WHAT TOOTHPASTE Does to Your Body
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We all know that adopting healthy habits, like eating nutritious foods, avoiding sugar, taking the right supplements, exercising regularly, and spending quality time with family and friends, can go a long way toward preventing cancer from occurring—or coming back.

But making positive changes to your lifestyle, your habits, and your daily activities is only part of the prescription for keeping cancer at bay.

The other part includes being aware of the cancer-causing chemicals we’re exposed to every day. It’s impossible to avoid all of them, of course, but what about the dozens of toxic chemicals in your home right now?

Indeed, it’s shocking that many common household products—maybe even some of your favorites—are loaded with chemicals that have been linked to cancer. They’re lurking in every room of your home—from your kitchen to your bedroom to your bathroom and all the way out to your garage. And what’s even more terrifying is that you and your family members are using many of them every day.

Until you eliminate these ticking time bombs and reduce your exposure to their deadly effects, you and your loved ones are at greater risk for developing cancer and other chronic diseases.

But first, you need to know what they are. To find out, we asked some of the world’s leading natural and integrative physicians to identify the top cancer triggers in your home. Here’s what they had to say:

80,000 Chemicals—But How Many are Safe?

Dr. Nasha Winters, herself a cancer survivor, notes that a government
cancer panel claims that there are more than 80,000 chemicals in use in the United States, but only a few hundred of these have been tested for safety.

“They also say many known or suspected carcinogens or cancer-causing chemicals are completely unregulated,” she says.

So, what does that mean for you? First, some background.

**Cause and Effect**

“The cancer establishment wants you to believe that disease is a spontaneous creation and that it has no cause,” says Mike Adams. “They say, ‘Well there’s nothing you could’ve done about it... you just spontaneously generated cancer for no reason.’

“Nonsense—that’s complete quackery,” he says. “Every case of cancer has a cause. In fact, every disease has a cause because we live in a universe of cause and effect. So, cancer can be prevented by changing the inputs—if you remove the causes of cancer you don’t get the effects of cancer tumors. It’s very simple.”

**Toxic Chemicals All Around Us**

So, what are the causes of cancer? Here’s what Adams has to say:

“To a large extent, cancer is caused by exposure to toxic chemicals. These pollutants invade our food supply. They’re in medicines, they’re in the environment, and they’re in personal care products that people put on themselves—they give themselves cancer every day.”

And here’s a sobering thought:

“You know, the average American exposes themselves to over 200 chemicals before they leave the bathroom in the morning, like deodorant, and shampoo, and fragrance,” he says. “They’re giving themselves cancer with all of these chemicals and then they wonder, ‘Whoa, all of a sudden where’d this cancer come from?’”

Dr. Winters agrees. “From the time you get out of bed and eat breakfast, you’ve already ingested or put dozens of chemicals on your body—and that’s before you even leave the house. That includes what we’re washing our hair with, what we’re putting on our skin,” she says.

“Any chemical you use is an endocrine disruptor,” Dr. Fred Pescatore adds. “Unless you’re using natural toothpaste, natural underarm deodor-
ant, and other things of that nature, you’re using a product that is an endocrine disrupter, which is displacing what our body is really supposed to be doing in terms of health.”

Most conventional toothpastes and dental products contain fluoride. According to the American Cancer Society, studies show that fluoride may be linked to osteosarcoma. One theory is that fluoride tends to collect in growing parts of bones called growth plates, which are where osteosarcomas typically develop. It’s thought that fluoride may cause the cells in the growth plate to grow faster, which can make them more likely to become cancerous.¹

In addition, the chemical 1,4-dioxane is found in shampoo, liquid dishwashing soap, baby lotion, bath foam, and other common toiletry products. That’s despite the fact that the Environmental Protection Agency names it a “probable” human carcinogen, and the Department of Health and Human Services calls it a “reasonably anticipated” human carcinogen.²

Dr. Winters was diagnosed with cancer in her 20s, which she largely blames on her own unhealthy habits and lifestyle at that time. Today, she tells her patients to reduce their own cancer risks by adopting healthy behaviors and limiting their exposure to toxic chemicals—which may sometimes be easier said than done.

**Cancer Triggers Throughout Your Home**

Dr. Winters cautions that our daily routines directly expose us to many cancer-causing chemicals, and they all add up.

“We need to be aware of everything—what creamer we’re putting in our coffee and even the coffee itself, especially if it’s non-organic or instant,” she says. “And that even includes Tylenol. People say, ‘Oh, I have a little headache or I stubbed my toe, so I’m going to take a Tylenol.’ Tylenol is one of the biggest mitochondrial poisons out there, and it’s available over the counter.”

**The Ugly Truth about Cosmetics**

Dr. Winters also cautions her patients about the cosmetics—the toxins they’re applying directly to their skin—that they use daily in the name of beauty.

Her findings are supported by the David Suzuki Foundation, a
science-based environmental organization headquartered in Vancouver, British Columbia. It found that a whopping 75 to 90 percent of cosmetics—moisturizers, anti-aging creams, foundations, fragranced products, and more—contain preservatives called parabens, which easily penetrate the skin and have been linked to cancer. Parabens have been detected in breast cancer tumors and have even been shown to be endocrine disruptors.³

To see if your cosmetics contain parabens, check their labels for substances called methylparaben, butylparaben, propylparaben, isobutylparaben, ethylparaben, polyparaben, and isobutylparaben. If you see any of those names, replace your products with the growing number of cosmetics that are paraben-free—or skip them entirely.

Dr. Winters warns, however, that it’s not just the kitchen and bathroom that contain products that can cause harm.

“We also need to look at the room deodorizers in our homes, the chemicals in our clothing, our furniture, or our new flooring,” she says. “I can’t tell you how many times I’ve seen people have a recurrence or a progression of cancer—and then I find out that they’ve just done a recent remodel on their house.”

**Laundry Detergent Dangers**

Cancer-causing chemicals are lurking in the laundry room as well. Adams warns patients about the dangers of laundry detergent. “People are washing their clothing in toxic, cancer-causing chemicals. It’s the fabric softeners, the dryer sheets, and the detergent that people use to do their laundry.”

He mentions a recent YouTube challenge where kids filmed themselves eating Tide laundry pods.

“Doctors are warning that Tide laundry pods are full of toxic chemicals, and you can do serious damage—even threaten your life—by eating them. So then, why isn’t anybody talking about the fact that you’re bathing your clothing in this stuff? If it’s so toxic to eat, then why are you wearing it?”

He adds, “People don’t even think about this, but typical laundry detergent is full of cancer-causing chemicals, which is why it’s dangerous to eat Tide laundry pods. It’s also dangerous to wash our clothes in it, frankly.”
But it’s not just people who are in danger. “It’s also dangerous for all of the fish downstream when you do your laundry and the dirty water drains out of the washer,” he says. “It’s very important that you think about all of these things.”

Adams’ warnings are backed by a recent University of Washington study of top-selling laundry products and air fresheners. It found that all of the tested products emitted dozens of different chemicals. Even more disturbing, each tested product contained one or more chemicals that have been regulated as toxic or hazardous under federal laws—but none of these dangerous chemicals were listed on the product labels.

**Toxic Chemicals on the Menu**

One of the biggest sources of cancer triggers is diet. Adams warns that we need to be aware of what may be in the foods we’re eating. We especially need to be aware of things like fried foods, trans fatty acids, and hydrogenated oils, which, he explains, have been found to cause cancer.

Studies show that there is a danger with artificial food dyes derived from petroleum. These dyes are found in thousands of foods, especially products targeted to children—candies, snacks, breakfast cereals, beverages, vitamins, and more. Even fresh fruits are suspect. In fact, that “healthy” orange you’re eating may actually have been dyed to look brighter and more appealing.

Dyes like Red 40, Yellow 5, and Yellow 6 contain benzidine, which is a component of cyanide. Benzidine is a human and animal carcinogen permitted in low, presumably safe levels in dyes. More than 30 years ago, the FDA stated that ingestion of free benzidine raises the cancer risk to just under the “concern” threshold (one case of cancer in 1 million people). Bound benzidine has been detected in dyes in much greater amounts than free benzidine, but routine FDA tests measure only free contaminants, overlooking the bound variety. Intestinal enzymes release bound benzidine, so most people likely are exposed to significantly higher amounts of carcinogens than routine FDA tests indicate.5

But food dyes are far from the only danger to your health, says Dr. Pescatore.

“It’s really important that you know whether there are antibiotics in your food or drug hormones in your food, all of which can have very detrimental effects on your health. And that’s not to say that you don’t have to
worry about vegetables. There is a huge issue with the herbicide glyphosate in this country, which is a very dangerous chemical and a very dangerous neurotoxin that interferes with how our bodies are working,” he warns.

**Toxic Herbicides and Pesticides**

Glyphosate is also a major health concern to Adams, who warns that, “Genetically modified foods are soaked in glyphosate, and even wheat products can contain it as well.”

“In 2015, the World Health Organization’s cancer agency officially listed glyphosate as a chemical that is ‘probably carcinogenic’ to humans,” Dr. Mark Stengler agrees.

He explains that glyphosate is commonly used as an herbicide to grow corn and soy, but it also used with the cultivation of fields of nuts, melons, berries, citrus, grapes, and other crops.

Mike Adams wants readers to know that the herbicide Roundup, one of the most widely used residential and commercial herbicides, contains glyphosate.

How widely used is it? In 2015, Monsanto, its manufacturer, reported nearly $4.76 billion in sales and $1.9 billion in gross profits from herbicide products, primarily Roundup.6

Adams also singles out atrazine, one of the most widely used herbicides in the U.S., for its danger to health. Atrazine is commonly used in corn, sugarcane, and other crops, as well as golf course turfs and residential lawns.

“Atrazine is a chemical hormone disruptor—it’s been called a ‘chemical castrator,’” he warns.

“Atrazine interferes with normal hormone function, even at very low levels of exposure. You can get that exposure just by eating one meal at a restaurant that uses ingredients that are heavily saturated with pesticides, herbicides, and agricultural chemicals.”

These are just two of the many toxic chemicals routinely used in the U.S., but a growing number of well-designed epidemiological and molecular studies are finding substantial evidence that pesticides used in agricultural, commercial, and home and garden applications are linked to greater cancer risk. Even scarier, these studies are finding that this
increased risk doesn’t just affect people who actually apply the pesticide. In some cases, even innocent bystanders are at greater risk as well.7

“Physiological Terrorists”

You now have a better understanding of how you’re being exposed to toxic chemicals every day. But how do they increase your risk of cancer?

Mike Adams explains that toxic chemicals have powerful physiological effects that destroy the normal cell division function of the human body. You could call them physiological terrorists. “They go into your body and rip apart your normal physiology at a cellular level,” he says.

“Cell division is something your body knows how to do when you’re not contaminated with toxic chemicals. But the more chemicals that are in your body, the more your cell division gets out of control. That’s what a cancer tumor is—out of control cell division,” he explains.

“The cell doesn’t understand its role of specialization and limiting its growth and division. Instead, that cell wants to become an entire body, an entire you, and that’s why many cancer tumors that have been allowed to grow for a long period of time contain hair and teeth and fragments of bones and nerve systems.

“A cancer tumor is trying to become a whole body inside you because its shut-off signal isn’t working correctly,” he adds. “It’s a miscommunication between your cells, caused by toxic chemicals that are found in food and cosmetics and personal care products.”

Adams also warns about the cancer risks of heavy metals, which are found in food, medicine, personal products, herbicides, pesticides, and other household products.

“For example, lead has a very strong link with bone cancer, and cadmium is linked to various types of cancers as well. Heavy metals are like bad minerals. They occupy the places in your body where healthy minerals like zinc, copper, magnesium, or calcium would normally go. So, toxic heavy metals get into your body and interfere with normal mineral functions in your body.”

He explains that minerals basically function as physiological catalysts for protein synthesis, DNA repair, metabolic processes, neurological functions, and other bodily operations.
“You need calcium and magnesium to beat your heart. You need potassium to move water into every cell in your body. Heavy metals, in essence, encourage your body to generate cancer over time,” he says.

“While eating lead today won’t cause cancer tomorrow, over time the accumulation of these heavy metals can absolutely cause cancer tumors to grow, especially if you have other factors, like vitamin D deficiency, immunosuppression, as well as exposure to toxic chemicals in foods, pesticides, herbicides, cosmetic chemicals, artificial fragrance, and laundry detergent.”

**Take Stock of the Cancer Triggers All Around You**

Dr. Winters agrees, warning, “Those 80,000 chemicals are constantly swarming around and coming at us every single day. But they’re invisible... we just don’t see them.”

As a result, she says, it’s critical that we make concerted efforts to lower our exposure to chemicals every day. You can start by walking around and becoming aware of all of the chemicals in your home.

“I’m the person who comes to your house and opens up your medicine cabinet and looks under your sinks because I want to feel safe when I’m visiting, and I want you to be aware as well. So, that means going into your garage to see if you’ve got pesticides there, especially an old bottle of Roundup.”

“These things may seem like they’re not a big deal, but it’s the cumulative effect that matters—that’s what we’re all being crushed under,” she says.

Dr. Winters explains that each person is different, and what may not affect one person can have devastating effects on another.

“Your chemistry and mine are very different... we have different fingerprints and thresholds,” she says.

“I’m very sensitive, like a canary in a coalmine. If someone smokes a cigarette as they’re driving down the road, I can smell it, and it immediately makes me nauseous. Other people could smoke the cigarette and sit in a smoky bar and have no symptoms whatsoever.

“So, while all have our own personal tolerances, the fact is, we’re all being bathed in these chemicals constantly. So, we have to start creating some awareness of everything we’re being exposed to and why it’s so important to avoid it, mitigate it, and get it out of our bodies.”
Getting rid of these dangerous products is the first step. In many cases, you can replace them with natural, non-toxic alternatives that are just as effective.

Dr. Winters also recommends drinking filtered water to flush your tissues, as well as removing toxins from your body through sweating and chelation—all effective ways to detoxify your body from chemicals’ harmful effects.

“We know that conventional medicine doesn’t address the concept of detoxification,” she says. “So, it’s important that we talk about the carcinogenic effects of different toxins and why eliminating them is critical to preventing cancer, helping people who have cancer, and preventing relapses in the future.”

Mike Adams has some final advice to help you protect yourself from the toxic chemicals you’re exposed to every day.

“You need to rethink your whole life. Rethink what’s in your pantry, what’s in the kitchen, in the bathroom. What are you wearing? What are you putting on your skin? What are you washing your hair with? What are you washing your clothing with? What kind of water are you drinking? What are the heavy metals in your food and water? Are you poisoning yourself with arsenic from a home water well, for example?

“These are big deal questions,” he adds. “If you really want to prevent cancer, you’ve got to go down the whole list and check off all those boxes and eliminate every cause of cancer, while at the same time eating anti-cancer foods and taking supplements. That’s the key.”