

Toxin Awareness Citations

Intro to Toxins

- **Environmental Working Group Study Results**
 - <https://www.ewg.org/research/exposing-cosmetics-cover>
 - <https://www.ewg.org/research/body-burden-pollution-newborns>
- **CDC's "National Report on Human Exposure to Environmental Chemicals"**
 - <https://www.cdc.gov/exposurereport/index.html>
- **Endocrine Disrupting Chemicals**
 - Kahn LG, Philippat C, Nakayama SF, Slama R, Trasande L. Endocrine-disrupting chemicals: implications for human health. *Lancet Diabetes Endocrinol.* 2020;8(8):703-718. doi:10.1016/S2213-8587(20)30129-7
- **Gut Microbiome and Pesticide Exposure**
 - Yuan X, Pan Z, Jin C, Ni Y, Fu Z, Jin Y. Gut microbiota: An underestimated and unintended recipient for pesticide-induced toxicity. *Chemosphere.* 2019;227:425-434. doi:10.1016/j.chemosphere.2019.04.088
- **Heavy Metal Exposure and MS**
 - Napier MD, Poole C, Satten GA, Ashley-Koch A, Marrie RA, Williamson DM. Heavy metals, organic solvents, and multiple sclerosis: An exploratory look at gene-environment interactions. *Arch Environ Occup Health.* 2016;71(1):26-34. doi:10.1080/19338244.2014.937381
 - Hachim MY, Elemam NM, Maghazachi AA. The Beneficial and Debilitating Effects of Environmental and Microbial Toxins, Drugs, Organic Solvents and Heavy Metals on the Onset and Progression of Multiple Sclerosis. *Toxins (Basel).* 2019;11(3):147
- **BPA Exposure and Cancer**
 - Stillwater BJ, Bull AC, Romagnolo DF, Neumayer LA, Donovan MG, Selmin OI. Bisphenols and Risk of Breast Cancer: A Narrative Review of the Impact of Diet and Bioactive Food Components. *Front Nutr.* 2020;7:581388. Published 2020 Nov 19. doi:10.3389/fnut.2020.581388
- **Non-organic Farming Pesticides Chronic Effects on Human Health**
 - Perry J, Cotton J, Rahman MA, Brumby SA. Organophosphate exposure and the chronic effects on farmers: a narrative review. *Rural Remote Health.* 2020;20(1):4508. doi:10.22605/RRH4508
 - Lakshmi J, Mukhopadhyay K, Ramaswamy P, Mahadevan S. A Systematic Review on Organophosphate Pesticide and Type II Diabetes Mellitus. *Curr Diabetes Rev.* 2020;16(6):586-597. doi:10.2174/1573399815666190712192844

Avoiding Toxins in Water, Air, and Food

- **Environmental Working Group Water Database & Guide**
 - <https://www.ewg.org/tapwater/>
 - <https://www.ewg.org/tapwater/water-filter-guide.php>
- **Chlorine/Chloramine in Home Water**
 - Mrvos R, Dean BS, Krenzelok EP. Home exposures to chlorine/chloramine gas: review of 216 cases. *South Med J.* 1993;86(6):654-657. doi:10.1097/00007611-199306000-00013
 - Wastensson G, Eriksson K. Inorganic chloramines: a critical review of the toxicological and epidemiological evidence as a basis for occupational exposure limit setting. *Crit Rev Toxicol.* 2020;50(3):219-271. doi:10.1080/10408444.2020.1744514
- **MS & Air Pollution**
 - Esmail Mousavi S, Heydarpour P, Reis J, Amiri M, Sahraian MA. Multiple sclerosis and air pollution exposure: Mechanisms toward brain autoimmunity. *Med Hypotheses.* 2017;100:23-30. doi:10.1016/j.mehy.2017.01.003
- **Organic Diet Reduces Pesticide Content in Humans**
 - Hyland C, Bradman A, Gerona R, et al. Organic diet intervention significantly reduces urinary pesticide levels in U.S. children and adults. *Environ Res.* 2019;171:568-575. doi:10.1016/j.envres.2019.01.024



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Reducing Household Exposure

- **Endocrine disrupting chemicals**
 - Kahn LG, Philippiat C, Nakayama SF, Slama R, Trasande L. Endocrine-disrupting chemicals: implications for human health. *Lancet Diabetes Endocrinol.* 2020;8(8):703-718. doi:10.1016/S2213-8587(20)30129-7
 - Muñoz JP, Bleak TC, Calaf GM. Glyphosate and the key characteristics of an endocrine disruptor: A review. *Chemosphere.* 2021;270:128619. doi:10.1016/j.chemosphere.2020.128619
- **Environmental Working Group exposures in children**
 - <https://www.ewg.org/news-insights/news-release/children-exposed-daily-personal-care-products-chemicals-not-found-safe>
- **The hygiene hypothesis**
 - Scudellari M. News Feature: Cleaning up the hygiene hypothesis. *Proc Natl Acad Sci U S A.* 2017;114(7):1433-1436. doi:10.1073/pnas.1700688114
- **Pesticide toxicity and gut microbiome connection**
 - Yuan X, Pan Z, Jin C, Ni Y, Fu Z, Jin Y. Gut microbiota: An underestimated and unintended recipient for pesticide-induced toxicity. *Chemosphere.* 2019;227:425-434. doi:10.1016/j.chemosphere.2019.04.088
- **The effect of PBDE on human health**
 - Poston RG, Saha RN. Epigenetic Effects of Polybrominated Diphenyl Ethers on Human Health. *Int J Environ Res Public Health.* 2019;16(15):2703. Published 2019 Jul 29. doi:10.3390/ijerph16152703

Enhancing Detox

- **Reducing Toxin Exposure Through Diet**
 - Zhai Q, Narbad A, Chen W. Dietary strategies for the treatment of cadmium and lead toxicity. *Nutrients.* 2015;7(1):552-571. Published 2015 Jan 14. doi:10.3390/nu7010552
- **Nutrition and Detoxification**
 - Cline JC. Nutritional aspects of detoxification in clinical practice. *Altern Ther Health Med.* 2015;21(3):54-62.
- **Metals Excreted Through Sweat**
 - Sears ME, Kerr KJ, Bray RI. Arsenic, cadmium, lead, and mercury in sweat: a systematic review. *J Environ Public Health.* 2012;2012:184745. doi:10.1155/2012/184745
- **Toxins and The Microbiome**
 - Yuan X, Pan Z, Jin C, Ni Y, Fu Z, Jin Y. Gut microbiota: An underestimated and unintended recipient for pesticide-induced toxicity. *Chemosph*