

# 2013 Health Bulletin

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By Yuri Elkaim

## **Study: Americans Ingest 14 POUNDS of Toxins Each Year. Many Waiting to Explode in Body**

*Discover how these deadly chemicals and toxic foods are sabotaging your chances of losing weight and staying healthy and what you can do to reverse the damage.*

### **The Year in Review and Alarming 2013 Predictions**

**Special Report by Yuri Elkaim, BPHE, CK, RHN**

2012 was a great year. More and more people are getting active, eating better, and taking a proactive approach to their health. The future is definitely encouraging.

But...we still have a long way to go.

My intention with this report is not to scare you but instead to help you become more aware of the reality in which we live.

Unless you happen to live on another planet, you simply cannot avoid the multitude of toxins in the environment, which are acting like “ticking time bombs” inside your body.

For instance, according to a study done by the Physicians for Social Responsibility, Americans...



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...unknowingly consume over 4.5 billion pounds of pesticides per year!

Considering that there are roughly 311 million people in the United States that amounts to 14 POUNDS of toxic chemicals that are being deposited into YOUR body - every single year!

Every single day, you and your family are unknowingly exposed to a variety of pesticides in your food, your drinking water, your home, your place of work, and where your kids go to school...

And although their effects do not appear overnight, they WILL appear in time. However, I will show YOU how to minimize your risk and reverse any existing damage.

# 6 SECRET

## Toxins Hiding Inside of You Right Now

**T**he U.S. Centers for Disease Control and Prevention recently conducting the world's most comprehensive study on toxin accumulation in humans, measuring 212 chemicals in the blood and urine of 8,000 Americans.

Among many toxins found in human tissue, the CDC highlighted 6 chemicals because of their potential harm to humans.

### **Mercury**

Mercury is a potent neurotoxin that can lead to permanent brain damage if young children or fetuses are exposed. Its main source continues to be contaminated larger fish and dental amalgams.

### **Polybrominated diphenyl ethers**

Better known as "flame retardants", PBDEs are used widely in all sorts of goods to reduce fire risk. They also accumulate in human fat, and some studies suggest they may harm your liver and kidneys as well as your neurological system.

### **Bisphenol A**

BPA, which is found in many plastics, in the lining of cans, and even coating many sales receipts, was found in more than 90% of Americans tested. The health concerns about BPA are many and growing.

### **Acrylamide**

Formed when carbohydrates are cooked at high temperatures, acrylamide and its metabolites are extremely common in Americans. High-level exposure has caused cancer and neurological problems in lab animals and workers, respectively.

### **MTBE**

This gasoline additive has been phased out of use in the U.S. in favor of ethanol, but it was still detected in American's bodies probably because it has contaminated many drinking water supplies. Studies have linked it to a variety of potential problems, including neurological and reproductive damage

### **PFOA**

PFOA and other perfluorinated chemicals are used to create heat-resistant and non-stick coatings on cookware, as well as grease-resistant food packaging and stain-resistant clothing. Studies have linked these chemicals to a range of health problems, including infertility in women, and to developmental and reproductive problems in lab animals.

# PESTICIDES, PARKINSON'S

## and Neurological Disorders

It shouldn't be hard to understand that exposing your body to a tidal wave of chemicals and poisonous toxins over the course of your life isn't a good thing for your health.

But why? What are the health problems related to increasing levels of toxicity in your body.

Let's take pesticides as an example...

Pesticides act like neurotoxins inside your body, which means that they have an affinity for residing in and disrupting your brain and nerve tissue. They won't necessarily do damage overnight but they become real dangerous with years of exposure.

Just think about how many non-organic foods (and therefore pesticides) you've consumed since you were born.

The real problem is that these pesticides accumulate inside your body since they resist breaking down in water and tend to accumulate and store in fat tissue (which includes your nervous system), where they can remain for long periods of time.

As result, neurotoxins like pesticides, herbicides and fungicides are have all been shown to cause disruptions to the neurological system, including your brain.

For example, a 2011 study published in the journal *Environmental Health Perspectives* revealed that people exposed to two types

of pesticides (paraquat and rotenone - mainly used in agriculture) were 2.5 times as likely to develop Parkinson's disease. Research on animals had already linked paraquat to Parkinson's.

How?

Well, rotenone directly inhibits the function of the mitochondria, the structure responsible for making energy in the cell, meaning cellular death (especially in the nervous system) is more pronounced.

Paraquat increases the production of oxygen derivatives that cause significant damage to important structures inside your body's cells.

Imagine a combination of termites eating away at the foundation of your house along with a stealth-like invader whose sole purpose was to disable the heat and electricity in your home.

Can you see how this might be a problem?

A 2012 study done by Anses, the French agency for food, environmental and occupational health and safety, showed that vineyard workers and farmers in southwest France who had been exposed to pesticides during their working life suffer from reduced levels of brain activity.

The researchers confirmed that "*there was a deterioration in cognitive ability in those exposed to pesticides.*"

With the help of this study, a link between Parkinson's disease and the use of pesticides was officially recognized by the French government in May of 2012.

This degenerative neurological disorder, which has affected film star Michael J Fox and boxer Muhammad Ali, has now been classified as a work-related illness for agricultural workers.

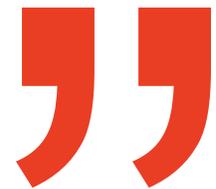
But even if you don't work on a farm, you're still exposed to pounds of pesticides each year by the very foods you're eating, especially if they're not organic.

To help you make healthier decisions the next you time you go to the grocery store, I've included the 12 most "pesticided" foods (the Dirty Dozen) and the 15 foods that are the least sprayed (the Clean Fifteen).

Whenever possible, please choose organic for the Dirty Dozen foods.



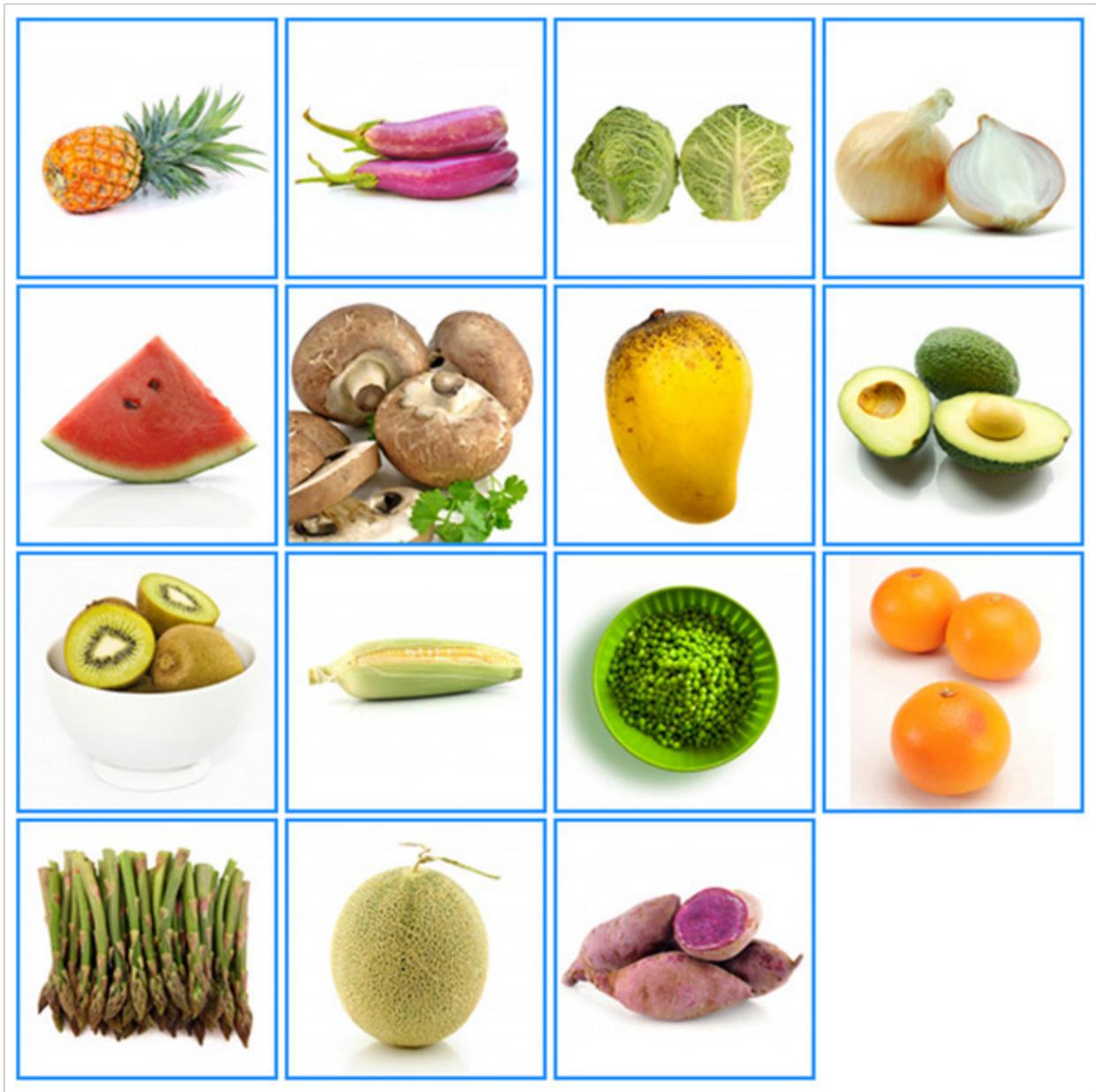
***there was a  
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# THE DIRTY DOZEN



# THE CLEAN FIFTEEN



Pertaining to these food choices, one of my clients – Timo Hahn – reported:

*“After a serious lung inflammation I was looking for something that could help both build up my immune system and get the toxins from medication out of my system. Yuri’s advice helped me recover quickly while enjoying foods that tasted better than what I was eating before.”*

It’s amazing what the RIGHT foods can do for your health.



***“After a serious lung inflammation I was looking for something that could help both build up my immune system and get the toxins from medication out of my system. Yuri’s advice helped me recover quickly while enjoying foods that tasted better than what I was eating before.”***

## CAN TOXINS DIRECTLY CAUSE

# CANCER AND DIABETES?

**W**ith so many confounding variables, science often has a tough time showing a causal relationship between a specific compound and health outcome.

However, an overwhelming number of studies have now shown a causal effect of PCBs on the development of cancer and type 2 diabetes in humans.

Polychlorinated biphenyls (PCBs) are persistent pollutants that are ubiquitous in the food chain with detectable amounts in the blood of nearly everyone on the planet.

PCBs were widely used as dielectric and coolant fluids, for example in transformers, capacitors, and electric motors. Due to PCBs' environmental toxicity and classification as a persistent organic pollutant, PCB production was banned by the United States Congress in 1979 and by the Stockholm Convention on Persistent Organic Pollutants in 2001.

Still, their residues remain in our air, water, soil, and even food supply.

For instance, the Dioxin Affair was a political and health crisis that struck Belgium during the spring of 1999. Contamination of feedstock with polychlorinated biphenyls was detected in animal food products, mainly eggs and chickens.

Monsanto – the satanic food conglomerate that literally runs our food supply - manufactured PCBs at their chemical plant in Newport South Wales until the late 1970s and to this day PCBs continue to be released from the site in waste water discharges.

Pittsfield (western Massachusetts) was home to one of General Electric (GE) industrial plants where PCB-contaminated oil routinely migrated from their 254-acre site to the surrounding groundwater, rivers, and lakes that service Massachusetts, Connecticut, and down to Long Island.

So even though PCBs have been banned for several decades, their lingering effects are still present today.

According to the Environmental Protection Agency (EPA) and numerous scientific studies, PCBs have been shown to cause cancer and type 2 diabetes in humans.

A 2004 study in the journal *Chemosphere* compared blood levels of 15 different PCBs and 3 organochlorine pesticides in residents of two districts in eastern Slovakia - one with extensive environmental contamination from a former PCB production site and the other with low contamination levels.

### ***What they found was shocking...***

Across both districts (including the one far removed from the “epicenter” of the contamination) there was a significant INCREASE in cancers of the lung and stomach!

PCBs also have been shown to mimic the action of estrogen in breast cancer cells, promoting the development of breast cancer.

If cancer weren't bad enough, a plethora of research has shown that PCBs also increase your risk of liver and blood sugar problems and the development of diabetes based on the following findings:

- *PCBs cause massive liver accumulation of uroporphyrin, which is also seen in diabetes.*
- *PCBs induce cytochrome P450 increases in the liver, which may be a factor in uroporphyrin accumulation – a phenomenon also seen with alcoholism and diabetes.*
- *PCBs produce a release of insulin from RINm5F hormone producing cells.*
- *PCBs induce a release of insulin*
- *Insulin sensitivity becomes depressed increasingly with administration of PCBs.*
- *PCBs increases total cholesterol, triglyceride, and lipid peroxide.*

None of these effects are good for your health.

# WHY TOXINS LOVE FAT EVEN THOUGH YOU DON'T YOU DON'T

**W**ant to lose weight? Having a tough time doing so?

Part of your struggle could be due to toxins, which absolutely LOVE fat. I'll explain in a moment.

Your body's ability to remove waste and toxins is a critical factor in your ability to lose weight and keep it off.

Your body is very smart. It knows that toxins flowing freely in your blood ultimately damage the sensitive blood vessel walls and vital organs.

So, as a means of protecting itself, your body shuttles these toxins and chemicals into the best "storage lockers" it can find – your fat tissue.

Struggling with excess toxicity forces your body to find ways to deal with the situation,

which include expanding the number of fat cells and stuffing them with toxins.

This "protective mechanism" is used to get the toxic trash out of your circulation and away from key organs. Unfortunately, it causes easy weight gain and complicates weight loss because your body does not easily give up the toxic fat it has stored.

If storing more fat wasn't bad enough, these chemicals also contribute to weight gain in various ways, including disruption of the hormone signaling system that regulates your metabolism and damage to and accumulation in your fat tissue.

Minno Love, another one of my clients struggled for years with this very problem. Then, she applied my teachings of cleansing through food and noticed some amazing improvements...



***From being a bit of a couch potato I went all out and hit the gym 3 days a week and cleaned up my diet. I lost six pounds of fat in 4 weeks. I lost a total of 8 inches from my waist, hips and thighs, which I am overjoyed about. Also, my digestion is functioning 100 times better than ever before and for the first time ever I have a flat stomach. And that happened in the first week as I stopped being bloated from eating the wrong foods.***

# LIPOPOLYSACCHARIDES, TOXINS, *and* LEPTIN RESISTANCE

**L**ipopolysaccharides (LPS) are internally generated toxins that arise as a result of bacterial imbalance within your digestive tract – for instance, when you take antibiotics or eat copious amounts of sugar (both of which destroy good bacteria and allow the bad to proliferate).

LPS has been shown to stimulate the formation of NEW fat cells thereby promoting weight gain.

In addition, LPS causes leptin resistance, which significantly impairs your brain's ability to respond to the "I'm full" after eating. Thus, you tend to eat more.

LPS is just one toxin and there are plenty of other internally generated toxins as well. Add to that the onslaught of toxins that come from processed foods, cosmetics, and the environment – which have similar detrimental effects as LPS – and your body has quickly become a toxic wasteland that simply cannot lose fat.

The major problem is that these environmental **toxins are fat soluble**, which means they readily accumulate in your fat tissue.

Several years ago, the Environmental Protection Agency (EPA) conducted a program called the National Human Adipose Tissue Survey (NHATS). In 1982 and again in 1987 it analyzed human fat samples from cadavers obtained throughout the

country, looking for the types of toxins that accumulate in human fat.

Guess what they found?

Four industrial solvents and one dioxin were found in 100% of the fat samples.

Nine more chemicals, including three more dioxins and one furan were found in more than 90% of the fat samples. In general, 83% of the fat samples contained PCBs.

**NOTE: Dioxins have been shown to cause reproductive and developmental problems, damage the immune system, interfere with hormones, and also cause cancer.**

Other U.S. researchers also confirmed the presence of multiple toxins in human fat and the EPA has confirmed the presence of these chemicals in farm soil across America – meaning this problem will be with us for some time to come.

In addition to disrupting leptin response and causing an increase in fat storage, these chemicals cause weight gain and make it near impossible to lose weight by the following mechanisms as described in the *Journal of Biochemical and Molecular Toxicology*, the journal *Biochemical Pharmacology*, and many others:

- *They bind to gene signaling within fat tissue and induce new fat cells to form, while simultaneously increasing inflammation.*
- *Oftentimes, the newly formed fat cells are themselves damaged by the toxins so that they cannot produce leptin normally.*
- *As these damaged fat cells fill up with excess fat and toxins, they are not able to efficiently carry out normal functions, leading directly to increased risk for type 2 diabetes via the suppression of the important fat cell hormone known as adiponectin.*

Another hallmark feature of toxins is that they severely disrupt thyroid function. This is most prominently seen with mercury (found in dental amalgams and many large fish), which competes for binding sites with thyroid hormone.

As a result, the thyroid's function is compromised. Since the thyroid regulates your metabolism, your body's "fat burning furnace" eventually slows to a halt.

What all of this information means to you is that you WILL have a very tough time losing any weight at all, regardless of how little you eat, until the you resolve the toxicity levels in your body.

# THE IMPORTANCE OF CELLULAR AND LIVER DETOXIFICATION... *and Poop*

**H**ow does your body process, filter, and detoxify these chemicals to keep you clean and safe?

Well, most of it occurs in your liver – the body’s major filtration and detoxification organ – which neutralizes and expels many of these toxins.

In fact, your liver operates much like customs at the border – screening everything that enters your digestive tract.

Through its 24/7 2-phase detoxification process your liver allows the good stuff to stay while expediting the “bad guys” for immediate removal via the urine and “poop”.

But as with any overworked and underappreciated “employee”, it’s only a matter of time before your liver burns out and calls it quits. It can only handle so much toxic load.

Years of eating processed foods, drinking coffee, sodas, and alcohol; living in built up cities with lots of pollution; taking medications; and leading a high stress lifestyle are all contributing factors to wearing down your liver.

In addition to your liver, each of the trillion cells in your body have mechanisms to neutralize toxins and free radicals – for instance, through the powerful intracellular antioxidant called glutathione.

You may have heard of it before. It’s about 10,000x more powerful than the most potent

antioxidant foods on the market! Now that’s powerful.

But glutathione and other cellular detoxification mechanisms can also become depleted and sluggish if too much toxicity, inflammation, and free radical damage builds up.

Finally, your intestinal tract is the “escape vessel” through which most toxins leave your body. Many leave through the urine as well as but the importance of healthy, regular bowel movements is absolutely paramount to purifying your body of toxic build up.

Here’s just ONE reason why...

It’s been shown that toxins are released back into the circulation during weight loss. According to research in the *Journal of Obesity*, during a weight loss of 12% of body weight, toxins in the blood increased 23% to 51% percent, with the heaviest individuals releasing the most toxins.

Scientists have shown that these toxins can interfere with thyroid hormone function during weight loss, showing that as toxins go up in the blood the levels of biologically active thyroid hormone go down.

What this means to you is that your body’s evacuation routes need to be in top shape in order to get the newly toxins out of your body. Otherwise, they will interfere with proper thyroid function and paralyze your chances of keeping off the weight.

Think of it this way...

Imagine a garbage strike that forced all your garbage to pile up inside your garage or house. Can you imagine how putrid that situation would get after a few days or weeks?

The same thing happens inside of your body.

Each day your body needs to “take out the trash”. If it doesn’t where do you think it goes? The answer is nowhere. It remains inside of you to expel its toxic fumes and chemicals back into your bloodstream. Yet another “bad guy” for your liver to deal with.

So you need to eliminate the waste that each of your cells produces. You also need to expel incoming toxins from food and the environment and the newly released toxins from fat cells. That’s a lot of work and if you’re plugged up, then that waste is going to multiply inside your body.

As a rule of thumb, if you’re not passing 2-3 healthy bowel movements per day you can consider yourself constipated.

Being “backed up” increases your risk of intestinal polyps and even colon cancer – simply because all of these toxins and fecal matter are sitting around and irritating the lining of your intestinal tissues.

My client Mike was facing a potential future with these problems.

Mike McKenna was in desperate need of help. Being on medication for years, his body was toxic and his bowels were plugged. Then he came to me for help...

*“My results on Yuri’s cleanse were strong all around. I easily lost all the weight that I wanted to (15 pounds) in the first 3 weeks. Combined with daily exercise, this is the earliest in the year I’ve ever felt in top shape, so my energy is maximized.*

*Medically, before the cleanse I was given a prescription for high cholesterol which I never filled. Needless to say, I dropped 90 points in overall cholesterol, avoiding the need for meds. The loose bowel issues I’ve had for the better part of the last year are gone. I have also not had one headache (another prone of mine) over the last 3 weeks.”*

Near the end of this report, I’ll share some simple strategies that worked for Mike and that can help you “get regular”, improve the function of your liver, and lose weight so you can start cleansing your body on autopilot.

But before we get to that let’s have a look at ten of the most commonly found toxins in our environment.

I call them...

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# THE TOXIC TEN

This list is by no means all-inclusive, as thousands of other toxins are also circulating in our environment but these 10 toxins definitely sit at the top of the podium of dangerous chemicals found in abundance in today's world.

## 1. PCBs (polychlorinated biphenyls)

We learned about this one earlier and even though this industrial chemical has been banned in the United States (and worldwide) for decades, it is a persistent poison that's still present in our environment.

Perhaps the most common source of PCBs today is farm-raised salmon. Most farm-raised salmon, which accounts for most of the supply in the United States, are fed meals of ground-up fish that have absorbed PCBs in the environment.

## 2. Pesticides

According to the Environmental Protection Agency (EPA), 60 per cent of herbicides, 90 per cent of fungicides and 30 per cent of insecticides are known to be carcinogenic. Pesticide residues have been detected in 50 per cent to 95 per cent of U.S. foods.

Health complications associated with pesticide ingestion include cancer, Parkinson's disease, miscarriages, nerve damage, birth defects, blocking the absorption of food nutrients, and more.

Here are 5 of the most widely used "Invisible Monsters" (aka. pesticides)

- 1. Glyphosate:** Better known as Monsanto's Roundup, it is used on their companion genetically-modified soy, corn, canola and cotton as well as in home gardens and parks. Recent studies discovered glyphosate residue in ground water exceeding permissible levels for drinking water, in rain water and in air samples. Glyphosate has been linked to birth defects, neurological disorders, fertility issues and cancer.
- 2. Atrazine:** More than 75 million pounds of this weed killer are used in the U.S. every year—most commonly on corn in the Midwest. An EPA study found atrazine in 100% of 26 river sites examined. An endocrine disruptor, atrazine exposure has been linked to increased risk of birth defects, infertility and possibly cancer.
- 3. Chlorpyrifos:** Created by the Dow Chemical Company in the 1960s, chlorpyrifos was widely used in home and garden settings and can now be found applied to cotton, almonds, oranges, apples and corn crops. Symptoms of low-dose exposure can include headaches, difficulty concentrating, fatigue, nausea, diarrhea and blurred vision. More serious conditions include respiratory paralysis, increased risk of children born with lower IQs and potential for ADHD.

4. **Metolachlor:** Classified as a Category C herbicide, metolachlor is recognized by the EPA as cancer causing. It is used on corn, soy and sorghum as well as lawns and trees. Other side effects include difficulty breathing, nausea, convulsions and jaundice.
5. **Metam sodium:** This widely used fumigant and pesticide is commonly applied to potatoes in concentrations as high as 150 to 300 pounds per acre. Side effects include nausea, difficulty breathing, vomiting, damage to thyroid, hormone disruption and birth defects.

### **3. Mold and Fungal Toxins**

Got mold in your home? If you do watch out! One in three people have had an allergic reaction to mold. Mycotoxins (fungal toxins) can also cause a range of health problems with exposure to only a small amount.

Major sources of both include contaminated buildings, water damage, peanuts, wheat, corn and alcoholic beverages.

### **4. Phthalates**

These chemicals are used to lengthen the life of fragrances and soften plastics and can lead to endocrine system damage since they mimic hormones inside your body.

The main sources of phthalates include plastic wrap, plastic bottles, plastic food storage containers. All of these can leach phthalates into our food.

### **5. VOCs (Volatile Organic Compounds)**

VOCs are a major contributing factor to ozone, an air pollutant. According to the EPA, VOCs tend to be even higher (two to five times) in indoor air than outdoor air, likely because they are present in so many

household products including carpet, paints, cleaning fluids, varnishes, cosmetics, dry cleaned clothing, moth repellants, and air fresheners.

VOCs are known to cause cancer, eye and respiratory tract irritation, headaches, dizziness, visual disorders, and memory impairment.

### **6. Dioxins**

Dioxins are a class of chemical contaminants that are formed during combustion processes such as waste incineration, forest fires, and backyard trash burning, as well as during some industrial processes such as paper pulp bleaching and herbicide manufacturing. The highest environmental concentrations of dioxin are usually found in soil and sediment, as a result, we are primarily exposed to dioxins by eating food contaminated by these chemicals, especially the fat of animals grown in big business conventional (non-organic) farms.

Like most toxins, dioxins accumulate in the fatty tissues, where they may persist for months or years. People who have been exposed to high levels of dioxin have developed chloracne, a skin disease marked by severe acne-like pimples.

Studies have also shown that chemical workers who are exposed to high levels of dioxins have an increased risk of cancer. Other studies of highly exposed populations show that dioxins can cause reproductive and developmental problems, and an increased risk of heart disease and diabetes.

### **7. Asbestos**

This insulating material was widely used from the 1950s to 1970s. The main sources are naturally insulation on floors, ceilings, water pipes and heating ducts from that

era. Problems arise when the material becomes old and crumbly, releasing fibres into the air.

A study in the journal *The Lancet* revealed an increased risk of lung cancer among smokers who are exposed to asbestos compared to nonsmokers.

Asbestos exposure becomes a health concern when high concentrations of asbestos fibers are inhaled over a long time period.

### **8. Heavy Metals**

Metals like arsenic, mercury, lead, aluminum and cadmium, which are prevalent in many areas of our environment, can accumulate in soft tissues of the body. Mercury is most often found in larger fish and dental amalgams – it's accumulation in the body is a big concern as it's been linked to thyroid and neurological problems.

Cadmium – most widely used in batteries – is a classified cancer-causing metal as per the EPA.

All of these heavy metals are increasingly found in large industrial city in smog, drinking water, some foods, and commonly used building materials.

### **9. Chloroform**

This colorless liquid has a pleasant, nonirritating odour and a slightly sweet taste, and is used to make other chemicals, most notably Teflon. So you may want to reconsider those non-stick pans.

Chloroform once appeared in toothpastes, cough syrups, ointments, and other pharmaceuticals, but it has been banned as a consumer product in the US since 1976. However, for some reason, cough syrups containing chloroform can still be legally purchased in pharmacies and supermarkets in the UK.

The International Agency for Research on Cancer labels chloroform as “possibly carcinogenic to humans”.

### **10. Chlorine**

One very good reason for not drinking tap water is due to chlorine, which is added to kill off bacteria in the water.

It's also found in household cleaners and air pollution near an industrial plants that use chlorine.

Chlorine is damaging to your digestive and intestinal health because it “kills bacteria”, including the good bacteria that make up your gut flora.

# YOU ARE WHAT YOU EAT BUT YOU'RE ALSO WHAT YOU PUT ON YOUR SKIN

In case you haven't noticed your skin is the **LARGEST** detoxification organ in your body. The act of sweating not only cools your body temperature but it also expels toxins from inside your body.

However, the flipside is that since your skin is a semi-permeable membrane it also absorbs most of what you put on your skin.

And that's where cosmetics have come into question as of late.

For instance, lead and arsenic are 2 deadly poisons that are **NOT** listed among the ingredients of your favourite makeup or moisturizer.

However, Environmental Defence, a Canadian environmental group tested dozens of common cosmetics products and found that virtually all of them were contaminated with heavy metals!

The items tested included foundations, concealers, powders, blushes, bronzers, mascaras, eyeliners, eyeshadows, lipsticks and glosses and what they uncovered was staggering...

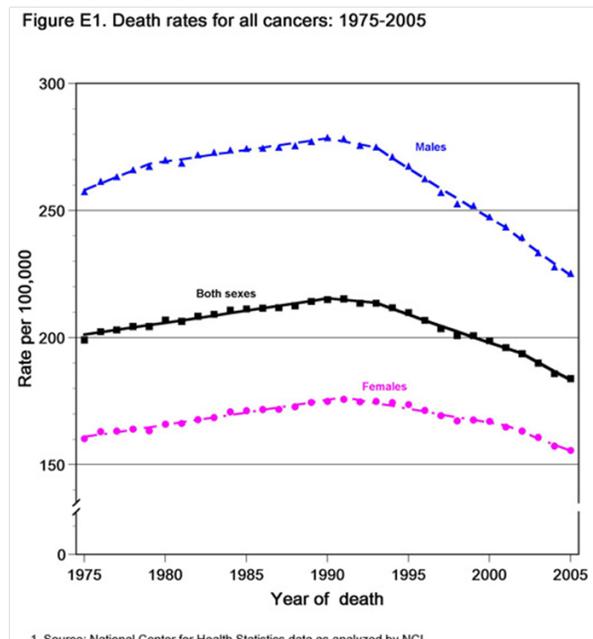
Lead was detected in 96% of the products, arsenic in 20% and cadmium in 51%.

Cadmium, by the way, is most commonly found in batteries and has been classified as a known cancer-causing agent from EPA.

Now consider the fact that many people, especially women have been using these cosmetics for years and as a result, these chemicals have been sliding into their bodies "under the radar".

Is it any wonder that cancer rates have soared through the roof in the last 50 years?

And despite the billions of dollars we continue to throw at "finding the cure" we still haven't made much progress in reducing deaths caused by cancer, as the following graph shows...



## Estimates of relative survival rates, by cancer site

	% survival rates and their standard errors							
	5 year		10 year		15 year		20 year	
Prostate	98.8	0.4	95.2	0.9	87.1	1.7	81.1	3.0
Thyroid	96.0	0.8	95.8	1.2	94.0	1.6	95.4	2.1
Testis	94.7	1.1	94.0	1.3	91.1	1.8	88.2	2.3
Melanomas	89.0	0.8	86.7	1.1	83.5	1.5	82.8	1.9
Breast	86.4	0.4	78.3	0.6	71.3	0.7	65.0	1.0
Hodgkin's disease	85.1	1.7	79.8	2.0	73.8	2.4	67.1	2.8
Corpus uteri, uterus	84.3	1.0	83.2	1.3	80.8	1.7	79.2	2.0
Urinary, bladder	82.1	1.0	76.2	1.4	70.3	1.9	67.9	2.4
Cervix, uteri	70.5	1.6	64.1	1.8	62.8	2.1	60.0	2.4
Larynx	68.8	2.1	56.7	2.5	45.8	2.8	37.8	3.1
Rectum	62.6	1.2	55.2	1.4	51.8	1.8	49.2	2.3
Kidney, renal pelvis	61.8	1.3	54.4	1.6	49.8	2.0	47.3	2.6
Colon	61.7	0.8	55.4	1.0	53.9	1.2	52.3	1.6
Non-Hodgkin's	57.8	1.0	46.3	1.2	38.3	1.4	34.3	1.7
Oral cavity, pharynx	56.7	1.3	44.2	1.4	37.5	1.6	33.0	1.8
Ovary	55.0	1.3	49.3	1.6	49.9	1.9	49.6	2.4
Leukemia	42.5	1.2	32.4	1.3	29.7	1.5	26.2	1.7
Brain, nervous system	32.0	1.4	29.2	1.5	27.6	1.6	26.1	1.9
Multiple myeloma	29.5	1.6	12.7	1.5	7.0	1.3	4.8	1.5
Stomach	23.8	1.3	19.4	1.4	19.0	1.7	14.9	1.9
Lung and bronchus	15.0	0.4	10.6	0.4	8.1	0.4	6.5	0.4
Esophagus	14.2	1.4	7.9	1.3	7.7	1.6	5.4	2.0
Liver, bile duct	7.5	1.1	5.8	1.2	6.3	1.5	7.6	2.0
Pancreas	4.0	0.5	3.0	1.5	2.7	0.6	2.7	0.8

**Source:** Hermann Brenner, "Long-term survival rates of cancer patients achieved by the end of the 20th century: a period analysis," *The Lancet*, 360 (October 12, 2002), 1131-1135.

[http://www.edwardtufte.com/bboard/q-and-a-fetch-msg?msg\\_id=0000Jr](http://www.edwardtufte.com/bboard/q-and-a-fetch-msg?msg_id=0000Jr)

These toxins affect us at the genetic level. They alter how our cells reproduce, which inevitably determines our health moving forward. If our cells receive instruction to grow uncontrollably (as a result of being bombarded at the DNA level), then we develop tumors and cancer.

But you have the POWER to stop this and completely alter the course of your future health. You can turn back the clock. You can lose stubborn fat. You can reverse disease and prevent it from wrapping its deadly grip around your neck.

How?

Well, did you know that every single food you put in your mouth affects your DNA?

This phenomenon is extensively studied in the field of “nutrigenomics” and we’ve seen that there are specific foods and nutrients that have a profound and POSITIVE effect at protecting and repairing your DNA, while thousands of chemicals and toxins (many of which are found in conventional foods) do the complete opposite.

That’s why what you choose to put in and on your body is vitally important as one of our clients Bonnie experienced...

*“I am a registered nurse/massage therapist and I learned so much more about nutrition and health following Yuri’s cleansing advice. I lost 14 lbs and noticed an improvement in my overall energy level, mood, and sleep. Overall I just feel better!”*

*By doing the cleanse it has made me more conscious of my health and so much more aware of what I put into my body and onto my skin. Now I plan to use the information that Yuri provided to move into a healthier lifestyle. I would highly recommend Yuri to anyone! Thanks for introducing me to this information.”*



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# SIMPLE TIPS TO AVOID THESE INVISIBLE MONSTERS

It's impossible in this day and age to avoid all environmental toxins. What you can do, however, is limit your exposure as much as possible with the following tips:

- *As much as possible (especially with the Dirty Dozen), buy and eat organic produce.*
- *Limit your consumption of foods that come in boxes or cans since they are most often loaded with chemical additives.*
- *Switch to using natural cleaning products. Here are some cool ways to help you naturally disinfect your home:*
  - *Simmer cloves and cinnamon as an air freshener*
  - *Use baking soda mixed with apple cider vinegar to clean your toilets and tubs.*
  - *Use vinegar to clean your counters, floors, and windows.*
  - *Add baking soda to your rinse cycle to soften your clothes.*
  - *To any of the above recommendations you can also add the essential oils of lavender, thyme, or tea tree oil as they are all natural antibacterial agents.*
- *Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).*
- *Never microwave food in plastic bowls, containers, or dishes. Exposure to heat causes the bisphenol-A found in plastics to break down and potentially contaminate your food.*
- *At all costs, avoid processed meats like bacon, hot dogs, and sausages since they contain sodium nitrate. Sodium nitrate creates nitrosamines in your digestive tract, which are carcinogens in colon cancer.*

In addition to limiting your exposure to nasty chemicals, there are a multitude of natural tactics you can employ to fortify your cells and assist your liver in speeding these toxins out of your body.

For instance, fiber is critical. It acts like a sponge for toxins and helps move food (and toxins) through your digestive tract and out into the toilet.

For optimal health you should be aiming for a minimum of 35 grams of fiber per day. Eating 8-12 servings of fruits and vegetables will easily get you to that number.

Next, you will seriously want to consider getting 15 minutes of fully exposed (ie. no

sunscreen) sun exposure about 3 times per week to maximize your Vitamin D levels. Vitamin D is a crucial antioxidant and will help your cells deal with excess waste and free radical damage.

You can also consider adding super nutrients like silymarin (found in milk thistle), indol-3-carbinol (in broccoli), quercetin (in apples, citrus fruit, onions), grape seed extract, and vitamin C into your diet. Each of these amazing nutrients supports specific processes in the detoxification and healing process.

And the best part is that you can get ALL of them through every day foods from your local grocery store.

Saving your body from toxic build up and it's related health problems doesn't have to be a struggle. But you do need to know what you're doing.

As a Registered Holistic Nutritionist with over 13 years of real-world experience, I've already helped more than 19,000 men and women through this very process (a few examples have been shared with you throughout this report) with glowing results and my work has been featured in

numerous magazines, newspapers, and TV shows across the continent.

And I hope to help you too.

But before discovering and employing my natural cleansing strategies with the world I was battling my own health problems. Having eaten really poorly for most of my life, I developed an auto-immune condition at 17 which caused all of my hair to fall out.

Coupled with shockingly low energy levels, asthma, and recurring bouts of skin-scraping eczema, I was a mess up until I was 24 years old.

By then, I had had enough!

And that's when I put an end to all of my problems, including keeping my auto-immune condition at bay and re-growing all of my hair (although I still my head shaved as it's my "claim to fame").

I was only able to accomplish this feat by learning the truth about how food and the human body interact and by understanding how to rid my body of a lifetime of chemical assault.

If I can do it, so can you!

# HOW TO SAVE YOUR BODY FROM TOXIC DESTRUCTION

**H**opefully by now you've realized that toxins are everywhere, including inside your body right now. It's a fact of life in the modern world.

It's also the main reason that every single one of us – including YOU – needs to cleanse and rid their body of as many of these chemicals as possible. Otherwise, they WILL ruin you – it's only a matter of time (if they haven't already).

And with the New Year right around the corner, there is no better time than now to start thinking about how you want to start 2013. Do you want to be healthier, slimmer, and "cleaner" than the past 12 months?

Or do you want to continue allowing your body to accumulate pounds upon pounds of deadly toxins and stubborn fat?

I think the answer is obvious.

And to make your life even easier, I'm going to show you how. And I'm not talking about using some crazy Amazonian herbal laxatives or artificial cleansing shakes that you have to keep buying each month.

Rather, I'm going to show you how to lose stubborn weight and literally HEAL your body in a simple and delicious way – through FOOD.

**January 1st, 2013** is when we begin so be sure to stay tuned to your email for the details.

Until then, enjoy the holidays and the rest of 2012 and get ready to make the next 12 months your healthiest and best ever.



**Yuri Elkaim**  
*BPHE, CK, RHN*

**About Yuri Elkaim**, BPHE, CK, RHN

Yuri Elkaim is a Registered Holistic Nutritionist, Certified Kinesiologist, former Strength & Conditioning and Nutrition Coach for the University of Toronto men's soccer program, and a former professional soccer player.

After losing ALL his hair to an autoimmune condition, called Alopecia (as a result of years of unhealthy eating) at the age of 17, Yuri turned to holistic nutrition for answers. It wasn't long until his improved eating habits helped him re-grow his hair (although he still keeps his head shaved as it's become his "claim to

fame") and skyrocketed his health and vitality to an entirely new level!

Over the past 13 years, Yuri has helped over 70,000 people around the world lose weight, get fit, and live their healthiest lives ever through his innovative fitness and nutrition programs.

Yuri has shared his wealth of knowledge and expertise by publishing articles in Beyond Fitness Magazine, Impact Magazine, and Fitness Business Canada Magazine. He and his fitness and nutrition program have also been featured in several media including: Maximum Fitness Magazine, CityTV, Perfect Fit, CP24, 24 Hours, Calgary Herald, eTalk Daily, and Breakfast Television.