

**Dotsie Bregel,
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The National Association of Baby Boomer Women
(NABBW)**



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Presents

**Overcoming Our Toxic Burden -
*Health Alert for Baby Boomers***

With

Dr. Michelle M. Fischer

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Overcoming Our Toxic Burden – *Health Alert for Baby Boomers*
With
Dr. Michelle M. Fischer

Dotsie: Hello, and welcome to the call. The format for the call is simply that I will interview our guest about *Overcoming Our Toxic Burden* and when we have finished the interview, we will open the line for questions. So for those of you who don't know me I am Dotsie Bregel, founder of the **National Association of Baby Boomer Women** which can be found at www.nabbw.com, and also www.boomerwomenspeak.com, the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women which happen to be my generation of women. Since launching Boomer Women Speak five years ago, I have been connecting, encouraging and supporting boomer women on a daily basis. I have my finger on the pulse of this spirited generation, and I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions, and live life to the fullest.

This call happens to be the third in our series titled, **Healthy Living for Boomer Women**. Be certain to follow your newsletters and updates to learn about next month's series when we will focus on boomer entrepreneurs. We have a little surprise this evening. Deborah Haynes, who was supposed to be doing our call, had a mandatory meeting to attend this evening so we are sorry that she can't be with us, but fortunately, she was kind enough to have one of her colleagues do this teleseminar for her and for us. So I want to thank Dr. Michelle Fischer, are you there Dr. Fischer?

Dr. Fischer: I am.

Dotsie: Great. I just want to thank you for filling in on such short notice because I know this just happened on Sunday. So thank you very much, and I understand that you are known for your dynamic presentations on this topic, so I'm excited to hear what you have to say because frankly this is a topic that I don't know a whole lot about; I'm embarrassed to say. So I'm really looking forward to learning quite a bit this evening.

I would like to tell you a little bit about Dr. Fischer; she received her B.S. and M.S. in Biochemistry with honors from Stamford University in 1975; her M.D. from the University of Wisconsin in 1980, and her residency in General Surgery from U.C.S.S., St. Mary's Hospital in San Francisco in 1985. She specialized in women's health and integrative complimentary medicine since 1992. She is currently the Medical Director of the **Anti Aging and Vitality Clinic** in Atlanta, Georgia. The focus of the clinic opening in major cities around the country is *Boomer Health From the Inside Out*. Some of you might remember that we had Dr. Juguilon who was also from the **Anti Aging and Vitality Clinic** talk to us just, I guess about a week ago. We were very pleased with everything that she was

able to tell us about bio-identical hormones, so we're looking forward to this evening's call, too. You can find out more about these clinics and this business at www.antiagingandvitality.com.

Dr. Fischer characterizes her practiced method as *Fostering Wellness From Within* because it is proactive in patient centers. It is root cause versus symptom focus, and wellness fostering versus disease treatment, oriented. I think this is something that is going to be very big with boomers and something that boomers are really buying into because we are very interested in being proactive and doing as much preventive medicine as we can. I think some of that has to do with us having watched our parents generation, and actually even caring for our parents at this point in time in our lives. And seeing how sometimes they have to be reactive in just dealing with some of the things that maybe they have not been addressing through the years. So, hopefully some of what we will learn this evening will help us. Her passion and mission is to empower her clients with the tools to optimize their wellness and promote healthy aging. So, welcome to the call Dr. Fischer, and thanks for your time for being with us this evening.

Dr. Fischer: Well, it is my pleasure and I am glad I could fill in for Deborah. We are a team, and we are always happy to provide information. So I'm looking forward to this interview, let's get started.

Dotsie: Okay, anything you want to tell us about your Centers?

Dr. Fischer: Well, our Centers are beginning to expand. We currently have three of them and our intention is to have them in all large cities to provide a networking of services to promote healthy aging, or more of a holistic approach to how to optimize one's health. It is thinking outside the box, and providing a new approach to health care, and I like to think of it as well care versus sick care, which is when most people enter the system in traditional medicine. So we like to do a lot of preventative medicine and provide what standard medical care is not providing.

Dotsie: Very good and when did the first one open? I'm just curious.

Dr. Fischer: The first one opened in July of '06 in Cleveland; followed by Atlanta in January of '07, and Dallas opened last week. So that's where we are right now and we're looking to expand as the needs and opportunities arise.

Dotsie: Very good. It sounds like perfect timing for all the boomers who are entering midlife, and retirement, and becoming more concerned about health issues.

Dr. Fischer: Absolutely! Our motto is kind of for boomers, by boomers because most of us are in that category. So we like to empower them to take better care of themselves and it's a very rewarding type approach and I'm hoping with the

Internet savvy people are connecting and they do their due diligence, and they come to me looking for what we are providing, and hopefully we live up to their expectations.

Dotsie: That's great. It's so exciting when you feel like you can fill the need and do a great job at it and make a difference. Well, tonight we're talking about overcoming our toxic burden. So if you wouldn't mind just by starting with what a toxin is, or a toxic compound.

Dr. Fischer: Well, it's something that the body doesn't want for sure, and it can come from the outside or it can come from the inside. It can be anything from a foreign protein, an invading organism, preservatives; anything that is introduced in the body or actually produced by the body that causes injury or malfunction in some way. You know you can call it a poison or otherwise, but there are some endogenous toxins that we produce just as a cost of living. Our free radicals and our oxidative byproducts and the body has some built in mechanisms to help neutralize those, but we can certainly overwhelm the body by either putting in too much, or unknowingly absorbing too much, or failing to excrete our endogenously generated toxins in an efficient manner. And we'll talk a little more about that.

Dotsie: Well, I know that you say that there are toxic products all around us. What are some of the major environmental offenders? Give us some clues here.

Dr. Fischer: Well, you know you have to, if you're talking about things from the outside we look at some critical elements that are essential for life, and then you begin to ask questions about what the quality of those things that are essential for life are. There are things like the air, and the food, and the water. We have increasing industrial waste, byproducts, pesticides, herbicides, volatile organic compounds, heavy metals, plastic byproducts, medications that are in our water, food additives, cosmetic additives, and so all of these sources can add to this toxic burden and our body has to deal with it. We do a pretty good job if we provide the proper nutrients, vitamins, and minerals for detoxification, but we certainly can overwhelm the system, and many of them disrupt our hormonal systems and our bodily functions so that we don't do it as efficiently as we should.

Dotsie: Sure. Do you mind if I go through some of them and you tell me what we can do to figure out whether or not we have those toxins?

Dr. Fischer: Absolutely.

Dotsie: Okay, for instance tap water. What do you recommend for tap water?

Dr. Fischer: Don't drink it.

Dotsie: Not even with a filter?

Dr. Fischer: Well, the more you filter it, the better it is. If you look at the reports from the CDC as to what is actually in tap water, it's pretty amazing what's there, and what they don't filter out. They are really not required to filter out anything except for something that's going to make you immediately sick. So a lot of things pass through those screening mechanisms and you don't even know they are there, and you take them in. The CDC said the number one; I believe it was the number one contaminants are reproductive hormones in the form of byproducts from birth control pills. That's great if you need contraception, but what if you don't and it's not a controlled situation, and people are unknowingly ingesting these reproductive hormones that disrupt their own internal systems, big time. You don't need to have that. Plus there are insect repellants and industrial waste and just fragrances, solvents, detergents; all of these things may seem fairly innocuous diluted down because you don't taste it, but they wreak havoc with a lot of the bodily functions, and many act like hormones in the body. They disrupt your own natural systems. Sperm count has decreased about forty or fifty percent in the last twenty years. That's not genetic, that's environmental; because these hormones are telling the body not to make hormones because they are seeing an overload. Infertility has risen, seemingly astronomically. Things like endometriosis used to be a rare thing. Now it seems almost common, and people are suffering from it, and I don't think it's just because we're now talking about it and we weren't talking about it before. This toxic burden from the environment is starting to take its toll.

Dotsie: And there are studies that can link these things to these issues; that can link the toxicity to these issues?

Dr. Fischer: Oh, absolutely. The thing is that our policing agencies are overburdened. They only spot-check things because there are just not enough hours in the day. Many of them do not have your best interest in mind in the sense that they are being supported—many of the studies are being supported by the actual companies that are making things which might be harmful for you, and the bottom line is really what the issue is for most of these large industries. So the tests are designed not necessarily to look at all cause toxicity, but to show some positive affect of their product. So sometimes they miss the toxicities, or the toxicities don't occur in the two year or three year study, and then it brings up the whole issue that they do these in adults and what about the developing in utero and the young children that have minimal ability to detoxify these things, and are infinitely more sensitive. So there are a lot of issues about environmental toxins that we haven't even scratched the surface on.

Dotsie: Let me ask you about one that was in the list and that was the cosmetic additives, because I know there was one of those emails flying around the Internet about lipsticks.

Dr. Fischer: And lead?

Dotsie: Yes, lipsticks and lead, and so since this is a women's association...

Dr. Fischer: I've done a little bit of searching on that and I kept getting sort of conflicting results, in terms of actual hard data. But apparently, they use lead in some of these lipsticks and the darker the color of the lipstick, the more likely it is to be in there. But let's just, even aside from lipstick, you know the average woman probably uses ten to twelve, or even more body products on herself every day, in the form of soaps, fragrances, skin crèmes, make up, etc. They have, if you read the labels on those cosmetics, they have known products that are known in studies to cause cancer in animals, and yet they continue to put them in them.

Dotsie: I'm sure you know what some of those things are we should look for when we're looking at labels.

Dr. Fischer: Absolutely. For instance parabens, you will find parabens in, I would say ninety to ninety five percent of personal care products.

Dotsie: And is that parabens?

Dr. Fischer: Parabens. It's used as an emulsifier, like in crèmes and shampoos and soaps and things like that to keep things in solutions, and also as a preservative. That has been shown in studies to cause cancer in animals, but yet they're still in there. And you will find all sorts of things, like mineral oils. Those are animal byproducts. If you can't put the stuff, if you can't eat the stuff, you probably shouldn't put it on your skin because your skin is your biggest organ.

Dotsie: Right, and that's a good point.

Dr. Fischer: You are smearing all of this stuff all over your body and you're putting chemicals on your nails, you're putting fragrances that are chemicals, you're using soaps that are chemicals, shampoos etc., and you absorb a lot of that.

Dotsie: Oh, gosh, I'm beginning to feel sick.

Dr. Fischer: Back to the water issue, you shower, most people wouldn't drink tap water today; I think they're pretty savvy in thinking that maybe that's not in their best interest, so they drink bottled water. Well, that's okay as long as that bottled water isn't in a plastic that's gotten hot, and the plastic is leached into their water.

Dotsie: Yes, I've seen that run around the Internet also.

Dr. Fischer: And even the big plastic bottles sit on the trucks in one hundred degree weather some time. You should never microwave plastic because it isn't

inert and it does leach into whatever it is that you're cooking, or drinking, and if you shower in tap water, its hot water, and your pores dilate. It's a large surface area and we give hormones all the time across the skin so it's very efficient at absorbing these fat-soluble hormones in chemicals. And your pores dilate and the estimate is if you shower for about ten minutes, it's like drinking eight to ten glasses of tap water, and most people wouldn't do that. So you can minimize the toxic burden by reading the labels and avoiding those products that have been known to cause problems. There are so many of them. The Environmental Working Group, which is www.ewg.com is a very good source of a consumer awareness of potentially harmful things in products.

Dotsie: That's a great site. www.ewg.com

Dr. Fischer: www.ewg.com, and they also if you forward/tapwater or some link in that site and put your city in, it will tell you what some of the major contaminants are in your municipal water. But you need to take it if you will, very carefully because realize that what is the minimal amount of something that is going to cause a problem. Well, it depends on what your vulnerability is, and certainly children have lower thresholds for problems and decreased ability to metabolize these toxins, and to carry it a step further, the in utero children are even more sensitive because a little bit of the wrong thing at the wrong time can influence how someone is going to develop. And so they do these thresholds for what they think is safe, and they keep lowering the thresholds as they find there are problems, but it depends on how much you eat, or drink, or breathe of these things and what your exposure is. So it's kind of a scary thought because they accumulate over time and most of them, many of them are fat soluble and you store them in your fat cells. So, as you start say, for instance losing weight, or mobilizing that fat for energy you have a flood of these toxins which have been stored away in your fat cells, you know flood into your bloodstream. That's why many people don't feel well when they start fasting or detoxing, if you will, because they start mobilizing a lot of these heavy metals, and fat soluble things that your body so nicely tried to store away from you.

Dotsie: We're going to get into this in a little bit, talking about how to detoxify, and just try to understand better the term heavy metals. I know that it's just becoming bigger and bigger all the time, because I think, you know, you're doing things like this to help spread this information, and people are becoming curious and wanting to learn more. One thing I wanted to mention to you is some of the foods that are better; you know there is a list of forty-three fruits and vegetables, and which ones are the worst and kind of work our way up to the best. But before that, I also want to ask you about aspartame, because that's another thing that we've heard a lot about, and read about in newspapers and magazines and again, those forwarding things on the Internet and I just wanted to get your thoughts on that.

Dr. Fischer: Okay, so you want me to address aspartame first, I'd be happy to do that.

Dotsie: If you wouldn't mind just doing that I'm kind of curious about that because we have two diabetics in our family, so we've done a lot of aspartame.

Dr. Fischer: Well, I believe passionately that it is a very toxic substance. I think it's neurotoxic to the brain. If people that eat a lot of it, they can actually have neurologic symptoms very similar to MS, multiple sclerosis. It, I think was approved in less than optimal situations where the long-term studies just really weren't done. It actually, you know people are using it because of the sugar issues, but in fact, it actually makes one more hungry and causes huge fluctuations in blood sugar, and often makes people eat more than they would if they were not eating it, because it makes you hungry because it lowers your blood sugar when you eat aspartame because you get an insulin surge, only there is no sugar there. So you get hypoglycemic and it makes you hungry. There have been two or three recent articles about aspartame and how it is associated with actual weight gain, to be using a large portion of it. It's been shown in animals to cause cancers, brain tumors, and some hemotologic or lymphoma type things. It's evil. If you really want to read a good book about artificial sweeteners, the name of the book is *Sweet Deception*. It goes over a lot of them because most of them have issues. The only safe artificial sweetener that I recommend to my patients is Stevia, which is a root.

Dotsie: Right and I've heard of that.

Dr. Fischer: And I, in my research, have not found any negatives to Stevia.

Dotsie: Okay, that's good. I'm glad to get that information.

Dr. Fischer: Splenda is slightly better than aspartame but it causes some problems in the endocrine system, and decreases thyroid conversion to an active form, and so it's really an issue. What do you do? Well, personally, I would say if you really want something sweet, try Stevia. If that doesn't work for you, then use a little bit of sugar. In other words, cultivate a less sweet tooth so you're not eating as much sugar and use raw, natural sugar when you do use it because it is far less sweet than your standard purified chloroxed sugar that is going to be on the table. Because they literally put Clorox to bleach that sugar and that's why it's white, and that chlorine is not a good issue either with your thyroid and other functions in your body. So things in moderation, you know eat raw sugar if you must, and don't eat very much of it. If you just can't get by not having the sweet taste, then try Stevia because it really doesn't taste bad, and it provides sweetness that I know of no negatives.

Dotsie: Alright, very good. Let's talk a little bit about the fruits and vegetables. I'm sure you would want everyone to buy organic if you can afford it, if it's in your

area and your local stores, which it seems to be more and more all the time. But I understand that there is a list of fruits and vegetables and I know it's pretty long.

Dr. Fischer: That website that I mentioned can expand upon it, which is the EWG, that's the Environmental Working Group, non-profit organization to inform the public on what's good or bad or otherwise for you, and it's just a wealth of information. But basically, you have to think about, well, do you eat the skin, do you peel the fruit, what is the agriculture involved in producing the fruit and some of it might be obvious, and other might not be so obvious. But if you go to the www.ewg.com, it will give you kind of from the highest to the lowest, the fruits and vegetables in terms of contamination. And some of it you might figure out on your own and others, you might not. But eating organic is the place to start. Peeling your fruit is helpful, but sometimes that pulp and fiber is good for you, so if you're going to eat the skin, you might definitely think about getting it organic. And pretty much nowadays you can start to get organic even in your standard grocery stores. They cost a little more, but it's worth it. You're worth it, because you're putting these toxins in your body, unbeknowing, and you have to deal with it.

Dotsie: Right, and you know I remember looking at that list, Deborah shared it with me; and I was so disappointed because so many of the fruits and vegetables that are in a typical diet are some of the worst ones, like apples, and lettuce, strawberries, and I think grapes were high and even spinach was high.

Dr. Fischer: Well, when you get these beautiful, colorful, no blemishes, gorgeous, fruits in the market the cost is that they have put fungicides and pesticides and waxes and I hate to even think about what else, on them, so that they look perfect. Who has ever gone out and picked an apple off of a tree out in the forest or in an orchard that is home grown? You know they don't look perfect like that.

Dotsie: Exactly, exactly.

Dr. Fischer: Because they don't typically when you're growing it in your back yard, you are not flooding them with all of these toxins that agribusiness will do, because people are not going to buy a piece of fruit that doesn't look perfect, if there is a perfect one next to it. But that's not in your best interest. If you go to that site, but I mean basically peaches, apples, sweet bell peppers, strawberries they are at the top of the list of contaminated fruits.

Dotsie: You want to tell us a few of the ones that have the least contamination? Then of course we can look it up ourselves.

Dr. Fischer: Certainly. That site has a whole list of about the top forty-five from high to low. The good end of the thing is pineapples, mangos, avocados, onions, kiwi, bananas, cabbage, broccoli, those kind of things; blueberries.

Dotsie: Asparagus, I remember being on there too.

Dr. Fischer: At the contaminated end of the scale are the peaches, apples, bell peppers, celery, nectarines, grapes, pears, green beans, and cucumbers. It really depends on, if you buy locally, that's another option. If you buy in the regional farmers a lot of them are way different. The small farmers, they are way different than what large, huge agribusiness would put on their products.

Dotsie: So, shop your farmers market.

Dr. Fischer: Yes, farmers market, locally grown, organic when you have a choice, and can afford it. All of those things would be in your best interest and anything that you do, is going to decrease your toxic load.

Dotsie: Now I know that we've talked, it just sounds like there is toxicity all around us. It's like we're breathing it. I did have one other question before we move on to how to detoxify. What about cosmetics that you can recommend, or lotions, or what products? I've seen Origins.

Dr. Fischer: Well, if you look at Origins, as I recall the last time I picked it up, it had mental parabens, which turned me off to the whole product.

Dotsie: I thought maybe they were natural.

Dr. Fischer: If you typically, if you look and you read the labels you will find some of the things that are most of the issues. They have fancy chemical names, but parabens and formaldehydes, and ethylene glycol. That's like anti-freeze. They actually put that in cosmetics. If you look, you will see those things in there and when you start with an organic, like in the health food stores, like in Whole Foods, they tend to carry organic skin care products and make-ups. You are way far ahead if you start there, even if you don't remember the names of any of the things, because they can't put animal byproducts, they can't put known toxins, in those organic things. Not natural, the word natural could mean a whole lot of things. But if they say one hundred percent organic, you'll be way ahead. Parabens are like the worst. They are in just about everything. You know phthalates are another one. They are basically plastics and you'll find them in nail polish, you'll find them in lipsticks. They are pretty much required to list the ingredients, so if you look and you read the labels, you will be way far ahead. Another very good website for looking for natural skin care products is www.mercola.com.

Dotsie: You know I'm familiar with Melaleuca products. Are you familiar with Melaleuca?

Dr. Fischer: Just in the sense that I've had a couple of patients talk about them, but I haven't actually had the ingredient list to look at them.

Dotsie: Okay, because from what I understand, that is a good place to start, especially for cleaning products around the home.

Dr. Fischer: Well, most, even regular grocery stores will have an area of environmentally friendly, if you will, cleaning products. There are several different names, and if you go to that section, they often will have natural toothpaste, skin products, cleaning products, because these things are, many of these chemicals are volatile, and you inhale them. Our home is pretty toxic, when you think about all the cleaning fluids, and waxes, and bleaches, and really caustic stuff that we use to clean bathrooms and things of that sort. We stick our head in the shower and spray bleach all over there, and we are inhaling that, plus every time we take a hot shower, we inhale some more chlorine. It will fade the paint above your shower. If you have dark paint above your shower and the water condenses on there, you will look up there and your paint will actually fade just like you have sprayed bleach on it, because you have.

Dotsie: Well, let's move on a little bit so we can get into the detoxification and learn how we can help ourselves, because we're running out of time actually. But if you could before we do that, just tell us a little bit about the toxic burden and chronic illnesses. Like maybe there is an increased toxic load that's a major factor in what chronic diseases? Like I know of course, cancer, but what other, and I would guess allergies, what else?

Dr. Fischer: Well, certainly toxins play a role in allergies. Not having a healthy gut plays a role in allergies because you reabsorb – maybe we should talk about how you detoxify things and then you will have some idea of what's going on, and why. If our body worked perfectly and we didn't overburden it with a lot of environmental toxins, we have enough built in mechanisms by exhaling, sweating, urinating out, and defecating to get rid of most of our toxins. Because we have pathways to make them less toxic and to make them water-soluble, and to be able to get rid of them. But the problem is that, that's energy and vitamin dependent, so if you eat poorly, you don't have the tools to do that, and the toxic load from the outside, and basically our toxic lifestyle. You know our food is increasingly processed so it doesn't have the nutrients in it. We add more to it by eating fast foods that have things that the body hardly even knows what to do with. Most of the food has been processed and killed so we don't have enzymes to absorb it. So we are nutrient deprived and it requires nutrients to detoxify things.

Dotsie: So why don't you tell us what detoxification is and how we can actually do that.

Dr. Fischer: First of all, you minimize the exposure which is what we have been talking about. So you want to not put any more in there so that you reduce the load. Then you want to eat things that are going to provide the nutrients and good energy so that these processes happen efficiently as far as detoxification, because it requires processing in the liver. Your body has to take the chemical that it wants to get rid of, and it has to go through a two-phase process to allow you to excrete it. And in fact, if you only go part way, because lets say you don't have the nutrients to do it, some times that first step actually makes the molecule more toxic. So starting with good food sources, with minimal toxic load, taking just a good quality vitamin, mineral, anti-oxidant vitamin supplement on a daily basis.

Dotsie: Can you recommend one?

Dr. Fischer: Well, they should be pharmaceutical grade and there are many options out there. But they should have USP, the United States Pharmacopoeia, or GMP the good manufacturing seal, you know GMP. They should say pharmaceutical grade or have one of those seals, which means that they have been independently evaluated by agencies that have no connections to the company. In other words, the companies have voluntarily supplied their products for evaluation independently, and they have been assayed for purity, potency, and bioavailability. How quickly they get into the body, and for other toxins. So natural good pharmaceutical vitamins typically aren't coded, don't have colorings, don't have binders, they're in multiple tablets per day, and you've got some objective assessment of how good are they. Someone has looked at it independently.

Dotsie: This is interesting to me, this whole detoxification thing because, you know, eat healthier, be more aware of the toxins you are putting into your body, take the vitamins.

Dr. Fischer: Drink lots of purified water.

Dotsie: Okay, and drinking the water, doing the vitamins and minerals. I have a friend who lives in Silicon Valley, and she recently told me that she is loaded with heavy metals, and she is going through this detoxification program. Tell me what exactly she means by that? How do we find out if we have this toxic burden?

Dr. Fischer: Well, you could first of all do some testing to see if you have heavy metals. You can look for the obvious culprits. They have—many laboratories have panels that will look at heavy metals and tell you whether you are in a safe zone, or a not so safe zone, or you can have a different approach. You can assume that you're contaminated because most of the studies that have looked at body fats, which most of these are fat soluble, most of the toxins and heavy metals get stored away in your fat, and you do fat biopsies on humans and they are basically one hundred percent contaminated with the top fifty carcinogens

that are listed by the CDC. So we're all contaminated, so you can pretty much assume that you are contaminated.

Dotsie: Okay, but should we know the level of that contamination?

Dr. Fischer: It depends on what your side affects and your injuries are, and what's going on. A standard heavy metal panel is a good thing to do.

Dotsie: And is that something that when we go for a routine check up we can ask our medical doctor to run that test?

Dr. Fischer: You can ask them; they may not do it. They may tell you that it's useless to do that, but I certainly don't believe that. I think the biggest ones here are like arsenic, and lead, and mercury. They are used in fungicides, and pesticides, and wood preservatives, and our ground water gets contaminated, and they even put them on grains to preserve them so they don't mold. Yeah, I'm talking about heavy metals. They actually put these on your food, and they are neurotoxic, they have been shown to cause cancer. So what do we do? Well, you need to provide the body with the tools to detoxify; and that is good exercise, because you breathe off volatile stuff when you deep breathe; have your ideal body weight, you know be close to your ideal body weight so you're not storing a lot of this extra baggage that is containing toxins. You need to have excellent bowel function because you need to eliminate; your bowel is your biggest route pretty much of eliminating all of these toxins, so you want to eliminate consistently every day, and eating more fiber, drinking more water, and having good bowel function, goes a long way in helping you get rid of your toxins.

Dotsie: So if this is all natural then, is there anything that, I'm just curious that you give to your patients to help them detoxify.

Dr. Fischer: Oh, absolutely, but you know it's a comprehensive, all-inclusive program that says, don't put anything in your body that you don't have to put in there. Provide your body with the nutrients that are involved in these detoxification pathways in your liver. Eating lots of grains, preferably organic. Things like wheat grass and chlorella, and things that detoxify your body. You can take it a step further; you can go and have colonics, which helps you make your gut work more efficiently.

Dotsie: And tell me what that is, colonics?

Dr. Fischer: A colonic where you have a purge with kind of a cleansing of your bowel with a large volume of water because things get kind of stuck to the wall, and then you get inflammation, and then the barrier between your bowel and your body turns out to be broken down and you re-absorb a lot of the toxins. So a healthy gut is one of the pillars to having a healthy body. Because if it's not healthy, you're not going to be healthy. But the primary detoxification process

takes place in the liver. So you don't want to put toxins that are going to impede your liver; in other words. Don't drink too much; don't take things like Tylenol which are really hard on the liver. Don't take a lot of pharmaceuticals that you don't have to take. You know every time you have a headache you don't need to take four ibuprofen. All of those things your body has to deal with, and when they are busy dealing with those things, they are not busy dealing with your toxins that you might have unknowingly been exposed to. You want to just reduce the load so that the body can efficiently handle what it's exposed to. But there are some endogenous toxins that are produced just by the way you live. You eat foods, you create energy from your food, and you have some byproducts. But if you eat better foods, you don't eat bad fats, you eat good fats; a lot more efficient because you get a lot of energy and you don't have very many byproducts from good foods. But if you eat saturated fats, and a lot of trans-fats, the process is not very efficient, and there is a lot of inflammation involved when you eat those kind of foods because they go down different pathways, and they make a lot of inflammatory factors.

So it isn't as simple; I don't have a silver bullet. You have to do all of these things for optimal functioning of the system. More fiber, more water, don't put so much in there, and exercise. Don't eat tons and tons of protein and animal fats because some of the biggest contaminants are animal protein, because they feed these animals an incredible amount of hormones, as well as, antibiotics often to keep them, you know lack of disease. And when we ingest them you turn around and that becomes you because you are taking those in. And so you've got to deal with those too. So you don't want to put that in your body in large amounts, and so eating less animal protein is good. There are a lot of hormones in dairy products if you don't eat organic. So I'm back to the same thing. Don't put any more in your body than you have to. Think about it, think about what you put in your body, and give your body the tools and the nutrients with good quality supplements to help metabolize these things efficiently.

Dotsie: So it's just an awareness really, I think. I know just listening this evening has raised my awareness and then when we come across these things, and then we can pay more attention and make a choice. One other thing I wanted to address, and then I have a couple questions that I received by email. What about green tea? We keep hearing green tea is good for you, what do you think of that?

Dr. Fischer: Oh, I agree with that.

Dotsie: You do agree with that.

Dr. Fischer: Let me elaborate on that a little bit. Green tea contains antioxidants that are enormously helpful in the body in detoxification pathways and also the neutralization of toxins. So, green tea is a very good. So I'd say drink green tea. Two or three cups a day have been shown to decrease your risk of cancer and other inflammatory diseases. All of aging is basically a couple of processes. Its

inflammation and oxidation. And oxidation is byproducts that want to damage your cells, and they may be toxins or they may be produced as a cost of generating energy. But if you don't have enough antioxidants to neutralize these oxidants, they will bind to your proteins, your DNA, and cause dysfunction. Cause errors to be made in DNA transcription, and so you want to eat the types of foods that are rich in these antioxidants, and they would be all the pigment in vegetables, you know things that are colorful. And tea, and there is resveratrol in red wine, but you know too much of a good thing can actually be bad so you don't want to go overboard in that, plus the alcohol in itself is a little bit of a toxin. So you're better off taking it perhaps as a supplement than drinking a bottle of red wine every day.

Dotsie: Now let me just ask you about the green tea. You can get it decaffeinated?

Dr. Fischer: Yes.

Dotsie: And do you recommend decaffeinated?

Dr. Fischer: Well, it depends on how sensitive you are to caffeine. Caffeine does produce some acidity in the body, and it will rev you up a bit, but the type of caffeine in green tea is probably safer than the type of caffeine in tea, but you can get it decaffeinated. The stuff still has the antioxidants in it.

Dotsie: Okay, and do you recommend any certain brands, because there are so many out on the market. I just didn't know if some of them are watered down, or sugared.

Dr. Fischer: I'd look for an organic beverage.

Dotsie: Now that takes me to one of the questions that we got via email. And that's this organic question about, some things are organically grown, and some are labeled certified organically grown. What is the difference, and why should there be two, why shouldn't they all be certified?

Dr. Fischer: Well, it's one step further. When you get certified it means an independent agency has come out to your farm or whatever, and tested the soil, and tested the products and there is no residues of anything. You know you can take and garden organically, but if you're in contaminated soil you are in trouble. So they actually come out and certify through a whole different process that things are the way they should be. It's just an agency that no doubt the farmer has to pay to have the certification. But it's just one step further.

Dotsie: Okay. So then it's okay to just buy the organically grown.

Dr. Fischer: Well, the more certification, pretty much that you have, the higher degree of integrity you have for that label. But there are some penalties, if you call something organic that isn't.

Dotsie: Well, that's helpful. The other email question that came through has to do with bottled water. You mentioned the bottled water in plastic bottles, and the temperature of it sitting in trucks, etc. So do you believe that bottled water is good for you if it's in a plastic bottle?

Dr. Fischer: I think that it is better than tap water, and they are not all created equal. There have been some studies that show that some of them aren't any better than the tap water that they are replacing. So you know, you have to sort of – the best water is either distilled water, or reverse osmosis water, you know but not everybody can afford to have either machines to do that, or to have a whole house water purifier. But that's going to be your purest water. If stuff sits in plastic, I'm telling you it's not inert. It's not like glass.

Dotsie: Are there, and I'm not aware if there are, glass-bottled water?

Dr. Fischer: There are. Pellegrino and the distilled version which is called Panna, comes in glass bottles. You know glass is much more inert than plastic. The softer the plastic is, the more pliable and, therefore, the more likely to leach into the water. And these Nalgene bottles, they were kind of the answer because they were harder, but they have been shown to be toxic as well. So you've got to look at it as the lesser of the evils, and I definitely would drink bottled water over anything out of any tap.

Dotsie: That's a good point. Okay, we are just about out of time. Let me just see if anyone on the call has a question to ask. I'm not sure that they will because we received a couple through email, but does anybody on the call have a question, if so you have to push the six button so we could hear you. Does anyone have a question?

Caller 1: Hi, this is Joyce, and I have a question.

Dotsie: Go ahead Joyce.

Caller 1: I'm in the middle of a detox right now ...

Dotsie: Joyce if you can speak up a little bit, we are having a hard time hearing you.

Caller 1: Okay, can you hear me?

Dotsie: Great.

Caller 1: I'm in the middle of a detox right now; and my question is should I stop other supplements, and vitamins because aren't they getting just washed away when you are in a detox.

Dr. Fischer: I don't know what they are providing you for detox, because it's some times the detoxification as I mentioned, you know the detoxification process is very vitamin, and mineral, and nutrient dependent. So some times the things that they are using to detox you are high potency vitamins, full of B vitamins and full of herbs, and things that are going to detoxify you, and so they kind of take the place of your supplements for the week or two weeks, or whatever how long your detoxification regime is. So you have to know what you're taking for detox to be able to answer the question as to whether you should take your vitamins in addition to that.

Caller 1: What I'm taking does replace also, but it doesn't replace everything that I'm taking.

Dr. Fischer: It depends on whether you're taking 20 supplements versus what you're talking about is a vitamin-mineral-antioxidant. I would say you can't really hurt yourself by taking them, in addition to your detox. But if you're taking a huge high potency, cleanse, detoxification regiment often then that's all you need to take. But there are hundreds of different approaches to this and you really have to know what you're taking. Typically you have to have a balanced, functional food so that you have some protein so your body will use your fat to produce energy and that's where your toxins are going to come from, because they are mostly stored in your fat cells. If you don't give the body a little bit of protein in this process, most typically it will not efficiently use fat for energy.

Dotsie: Okay, does that help Joyce?

Caller 1: Yes.

Dotsie: Thanks for asking, and does anyone else have a question? If so speak up. I just wanted to ask you a question. Something that Joyce said made me think of another question that people on the call might be curious about. And that is these, you hear about these different cleanses. You read about them in magazines, and that type of thing. Do you recommend doing those cleanses?

Dr. Fischer: I think you need to do some due diligence before you do them. Often it is much more to your advantage to have a functional, medicine doctor supervise, or be your consultant when you're doing these things. Because some time if you're truly really toxic, you may not feel well, and you need to know that. And you need to have someone be able to answer your questions, and most of the time they would have their own personal regiments that are proven to them and safe, and they know how people are going to react and they are comfortable

with what they are using as opposed to saying go to “x” store and buy a cleanse. I don’t think that’s a good idea.

Dotsie: Yeah, because I would think that you could really deplete yourself of a lot of nutrients, and probably become maybe sick as a result of doing that.

Dr. Fischer: Well, sometimes people, when they are self diagnosing and medicating, it’s because they don’t feel well, and you need to rule out a few things before you put someone through a significant cleanse, because maybe they are not well enough at this particular time to do that. Maybe you need to fix some other issues before you do that. Because it can, like you say, it can stir up other issues and you need some guidance with it. So I wouldn’t advise people doing big time one, two week cleanses without some guidance from a medical standpoint.

Dotsie: Okay, very good. Well, Dr. Fischer it has been a pleasure. I’ve learned a tremendous amount, and I can’t wait to share it with my friends and my family. I just wanted to know if you have anything else you want to leave us with. Any resources, anything on your site that you would like to send us to, or just any last pieces of information.

Dr. Fischer: Well, truly you can use our website as a resource which is www.antiagingandvitality.com. And it is all spelled out, including the “and,” because it will give you an idea of what we do. Those other two websites that I provided are great resources. They don’t cost anything to visit, or to join, and they have just an amazing amount of information. But everyone needs to do the things that they know they need to do, and that is to eat well, to sleep, to drink 8 to 10 glasses of water per day, to take nutrient supplements because we just can’t get what we need from our food, to reduce stress, and to exercise. If you do all of those things, which are pretty simple you would be way far ahead because all of health begins from within; from the inside out, and if you nurture your body, it can take care of just about anything.

Dotsie: Wow that’s a great thought to leave us with. Thank you very much.

Dr. Fischer: My pleasure.

Dotsie: I really appreciate you filling in, you did a wonderful job, and I’ll be in touch. Thank you; have a great evening.