

Quick reference from
<http://www.drrandy.org/>

UPDATE ON CHECKMATE AERIAL SPRAYING FOR LIGHT BROWN APPLE MOTH!!!

I have seen several people who became ill after the initial spraying in early November. Some of these people plan to move out of our area if the spraying continues, though they would much prefer to stay if possible. While many people in our area have not experienced any noticeable reactions, there is the possibility that they are still being harmed and may experience adverse consequences with further exposures.

There are attempts being made on the legal and political fronts to stop further spraying, and I hope and pray they succeed, but until the spraying has been halted, here are steps people can take to minimize their exposures and any harm to their systems:

- 1) On the days of the spraying, avoid being outside during the spraying and for as long as practical afterwards. Inhaling the spray is likely to be quite harmful. It is claimed that the spray falls quickly to the ground, but the particles are so small that they could stay airborne for some time. One should also keep windows and doors closed during the spraying.
- 2) Support liver detoxification with nutritional supplements. The liver requires many nutrients for adequate function, many of which can be found in a good multivitamin, such as Life Force by Source Naturals and Advanced Nutritional System by Rainbow Light. Extra Vitamin C (1000-3000 mg twice a day) is also advisable.
- 3) Support liver detoxification by raising the levels of glutathione, a substance our bodies produce by combining the amino acids cysteine, glycine and glutamic acid. The best way to raise glutathione is to take organic undenatured whey protein (such as Whey Cool by Designs for Health or BioPure Protein from Metagenics). Taking alpha lipoic acid, N-Acetyl Cysteine and vitamin C also increases glutathione production. One may take glutathione, but it is generally not absorbed intact. A sublingual form, Chem Defense by Source Naturals, is effective. Other amino acids, such as taurine, glycine and methionine also support glutathione.
- 4) Many herbs also support detoxification, such as milk thistle seed, dandelion root, echinacea and smilax (sarsaparilla). A healthy diet rich in organic fruits and vegetables is also wise. Foods such as onions, garlic, cruciferous vegetables (broccoli, kale etc.), turmeric, berries, and pomegranates support detox.
- 5) Homeopathic medicines support detoxification. There are combination remedies known as drainage remedies. My favorite ones are made by a company called Pekana. Their drainage kit contains a liver support formula, a kidney support formula and a lymphatic formula. Individualized homeopathic remedies can also be highly effective, especially for those who are experiencing ill effects from chemical exposures.
- 6) Acupuncture and Chinese herbs can assist detoxification. We are fortunate to have many talented acupuncturists practicing in our community.
- 7) Many pesticides, including some of the ingredients of Checkmate, are neurotoxins.

These are fat-soluble substances with a strong affinity for the central nervous system and can be particularly difficult to eliminate. Some good information on dealing with neurotoxins can be found at the websites of Dr. Ritchie Shoemaker, www.chronicneurotoxins.com, and Dr. James Schaller, www.personalconsult.com. When the body tries to eliminate neurotoxins, the liver excretes them into bile which is released by the gallbladder when we eat. However, the neurotoxins tend to be reabsorbed as they pass through our GI tract unless they can be bound to prevent reabsorption. Drs. Shoemaker and Schaller advise cholestyramine, a pharmaceutical agent, to bind neurotoxins. While effective, it often causes significant unpleasant side effects. I advise chlorellas as a safe and effective natural way to bind neurotoxins. It is crucial to choose a good brand; my favorites are Sun chlorella and the more affordable Yaeyama chlorella from Source Naturals. About 12 tablets (they are tiny) several minutes before lunch is a reasonable dose. Modified citrus pectin and algae and seaweed extracts are also good at binding neurotoxins.

8) Saunas, especially far infrared saunas, can help us sweat toxins out. Using a bit of niacin and using a dry skin brush can enhance the elimination of toxins. More info at <http://healingtools.tripod.com/skinbrush.html>

9) Lymphatic drainage massage can also be extremely useful in supporting detoxification. Dry skin brushing can also help.

I also urge all concerned to visit <http://www.stopthespray.org/> and participate in the political process to stop further spraying. In theory, this is still a democracy. Let's see if it really is!