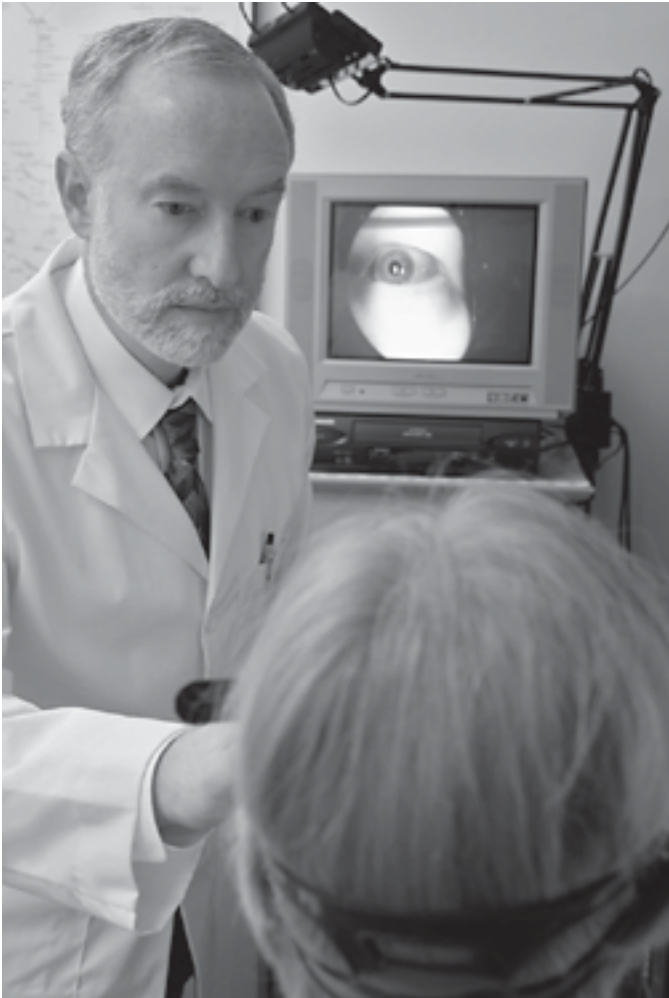


Different Solutions

for Different Types of Toxicity



Dr. Yanuck conducts a neurological exam in his Chapel Hill practice.

“Over time, the cumulative burden of these milder toxins can cause a wide range of problems in susceptible individuals, from brain fog and fatigue to muscle and joint aches, anxiety, allergies, asthma, and many others.”

By Dr. Samuel Yanuck

Toxins come in many forms. The ones that can kill you, like arsenic or lead, are well known. But there are a host of milder toxins that you encounter in everyday life. Your body is supposed to be able to get rid of them. But over time, the cumulative burden of these milder toxins can cause a wide range of problems in susceptible individuals, from brain fog and fatigue to muscle and joint aches, anxiety, allergies, asthma, and many others.

TYPES OF TOXINS

TOXIC FOOD INGREDIENTS: Our food supply contains several sources of toxicity. Some non-organic foods, for example, contain significant levels of hormones and pesticides that our bodies must detoxify. Additives and preservatives can also be a problem. Hydrogenated oil is added to foods as a preservative. In 1997, a Harvard researcher named Walter Willett published a study in the *New England Journal of Medicine* that showed that nurses who ate margarine (made from hydrogenated oil) had a 53 percent increased risk of heart disease, compared to nurses who ate butter. An ingredient in hydrogenated oil called “trans fat” is toxic to the body. It prevents the body from making its own anti-inflammatory chemicals. When you can’t make your own anti-inflammatory chemicals, your body—including your heart—can get inflamed, which can lead to heart disease. When you buy food with a label, look at the label. If the words “hydrogenated oil” appear, don’t eat it.

ENVIRONMENTAL TOXINS: Pollution and airborne allergens are, of course, the classic environmental toxins. But for some people, mold growing in the home is a more significant toxic burden. Sometimes mold problems are obvious visually, but not always. The best way to control mold in the home is through control of humidity. Keeping the humidity under 50 percent year-round will stop mold from growing.

INTERNALLY GENERATED TOXINS:

Although many people who come to my office are aware of problems they may be having with pollens or other environmental toxins, most are not aware of whether there are foods to

which they are allergic, because the allergic response itself isn’t obvious. Instead, food allergies can cause inflammation, disrupt digestive function, and alter immune response, causing the body to make excessive amounts of chemicals that are normal at low levels, but are toxic at high levels. This can lead to fatigue, brain fog, anxiety, pain syndromes, arthritis, and a broad range of other symptoms. Helping patients identify the foods that are causing problems for them is of enormous importance in my practice. I have seen remarkable transformations take place when people stop eating foods to which they are allergic.

TOXIC NOISE: For some people, excessive stimulation from noise can be a significant source of toxic exposure. Sound is received in the brain in an area that increases the fight/flight response. For some people, too much noise can be profoundly over-stimulating to this area, leading to anxiety and agitation. For these patients, treatment methods designed to reduce the over-activation of the fight/flight response can provide significant relief from anxiety.

CASE EXAMPLES

DIZZINESS, IRRITABILITY, HEAD-ACHES, AND BRAIN FOG: Elaine was sensitive to a whole range of chemicals and to some molds. Her sensitivities had become progressively worse over time. She had to avoid going out, for fear of being exposed to chemicals that would give her brain fog, irritability, dizziness, or headaches. She couldn’t use cleaning products, perfume, or scented soap. She had to avoid places that had new building materials or new carpets.

A detailed history revealed that the chemicals to which Elaine was sensitive were all from one of two chemical types. Lab testing revealed that the nutritional substances the body uses to detoxify these chemicals had been severely depleted. Replenishing these specific nutritional substances substantially reduced Elaine’s sensitivities, restored her energy level, and returned her to a more normal life.

IRRITABILITY AND INSOMNIA: Julia came to my office complaining of irritability and insomnia. She particularly complained of extreme sensitivity to noise. A neurological examination

showed that the area of her brain that controls the fight/flight response was significantly overactive. This was driving her into a state of anxiety and making it hard for her to settle down to sleep at night. I gave Julia a set of neurological rehabilitation exercises that strengthened areas of the brain that keep the fight/flight area quiet. I also gave her an amino acid that reduces the activity of the fight/flight area. Once her brain function returned to a more balanced state, Julia’s irritability and insomnia resolved.

SINUSITIS, FATIGUE, AND CHRONIC PAIN:

Marie had had sinus problems and pain in her muscles and joints for years. Her sinuses were always inflamed. Her energy level was always low and she ached all over. Marie’s problems were caused by allergies to pollens and to foods. In her case, the high stress of her job was causing her body to produce chemicals that were altering her immune response and amplifying her allergic symptoms. Marie’s treatment involved supporting her body’s ability to get rid of these stress chemicals. She also took herbs that reduced her histamine level and healed the mucous membranes in her sinuses. She stopped eating certain foods that stirred up her immune response and caused excessive mucous production. Marie’s sinus problems faded. Her joint pain and fatigue went away completely.

Elaine, Julia, and Marie each required a unique set of interventions, matched to their unique needs. For all three patients, resolution of their problems was achieved by identifying the specific toxic exposures behind each of their symptoms, identifying the specific mechanisms driving each patient’s vulnerability to toxic overload, and using the correct treatment measures to restore each patient’s ability to eliminate toxins. **h&h**

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