

Arsenic Tainted Rice

"Consumer Reports has sounded the alarm that specific foods we eat, in the case of arsenic tainted rice, will cause serious health effects."

I must confess when I first read about the "Arsenic in Rice" from the 2012 November issue of Consumer Reports, I was pretty depressed. I thought "Really, more toxins?" But as I got my bearings I realized that Consumer Reports had just done us a big favor.

First, let me reemphasize my deep sadness when I learned the amount of arsenic in rice. The reaction I've seen by friends and family has been one of extreme discouragement. With many who are gluten sensitive, rice has been a great alternative, but once more the options we thought we had for healthy food are shrinking. But are we really surprised? We know the monumental amounts of pesticides and herbicides dumped on our soil have an effect on our biological system in some way.

Arsenic is used as a neurologic agent against the bugs. So where does it all go? Some of it ends up in our



waterways and since rice is grown in water it tends to accumulate in this grain more than other grains.

But Joe, why did you say that Consumer Reports did us a big favor? For years, we've preached to our patients about the need to eat clean food, increase their consumption of plants and do periodic detoxification to download some of the toxins which accumulate. Even medical colleagues may have scoffed at our wellness concepts. Recognize that Consumer Reports just vindicated and amplified our position. Here, an independ-

ent organization, "Consumer Reports has sounded the alarm that specific foods we eat may cause, and in the case of arsenic tainted rice, will cause serious health problems."

And I think we can all agree there are other health issues that although not on our immediate radar are just as important. We have serious concerns with our food supply: Roundup ready corn, soy and alfalfa, BT Corn, mercury in the fish, bad fats, hormones and antibiotics in beef and chicken and 70% of the processed foods in the grocery store which

have been estimated to contain GMO derivatives.

Consumer Reports also published an article in January 2012 revealing arsenic in apple and grape juice. Here's the big idea on this subject. We can use the Consumer Reports article to have a serious "heart to heart" talk with every patient about their long term health. I am always looking for ways to engage people to take responsibility for their health and for me this article is an excellent place to start.

I just attended a post graduate seminar with Dr. Vasquez on autoimmunity. He continues to emphasize living a lifestyle that is life enhancing yet by its nature provides ample modes of detoxification for unknown toxins like the "arsenic in rice" scenario.

In other words our diets and the supplementation we use to support our diet should be geared to repair the damage done by the chemicals and heavy metals that we are unknowingly ingesting. Heavy metals inactivate enzymes in the body and increase free radical damage which can lead to an increase of cardiovascular disease, autoimmunity and some forms of cancer.

Symptoms of chronic arsenic toxicity include: dermatitis, respiratory tract infection, muscle aches, headaches, weakness, convulsions, neuropathy, anemia, pigmentation of nails, drowsiness and confusion.

So, what can you do as a clinician? First download a summary sheet below that helps identify ways to reduce risk and how to chelate excess arsenic. Along with a detox regiment, make sure every patient is on a high potency multiple like ProMulti-Plus that has the ample bio-available nutrients to support the detoxification pathways.

We want to get rid of heavy metals at a faster rate than we are accumulating them. As you know, "Selenium displaces arsenic and vice versa. Periodic mineral evaluations to assess selenium status can be helpful for those that consume more than three rice meals per week."

This scenario drives home why clinicians rely on quality control for the supplements they carry. Biotics Research Corporation has been screening for heavy metals on all their raw materials for decades. Ten years ago there was a rice shortage in the States and they looked offshore for another supplier. They found a source that mixed well, tasted great and had a clean certificate of analysis from the supplier. When they did their due diligence they found toxic levels of lead and cadmium. Obviously they rejected the material and sent it back the supplier. Who by the way repacked it and sold it to another company, who unfortunately, sold it to unsuspecting customers.

Let's differentiate the products we carry from the brands our patients see at discount stores. Safe products may cost a bit more but they are definitely worth the investment. Would you want to take a rice protein that has lead and cadmium in it?

Please get a copy of the November 2012 Consumer Reports and study it. Make sure to have copies available for your patients and staff. Practicing true preventative health care and handling tough subjects like this compassionately, without promoting fear, shows that we care. People come to us when they know we care, and isn't it true. That's how we build relationships that last a lifetime.

Thanks for reading this week's edition, I'll see you next Tuesday.