go to:
<http://www.ewg.org/node/27427>

Phillip Day, in his book *The ABC’s of Disease*, talks about thimerosal:

Thimerosal becomes organic mercury

Dr Tim O’Shea: *“Once it is in nerve tissue, thimerosal is converted irreversibly to its inorganic form. Thimerosal is a much more toxic form of mercury than one would get from eating open-sea fish; it has to do with the difficulty of clearing thimerosal from the blood.*

Thimerosal is converted to ethylmercury, an organic form that has a preference for nerve cells. Without a complete blood-brain barrier, an infant’s brain and spinal cord are sitting ducks. Once in the nerve cells, mercury is changed back to the inorganic form and becomes tightly bound. Mercury can then remain for years, like a time-release capsule, causing permanent degeneration and death of brain cells.”³

Dr O’Shea also reports that the body normally clears mercury by fixing it to bile, but before six months of age, infants don’t produce bile. The result: mercury cannot be excreted.

Thimerosal side-effects include:

Aphthous, stomatitis, catarrhal gingivitis, nausea, liquid stools, pain, liver disorder, injury to the cardiovascular system and haematopoietic system, deafness, ataxia, headache, paresthesia of the tongue, lips, fingers and toes, other non-specific dysfunctions, metallic taste, slight gastrointestinal disturbances, excessive flatus, diarrhoea, chorea, athetosis, tremors, convulsions, pain and numbness in the extremities, nephritis, salivation, loosening of the teeth, blue line on the gums, anxiety, mental depression, insomnia, hallucinations or central nervous system effects.

Exposure may also cause irritation of the eyes, mucous membranes and upper respiratory tract. Acute poisoning may cause gastrointestinal irritation, renal failure, fine tremors of extended hands, loss of side vision, slight loss of coordination in the eyes, speech, writing and gait, inability to stand or carry out voluntary movements, occasional muscle atrophy and flexure contractures, generalized myoclonic movements, difficulty understanding ordinary speech, irritability and bad temper progressing to mania, stupor, coma, mental retardation in children, skin irritation, blisters or dermatitis. Exposure may be fatal.”⁴

Source: Phillip Day – *“The ABC’s of Disease” P72-73 First Edition* - First published 2003 by Credence Publications, P O Box 3, Tonbridge, Kent TN129ZY United Kingdom www.credence.org

Phillip has given me permission to use information from his work as long as credit is given to the source.

³ www.thedoctorswithin.com

⁴ www.mercola.com, search under ‘autism’

Click on www.healthymoneyvine.com/credence-publications.html and you will find further information and also access to his publication store. He has many, many wonderful books.

“Are There Deadly Superbugs in Your Pork?”

Scientists have detected antibiotic-resistant bacteria in pork, pigs and some veterinarians. It is possible that these so-called super bugs could infect farm workers or even people who eat pork. Antibiotic-resistant bugs were found in more than 7 percent of over 100 swine veterinarians tested. The same bacterial strains were found in nearly 50 percent of 300 tested pigs. Perhaps of greatest concern, the bacteria were also found in 10 percent of more than 200 samples of ground pork and pork chops collected from four Canadian provinces. An estimated 18,650 deaths a year in the U.S. are estimated to be caused by antibiotic-resistant bacteria.

Sources: [Organic Consumers Association June 16, 2008](#)

Original story at:

http://online.wsj.com/article/SB121358390555876401.html?mod=todays_us_marketplace

Organic Consumers Association - 6771 South Silver Hill Drive, Finland MN 55603

E-mail: [Staff](#) · Activist or Media Inquiries: 218-226-4164 · Fax: 218-353-7652

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Again I believe that we should take the time to read Dr Mercola's comments. He tells us about how "the pork and swine industry has been continually plagued, and continues to be so to this day, by a wide variety of hazardous and deadly infections and diseases, including" [see article below]



<http://articles.mercola.com/sites/articles/archive/2008/07/12/are-there-deadly-superbugs-in-your-pork.aspx?source=nl>



It is interesting to me that there are religions in the world today that don't eat pork or, for that matter, any animal with cloven feet, and this goes back to early biblical times. I wonder what they knew in those early biblical times that modern-day people don't know today!

“Two Food Additives Found to Have Estrogen-Like Effects”



Science Daily Mail on 2 March 2009 tells us about two food additives that could be causing oestrogen-like effects: 4-hexylresorcinol and propyl gallate. To read the article in the Science Daily Mail click on the link below:

[Science Daily March 2, 2009](#)

[Chemical Research in Toxicology January 2009;22\(1\):52-63](#)

Dr Mercola advises how you come into hormone disrupting chemicals through the food we eat, personal care items, plastics and using Teflon pans. To read articles on Teflon go to:

<http://www.healthymoneyvine.com.pfoa-exposure.html>

To read Dr Mercola’s full commentary, click on the link below:



<http://articles.mercola.com/sites/articles/archive/2009/03/19/Two-Food-Additives-Found-to-Have-EstrogenLike-Effects.aspx>



Peter Taubert, in his book “*Your Health and Food Additives – What They Are, What They Do and Why They Are Used!*” tells us about propyl gallate:

“PROPYL GALLATE – 310 – E310 *Antioxidant* and preservative. Propyl ester of gallic acid. Used to prevent staleness and brittleness in chewing gum. It is potentially dangerous to asthmatics and aspirin sensitive people and is not permitted in food’s intended for children or babies due to the known tendency to cause the blood disorder, methemoglobinemia. May cause gastric or skin irritation. One report implies that this substance could cause reproductive failures and liver damage. Can cause contact dermatitis in workers exposed to it. Animal test indicate that male rats developed propyl gland tumors and islet cell tumors in the pancreas. Listed as an allergen by the National Institute of Health Science (USA). As of October 1999 the Australia New Zealand Food Authority (ANZFA) has allowed this chemical to be used either in larger doses and/or more foods.”

Source: Peter Taubert *Your Health and Food Additives – What They Are, What They Do and Why They Are Used!* 2000, Millennium Edition (7th) – January 2000 Published CompSafe Consultancy, 47 Lachlan Avenue, Murray Bridge, South Australia 5253, Phone/facsimilare +61 8 8531 1118 - +61 41 784 7536 email cycom@camtech.net.au Page 61.

In Peter’s book, *Silent Killers – More than you paid for!*, he tells us:

“PROPYL GALLATE – *Skin repair cream, Lipstick*

Propyl Gallate has a contact sensitisation potential comparable to that of dinitrochlorobenze in tests on guinea pigs as much as 50% of test subjects have had contact dermatitis from solutions as low as 20%. Causes contact allergies”.

Source: Peter Taubert, *Silent Killers – More Than You Paid For! And Other Chemicals Found in Personal Care Products*. 2001 Published Comp CompSafe Consultancy, 47 Lachlan Avenue, Murray Bridge, South Australia 5253, Phone/facsimilare +61 8 8531 1118 - +61 41 784 7536 email cycom@camtech.net.au Page 88

PROPYL GALLATE * 310 - E310 - INS 310

DESCRIPTOR: Tumorigen, Drug, Mutagen and Reproductive [Ref 27]

The ASEHA Qld Inc has submitted a proposal for the complete banning of this additive. – They list it as an additive that may cause adverse reactions (REF – Website 15 April 2005]

It should not be given to babies or young children. [Ref – HACSG] **TOXIC EFFECTS:** Given orally to rats it was an equivocal tumorigenic agent by RTECS criteria. [Ref 27] At least one long-term study has suggested that propyl gallate has cancer-causing properties. [Ref – *Diet for a Small Planet*, Frances M Lapprè] *Banned in Britain for use in foods specially prepared for babies/young children.* [Ref – www.whatreallyworks.co.uk].

The Committee noted that the 26th Session of the Codex Committee on Fish and Fishery Products (October 2003) agreed to delete this additive from the endorsed list of permitted additives as its use was not technologically justified in salted Atlantic herring and salted sprat. They did not endorse this decision and required more information. [Ref – Report of the 36th Session of the Codex Committee on Food Additives and Contaminants (Food & Agriculture Organization of the United Nations) – www.fao.org]

ScienceDaily (Mar 5, 2009) Scientists in Italy are reporting development and successful use of a fast new method to identify food additives that act as so-called “xenoestrogens” – substances with oestrogen-like effects. Their report appears in the current edition of ACS⁵ *Chemical Research in Toxicology*, a monthly journal. Synthetic chemicals that mimic natural estrogens have been linked to a range of human health effects, from reduced sperm counts in men to an increased risk of breast cancer in women.

In the course of the Italian study, they identified two previous unrecognised xenoestrogens. One was propyl gallate, a preservative used to prevent fats and oils from spoiling. The other was 4-hexylresorcinol, used to prevent discolouration in shrimp and other shellfish. “*Some caution should be issued for the use of propyl gallate and 4-hexylresorcinol as food additives*”, they recommend in the study.

--This is additional information supplied to Marilyn Vine by Peter Taubert in an email dated 2 April 2009.

⁵ Journal reference – Alessio Amadasi et al, **Identification of Xenoestrogens in Food Additives by an Integrated in Silico and in Vitro Approach**, *Chemical Research in Toxicology*, 2009, 22 (1): 52 DOI: 10.1021/tx80048m Adapted from materials provided by [American Chemical Society](http://www.americanchemicalsociety.org) Pietro Cozzini and Colleagues claim that Propyl gallate was found to act as an antagonist, and 4-hexylresorcinol was found to act as a potent trans-activator

SECTION 4
Toxins and Pharmaceuticals



The following articles have come to my attention and I would like to pass the information across to you.

The following article gives details on toxins in personal care products and in particular baby products. Of course, the dangers that babies face from such ingredients does not end with the baby stage; it continues on through our total lives and the information is as relevant for adults as it is for babies. Of course, babies are more susceptible given their size.

You can download the full report and see the list of products -

http://safecosmetics.org/downloads/NoMoreToxicTub_Mar09Report.pdf

“No More Toxic Tub”

Getting Contaminants Out of Children's Bath & Personal Care Products by the Campaign for Safe Cosmetics

Despite marketing claims like “gentle” and “pure,” dozens of top-selling children’s bath products are contaminated with the cancer-causing chemicals [formaldehyde](#) and [1,4-dioxane](#), according to the March 2009 Campaign for Safe Cosmetics report, "[No More Toxic Tub](#)."

This study is the first to document the widespread presence of both formaldehyde and 1,4-dioxane in bath products for children, including baby shampoos, bubble baths and baby lotions. Many products tested contained both chemicals.

What We Found

The Campaign for Safe Cosmetics commissioned an independent laboratory to test [48 products](#) for 1,4-dioxane; 28 of those products were also tested for formaldehyde. The lab found that:

- 17 out of 28 products tested – 61 percent – contained both formaldehyde and 1,4-dioxane.
- 23 out of 28 products – 82 percent – contained formaldehyde at levels ranging from 54 to 610 parts per million (ppm).
- 32 out of 48 products – 67 percent – contained 1,4-dioxane at levels ranging from 0.27 to 35 ppm.



Health Concerns

While a single product might not be cause for concern, the reality is that babies may be exposed to several products at bath time, several times a week, in addition to other chemical exposures in the home and environment. Those [small exposures add up](#) and may contribute to later-life disease.

Formaldehyde and 1,4-dioxane are known carcinogens; formaldehyde can also trigger skin rashes in some children. Unlike many other countries, the U.S. government does not limit formaldehyde, 1,4-dioxane, or most other hazardous substances in personal care products.

Where They Come From

The chemicals were not disclosed on product labels because they're contaminants, not ingredients, and therefore are exempt from labeling laws.

Formaldehyde contaminates personal care products when common preservatives release formaldehyde over time in the container. Common ingredients likely to contaminate products with formaldehyde include quaternium-15, DMDM hydantoin, imidazolidinyl urea and diazolidinyl urea.

1,4-dioxane is a byproduct of a chemical processing technique called ethoxylation, in which cosmetic

ingredients are processed with ethylene oxide. [Manufacturers can easily remove the toxic byproduct](#), but are not required by law to do so. Common ingredients likely to be contaminated with 1,4-dioxane include PEG-100 stearate, sodium laureth sulfate, polyethylene and cetareth-20.

What You Can Do

Contrary to industry statements, there are no regulatory standards that limit formaldehyde, 1,4-dioxane or most other toxic chemicals in personal care products sold in the United States. There are signs the U.S. is gearing to catch up, but for now it's up to consumers to consider carefully before they buy. Here's some suggestions for safeguarding your family's health:

- Simplify: Select products with fewer ingredients and no synthetic fragrance or dyes, and use fewer products overall.
- Choose safety: Search EWG's cosmetic safety database, [Skin Deep](#), to learn more about the products you use and find safer alternatives. Also check out EWG's [Safety Guide to Children's Personal Care Products](#).
- Read labels: Select products for baby and yourself that don't contain the ingredients [listed above](#), which are commonly contaminated with formaldehyde or 1,4-dioxane.
- Tell manufacturers that safety is important to you: Use our Web site to [write to Johnson & Johnson](#) about their product, [Johnson's Baby Shampoo](#).
- Take action! Can't memorize these lists? Nobody can. If harmful contaminants and ingredients weren't allowed in products, you wouldn't have to. [Tell Congress you want safe cosmetics for babies, adults and everyone in between](#).
- Spread the word: [Send an e-card](#) letting friends and family know about this report.
- Join our Web conference: [Meet us online](#) May 12 at noon PT/3 p.m. ET to talk about the report findings and what you can do.

Status Update

On April 29, 2009, Sen. Kirsten Gillibrand (D-N.Y.) introduced the [Safe Baby Products Act](#), which directs the Food and Drug Administration to investigate and regulate hazardous contaminants in personal care products marketed to or used by children. She introduced the bill in response to the "Toxic Tub" report.

Though the U.S. FDA has yet to respond to our test results, retailers and governments in Asia have taken action.

Immediately following our report release, a [major supermarket in China pulled Johnson & Johnson products](#) from the shelves amid concerns that the products are contaminated with carcinogens. Both the [Vietnamese Drug Administration](#) and the Chinese government responded by testing products immediately.

Though China later [declared J&J products safe](#), it tested products made in China, not those for the U.S. market. Manufacturers can use different ingredients for different markets, which may be the case here. Because we don't have the full report from China, we have no way of knowing which products the Chinese government tested or what they found.

Here in the United States, our tests found two carcinogenic contaminants in Johnson's Baby Shampoo. Other companies are making products without 1,4-dioxane or formaldehyde, and [we ask that J&J remove these unnecessary toxins, too](#).

More Information

[Download the report, "No More Toxic Tub"](#)

[Complete list of products tested, with results](#)

[Case Study: Pure and gentle? Children's products can be deceptive](#)

[Testing methodology](#)

[Press release: Children's Bath Products Contaminated with Formaldehyde, 1,4-Dioxane \(Mar. 12, 2009\)](#)

[News coverage](#)

[Science: 1,4-dioxane](#)

[Science: Formaldehyde](#)

[Science: Low-dose exposures](#)

[What's In Your Products? Contaminants in kids' bath products](#)

<http://safecosmetics.org/article.php?id=414> –

Full report - http://safecosmetics.org/downloads/NoMoreToxicTub_Mar09Report.pdf

From: Mia Davis [mailto:mia@safecosmetics.org]

Sent: Saturday, 2 May 2009 4:31 AM

To: Campaign for Safe Cosmetics; marilyn@apt.net.au

Subject: Re: No more toxic Tub

Hello, Marilyn!

As long as you credit the Campaign for Safe Cosmetics, link folks back to our website (www.safecosmetics.org) and do not imply that we are affiliated, you are free to use any/all of the content on our website, including the Toxic Tub report.

Thanks for spreading the word!

Be well,
Mia

“Red Alert on Green Bulbs”

By Roger Franklin
Herald Sun, Australian Victorian Paper

We've all heard those gags about how many people of various sorts and backgrounds are needed to change a light bulb. No point in repeating them, especially in this day and age, when eagle-eyed humour police are forever in pursuit of insensitive and inappropriate jests.

But there is one light bulb joke that remains perfectly safe to tell. That's because it happens to be true, and gets sillier by the day.

What we're talking about is the plan to replace this nation's old-fashioned incandescent bulbs with energy-efficient compact fluorescent ones.

Because the new bulbs contain minute dollops of mercury, the US Environmental Protection Agency has issued a set of extensive precautions in case one accidentally breaks.

Ready for a laugh? Well, loosen those jocularity straps, because here are the guide's official, step-by-step highlights:

EVACUATE the room for 15 minutes, open the windows and turn off all air-conditioning or heating.

WIPE hard surfaces with damp towels, which are to be sealed in a glass jar. If the bulb breaks over carpet, vacuum up the fragments and put the dust bag in the jar.

CONTACT Your council to see if the jar can go into the rubbish bin. If not, ask for the location of an approved toxic waste disposal facility and drive straight over.

IF fragments land on your clothes or bedding, throw away the garments or linen in another sealed container (the jar will be full of paper towels by that stage).

THE next few times you vacuum, open the windows again and turn off the air-conditioning or heating.

There are many other precautions American authorities are mandating, including using strips of electrical tape to collect microscopic fragments, but you have heard enough to get the gist.

No doubt the planet will thank us for using the ecologically friendly bulbs that are due to be phased in at the end of the year.

If Mother Earth has a sense of humour, she will probably be chuckling her head off at what many may see as the worst light bulb joke of all time.

Source: Herald Sun, Monday – January 19, 2009 –
Australian Victorian Paper

“Indoor Plants for Clean Air”



Back in June 1998, I was reading an article in *Wellbeing Magazine* #72 on “Indoor Plants for Clean Air”. Eleven years ago we were being advised that a multitude of ailments can relate to the out-gassing of chemicals from office equipment. It appears that not much has changed even today.

Back in the 1960s, Bill Wolverton, PhD became involved in using plants to help clean environment. Go to the link shown below and read the interesting progress of work and the results undertaken by Bill. With the knowledge that he gained, I ask the questions, “Why is it not mandatory for owners/tenants of buildings to provide plants to help overcome Sick Building Syndrome?” and “Why isn’t there more information on this out in the public arena that private households could take advantage of this?”

http://www.sti.nasa.gov/tto/Spinoff2007/ps_3.html - B Wolverton, PhD, Wolverton Environmental Services, Inc. 415 Pine Grove Road, Picayune, Mississippi 39466-9007 – Fax +1 601 799 3807.

If you are interested in reading *Wellbeing Magazine* #72 – June 1998 “Indoor Plants for Clean Air” click on the link below:

http://www.celticseasalt.com/WellBeing_Magazine_br_Australi_P2321C210.cfm.

This article contains a list of “Clean Air Plants”, as per Mollbak’s Greenhouse, Woodinville, WA, USA and also two tables:

Table 1

Combating air pollutants in your home or office.

Table 2

Volatile Organic Compounds (VOCs) emitted from common building materials and interior furnishings.

I have information on an air filtering system that employs technology to remove airborne contaminants by

- Trapping
- Destroying
- Absorbing/adsorbing or
- Attracting the Pollutants

This system produces negative ions without creating harmful ozone. High amounts of negative ions are found in natural settings such as forest or near waterfalls. Perhaps this is why when you walk through a forest or by a mountain stream you have a soothing and relaxing feeling.

If you would like information on this air filter system, please contact me on healthymoneyvine@gmail.com



If you go to <http://www.mercola.com> and do a search for VOCs, you will find an enormous amount of information on these toxins. These are just a few of the sites shown in relation to this:

Clean - Asthma

<http://articles.mercola.com/sites/articles/archive/2004/09/08/clean-asthma.aspx>

New Car Smell

<http://articles.mercola.com/sites/articles/archive/2005/10/15/ever-wondered-where-that-new-car-smell-comes-from.aspx>

Second one on New Car Smell

<http://blogs.mercola.com/sites/vitalvotes/archive/2005/09/27/ever-wondered-where-that-new-car-smell-comes-from.aspx>

Is Your Home Causing Cancer?

<http://articles.mercola.com/sites/vitalvotes/archive/2009/01/27/is-your-home-causing-cancer.aspx>

“Kawasaki Syndrome”

By Jane Hansen, The Sunday Telegraph

Jett Travolta’s dead, is your child next?

A star’s tragedy raised alarms over dangers from everyday products.

The house has been sprayed for pests, the carpet freshly laid, the bathroom glistening with that you-beaut, labour-saving, no-wipe spray, and the toilet bowl smells like a pine forest.

In the kitchen, the lavender-infused bin liner tussles to over-whelm the stench of the garbage. And for extra measure, there’s an automated room freshener that ejects the aroma of gardenia every 30 minutes.

The theoretical home of a clean freak is anything but clean.

Pesticides, deodorisers and cleaning products combine to create toxic indoor pollution capable of making you sick. Very sick.

Most cleaning products and air fresheners release fumes known as volatile organic compounds.

Just about every fixture in the modern home – carpet, particle-board floors, the computer and even the pain on the walls – gives off these toxic compounds for their entire shelf life.

Such compounds, mostly derived from a petroleum base, are now linked to asthma, diarrhoea, headaches and possibly chronic fatigue syndrome.

Some of them like benzene and toluene, are also known carcinogens. Even some sterilising solutions and hospital-grade disinfectants can destroy red blood cells in newborns – as I found out first hand. More on that later.

In 2001, John Travolta told US talk show host Larry King that his obsession with home cleanliness may have been responsible for his late son, Jett, acquiring Kawasaki syndrome at two years.

Kawasaki syndrome is an inflammatory illness of the blood vessels that affects children and can lead to severe heart damage and even death.

“I was obsessive about cleaning, so we continuously had the carpets cleaned and between him and the fumes... he got this rare thing to deal with called Kawasaki syndrome,” Travolta said.

Although there is little evidence to prove chemicals in the home can cause the syndrome, Travolta and Jett’s doctor were convinced the solvents in the carpet cleaners were responsible.

“The immune system over-reacts because they have the equivalent of metallics, chemicals in the body,” the actor said. “The doctor knew that.”

Kawasaki syndrome, also known as Kawasaki disease, affects about 200 Australian children a year.

Symptoms include a persistent high temperature, a red rash, bloodshot eyes, sore throat and red tongue.

Aylee Sunstrom, a parent who helped set up the Kawasaki Disease Foundation after her four-month-old was diagnosed in 1992, says many parents follow Travolta’s theory – that something environmental causes the onset.

“We didn’t have our carpets cleaned or anything like that,” she said. “To me it’s still a mystery.”

Her son, Jack, now 18 suffers from mild damage to his arteries.

“There is no evidence that Kawasaki disease contributed to the death of Jett Travolta, who reportedly died of a seizure, but his father’s comments highlighted the issue of indoor air quality and contaminants in the home.

A growing body of evidence suggests our homes and offices are a source of illness.

Last decade, a Bristol University study looked at 14,000 women who used air-fresheners and other aerosols during pregnancy and tracked the health of their infants from birth.

The study – Children of the 90s – found that babies who grew up in homes where air-fresheners were used daily were 32 percent more likely to suffer diarrhoea.

The babies were also more prone to earache and vomiting. Mothers were more likely to suffer headaches and those using air-fresheners daily were more likely to suffer from depression.

“Air-fresheners, combined with other aerosol and household products contribute to a complex mixture of chemicals and a build-up of VOCs (volatile organic compounds) in the home,” Dr Alex Farrow, one of the report’s authors, said.

“Pregnant women and babies up to six months of age may be particularly susceptible because they spend about 80 percent of their time at home,”

Krassi Rumchev from the school of public health at Western Australia’s Curtin University tracked 220 children diagnosed with asthma with that of the remaining 120 children who did not suffer from asthma.

“We found that the children with asthma were exposed to significantly high levels of volatile organic compounds when compared to controls. They were also exposed to significantly high levels of benzene and toluene indoors,” she said.

Ms Rumchev says cleaning products, cosmetics, perfumes and air-fresheners are among the main sources of VOCs.

I had first-hand experience of this in 2005 after the birth of my son. The cleaner had used a chlorine-based bathroom cleaner and on our arrival home, the fumes met us at the door with an overwhelming wallop to the nose.

Having recently read the Bristol University research, I quickly opened the doors to air the house.

I watched for signs of diarrhoea or earache in my precious new bundle and breathed a sign of relief over the next few days.

A week later, though, he had the tell-tale yellow tinge of jaundice. This is not unusual in newborns, but the doctor checked his blood and found him also to be extremely anaemic, which is unusual.

Neonatal pediatrician Dr Tushar Bhuta, head of the newborn intensive care unit at Sydney’s Royal North Shore Hospital, ordered tests and found no cause.

“Something has caused an insult to your son’s system, which has killed off his red blood cells at an alarming rate.

I told him about the fumes incident and in the absence of another cause he concluded they had probably caused the anaemia.

Dr Bhuta says newborn babies are highly susceptible to environmental contaminants.

Getting good evidence is tricky because after the exposure has happened, the responsible agent has left the bloodstream by the time the anaemia shows up.

Dr Bhuta recalled a similar incident involving five babies in the Royal North Shore Hospitals neonatal unit who all showed signs of anaemia the same time.

“They were all positioned near one particular window,” Dr Bhuta said. “That window had recently been sprayed outside with a pesticide to kill spiders.”

“There was no other common cause to explain all of them ending up anaemic at the same time.”

All the babies recovered with light therapy, but two were serious enough to warrant a blood transfusion. Some babies are more susceptible than others.

“There is a very common enzyme deficiency found in Asian and Mediterranean groups that will allow things like naphthalene moth balls and even chlorine-based baby-sterilising solutions to break down the walls of the red blood cells as well,” Dr Bhuta said.

He said products such as Domestos, Exit Mould and other cleaners with pungent fumes should carry warnings that say rooms where they are used should be aired before letting infants in.

Some products that emit VOCs can be controlled in the home simply by avoiding them, but what of the fumes from carpets, fixtures, furniture, cupboards, gas heating and appliances and the like? UK researchers let rats into an enclosed space with new wall-to-wall carpet. They died.

“That new smell is not a good smell, it’s toxic,” says Professor Margaret Burchett from Sydney’s University of Technology.

“People who work in window-tight offices who have the symptoms of dizziness, nausea, loss of concentration, sore throat, sore eyes – the symptoms of sick-building syndrome – are suffering from exposure to VOCs,” Professor Burchett said.

The solution may be as simple as the humble indoor plant.

Professor Burchett’s team studied the ability of indoor plants to “cleanse” the air of VOCs. They found the plants could do this.

“Once the plant acclimatises to the level of VOCs, they will reliably remove all the toxic gases in the air,” she said.

The researchers first thought the plants themselves were cleansing the air, but it turns out microbes in the potting mix did it.

“But some species of plant, whose roots feed the microbes are better at removing VOCs than others,” Professor Burchett said.

“The Queensland umbrella tree, *Dresina* and the Peace Lily are very good and two good sized plants in an average office will do the job”.

As for the home, she suggest half a dozen plants should keep the air perfectly clean.

Source: Sunday agenda – www.sundaytelegraph.com.au *THE SUNDAY TELEGRAPH* January 25, 2009 page 113

“Adverse Events Related to Drugs”

A 2007 federal law requires the Food and Drug Administration (FDA) to disclose all its investigations into reports of possibly drug-related adverse events. The first of this series of quarterly reports has been released. It includes adverse events reported between January 1 and March 31, 2008. Here's the list of drugs and the adverse events that have been reported:

1. Arginine Hydrochloride Injection (R-Gene 10) -- Pediatric overdose due to labelling and packaging confusion
2. Desflurane (Suprane) -- Cardiac arrest
3. Duloxetine (Cymbalta) -- Urinary retention
4. Etravirine (Intelence) -- Hemarthrosis (blood in a joint)
5. Fluorouracil Cream (Carac) and Ketoconazole Cream (Kuric) -- Adverse events due to name confusion
6. Heparin -- Anaphylactic-type (life-threatening allergic) reactions
7. Icodextrin (Extraneal) -- Hypoglycemia (low blood sugar)
8. Insulin U-500 (Humulin R) -- Dosing confusion
9. Ivermectin (Stromectol) and Warfarin -- Drug interaction
10. Lapatinib (Tykerb) -- Hepatotoxicity (liver toxicity)
11. Lenalidomide (Revlimid) -- Stevens-Johnson syndrome (a deadly drug reaction)
12. Natalizumab (Tysabri) -- Skin melanomas (deadly skin cancer)
13. Nitroglycerin (Nitrostat) -- Overdose due to labeling confusion
14. Octreotide Acetate Depot (Sandostatin LAR) -- Ileus (bowels not moving)
15. Oxycodone Hydrochloride Controlled-Release (OxyContin) -- Drug misuse, abuse, and overdose
16. Perflutren Lipid Microsphere (Definity) -- Cardiopulmonary reactions (lung/heart problems)
17. Phenytoin Injection (Dilantin) -- Purple glove syndrome (discoloration, pain, and swelling of the hand that may lead to amputation)
18. Quetiapine (Seroquel) -- Overdose due to sample pack labeling confusion
19. Tebivudine (Tyzeka) -- Peripheral neuropathy (tingling or numbness in the extremities)
20. Tumor Necrosis Factor (TNF) Blockers -- Cancers in children and young adults

Sources: [FDA September 5, 2008](#) and [WebMD.com September 5, 2008](#)



For further information see Dr Mercola's comments.

<http://articles.mercola.com/sites/articles/archive/2008/09/27/fda-announces-20-dangerous-drugs-you-should-not-be-on.aspx?source=nl>

“Eight Drugs Doctors Would Never Take”

Doctors know which prescription and over-the-counter drugs are the most dangerous. The writers of this article asked them the question, "Which medications would you skip?" Here were their answers:

Advair

It's asthma medicine that can make your asthma deadly. Advair contains the long-acting beta-agonist (LABA) salmeterol. A 2006 analysis found that regular use of LABA's can increase the severity of an asthma attack. Researchers estimate that salmeterol may contribute to as many as 5,000 asthma-related deaths in the United States each year.

Avandia

Diabetes is destructive enough on its own, but if you try to control it with rosiglitazone, better known as Avandia, it could cause a heart attack. A study found that people who took rosiglitazone for at least a year increased their risk of heart failure or a heart attack by 109 percent and 42 percent, respectively.

Celebrex

This painkiller has been linked to increased risks of stomach bleeding, kidney trouble, and liver damage. And according to a 2005 study, people taking 200 mg of Celebrex twice a day more than doubled their risk of dying of cardiovascular disease. Those on 400 mg twice a day more than tripled their risk.

Ketek

This antibiotic, which has traditionally been prescribed for respiratory-tract infections, carries a high risk of severe liver side effects. In February 2007, the FDA limited the usage of Ketek to the treatment of pneumonia.

Prilosec and Nexium

The FDA has investigated a suspected link between cardiac trouble and these acid-reflux remedies, although they did not find a "likely" connection. But whether this is true or not, they can raise your risk of pneumonia, and result in an elevated risk of bone loss. The risk of a bone fracture has been estimated to be over 40 percent higher in patients who use these drugs long-term.

Visine Original

These eye drops "get the red out" by shrinking blood vessels. Overuse of the active ingredient tetrahydrozoline can perpetuate the vessel dilating-and-constricting cycle and may cause even more redness.

Pseudoephedrine

This decongestant, found in many drugs, can raise blood pressure and heart rate, setting the stage for vascular catastrophe. Over the years, pseudoephedrine has been linked to heart attacks and strokes, as well as worsening the symptoms of prostate disease and glaucoma.

Sources: [MSN Health](#)



For further information please visit Dr Mercola's website and learn what he has to say.

<http://articles.mercola.com/sites/articles/archive/2008/07/08/8-drugs-doctors-would-never-take.aspx?source=nl>

“The Little-Known Dangers of Motrin”

“The parents of a girl who went blind after taking Children's Motrin have sued Johnson & Johnson, saying the packaging didn't adequately explain the possible risks. The court case has drawn attention to the possible side effects of a drug most parents view as benign. Stevens-Johnson syndrome isn't something that most parents worry about, but it is a potential reaction which can lead to severe problems. Side effect of the drug can include severe allergic reactions such as hives, facial swelling, asthma, shock, skin reddening, rash and blisters.”

Sources: [Los Angeles Times July 18, 2008](#)



For further information supplied by Dr Mercola, please go to the site below:

<http://articles.mercola.com/sites/articles/archive/2008/08/07/the-little-known-dangers-of-motrin.aspx?source=nl>

“Your Granite Countertops Could Be Killing You”

Demand for granite countertops has increased tenfold over the past decade. As their popularity has grown, so have the types of granite available. And along with increased sales volume and variety, there have been more reports of “hot” or potentially hazardous countertops, particularly among the more exotic varieties from Brazil and Namibia. Allegations that granite countertops may emit dangerous levels of radon and radiation have been raised periodically over the past decade. Health physicists and radiation experts agree that most granite countertops emit radiation and radon at extremely low levels. But with increasing regularity in recent months, the EPA has been receiving calls from radon inspectors and concerned homeowners about granite countertops with radiation measurements several times above background levels.

Source: [New York Times July 24, 2008](#)



For further information on this subject, please go to Dr Mercola's website:

<http://articles.mercola.com/sites/articles/archive/2008/08/14/your-granite-countertops-could-be-killing-you.aspx?source=nl>

“The Terrible Truth About Plastic You Never Knew”

As plastic ages or is exposed to heat or stress, it can release trace amounts of some of its ingredients. Of particular concern are bisphenol-a (BPA), used to strengthen some plastics, and phthalates, used to soften others. These chemicals are used in hundreds of household items; BPA is in everything from baby bottles to can linings, while phthalates are found in children's toys as well as vinyl shower curtains. They enter your body through the food, water and bits of dust you consume, or are simply absorbed through your skin. BPA and phthalates are endocrine disrupters, which mimic hormones. Estrogen and other hormones in relatively tiny amounts can cause vast changes, so researchers worry that BPA and phthalates could do the same, especially in young children. To cut down on your exposure, avoid plastic bottles and toys labelled with the numbers 3 or 7, which often contain BPA or phthalates, and canned foods, especially those with acidic contents like tomatoes. You should also avoid heating plastic in microwaves.

Sources: [Time July 10, 2008](#)



For further information, please go to the Dr Mercola site shown below. You could also do a search within the Dr Mercola website on Bisphenol-A (BPA) and I am sure you will find heaps of more articles. This is something that is showing up even in the bloodstream of new born babies!



<http://articles.mercola.com/sites/articles/archive/2008/07/31/the-terrible-truth-about-plastic-you-never-knew.aspx?source=nl>



Another source of information is: <http://www.healthymoneyvine.com/pfoa-exposure.html>

“The Pollution Within”

A report published in National Geographic in October 2006 talks about the pollution within, i.e. all the toxins that are actually appearing in our own bodies. Reporter David Ewing Duncan has been talking with a Swedish chemist about all the chemicals in the human body—chemicals that should NOT BE THERE! David had testing done on 320 different chemicals that could be showing in his blood from many different sources, food, personal care and even the fact that he lives in the environment. David tells us: “modern chemistry keeps insects from ravaging crops, lifts stains from carpets and saves lives. But the ubiquity of chemicals is taking its toll.” To read David’s report, please click on the link below:

<http://ngm.nationalgeographic.com/2006/10/toxic-people/duncan-text>

“Four Out of Five Sunscreens May Be Hazardous to Your Health”

A consumer advocacy group has a warning for parents who think they are protecting their family with sunscreen: You may be getting burned. The Environmental Working Group, a Washington-based nonprofit, has released an investigation of nearly 1,000 brand-name sunscreens that says four out of five don’t adequately protect consumers and may contain harmful chemicals. The group says that some of the products of the nation’s leading brands -- including Coppertone, Neutrogena and Banana Boat -- are the poorest performers. The active ingredients of sunscreens are compounds that absorb, reflect or block ultraviolet light. Sunscreens are regulated by the Food and Drug Administration not as cosmetics but as over-the-counter drugs. They’re rated based on their Sun Protection Factor (SPF); the higher the SPF, the better the protection against sunburn. The Environmental Working Group says that the SPF rating on a sun product is only part of what consumers need to know, and that the biggest problems with sunscreens are that they don’t offer appropriate protection and that many contain unsafe ingredients.

Sources: [CNN Health July 1, 2008](#)

[Organic Consumers Association June 29, 2008](#)

Organic Consumers Association - 6771 South Silver Hill Drive, Finland MN 55603

E-mail: [Staff](#) · Activist or Media Inquiries: 218-226-4164 · Fax: 218-353-7652

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To read the complete article, go to:

<http://www.washingtonpost.com/wpdyn/content/article/2008/06/26/AR2008062603224.html>



To read Dr Mercola’s article on this subject, go to the site below. I believe that this is a most important article by Dr Mercola and would like to think that everyone will take the time to click on his link. We are all taught to stay out of the sun and to use sunscreens when we are in the sun. This philosophy that we are all taught is now causing other problems through the lack of Vitamin D that people are absorbing from the sun. Dr Mercola will tell you that the lack of Vitamin D can be implicated in heart disease, diabetes, inflammatory bowel disease,

rheumatoid arthritis, multiple sclerosis and osteoporosis. He also has a table showing probable ingredients in sunscreens and their likely causes. I believe it is a must-read, particularly for parents of children, to ensure that they know what they are doing the next time they apply sunscreen.



<http://articles.mercola.com/sites/articles/archive/2008/07/01/four-out-of-five-sunscreens-may-be-hazardous-to-your-health.aspx?source=nl>

“Toxic Metals: The Reason You Still Feel Sick”

Dr. Kaayla Daniel and Dr. Galen Knight have observed that even when people follow healthy dietary guidelines, they can still have serious health problems. They may digest their food poorly, experience digestive distress, or be generally sickly. One reason may be toxic metals like:

- Mercury
- Aluminium
- Cadmium
- Arsenic
- Lead
- Nickel, and other metal poisons that flood the environment and invade your body.

These toxic metals can cause or contribute to a long list of diseases including Alzheimer’s disease, Parkinson’s disease, and other brain and neurological disorders. While the medical establishment recognizes the acute toxicity that comes from high levels of metals in your body, far more people suffer the adverse effects of low-level, chronic exposure.

Sources: [Mad as a Hatter -- How to Avoid Toxic Metals and Clear Them From the Body \(PDF\)](#)



Once again mercury is raising its head again! Dr Mercola in his comments will advise you that babies are actually being **BORN** with a toxic overload! In 2004 The Environmental Working Group found that blood samples from newborns contained an average of 297 toxins including mercury, fire retardants, pesticides and Teflon chemicals. To read about Teflon go to <http://www.healthymoneyvine.com/pfoa-exposure.html>. Please read Dr Mercola’s comments so that you might learn how to know if you are suffering from heavy metal toxicity.



<http://articles.mercola.com/sites/articles/archive/2008/07/22/toxic-metals-the-reason-you-still-feel-sick.aspx?source=nl>

“Lead in Lipstick”

The Sydney Morning Herald, on 20 July 2008 has warned women that some lipsticks could contain lead. This has come about due to warnings issued in the wake of a U.S. ruling that a class action suit against LVMH, the manufacturer of Dior Addict Positive Red Lipstick, which has been found to contain lead, can proceed. This particular lipstick was among dozens of lipsticks found to contain lead when the U.S. group, Campaign for Safe Cosmetics commissioned an independent laboratory to test lead levels in 33 brand-name lipsticks. Sixty-one percent of the lipsticks tested had detectable lead levels. One-third of the lipsticks exceeded accepted U.S. levels of lead for products that are ingested. The Dior lipstick was found to contain more than twice as much lead as is allowed.

To read more click on this link: [The Sydney Morning Herald July 20, 2008](#)



Most women wear lipstick and I have read comments where it is estimated that a woman during her lifetime can consume many pounds of lipstick. To read Dr Mercola's comments on the subject, please click on the link below:



<http://articles.mercola.com/sites/articles/archive/2008/08/09/poison-kiss-lead-in-lipstick.aspx?source=n1>



Once again, Dr Mercola is able to warn us of other chemicals that may be contained in your cosmetics. Some of these chemicals may cause birth defects, mutation or even cancer, and most women are blithely unaware of this! Dr John Lee in one of his books advised that damage to a foetus occurs in the first 35 days of the foetus' life. This damage can be caused by the foods the mother eats, what she is putting on her skin and also environmental factors. Dr Mercola advised that some of the ingredients to watch out for are as follows below (some of the names have a link to his Web site which will give you even further information):



“Other Ingredients That May Be Found In Cosmetics”

- [Paraben](#), a chemical found in underarm deodorants and other cosmetics that has been shown to mimic the action of the female hormone estrogen, which can drive the growth of human breast tumors.
- [Phthalates](#), plasticizing ingredients (present in nearly three-quarters of 72 products tested by the Environmental Working Group), which have been linked to birth defects in the reproductive system of boys and lower sperm motility in adult men, among other problems.

- **Mercury**, used in mascara, gels, and even eye drops, this metal can damage your brain function. Look for it listed as “thimerosal.”
- **Musks**, used as fragrances, can accumulate in your body, and have been linked to skin irritation, hormone disruption, and cancer in laboratory studies.
- [Artificial fragrances](#), which are among the top five known allergens, and can cause asthma and trigger asthma attacks. Fragrances can also contain neurotoxins and cause hormone disruption.
- **Petroleum by-products**, used in makeup, shampoo (even baby shampoo), face creams and more, these chemicals have been linked to cancer.
- [Methylisothiazolinone \(MIT\)](#), a chemical used in shampoo to prevent bacteria from developing, which may have detrimental effects on your nervous system.