

Bisphenol-A

March 2009

There's quite a buzz about environmental contaminants these days...particularly from plastics. Bisphenol-A (BPA) is thought to bind to estrogen receptors and mimic some of the hormone's physiologic activities. Much of the public debate on the effects of BPA ingestion in humans has focused on reproductive health. In various studies, BPA has been associated with permanent changes to the genital tract, cancerous changes in breast tissue, enlarged prostate, early puberty, weight gain and decline in testicular testosterone. Turns out, this is a bigger problem than once thought.

According to a study based on the 2003-2004 National Health and Nutrition Examination Survey (NHANES), we can add Liver disease, Diabetes and Heart Disease to the list. Elevated urinary levels of BPA significantly raise the chances of having diabetes or a history of cardiovascular events.

A one-standard-deviation rise in BPA concentrations was associated with a 63% increased risk of having been diagnosed with coronary heart disease, a 40% greater likelihood of having had a "heart attack," and a 39% increased risk of diabetes. In the NHANES cohort of more than 1400 patients, the same degree of BPA elevation was also associated with abnormally high liver enzymes.

Last year, the Centers for Disease Control and Prevention announced that BPA was detected in the urine of 93% of tested participants, in the same overall NHANES database, who were six years old or older. This finding would indicate widespread exposure to BPA in the US population.

BPA is found in polycarbonate plastic used to make baby bottles and sports bottles; epoxy resins used to line the inside of food cans; is a precursor to flame retardant materials used in clothing; in dental sealants for cavity prevention. Bisphenol A has been used as an inert ingredient in pesticides (although in the US this has apparently been halted), as a fungicide, and PVC stabilizer.



Announcement

Dr. Gensel's next Seminar:

"The Fresh Start Program"

Every once in awhile it is a good idea to give your body a "spring cleaning". Come join us and learn how to rejuvenate your body through the use of food!

Held at
Gensel Wellness Center
Thursday, March 26,
2009
7:00PM – 8:15PM
Call 831-333-1513 to pre-register!



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Pesticides

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Reduce Your Exposure to Pesticide and BPA

1. Get BPA free water bottles like the CamelBak Better Bottle. Can be purchased online www.REI.com
2. Do not cook in plastic.
3. Do not store hot food in plastic containers.
4. Avoid clothing with flame retardant chemicals.
5. Drink water filtered with a Reverse Osmosis system
6. Avoid using plastic bottle to feed your infant.
7. Avoid canned foods: fresh and frozen are best.
8. Don't use pesticide sprays around your home. Visit www.organicgardening.com for safe tips on pest repellants.
9. Consume organic foods as much as possible.
10. Use a good produce wash such as Environne' (www.environne.com) or Veggie Wash found in many grocery stores.



A number of pesticides which are commonly found in our food have been identified as likely to cause disturbance to natural hormones in our bodies. Hormone disruptors from pesticides can cause problems at very low doses. Some block the body's natural hormones from working, while others mimic the action of natural hormones. Unless labeled "organic", commercially grown fruits and vegetables contain pesticides.

Pesticides can also contain barium, cadmium, arsenic, mercury and lead. Barium toxicity may cause abdominal pain, vomiting and diarrhea. Cadmium can cause edema, kidney stones, chronic fatigue syndrome, impotence, arthritis and high blood pressure. Lead and arsenic are associated with high blood pressure, diabetes, liver disorders, memory/concentration disorders and various anemias.

The U.S. Department of Agriculture found that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the "dirty dozen" fruits and vegetables, that they say you should always buy organic, if possible, because their conventionally grown counterparts tend to be laden with pesticides. The cost can be about 50% more — but are well worth the money.

The "Dirty Dozen" Must-buy organic foods

Fruit

Apples
Cherries
Grapes, imported
Nectarines
Peaches
Pears
Raspberries
Strawberries

Vegetables

Bell Peppers
Celery
Potatoes
Spinach

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

Our office provides this monthly newsletter free of charge. If you would like to sign up to receive our monthly newsletter and announcements via email, please contact our office.

Cleaning up your environment...it's a very overwhelming task at times. What we are left with is to do all we can for ourselves and our families to avoid the negative factors and incorporate as many of the positive factors as we can. We never know what is going to push us over the edge into poor health. Not everyone who eats refined sugar gets diabetes, not every child that gets a vaccination becomes autistic, and not every smoker gets cancer. It becomes a statistical game in which the person who does the most good usually wins. We know what each individual chemical can do to our bodies. We don't know exactly how the multitude of environmental chemicals will react in the body. We should be thankful that our bodies were designed to handle a certain amount of assaults. This is why we must be diligent and do what we can to be a little healthier today than we were yesterday.

Federal Law requires that we warn you of the following:

1. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.
2. The Constitution guarantees you the right to be your own physician and to prescribe for your own health.