

Environmental Challenges

	<i>Sources</i>	<i>Symptoms</i>	<i>Food Sources</i>
Chemicals	Medication, dyes, paint detergents, cosmetics, weed killers, personal hygiene, cleaners, paint, perfumes, alcohol.	Irritation of the eyes or nose, excessive cough, shortness of breath, blood in phlegm, jaundice, fatigue, loss of appetite, rash.	Green tea, cruciferous veggies, garlic, onions, celery, apples, alfalfa sprouts, lemons, spirulina, cracked chlorella.
Hydrocarbons	Gas, plastics, fibers, rubber, solvents, explosives, swimming pools, lubricants, varnish, insect repellent.	Hormonal imbalances, bone and joint weakness, fatigue, high blood pressure.	Probiotics, beets, sweet potatoes, nuts and seeds, miso soup, garlic, spirulina, kamut, cracked chlorella, lemons.
Radiation	X-Rays, CT Scans, Radon gas, dental X-Rays, sunlight.	Nausea, vomiting, bleeding, diarrhea, hair loss, sloughing of skin, fatigue, mouth ulcers.	Spirulina, chlorella, seaweed, kelp, black/green tea, wheatgrass, lemons, parsley, beets, sauerkraut, ginger.
Toxic Metals	Deodorants, tin cans, aluminum foil, antacids, cookware, utensils, nail polish, dental work, batteries, old pipes, diesel engines, soft drinks, pesticides, ink/toner.	Nausea, vomiting, diarrhea, abdominal pain, tremors, heart irregularity, anemia, burning feeling in chest, heartburn, flatulence, chronic cough, dizziness.	Bitter greens such as kale, swiss chard, dandelion and mustard greens, arugula, beet greens, broccoli sprouts, lemons, oranges, limes, green tea, garlic, spinach.