



ToxicFreeDentistry.com

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23 of the Most Hazardous Sources of Health-Damaging Toxins

What follows is a checklist of the most hazardous sources of toxic exposure, in descending order of toxicity. Remember, it is exposure over time that can cause an accumulation of harmful toxins in your body. Go down the list, marking off any items that apply to you. The more you check, the greater your exposure to disease-causing toxins.

- The presence of mercury amalgam or "silver" dental fillings.
- Persistent stress, worry and anxiety.
- Living in an old house with lead-based paints or water pipes made of lead (or with copper pipes and lead solder).
- Being vaccinated with vaccines containing mercury or aluminum. (The greater the number of vaccines given, the higher the level of potential contamination.)
- Toxic/hurtful relationships.
- Previous dental work which involved removing or inserting mercury amalgam fillings.
- An existing or previous job or pastime working with synthetic chemicals (such as hairdressing, farming), solvents (such as painting and decorating or dry cleaning), or toxic metals (such as welding), and halogens (such as bromine from developing photographs).
- Previous and current usage of concentrated forms of chemical pesticides and herbicides around your house and garden (fly spray, weed killer, flea powder).
- Exposure to chemicals in medicines (nit shampoo for lice, certain drugs, skin whiteners, etc.).
- Smoking and other toxic habits.
- Persistent negative feelings, thoughts and emotions.

- Drinking from plastic bottles or Styrofoam, and storing/heating foods in plastic containers.
- Using environment unfriendly cosmetics, such as deodorants (which contain aluminum), toiletries, such as hairsprays, perfumes, nail varnish, etc. (which contain solvents and plastics).
- Using fluoridated toothpaste.
- Using environment unfriendly household cleaners.
- Living in a major city (due to air pollution).
- Eating the skins or outside leaves of conventionally grown fruits and vegetables (non organic, particularly strawberries, apples, pears, carrots, lettuce).
- Regularly drinking one or more soft drinks from aluminum cans a day.
- A diet that consists mostly of processed foods (due to the use of artificial preservatives, colorings, flavorings, and additives).
- The regular intake of sugar-free or low-sugar foods and drinks, which use artificial sweeteners (such as aspartame and saccharine).
- Eating a large amount of seafood (seafood tends to be contaminated both with toxic metals and organochlorines).
- Living near fields that are regularly sprayed with pesticides.
- Drinking (and bathing in) unfiltered tap water (due to the deliberately added aluminum and chlorine disinfectant, fluorine, and other general water contaminants).

Partially extracted from "Toxic Overload" by Paula Baillie-Hamilton, M.D., Ph.D., 2005

For more information, or to join our toxic free community and learn how to rid your body and the world of dangerous, health-damaging toxins, log onto

www.ToxicFreeDentistry.com