

Clinoptilolite, Pregnancy, and Breastfeeding

Cited From:

Tiffani Beckman-McNeil, Nutritional Expert
Stewart Lonky, MD
Sara Goodman, Scientific American
Deborah Howlett, The Menlha Healing Centre
The University of Cincinnati
Joseph Mercola, DO

What are the detoxing capabilities of something called Clinoptilolite (zeolite) and how can it help your health?

Why detox? No matter how hard you try to minimize your exposure to chemicals and toxins, they keep showing up in your body in increased levels, simply because they are everywhere in our environment.

According to reports by the Centers for Disease Control, the average person has 212 environmental chemicals in their blood. Things like mercury, lead, cadmium, and plastic byproducts, which simply aren't supposed to be there.

Fortunately, nature provides protection against many of the toxic elements we encounter every day in the form of a natural mineral, Clinoptilolite. This negatively-charged mineral works like a magnet, attracting positively-charged toxins, then safely and gently carrying them out of the body within hours.

Is Clinoptilolite safe for pregnancy and breastfeeding? The short answer is yes, but you can read all about it below.

~Tiffani Beckman-McNeil, Nutritional Expert

Pregnancy is the most exciting time for parents-to-be, and ensuring that both mother and baby are healthy from day one is of the utmost importance.

Rates of infertility and conditions related to pregnancy and early childhood are all on the rise. One reason for this is the growing number of toxins and environmental pollutants to which parents-to-be and developing fetuses are exposed.

It's no secret that toxic compounds (in the forms of industrial waste, new commercial chemicals, pollutants, and even additives in our food supply) are increasingly common. In fact, there are about 80,000 chemicals in commercial use today, and more than 90% of them have no health warnings regarding their use.

The Body Burden: The number of toxins found in the average person has risen sharply in the last decade, known as 'the body burden.' During pregnancy, these toxins are passed across the placenta and into the developing fetus. Studies have shown that newborn babies can have over 200 toxins in their blood. No parent wants to risk their self or their child, but these stored toxins can cause health problems if left

untreated. And while limiting exposure to toxins can help, the buildup that already exists in the body cannot be eliminated.

Breast Milk Passes Toxins: As if the transmission of toxins during pregnancy isn't enough, a mother passes on a number of toxins to her infant via breast milk. These include:

- Heavy Metals
- Flame Retardants
- Chemicals from non-stick cookware
- DDT
- Bisphenol-A

Studies: Recent data from two studies in California show that the amount of bromine containing flame retardant in the blood of 2-5 year olds is more than three times that of their parents living in the same house. Multiple studies in the U.S. and Canada have demonstrated that the concentration of Bisphenol-A (a chemical used in manufacturing common plastics) in the blood of young children is equal to or greater than the amount in laboratory animals suffering ill effects from this toxin, including breast tissue abnormalities, developmental abnormalities, and increased rates of cancer. In 2008 researchers at John Hopkins and Arizona State University indicated that the toxins in cigarette smoke cross the placenta and affect the developing fetus.

In the Past 50 Years: Rates of breast cancer have more than doubled (currently 1 in 7 women). Problems with infertility have increased and become more varied in scope. Autism rates are 6 times higher (currently 70 in 10,000 children). All are due to the dramatic increase of industrial and commercial chemicals.

There are, however, ways to reduce the effects of toxic exposure.

How Clinoptilolite Can Help: Clinoptilolite has been used for thousands of years to safely and effectively remove toxins and heavy metals from humans. Zeolite is a naturally occurring class of mineral formed thousands of years ago from volcanic ash. One type of zeolite, known as Clinoptilolite, is useful for removing both heavy metal toxins and many organic toxins from water and air.

Clinoptilolite is a form of zeolite that is absorbed into the blood as well as the gut, and decreases the amount of heavy metals and toxins stored within. Memory, energy levels, skin blemishes, and libido all also improve dramatically after taking Clinoptilolite. Given its history of safe and effective use, Clinoptilolite can be an effective method to shield expecting mothers and their fetuses from the detrimental effects of toxins. In fact, Clinoptilolite has been used by many pregnant women with no ill effects on either the mother or baby.

Additionally, while it certainly makes sense to use Clinoptilolite for detoxification during pregnancy, it makes even more sense that all women of childbearing age use Clinoptilolite before pregnancy to decrease their toxin burden that has building up over the years. As a result, Clinoptilolite can effectively decrease the body burden and begin a reversal of toxin-related illnesses, both in the mother and her child. Clinoptilolite removes the toxins that are already stored in the body, thus cutting down the mothers 'body burden' and ensuring that far less toxins are absorbed through the placenta and into the fetus.

~Stewart Lonky, MD

Mother's Take Note - Your Baby is at Risk: Newborn babies today can have toxic loads at birth that exceed the toxic loads accumulated during an entire lifetime by previous generation adults. The reason is that numerous toxins are able to pass into the fetus from the mother's body. The toxic load on a baby combined with toxins in vaccinations is what many people now believe to be the true cause of autism in children.

If you are a nursing mother, pregnant woman, or mother-to-be, we urge you to get the toxins out of your body in order to protect your baby since most toxins will pass into the fetus while inside the womb or into a nursing baby through mother's milk!!! If you are currently pregnant or nursing, only use Clinoptilolite so that your baby is not exposed to any potential damage from exiting toxins. If you are not yet pregnant then you can combine Clinoptilolite with active detoxification methods that provoke toxin release. By ingesting Clinoptilolite powder you will help ensure that all of those toxins are eliminated as quickly as possible. Active detoxification methods include sauna, chelation therapy, and fasting.

Clinoptilolite is a Very Safe Form of Detoxification: Ingesting Clinoptilolite powder is a safe form of detoxification for mothers-to-be since Clinoptilolite powder does not break up toxin storage sites. (Breaking up a toxin storage site releases many toxins all at once.)

~Sara Goodman, Scientific American

Baby Boomers and older will remember that trying NOT to get pregnant was the usual concern. Not so today. Now, 33% of couples wanting to have a baby are having a problem getting pregnant. That's probably a conservative estimate, because these statistics have been harvested from people seeking help from IVF clinics.

Male as well as female fertility is a huge problem these days. Some of the couples who seek help from IVF clinics will eventually conceive, but unfortunately many of the boys born from this will inherit their father's problem and this next generation will not be able to produce fertile sperm even with the help of an IVF clinic.

Why are couples having so much trouble? Toxins in the environment. A study in 2004 identified 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer and 217 that are toxic to the brain and nervous system. The three most familiar heavy metals are noted to be slowly but surely poisoning us are mercury, aluminum, and lead. These are only 3 of hundreds that are in all human beings.

Breastfeeding and Toxins: Breast feeding is still the best option for a newborn, but toxins are mobilized in breast milk and these babies get an even larger dose of this toxic cocktail. They sleep on mattresses and wear clothes that are soaked in flame retardant, they drink from plastic bottles containing even more toxins. Childhood vaccines have had the mercury removed, but still contain aluminum and formaldehyde. Add all of these to an already loaded immune system and it is the final straw. The fetus will absorb all the mother's toxins and has no way to filter them out. Mercury from the mother's fillings, lead stored in her

bones, will now migrate to the developing baby. Is it any wonder that ADD, ADHD, Autism, and many other problems are rampant.

~Deborah Howlett, The Menlha Healing Centre

An ongoing study by the University of Cincinnati followed children for 25 years. They measured lead in the mother's bones while she was pregnant. They found that elevated lead levels in the mother's bones led to children also being contaminated with lead. Where did this lead come from in the first place? Water pipes, paint, and car exhaust being some of the sources. We all drink water. We all breathe air. One of the most disturbing aspects of this is that there are no safe levels of lead in a human. The results from this 25 year study showed that most of the children with lead had ADD, ADHD, and criminal records. Lead has been implicated in violent behavior.

~The University of Cincinnati

What Can Would Be Parents Do? The first thing to do is detox. Try and eliminate any further contamination as much as you can through filtering your water, removing as many chemicals as you can from your home, no fragrances, use safe washing powder, no non-stick frying pans, use safe shampoo and conditioner, chemical free makeup, clean organic fruits and veggies. Make sure your bowels are working well and drink plenty of water. Only water soluble toxins can be removed in this fashion. Exercise and far infrared saunas are also useful. Remove the non-water soluble heavy metals, herbicides, and pesticides. This can be done through the use of Clinoptilolite. This will remove all circulating toxins from the blood and allow the heavy metals store in the bones and fat to be released and then locked into the Clinoptilolite and removed safely through the urine and bowel. All would-be parents should do a complete detox before trying to get pregnant and not just those with fertility problems. All children deserve the best start in life. If you want to have a baby, take Clinoptilolite and remove those toxins safely and quickly.

~Deborah Howlett, The Menlha Healing Centre

Why You Need to Protect Your Endocrine System: Your endocrine system is a complex network for glands, hormones, and receptors which work in tandem with your nervous system to control all your bodily functions and processes. The glands of your endocrine system and the hormones they release influence almost every cell, organ, and function of your body. It is instrumental in regulating mood, growth and development, tissue function, metabolism, as well as sexual function and reproductive processes.

Endocrine disruptors are substances or mixtures that alter the functions of your endocrine system and consequently cause adverse health effects, either in your body or in your offspring.

These types of chemicals can exert their effects by:

- Mimicking the biological activity of your hormones by binding to a cellular receptor. This can initiate your cell's normal response to the naturally occurring hormone at the wrong time or to an excessive extent (agonistic effect).
- Binding to the receptor but not activating it. Instead the presence of the chemical on the receptor prevents binding of the natural hormone (antagonistic effect).
- Binding to transport proteins in your blood, thus altering the amounts of natural hormones that are present in your blood circulation.
- Interfering with the metabolic processes in your body, affecting the synthesis or breakdown rates of your natural hormones.

So far, the main areas of scientific study have focused on disruption to the hormones that play a major part in development and reproduction, mainly estrogens and androgens. These hormones also influence your immune system and general metabolism.

The strongest evidence showing that exposure to environmental chemicals can lead to disruption of endocrine function comes from the bizarre changes seen in a number of wildlife species, such as male fish transforming into females, frogs developing a variety of defects like multiple testes and ovaries, and hermaphrodite bears, just to name a few.

The Dirty Dozen – Potential Endocrine Disrupters to Avoid: Endocrine disrupting chemicals are everywhere these days. You are exposed to them from a variety of sources including countless common household products, toys, personal care products, and cosmetics.

Here is a list of common agents with hormonal activity, i.e. potential endocrine disrupters:

- Phthalates - Exposure to phthalates can lead to incomplete testicular descent in fetuses. Phthalates are found in vinyl flooring, detergents, automotive plastics, soap, shampoo, deodorants, fragrances, hair spray, nail polish, plastic bags, food packaging, garden hoses, inflatable toys, blood-storage bags, and intravenous medical tubing.
- Bisphenol A - Common ingredient in many plastics, including those in reusable water bottles and resins lining some food cans and dental sealants, can change the course of fetal development in a way that increases your risk of breast cancer.
- Perfluorooctanoic acid (PFOA) - Found in grease and water-resistant coatings like Teflon and Gore-Tex, is a likely carcinogen.
- Methoxychlor and Vinclozin - An insecticide and a fungicide respectively, have been found to cause changes to male mice born for as many as four subsequent generations after the initial exposure.
- Nonylphenol ethoxylates (NPEs) - Known to be potent endocrine disrupters, these chemicals affect gene expression by turning on or off certain genes, and interfere with the way your glandular system works. They mimic the female hormone estrogen, and have been implicated as one reason behind some marine species switching from male to female.
- Bovine Growth Hormones - Commonly added to commercial dairy have been implicated as a contributor to premature adolescence.
- Soy Products - Which are loaded with hormone-like substances.

- MSG - A food additive that's been linked to reduced fertility.
- Fluoride - This chemical in the U.S. water supply has been linked to lower fertility rates, hormone disruption, and low sperm counts.
- Synthetically Produced Pharmaceuticals - That are intended to be highly hormonally active, such as contraceptive pills and treatments for hormone-responsive cancers. Your body is not designed to be exposed to these synthetic hormones, and long-term use will invariably increase your risk of developing serious chronic illness.
- Other Natural Chemicals - Including toxins produced by components of plants (the so called phytoestrogens, such as genistein or coumestrol) and certain fungi.
- Other Man-Made Chemicals - And by-products released into the environment. These include some pesticides (such as pyrethroids, linuron, vinclozolin, fenitrothion, DDT and other chlorinated compounds), and a number of industrial chemicals like polychlorinated biphenols (PCBs) and dioxins.

How do these chemicals affect your health? Certain health patterns over recent decades suggest that endocrine disrupting chemicals are quietly at work. These include:

- declining sperm counts
- increased incidences of male children born with genital malformations
- increased incidences of certain hormone-sensitive types of cancer
- impaired neural development, causing memory problems and lower IQ
- impaired sexual behavior
- precocious puberty
- retarded sexual development

~Joseph Mercola, DO

How to Protect You and Your Children's Health: If you have children or are planning a pregnancy, this is clearly an issue you'll want to pay attention to. Yet, so many more products contain endocrine disruptors of varying types trying to avoid them all can seem like an impossible task. It is difficult, yes, but there are still a number of practical strategies you can implement to limit your exposure to endocrine disruptor and common toxins:

- Store your food in glass containers whenever possible, as it is the most inert container you can use.
- Only use natural cleaning products in your home. Most health food stores will have these available or you can search online for them.
- Buy and eat organic produce and free-range, organic foods to reduce your exposure to pesticides and fertilizers. This also applies to milk, which is frequently contaminated with bovine growth hormone.
- Avoid conventional or farm-raised fish, which are often heavily contaminated with PCBs and mercury. Instead, supplement with a high-quality krill oil, or eat fish that is wild caught and lab tested for purity.

- Avoid processed foods, and artificial food additives of all kinds, including artificial sweeteners and MSG.
- Throw out your Teflon pots and pans.
- Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
- Only use natural cleaning products in your home.
- Avoid using artificial air fresheners, dryer sheets, fabric softeners, or other synthetic fragrances.
- Switch to natural brands of toiletries, including shampoo, toothpaste, antiperspirants, and cosmetics.
- When redoing your home, look for green, toxin-free alternatives in lieu of regular paint and vinyl floor coverings.
- Replace your vinyl shower curtain with one made of fabric.

Deborah Howlett, The Menlha Healing Centre