

ON CHEMICAL AND EMF EXPOSURES

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How could the process of the complete recovery of a catastrophically chemically injured child shed any light on our current American Healthcare crisis? How could that process of recovery to health provide critically important keys to the treatment of children with autism, cancer, other serious childhood issues, and degenerative disease in general? How could the steps necessary for recovery of a chemically injured child impact American Public Health NOW? Why would someone be so bold to imply that critical answers, very specific application, and repeatable results have been found that will shift how we look at the treatment of disease?

In my life, two potentially tragic events occurred that enabled me years ago to link together what is only now being revealed and uncovered by scientific studies. I am not a doctor, nor am I a scientist, but I submit my life's findings hoping to benefit any person that has ears to hear this NOW. If this information impacts or changes even one person's life for the better it is worth the effort of sharing because every human life is of the utmost importance and significance.

BACKGROUND –WHERE WE FIND OURSELVES TODAY

Currently, we are faced with a crisis in both the medical profession as well as the building industry and they both impact our health. There is a question often asked which is usually meant to be rhetorical. "Is there anything new under the sun"? And of course, you are expected to answer "NO" to yourself. BUT, today we face a situation in the world that is unprecedented. A situation so serious and of such a magnitude that it has already started to and will eventually completely revamp the way we practice medicine and the way we build our homes.

Each of the great healing traditions in history arose in its own culture **to help resolve** the health issues of that day. If you were to combine all the best elements of each of these traditions they would not be able to accommodate the situation we now face. Because **essentially we need a reformulation of our point of view** in both our medical and building practices in order to meet the healthcare challenges of the 21st century. WE need to rise to the occasion and develop a system that works for our day. So what exactly are these challenges?

Challenge #1: First of all, we must acknowledge that our healthcare crisis today is a cry for change. What we are doing is not working! We are losing our children! Autism and spectrum disorders, ADD/ADHD, asthma, allergies, learning disabilities, childhood depression, hyperactivity, and obesity are increasing at alarming rates. Cancer is the #1 killer of children after accidents. 1 in 2 men and 1 in 3 women are projected to get cancer in their lifetime by the American Cancer Society. We are not winning the war on cancer. The rates of degenerative diseases are skyrocketing in both children and adults. In fact chronic diseases and disabilities have reached epidemic proportions, affecting more than 100 million men, women, and children. To put this in perspective that is almost a third of the U.S. population. This doesn't include all the people that are suffering or just not feeling well or have not been diagnosed.

Challenge #2: We have to ask the right questions. Why are we in this situation? Do we have any idea what is causing this unprecedented epidemic cascade of illness? The good news is that now many pieces of the puzzle have been discovered and verified by scientific studies. To take full advantage of this research, it is essential to link two concepts. The first concept comes from current cutting edge statistics¹ and studies² by scientists all over the world³ that are directly⁴ linking the exponential rise in obesity⁵, children's disorders⁶, and degenerative disease⁷ in America to exposure to EMFs^{8,9} and harmful synthetic chemicals¹⁰ in our diets¹¹, homes¹², and workplaces¹³. These studies have established that EMFs and chemical exposures are directly linked to disease¹⁴ and portions of the medical world are acknowledging this fact. The second concept throws light on how to make efficacious application of the information. The relatively new science of epigenetics states that exposure to even small amounts¹⁵ of one chemical has the capacity to alter DNA and turn on and off cancer genes. This second concept gives critical further clarification, but will possibly be the medical Achilles heel. Why – see Challenge #5?

Challenge #3: It takes time for any scientific research to filter down, be understood, integrated, and applied by the medical community. We don't have time for this information to be digested, accepted, and put into practice. Our children need help NOW.

Challenge #4: The shift in focus that will be necessary for the medical world to convert to a radically new view of the mechanism of disease will further delay integration into medical practice. The simplicity of application will likely be missed and will be bogged down due to the demands of scientific protocol. The research is already here, but how do we interpret it and apply it to our lives NOW?

Challenge #5: The good news is that these two current scientific research concepts have already been synthesized, applied, put into practice, and validated. But, we have to have ears to hear what the true canaries of our day (the severely chemically and EMF injured) have to tell us so we can benefit NOW from this current research. Unfortunately, the stories of recovery of the extremely chemically and EMF injured are what are called anecdotal stories and the medical community does not consider them valid. What should be of great interest is that these anecdotal stories provide indispensable insights into the application of scientific studies/concepts above that are likely to fall through the cracks of medical research and application leading to lost time and needless suffering.

- ¹ <http://www.disabled-world.com/health/respiratory/asthma/plastics.php>: a synopsis of a report on the link between exposure to plastics, and asthma and allergies in children.
- ² <http://news.harvard.edu/gazette/story/2014/02/toxic-chemicals-linked-to-brain-disorders-in-children/>: Feldscher, Karen: Toxic Chemicals Linked to Brain Disorders in Children, (Harvard Gazette 2/14/2014).
- ³ <http://www.who.int/mediacentre/news/releases/2006/pr32/en/>: World Health Organization Media Center synopsis of a report finding that "24% of global disease is caused by environmental exposures which can be averted", (2/16/2006).
- ⁴ <http://vectorblog.org/2014/02/neurotoxicity-in-children-stemming-a-silent-global-pandemic/>: Mazumdar (MD, MPH), Maitreyi: Neurotoxicity in Children: Stemming a 'silent global pandemic', (Vector: Boston Children's Hospital science and clinical innovation blog, 2/28/2014).
- ⁵ <http://www.scientificamerican.com/article/chemical-bpa-linked-to-obesity-in-children/>: Bienkowski, Brian: Chemical BPA Linked to Obesity in Children, (Scientific American 9/18/2012).
- ⁶ <http://www.forbes.com/sites/alicegwalton/2014/02/15/11-toxic-chemicals-affecting-brain-development-in-children/>: Walton, Alice G.: 11 Toxic Chemicals Affecting Brain Development in Children, (Forbes Pharma & Healthcare, 2/15/2014).
- ⁷ <https://noharm-uscanada.org/issues/us-canada/safer-chemicals>: a brief article on "Safer Chemicals" published by the online resource Health Care Without Harm.
- ⁸ <http://www.electrosmogprevention.org/public-health-alert/scientists-call-on-government-to-protect-public-from-wireless-radiation-exposure-july-9-2014/>: a press release from the Center for Electrosmog Prevention detailing a plea from 52 scientists representing 18 countries for a reevaluation of safety guidelines surrounding RF radiation, (7/9/2014).
- ⁹ http://www.rainforestinfo.org.au/good_wood/emr_fact.htm: providing a list of sources of EMF exposure, and footnotes with links to studies that explore the connection between various exposures and disease.
- ¹⁰ <http://articles.mercola.com/sites/articles/archive/2013/03/09/household-chemical-exposure.aspx>: Mercola, Dr. Joseph: Common Household Chemicals Linked to Human Disease in Landmark UN Study (Mercola Library, 3/9/2013).
- ¹¹ <http://saveourbones.com/12-dangerous-ingredients/>: Goldchmidt (MA), Vivian: 12 Dangerous and Hidden Food Ingredients in Seemingly Healthy Food.
- ¹² <http://www.cleanproduction.org/resources/entry/sick-of-dust>: providing a link to a study documenting the toxic chemicals commonly found in household dust.
- ¹³ <http://www.takeonestep.org/Pages/yoursafety/safenotsorry/workplacehazards.aspx>: cataloguing workplace hazards.
- ¹⁴ <http://www.cnn.com/2014/02/10/health/chemical-food-additives/>: Wilson, Jacque, and Christensen, Jen: 7 Other Chemicals in Your Food, (CNN 2/10/2014)
- ¹⁵ http://www.nrdc.org/health/toxics.asp?gclid=CjwKEAjwrbSoBRDok47Sv6Ci80wSJABFUszTNf-aAz1p0NFq3E0eSlqqlhmSw4ISqb4poDOJHvZLrhoCI6rw_wcB: NRDC blog entry calling for the strengthening of the Toxic Substances Control Act.