

Removing Unnatural Chemicals

By Patricia Michael

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This paper, originally a talk at a Feng Shui conference, is in response to a disturbing article that appeared on the internet:

American Babies Born Polluted, Study Says

July 27, 2005

Reported by Roddy Scheer

According to a report released last week by the nonprofit Environmental Working Group (EWG), American babies are born with an average of 287 chemical contaminants in their bloodstreams. The findings are based on tests of 10 samples of umbilical-cord blood taken by the American Red Cross across the country. The most prevalent chemicals found in the 10 newborns were mercury, fire retardants, pesticides and the Teflon chemical PFOA.

"Of the 287 chemicals we detected in umbilical-cord blood, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests," the report said.

"These 10 newborn babies ... were born polluted," said House Democrat Louise Slaughter of New York, who is leading the charge in Congress to hold chemical producers more accountable to higher standards. "If ever we had proof that our nation's pollution laws aren't working, it's reading the list of industrial chemicals in the bodies of babies who have not yet lived outside the womb," Slaughter added.

Slaughter also had similar tests done on her own blood, which she found to contain polychlorinated biphenyls (PCBs) that were banned decades ago as well as chemicals like Teflon that are currently under federal investigation. "I have auto exhaust fumes, flame retardant chemicals, and in all, some 271 harmful substances pulsing through my veins," she said. "That's hardly the picture of health I had hoped for, but I've been living in an industrial society for more than 70 years."

Source: <http://www.planetark.com/dailynewsstory.cfm?newsid=31656> as of 27 July 2005.

If unborn babies are full of such chemicals, how much more so must adults be? This article prompted me to list the methods I have discovered for removing unnatural chemicals from my body and from the environment. Please note that these are what work for me, but I am not diagnosing any illness nor prescribing anything as a remedy. These suggestions are not intended to diagnose, treat, cure or prevent any disease.

Removing Unnatural Chemicals from the Human Body

Protocols

- Clay: Food Grade Clay Drinks, and Baths
- Charcoal: That will bind and release poisons
- Oxygen: Aerobic Exercise, Hydrogen Peroxide, and Barometric Oxygen Chamber
- Chelation: EDTA Drips, Anal Suppository, and Enzymes
- Change: PH
- Enemas and Colonics
- Mustard Baths
- Acupuncture: along with a balanced protocol of Chinese herbs
- Chiropractic: To keep nerves functioning.
- Freeze Dried Aloe Vera
- Sweat
- Rest
- Sun
- Meditation
- Yoga
- Ti Chi
- Chi Gong
- Clean Body Products
- Sea Vegetables: They remove Mercury Strontium, Lead and Cadmium
- Cilantro: Helps the body release heavy metals

Ayurvedic Eight Tastes

- Sour: Vinegar
- Salty: Sea Foods and Vegetables
- Bitter (You don't need much, but everyday): Pomegranates, Limes, Bitter Almonds, Turmeric, all greens, Fenugreeks, Tonic Water, Bitter Gourds
- Hot: All Chilis
- Pungent: Ginger Horseradish, Garlic, Mustard Leaves, Onions
- Putrid: Cheeses, Yogurt, Miso, Lassi, Sauerkraut, Tofu, Fermented
- Astringent: Raw Broccoli, Lentils, Beans, Peas, Avocado, and foods high in protein.
- Sweet: Maple Syrup, Cold Pressed Honey, Molasses, and Dried Cane Sugar

Gypsies' Wild Foods

- Lemons and Limes
- Peppers
- Romaine Lettuce
- Vinegar
- Garlic and Onions

Nutrient Supplements

- DIM (diindolylmethane): Helps remove fake estrogens, and unneeded estrogens from the environment. See <http://www.annieappleseedproject.org/dimsafin.html>

- Trace Minerals
- I use a product called [Juvenon](#), which helps me sustain energy, improve brain function, and keep metabolic efficiency.

Removing Unnatural Chemicals from the Environment

Indoor Air Cleaners

Plants That Eat Xylene

Xylene is a solvent used in paints and varnishes. Check the labels.

- Areca palm (*Chrysalidacarpus lutescens*)
- Dwarf date palm (*Phoenix roebelenii*)
- Dumb cane (*Dieffenbachia maculata*)
- Dragon tree (*Dracaena draco*)

Plants That Eat Ammonia

Ammonia is found in many cleaning supplies. Check the labels.

- Lady palm (*Rhapis excelsa*)
- Lilyturf (*Liriope spicata*)
- Flamingo lily (*Anthurium Andraeanum*)
- Chrysanthemum (*Chrysanthemum*)

Plants That Eat Benzene

Benzene is a flammable liquid found in solvents and cleaning fluids. Check the labels.

- Gerbera (*Gerbera Jamesonii*)
- Chrysanthemum (*Chrysanthemum*)
- English ivy (*Hedera Helix*)
- Snake plant (*Sansevieria trifasciata*)
- Dracaena (*Dracaena deremensis 'Warneckii'*)

General Poison Eaters

If you are unsure of which toxins are polluting your air, a plant that eats more than one toxin may be just what the doctor ordered.

- Peace lily (*Spathiphyllum*): ammonia, benzene, formaldehyde, xylene
- Flamingo lily (*Anthurium Andraeanum*): ammonia, formalde-hyde, xylene
- Weeping fig (*Ficus benjamina*): ammonia, formaldehyde, xylene Tulip (*Tulipa*): ammonia, formaldehyde, xylene English ivy (*Hedera Helix*): ammonia, benzene, xylene

Outdoor Air Cleaners

Plant Trees!

Soil Cleaners

If you garden with the sole purpose being the health and welfare of the macro and micro soil organisms, your plants will not take up harmful substances.

Water Cleaning

Wetlands and swamps are most effective as biological water cleaners. They will remove, change, or bind Acids, Heavy Metals, Bionic Compounds, Hydro Carbons, Radiation, Phosphates, Salt, Nitrites and Nitrates.

Key Plant Foods and their Natural Sources

Nutrient	Function	Sources
CO2 Carbon Dioxide	Diffuses into chloroplasts of leaves where it mixes with water, chemicals and sun energy to produce organic compounds - sugars which are the building blocks for cellulose, proteins, vitamins, enzymes, etc.	Air
N Nitrogen	<ul style="list-style-type: none"> ▪ Key element of amino acids, enzymes, chlorophyll and genes ▪ Genetic coding of chromosomes ▪ Useful to plants in both ammonium and nitrate forms ▪ Rizobium bacteria is a root associate of many legumes which 'fixes' atmospheric nitrogen in a form available to plants. These organisms fix 10 million Tonnes of Nitrogen per year in Australia alone. 	<ul style="list-style-type: none"> ▪ Compost ▪ Blood and bone ▪ Chicken manure ▪ Urine ▪ Coffee ▪ Alfalfa
P Phosphorus	<ul style="list-style-type: none"> ▪ Essential for photosynthesis and making of protein and new cells ▪ Essential for growth and reproduction ▪ Deficiency stunts growth ▪ P is removed from soil through harvest especially of grain and seed crops 	<ul style="list-style-type: none"> ▪ Rock phosphate (slow release) ▪ Blood and bone ▪ Animal manures ▪ Fish meal
K Potassium (Potash/Kalium)	<ul style="list-style-type: none"> ▪ Controls water flow in stems and regulates stem growth ▪ Aids chemical reactions/salts ▪ Strengthens cell walls giving plants natural protection from disease and pest attack ▪ K is removed through repeated harvest ▪ Leached from sandy soil and soils in high rainfall ▪ Requires balance of magnesium 	<ul style="list-style-type: none"> ▪ Clay particles ▪ Wood ash ▪ Sea weed ▪ Urine ▪ Poultry manure ▪ Plant residues ▪ Compost ▪ Granite dust

Nutrient	Function	Sources
Ca Calcium	<ul style="list-style-type: none"> ▪ Necessary for normal cell division, as cell salts and for genetic coding ▪ Essential for Rhizobium bacteria to form nodules on roots ▪ Deficient in acid soils and soils with excessive amounts of Mg, K and ammonium salts 	<ul style="list-style-type: none"> ▪ Clay particles ▪ Bone meal ▪ Limestone ▪ Wood ash ▪ Dolomite ▪ Gypsum ▪ Oyster shells (ground)
Mg Magnesium	<ul style="list-style-type: none"> ▪ Each chlorophyll molecule has a magnesium atom, which gives plants their green color ▪ Essential for photosynthesis ▪ Catalyst for use of Phosphorus ▪ Deficiency occurs with excess potassium and in soil suffering extremes of wet/dry/cold ▪ Leached in high rainfall areas 	<ul style="list-style-type: none"> ▪ Dolomite ▪ Epsom salts
S Sulphur	<ul style="list-style-type: none"> ▪ Gives plants their flavor and odor ▪ Essential for production of amino acids and protein ▪ Easily leached ▪ Removed through harvest of grain, hay and vegetable crops 	<ul style="list-style-type: none"> ▪ Available during decomposition of organic materials such as mulch and manures ▪ Gypsum ▪ Sea spray drift