

# Arsenic Summary Sheet

## How to cut your arsenic risk<sup>1</sup>

### **Test your water**

If your home is not on a public water system, have your water tested for arsenic and lead. To find a certified lab, contact your local health department or call the Federal Safe Drinking Water Hotline at 800-426-4791.

### **Change the way you cook rice**

You may be able to cut your exposure to inorganic arsenic in rice by rinsing raw rice thoroughly before cooking, using a ration of 6 cups water to 1 cup rice for cooking and draining the excess water afterward. That is a traditional method of cooking rice in Asia. The modern technique of cooking rice in water that is entirely absorbed by the grains has been promoted because it allows rice to retain more of its vitamins and other nutrients. But even though you may sacrifice some of the rice's nutritional value, research has shown that rinsing and using more water removes about 30 percent of the rice's inorganic arsenic contents.

### **Eat a varied diet**

Some vegetables can accumulate arsenic when grown in contaminated soil. To help, clean vegetables thoroughly, especially potato skins. Some fruit juices such as apple and grape juice are high in arsenic, as our previous tests showed. To prevent obesity and tooth decay, pediatricians advise that infants younger than 6 months shouldn't drink juice, children up to age 6 should have no more than 4 to 6 ounces a day and older children no more than 8 to 12 ounces. Like grape juice, wine also can be a source of exposure, according to data collected in the FDA's Total Diet Study, which provides more complete information about arsenic content in a variety of goods. Go to [fda.gov](http://fda.gov) and search for "total diet study analytical results."

### **Experiment with other grains**

Vary your grains, especially if you eat more than two or three servings of rice per week. Though not arsenic-free, wheat and oats tend to have lower levels than rice. And quinoa, millet, and amaranth are among other options for those on a gluten-free diet, though they have not been studied as much.

## Other Sources

Sources: Atmospheric pollution (coal, gas and oil).  
Some sea food.  
Tap water.  
Pesticide residues on tobacco.  
Treated lumber.

### Preventative Measures - To prevent heavy metal buildup due to nutrient deficiency

**ProMulti-Plus®** 2 capsules, 3 times a day

**BioDoph-7 Plus®** 1 - 2 at bedtime

Consume healthy amounts of sulfur-bearing foods like: garlic, onion, calciferous vegetables, pastured eggs, slow cooked beans, etc.

### Therapeutic Measures <sup>2</sup>

**Porphyra-Zyme™** Active vegetable chelating porphyrins - 4 tablets, three times a day on an empty stomach (morning, mid-day and evening).

**BioProtect™** Vitamin, mineral, amino acid and enzyme antioxidants formulated in a way to regenerate the body's natural antioxidant balance - 2 capsules, three times a day.

**NAC (N-Acetyl-L-Cysteine)** To increase natural glutathione and provide sulfur for chelating heavy metals - 1-2 capsules, three times a day.

**ProMulti-Plus®** A high potency multiple to support detox pathways and reduce inflammation - 2 capsules, three times a day.

Homeopathic Support For clearing and metals. **21st Century Homeopathic #2 (Lymphatic Drainage)** - 1 capful, twice a day for two weeks and then **21st Century Homeopathic #7 (Heavy Metal Detox)** - 1 capful, twice a day for 30 days.

The supplemental program outlined above should be maintained for 60 days. After 60 days, the supplemental program should be reduced by 50 percent and maintained for another 60 days.

A serial heavy metal analysis should be conducted after 120 days on the program.

In addition to those areas listed under MCV/MCH increase and decrease, arsenic body burden should be ruled out in any of the following conditions:

- Thyroid Hypo or Hyper Function
- Goiter
- Recreational Drugs (especially LSD)

### Laboratory Testing - If testing reveals arsenic present.

Testing can be done using various methods to access arsenic. Doctors Data 800-323-2784 is one of the leaders in the field testing heavy metals.

1. Hair may be used as a screen; however, metals may not be detected if the exposure is not current.
2. 24 hour urine collection after a provocation challenge using a chelating agent is preferred. Historically DMSA has been used; however, since it has been banned, physicians have used vegetable based chelating agents like **Porphyra-Zyme™** for 4 days. Use 8-10 tablets, three times a day between meals. Begin collecting urine in the morning of the 4 days for 24 hours.

<sup>1</sup> Taken from *Consumer Reports magazine*: November 2012

<sup>2</sup> Taken from "More Than Just A Bunch of Numbers - Making Sense of Blood Chemistry" Balancing Body Chemistry with Nutrition Manual, 5<sup>th</sup> revision, Sept. 2003