



Wellness News You Can Use #7

"You decide as we look at these recent wellness headlines what's good for you, what's bad for you, and who to believe?"

Wellness is in the news, and like many news stories, health and nutrition topics can be controversial too. What's good for you, what's bad for you, and who to believe? You decide as we look at these recent wellness headlines.

"What Causes Autism?" A study published in 2018 should have made bigger headlines everywhere, but it has the attention of many of the world's leading scientist in the field. A study from The Journal of Trace Elements in Medicine and Biology identified very high amounts of aluminum in the brains of multiple people with autism. We know little about where the heavy metals used as adjuvants in vaccines end up in the body. We now know that injected aluminum doesn't exit the body like aluminum intake from other sources. When injected, it ends up in the brain. The 2018 Aluminum and Autism



study looks at the cells in human tissue. This is important because the majority of studies that previously examined human exposure to aluminum have only used hair, blood and urine samples.

People need to understand that despite media bullying, it's ok to question vaccine safety, and there is plenty of reason to. There are many concerns and heavy metals are one of them. In fact, the abundant presence of heavy metals in our

environment, foods and medications is a concern, one that's been the clear cause for a variety of health problems.

From National Geographic's Environment comes the headline "Microplastics Found in Human Poop." The article begins by saying, "The inevitable has happened." That's because microplastics have already been found in birds and fish, so it should have come as no surprise. To be specific, tiny plastic parti-

cles and fibers have been found in the stool of participants in a pilot study from seven different European countries and Japan.

The fact that this is the first documentation of such materials in humans is significant.

Where did these plastic fragments originate? And what are the potential risks to human health? Food packaging can shed small fibers. So can household carpeting, clothing and other plastic-based items that populate our everyday lives.



One of the questions is: Once inside the human body, can plastic nanofibers (some five times smaller than the width of a human hair) work their way into the bloodstream, lymphatic system, or perhaps even reach a person's liver? To date, this remains a mystery.

And here's another shocking headline, this time from US News, "Artificial Sweeteners Toxic to Digestive Gut Bacteria." According to a study published in the journal *Molecules*, researchers found that six common artificial sweeteners approved by the Food and Drug Administration and ten sport supplements that contained them were found to be toxic to the digestive gut microbiome. The research which took place in Israel and Singapore tested the toxicity of aspartame, sucralose, saccharine, neotame, advantame, and acesulfame potassium-k. They observed that when exposed to only 1 milligram per million of the artificial sweeteners, the bacteria found in the digestive system became toxic. According to the study, the

gut microbiome system "plays a key role in human metabolism" and artificial sweeteners can "affect host health, such as glucose intolerance." One of the lead researchers noted, "This is further evidence that consumption of artificial sweeteners adversely

affects gut microbial activity which can cause a wide range of health issues."

When we see headlines like these, of course we all think, "It seems like this very thing is bad for you." No doubt we live in a toxic world, but staying informed is empower-

ing so that we can make better choices and live healthier.

For starters, we can avoid foods laden with chemicals and pesticides. And it's not unbalanced to question procedures like vaccines and flu shots.

Next, we can supplement nutrients to support our immune system. As prevention against disease, your body can actually store many essential vitamins and minerals.

Another excellent choice is doing a cleanse or detox once or twice a year. A program like the NutriClear Plus 15 Day Cleanse is one of the best and easiest programs for cleaning and feeding the body.

When you see health headlines that concern you, give your wellness clinician a call. Ask about toxins in vaccines, plastics or sweeteners. And ask about a detox program that is right for you.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk