There are some 87,000 chemicals being used in the United States, many in our food, homes, and personal care products, that have not been effectively tested for endocrine effects. In other words, they may be having a serious effect on our development, and that of our children, and may well be the cause of the significant increase in issues such as autism, asthma, allergies, learning difficulties, and dementia.

There is little doubt among the scientific community of the negative impact of many of these chemicals, based on increasing evidence. Things have improved since the first part of the last century when some women died from poisoning from make-up. But not a great deal is known about the long-term effects of cosmetics use on health, and there is growing concern that some of the chemicals in many cosmetics are doing damage.

In this Issue

- THE EFFECTS OF EVERYDAY CHEMICALS
- LETTER FROM THE CHAIR
- IMPROVE AIR QUALITY IN YOUR HOME
- EMF - HOW IT AFFECTS OUR BRAIN AND OUR BODY
- RECIPES

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From the Chair

Sharp Again Naturally has recently shared several eBlasts about toxins and chemicals in our food and in our household cleaning products. This newsletter highlights some additional ways we are exposed to toxins.

What are toxins? They are foreign substances that our body has to rid itself of in order to keep functioning properly, such as the chemical aromas from air fresheners, pesticides on our food, and unsafe ingredients in our health and beauty products. Exposure to too many toxins, and the body cannot “detoxify” fast enough, which leads to a build-up in our tissues and can cause a long list of diseases, depending on the types of toxins and your individual body’s genetic makeup.

Man’s inventiveness has brought us advanced technologies that provide lots of conveniences. At the same time, air and water pollution are at unhealthy levels; chemicals and plastics are in our homes, at work and restaurants, and in our environment; and we are addicted to technological devices, all of which are affecting our health. Whether they are ingested in our food, begin in the gut, enter through the air we breathe, or get absorbed through the skin, toxins adversely affect the health of even the youngest humans.

Researchers have found that toxins begin building up in utero, with over 200 chemicals found in babies’ umbilical cord blood. Over a lifetime, a “toxic body burden” is reached, beyond which the body can no longer detoxify and symptoms emerge. Depending on the individual, toxins can cause a range of illnesses including allergies, diabetes, cancer, eczema, thyroid dysfunction, MS, heart disease, dementia, and IBS.

This issue of The Sharper Edge asks us to become aware of our toxic exposure, and shares how we can keep our homes, bodies and the environment safer and healthier. Aly Cohen, MD educates us about the effects of chemicals we are exposed to each day and steps we can take to protect ourselves. She also gives some tips about improving the air quality in our homes. In our Q&A, naturopath Sherrill Sellman, ND talks about our exposure to Electromagnetic Frequency (EMF), its effect on our bodies, and steps we can take to keep ourselves safe.

While we know this information is concerning, we have the knowledge and power to make everyday decisions that positively affect our bodies and minds. Monitoring our toxic exposure and addressing symptoms of toxicity are a big step to keeping our brains healthy throughout our lives.

Lisa Feiner
Board Chair, Sharp Again Naturally

sharagain.org
Personal care products and their ingredients are not regulated in the United States. Under the 1976 Toxic Substances Control Act, all of the products that we rub, lather, and spray onto our bodies require no testing for safety or toxicity before going to market. We have no idea of their reproductive risks, developmental issues that may be caused in children, cancer risks, or risk of causing endocrine disorders. And the ingredients that we know do have those effects have not been removed or banned. It’s up the manufacturer to do voluntary testing and share results with consumers. And only they, not the FDA, have the authority to remove their product from store shelves if it’s found to cause harm!

Since 1976 only 11 chemicals have been taken out of cosmetics in the United States. The European Union has restricted 1100 chemicals in their products since the 1970s, most of which are still used in the US. Many personal products contain endocrine disrupting chemicals or EDCs that can alter hormone levels in the body. Others contain preservatives, coloring, and metals such as lead and mercury.

Added fragrance or perfume can contain hundreds of individual chemicals but we, as the consumer, are not allowed to know the specific ingredients because fragrance is considered proprietary or a “trade secret” in the US. But it’s critical to understand that it’s not just what a human is exposed to, it’s also when they are exposed. For instance, fetuses, young children and teens are developing at such a rapid rate that chemicals can have harmful health effects. And teens use more personal care products than any other demographic.

**SO HOW DO WE STAY HEALTHY WHEN USING PERSONAL CARE PRODUCTS?**

**HERE ARE A FEW EASY TIPS:**

1. Watch what you put on your skin. Try to use fewer products overall, and especially during pregnancy. If you don’t purchase products containing toxic chemicals, they can’t cause you harm.

2. Read labels. Avoid products that contain fragrance or perfume, even in body sprays and aftershaves for boys and men. Avoid oxybenzone, retinyl palmitate or retinol in sunscreens and lip products. Avoid products with parabens, ethylene glycol, aluminum and phthalates.


4. Choose water-based nail polish without acetone, toluene and formaldehyde. Use tampons and feminine care products that are 100% organic cotton, and chlorine-, phthalate-, and pesticide-free. Check your products on Environment Working Group’s website, ewg.org/skindeep or their smartphone app, Healthy Living. You can look up safety risks and choose safer products.

See Dr. Aly Cohen’s blog on thesmarthuman.com for more information.

In the next edition of The Sharper Edge: Ways to De-Stress Your Brain.
There are things you can do right now to reduce your exposure to toxic chemicals. Many of the products in your home are filled with fragrance chemicals, antibacterial chemicals like triclosan, preservatives and propellant chemicals, pesticides and nonstick chemicals. These chemicals are not tested for safety, and cleaning products in the US are not regulated for safety or toxicity. It’s a free-for-all. Even the word “fragrance” or “perfume” listed on a label is considered proprietary so you as the consumer are not allowed to know the actual ingredients. Added fragrance can contain hundreds of harmful chemicals that get into the body and affect the normal workings of the endocrine and immune systems. They can even cause difficulty with breathing and trigger asthma attacks.

After an intravenous line into a vein, the second fastest route into the body is inhalation through your mouth and lungs, and then right into your bloodstream, like the oxygen we breathe. Synthetic chemicals that we breathe in are especially harmful for pregnant women and children. Being mindful of these toxic exposures can keep everyone in your household healthier.

HERE ARE A FEW RECOMMENDATIONS:

1. Try to reduce the use of air fresheners, and for cleaning, use natural products like white vinegar, water and sea salt to scrub sticky surfaces, with lemon juice or natural lavender oil added for fragrance.

2. If the temperature outside is reasonable and your pollen allergies are not too bad, open up your windows for at least 15 minutes every day.
6. Take off your shoes before you enter your home to avoid tracking in pesticides and other outdoor chemicals.

7. Remove carpeting and carpet backing, and replace with hardwood floors, not vinyl.

We spend 12-18 hours a day inside our homes or workplace, so let’s try to clean up the air so we can all breathe easy and improve our health.
YOUR MOUTH & THE HEALTH OF YOUR BRAIN

Your mouth is the center of vital functions: including Eating, Breathing, Swallowing and Speaking.

Periodontal disease, sleep disordered breathing, chronic disease and exposure to toxic metals are among the SAN 10 Reversible Causes that have been linked to loss of cognitive function and dementia.

Have you been screened for the presence of these factors?

We collaborate with medical doctors who recognize the mouth’s relationship to overall health and frequently co-treat patients who have a wide variety of medical conditions.

Find out more:

Hindin Center for Whole Health Dentistry
2 Executive Blvd. Suite 206 Suffern, NY 10901
ph 845.357.1595 email info@hindincenter.com
website: www.HindinCenter.com
Can you describe Electromagnetic Frequency (EMF)?
The easiest way to describe it is that the human body is a coherent, highly sensitive electrical system called the biofield, described as “the field of energy and information that surrounds and interpenetrates the human body.” We can now see it in imaging. We humans have been designed to live in a world that has native electric frequency, a magnetic and electrical field from the earth and the sun that nurtures us and has kept us thriving. We have evolved with that native field.

Non-native electrical fields include microwave radiation, radio frequencies, and what is emitted from cell phones and towers, routers, “smart” appliances—anything wireless. We refer to these as EMF’s and they are created by man, and are toxic and disruptive frequencies for the human body.¹

What are some symptoms of EMF exposure?
People have reported achiness, fatigue, headaches, and insomnia. Exposure to EMF’s causes elevated blood pressure, glucose, and lipid levels; central nervous system issues; and cardiovascular issues. We are seeing an increase in addictive behaviors from low dopamine levels.

EMF exposure can cause anxiety and depression, which may be contributing to higher than normal rates in our young adult population. With high levels and repeated, regular exposure, we are seeing an increase of rashes and burns where cellphones are carried, and a rise in brain tumors in both adults and children. It is believed that exposure over time can lead to dementia.

What are some other effects of EMF's?
Exposure to EMF’s suppresses the production of melatonin at night. Many people have smart TV’s, electric clocks, cellphones and...
Spring Detoxifying Recipes

Spring is a time for the body to cleanse itself from the excesses of winter, including the mucus that has built up in our systems. Bitter greens, the allium family (garlic and onions), citrus fruits, and vegetables like asparagus assist this process.

Dandelion Salad with Warm Hazelnut Vinaigrette

Prep time: 10 minutes
Cooking time: 5 minutes
Servings: 4

INGREDIENTS
- Large bunches dandelion greens
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 cup hazelnuts, coarsely chopped
- 1 tablespoon balsamic vinegar
- Sea salt and pepper to taste

INSTRUCTIONS
1. Wash greens, remove stems and chop into ¾-inch pieces.
2. Place greens in a large mixing bowl.
3. Heat oil in a sauté pan on medium.
4. Add garlic and nuts, stirring constantly for 2 minutes.
5. Stir in vinegar, salt and pepper.
6. Pour the hot vinaigrette over the greens and toss well.

Adapted from Csilla Bischoff

Beet and Carrot Slaw

Servings: 4

INGREDIENTS
- 2 red beets, peeled and grated
- 3 carrots, peeled and grated
- Beet greens or 2 collard green leaves, de-stemmed, cleaned and cut into thin ribbons
- Juice of 1 lemon
- 1 TB olive oil
- 1 TB rice wine vinegar (plain)
- 2 TB sunflower seeds (optional)

INSTRUCTIONS
Add all ingredients to a bowl and toss well to combine. Store in the fridge in a glass container for about 5 days.

Contributed by Myra Oney, CHHC
iPads in their bedrooms. Blue light is emitted from these devices, as well as LED light, which is a frequency of midday. Your circadian rhythm will be affected. It’s one of the reasons we are seeing so many sleep issues in both adults and kids. Melatonin supplements cannot adequately compensate for this problem.

EMF’s are also causing dehydration and large amounts of oxidative stress. Dr. Martin Pall, Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University, has researched the effects of EMFs on the human body. He describes how the voltigated calcium channels open cell membranes to calcium ions, which leads to dangerous free radicals circulating in the body. Oxidative stress from free radicals causes a host of chronic diseases like cancer, diabetes, cardiovascular disease, autoimmune issues and infertility. It also causes a breakdown of the blood-brain barrier, which is supposed to prevent toxins and pathogens in the circulatory system from entering the brain.

And one other place in the body we are seeing an effect is the gut microbiome, for many of the same reasons. There is an increase in pathogens and a suppression of more beneficial microbes. It can lead to antibiotic resistance. We know that gut health is directly related to brain health. Production of our neurotransmitters is generated out of the microbiome.
Why are EMF’s considered the most dangerous of all toxins?
It is believed by researchers and practitioners in the field that exposure to WiFi frequency and all these electronics exacerbates all other toxic exposures. For example, heavy metals (like those found in “silver” fillings) are a serious toxic exposure. A cellphone can liberate 600 times more amalgam. In effect, we become walking antennas.

What do you see happening with EMF’s in the future?
WiFi and the ability to be connected is increasing. If you are in a forest and have a cell signal, you have exposure. There are cell towers on the Himalayas. Not only are EMF’s everywhere, they are getting stronger as companies move to 5G and launch bigger satellites to provide more powerful signals. Soon, there will be very few places on the planet where there is no exposure. More than 230 scientists from 41 countries have expressed their "serious concerns" regarding the ubiquitous and increasing exposure to EMF generated by electric and wireless devices.

Are children at greater risk of exposure?
From the time a woman becomes pregnant, the child is at risk of EMF exposure. EMF’s can cause DNA damage. The results of multiple studies over the past two decades show that children exposed to high levels of EMF’s in the womb experienced disruptions in brain development and sleep patterns, and increased asthma, among others. You don’t want a baby monitor near the crib, or a device attached to your baby’s clothing.
What can we do to counteract the effects of EMF’s?

Nature is always the place you want to go because you connect with the magnetic field of the earth and have clean air.

• Earthing shoes have a copper insert to connect us more easily to the earth’s natural frequency.

• Turn off your router at night and refrain from having lots of “smart” equipment in your home.

• Never stand in front of a microwave oven when it’s on and preferably, do not have one in your home.

• Create a sleep sanctuary by removing all wireless devices from your bedroom, and unplugging other electrical devices.

• Use an Airtube headset with your cellphone that protects the brain from harmful radiation.

Products that help protect against the effects of cellphone radiation use patented technologies, one of which is Molecular Resonance Effect Technology (MRET). MRET helps to neutralize the harmful effects of EMF’s while simultaneously providing support for the body’s cellular functions. Another proprietary technology owned by GIA Wellness, Energy Resonance Technology (ERT), works by strengthening the person’s biofield, thereby helping all the systems of the body to communicate and work properly.

Any parting words?

EMF’s may unfortunately become our next major health crisis. I encourage everyone, and especially parents, to learn more about the effects of EMF’s so that children are not overly exposed. We need to be aware of the problem and take steps to protect ourselves because these devices are now a part of our culture.

1 The World Health Organization has classified EMFs as group 2B carcinogens (possibly cancerous) and a 2016 NIH study found an increased occurrence of rare brain tumors (gliomas) and rare heart tumors from exposure to microwave radiation from cell phones. http://www.sciencedirect.com/science/article/pii/B9780123864543010356

Enable us to continue this work: MAKE A DONATION to keep spreading the word that dementia is a treatable disease, and it’s never too early or late to begin taking care of your brain.

Go to www.sharpagain.org/donate or send your contribution to PO Box 713, Larchmont, NY 10538

Sharp Again Naturally is a registered 501(c)3 non-profit organization.
REVERSIBLE CAUSES OF DEMENTIA

1. Nutritional imbalances and deficiencies
2. Toxins in food, water, air, work/home environment
3. Effects of prescription medications
4. Mercury and other heavy metal toxicity
5. Hormonal imbalances (T3 thyroid, cortisol, gender hormones, & others)
6. Inflammation from low-level infections (Lyme Disease, oral infections, food sensitivities, mold, etc.)
7. Inadequate physical activity, mental stimulation, and social interaction
8. Prolonged stress, especially from life changes and how we process information
9. Sleep and breathing problems
10. Physical and emotional trauma

Before concluding a person’s dementia is incurable, it is necessary to test and treat all of these reversible causes.