

COMMON TOXINS

Smoke isn't just smoke. Because we are unable to feel, see, smell, or taste many toxins at first contact, it is important to be aware of the most common toxins and to proactively take measures to prevent or reduce our exposure to them.

TOXIN	WHERE FOUND	WHERE STORED IN THE BODY	HEALTH EFFECTS
Flame Retardants	<ul style="list-style-type: none"> • Plastics (PVC) • Furniture • Mattresses • Insulation • Electronics • Wire & cable • Polyurethane foam • Adhesives • Hydraulic fluid 	<ul style="list-style-type: none"> • Accumulates in body and fat cells, concentrations double every 2-5 years 	<ul style="list-style-type: none"> • Neuro disorders • Endocrine disorder • Immune suppression • Cancers
PVCs (Plastics) produce chlorine and dioxin when burned	<ul style="list-style-type: none"> • Vinyl siding/windows • Commercial plastic products • Plumbing • TVs/computers • Furniture • Wiring 	<ul style="list-style-type: none"> • Bone marrow • Brain, liver • Kidney, fat cells 	<ul style="list-style-type: none"> • Cancers (liver, multiple myeloma, leukemia, brain) • CNS depression • Endocrine disorders
Dioxins	<ul style="list-style-type: none"> • Released when any material made from PVC is burned 	<ul style="list-style-type: none"> • Stored in fatty areas; 7-11 year half-life 	<ul style="list-style-type: none"> • Most toxic substance on the planet
Diesel Exhaust	<ul style="list-style-type: none"> • Everywhere, especially high in occupations around diesel engines, contains 40+ toxic air contaminants (benzene, arsenic, formaldehyde, etc.) 	<ul style="list-style-type: none"> • Mainly lungs 	<ul style="list-style-type: none"> • Lung cancer • Other cancers (larynx, esophageal, stomach, lymphoma, leukemia) • Asthma • Emphysema
Benzene*	<ul style="list-style-type: none"> • Plastics • Nylon/synthetic fibers • Fuel exhaust • Gasoline • Resins • Styrofoam • Rubbers 	<ul style="list-style-type: none"> • Passes through lining of lungs/GI tract and enters bloodstream • Stored in fat and bone marrow 	<ul style="list-style-type: none"> • Leukemia • Other blood cancers (multiple Myeloma, Non-Hodgkins Lymphoma)

*Known to be a human carcinogen

TOXIN	WHERE FOUND	WHERE STORED IN THE BODY	HEALTH EFFECTS
Formaldehyde*	<ul style="list-style-type: none"> Fuel exhaust Plywood/particle board Carpet Fiberglass Household cleaners 	<ul style="list-style-type: none"> Quickly broken down and excreted, not stored in fat 	<ul style="list-style-type: none"> Cancers (leukemia) Nose/sinus cavity cancers Asthma Other respiratory disease
Asbestos*	<ul style="list-style-type: none"> Vermiculite insulation Roofing materials Drywall Plumbing Flame retardant material Vinyl tile Brake pads 	<ul style="list-style-type: none"> Lungs Digestive tract 	<ul style="list-style-type: none"> Lung cancer Pleural mesothelioma Other cancers (esophageal, colorectal) Respiratory disease
Arsenic*	<ul style="list-style-type: none"> All treated wood prior to 2004 (construction, housing, decks, fencing) Pesticides Lead-acid batteries 	<ul style="list-style-type: none"> Mainly lungs Cannot be cleared by: skin, nails, hair, bones, teeth 	<ul style="list-style-type: none"> Cancers (lung, skin, bladder)
Lead	<ul style="list-style-type: none"> Pipes Batteries Paints/dyes Caulk Ammunition Weights 	<ul style="list-style-type: none"> Liver Kidneys Lungs Brain Spleen Muscles Heart Bones Teeth 	<ul style="list-style-type: none"> Nervous system disorders Reasonably anticipated to be a carcinogen
Cadmium*	<ul style="list-style-type: none"> Plastic stabilizers Batteries Coatings/platings Pigments 	<ul style="list-style-type: none"> Liver Kidneys 	<ul style="list-style-type: none"> Cancers Kidney disease

*Known to be a human carcinogen



PREHAB[®]
NUTRITION

www.PrehabNutrition.com

©2015 PreHab Nutrition. All Rights Reserved.

