



Volatile Solvents



PCBs



Chlorinated Pesticides

Environmental toxic exposure—more common than you think



Chronic illnesses associated with toxicity exposure:

- Allergies
- Asthma
- Autoimmune diseases
- Brain fog
- Certain cancers
- Chemical sensitivities
- Cognitive difficulties
- Diabetes
- Fatigue
- Fibromyalgia
- Hormonal imbalances
- Infertility
- Obesity
- Tremors

Common sources of toxic exposure:

- Fish
- Fatty meats
- Contaminated soil and water
- Gasoline additives
- Car exhaust
- Adhesives and glues
- Paints
- Petroleum products
- Air freshener
- Cigarette smoke

Exposure to toxins in the air, food, and household products is a growing concern in maintaining optimal health today, and a toxic burden may be the underlying source of many chronic illnesses. The largest sources of toxic exposure are our daily activities—breathing, eating, and drinking. Many environmental toxins are stored in fat cells and increase in the body over one's lifetime, disrupting the immune, nervous, and hormone systems. These toxins can also be passed on to future generations.

Additionally, household products that are used daily contain many harmful chemicals and toxins which can increase the risk of many diseases such as cancers, childhood cancers such as leukemia, asthma, autism, and ADD/ADHD.

What do the Toxic Effects Profiles measure?

Chlorinated Pesticides Profile

Chlorinated pesticides have been used in agriculture worldwide since World War II. They have also been used as insecticides to exterminate mosquitoes, termites, and fire ants. Now mostly banned in the United States, contaminated soil and groundwater are major routes of exposure and affect the nervous system. Infants are exposed through breastfeeding. Of the chlorinated pesticides, DDT is the most well-known.

Polychlorinated Biphenyls (PCBs) Profile

PCBs were used as lubricants and coolants in transformers, capacitors, and electronic equipment because of a high resistance to heat until they were banned in the late 1970s. Due to the stability of PCBs, they do not break down in the environment and increase in the fatty tissues of animals and humans. PCBs travel up the food chain in fish, fatty meats, and dairy products. Infants are exposed through breastfeeding.

Volatile Solvents Profile

Volatile solvents are used in the manufacture of many consumer products such as glues and adhesives, paints and paint thinners, furniture, building materials, and shoes. Exposure to volatile solvents is usually through inhalation of fumes or ingestion of polluted water.

To learn more about symptoms and conditions specific to each profile, please visit www.metametrix.com/toxicity.

PATIENT INFORMATION SHEET

