



Tande Health

Food Guide

Tande Health Diet and Food Guide

A Therapeutic Diet and Wellness Plan for Prevention and Rehabilitation

Including a detailed list of chemicals and toxins to avoid immediately , and their sources!!!!

Prevent, reverse damage and rehabilitate with deep nutrition and hydration. Naturally support detoxification and immune function.

These recommendations are for everyone!

If you want to support immune health, cellular mitochondrial function and detoxification,

avoid these inflammatory foods and toxins that cause; leaky gut, poor digestion, anxiety, depression, weight gain, body pain, cardiovascular problems (high blood pressure, cholesterol, etc.), insulin resistance, chronic body inflammation, allergies, sensitivities, fatigue, sluggish lymph, brain fog, insomnia, cancer and disease. Add healthier alternatives and include healing foods (foods that love you not hurt you)!

It is impossible to avoid the burden of a toxic environment. Avoidance of toxic ridden foods (foods with toxic ingredients, glyphosate, etc.) and environments, chemicals in body care and beauty products, household products and cleaning products are great strategies. However, you can also decrease toxic risk through diet, detox and lifestyle changes.

Xenoestrogens, are man - made chemicals that mimic estrogen in the body and disrupts hormone function. These endocrine, hormone disrupting chemicals are found in everyday products, including: plastics, pesticides, personal body care items, non - organic meats, dairy and produce.

Here is a list!

Avoid and eliminate these common foods and products that contain these dangerous chemicals and toxins (FOREVER)!

- Dioxins (in foods, drinks and products)
- Bisphenol-A (in foods, drinks, products and environment)
- Phthalates
- PBDEs (polybrominated diphenylethers)
- PCBs
- BPA

- Perchlorate
- Parabens
- Heavy Metals
- Aluminum
- Cadmium
- Lead
- Mercury
- Carbon Monoxide
- Bismuth
- Herbicides-(glyphosate, gluten and grains)
- DDT
- Glyphosate
- Atrazine
- Pyrethroids
- Glycol Ethers (2-butoxyethanol and 2-methoxyethanol and 2-ethoxyethanol)
- Organophosphates

TandeHealth.com offers a multitude of toxin testing to rule in and out toxin exposure.

We also have Toxins and Heavy Metal Detox / Cleanse recommendations.

THE REAL WEAPONS OF MASS DESTRUCTION ARE:

- highly processed foods
- foods sprayed with pesticides
- high glycemic foods
- low fiber foods
- food - like substances
- artificially colored and sweetened foods
- foods with added hormones
- foods with added antibiotics
- foods stored in plastic containers

it is also very important to reduce exposure to toxins and infections! The toxicity of our environment supports the toxicity in the body, including accumulated heavy metals, parasites, biofilm and molds. Many factors contribute to toxicity overload and toxic burden.

This guide can also be used as an anti-parasitic nutrition plan as well. I would recommend eliminating sugar and carbohydrates. Temporarily, add some other foods : (MCT

coconut oil, unsweet coconut, papaya, raw garlic and onions, oregano, oregano oil, fermented foods and beverages, etc.) and supplements. Parasites love and thrive on sugar; Including everything that turns to sugar, like carbohydrates! The best way to starve parasites is through using healthy fasting and cleansing strategies, while eliminating as much sugar and grains from the diet as possible.

WARNINGS!

Sugar is not your friend! Refined sugar is 99.4- 99.7% pure calories. No vitamins, minerals or protein, just carbohydrates.

Sugar increases inflammation.

Sugar increases erratic brain cell firing and is implicated in aggression (mood swings).

Sugar increases disease.

Sugar is associated with ADHD and hyperactivity.

Sugar increases triglycerides (raises cholesterol).

Sugar causes depression.

Sugar alters learning and memory and cognitive decline.

Warning! Avoid artificial sweeteners, including: aspartame, fructose and sucralose. All can cause arthritis, inflammation, high blood pressure, loss of balance, ADD/ADHD, headaches, seizures, etc.

Sucralose started off as a pesticide. The human body does not recognize it as food. It also reduces good gut bacteria by 50%, etc.

Fructose is processed in the liver like alcohol.

“Kill fruit juice. Sugar is addictive. It is the primary cause of obesity, hypertension, heart disease , cholesterol problems and diabetes, all of which cause brain damage.”

Tips for sugar addiction to help with cravings and withdrawals:

Add protein and healthy fats every 3 – 4 hours. Stay hydrated. Take essential vitamins, minerals and supplements.

Avoid all artificial sugar substitutes, including : aspartame, sucralose, fructose, saccharin and maltitol. Use organic Stevia occasionally.

Supplement therapy helps with sugar cravings, addictions and withdrawals.

It will get easier, and you won't want it as much over time.

High blood sugar leads to diabetes, ulcers and diabetic wounds, neuropathy, amputations, blindness, Alzheimer's, stroke, heart disease, feeds cancer cells, causes aging and wrinkles!

**TOP TOXIC FOODS AND INGREDIENTS IN FOOD (DRINKS) TO
AVOID AND ELIMINATE IMMEDIATELY (FOREVER)!**

- Sugars and high fructose corn syrup

- Sugar alcohols (including Xylitol -its toxic to dogs)
- Artificial sweeteners (aspartame, sucralose, fructose, saccharin, maltitol)
- High glycemic fruits (eliminate to start then only small amounts occasionally)
- Starchy vegetables
- Dairy, milk and milk products (except for high fat dairy occasionally)
- Gluten (white and wheat flour, wheat, breads, cakes, rice, pastas, etc.)
- Bad oils and fats (like: poly and saturated trans fats)
- GMO's (corn, soy, canola)
- Corn (corn products- GMO)
- Artificial colors
- Sodium benzoate
- Grains (all grains including quinoa and oatmeal)
- Legumes (all beans + peas)
- Peanuts
- Cashews
- Monosodium glutamate (MSG)
- Soy beans and soy products (unless its fermented soy)
- Carbohydrates -simple or refined (on a regular basis)

Tips to consider:

- Choose high quality, organic fruits, vegetables, meats, chicken and fish

- No sugar (fruit) on an empty stomach
- Drink clean, filtered, distilled water
- Remember, that gut health , influences brain health (The Gut + Brain Connection)
- Choose foods that prevent disease, rehabilitate, enhance mood and reduce stress
- Use glass or stainless steel containers for water and food
- Avoid all can foods and drinks
- Use non-toxic cookware
- Avoid using a microwave
- Do not overcook food. Cook on low heat not high heat.
- Steam or bake foods. Do not add too much water to vegetables and animal proteins when cooking- just enough so vegetables and protein still retain minerals and vitamins. (not boiled out)
- Avoid all grains and avoid pet foods with grains(especially the ones that are not organic)
- Use non bleached paper products
- Opt for non-toxic cleaning products
- Avoid all products that use synthetic fragrances
- Use non-toxic cosmetic products
- Avoid all personal body care products that contain toxic chemicals and switch to brands that do not use toxins
- Avoid all plastic products (including baby and kids toys, products)
- Do not have clothes dry cleaned
- Avoid wearing clothing that are made with toxic chemicals
- Eat more raw , whole foods

- Stay hydrated
- Exercise regularly
- Take minerals, vitamins and supplements
- Limit caffeine and alcohol intake
- Try an elimination diet for 30 days to see if you have sensitivities or allergies (use and follow this guide)

It is always best to buy local and organic when you can , but when you can't, and have to go to the grocery store , I recommend choosing from the Clean 15 List.

CLEAN 15 LIST

- Pineapple
- Sweet corn fresh or frozen
- Avocados
- Papaya
- Onion
- Sweet peas (frozen)
- Asparagus
- Cabbage
- Watermelon
- Cauliflower
- Bananas
- Mangoes
- Carrots
- Mushrooms
- Kiwi

THE DIRTY DOZEN LIST

- Spinach
- Strawberries
- Kale, collard, mustard greens

- Grapes
- Peaches
- Cherries
- Nectarines
- Pears
- Apples
- Blackberries
- Blueberries
- Potatoes

Only buy this selection of fruits and vegetables on the dirty dozen list if they are ORGANIC!

Note:

Shop the parameters of the grocery store and stay out of the aisles as much as possible. (too many processed, toxic foods and ingredients in the aisles/shelves).

If you cant buy fresh organic fruits and veggies, consider frozen, low glycemic fruits and vegetables.

The fresh organic, whole foods, are on the outside parameters of the isles.

We are all in a relationship with food!

Have you ever been in a bad relationship?

Being in love with foods that hurt you, is like being in love with someone who mistreats you. Its abuse!

Love foods that love you back!

Nutrition plays a role in health and disease!

Note: Carbohydrates have the biggest impact on glucose levels.

This is why they should be consumed in small amounts and should come from nutrient dense and low glycemic fruits and vegetables.

It is also important to achieve and maintain optimal nitric oxide in your body. Nitric oxide is essential for overall health. Nitric oxide signals the blood vessels to relax, allowing them to expand. This effect allows blood, nutrients and oxygen to flow to every part of the body. Nitric oxide is also important for oral health. Because it helps the body deliver oxygen and nutrients where they are needed. It also help the oral tissues to fight off conditions like : gum disease, oral health problems, etc.

Special (good) bacteria in the mouth, convert nitrate to nitric oxide. Humans can not produce nitric oxide from nitrate without these bacteria!

When nitric oxide production is decreased, health becomes compromised. It is important to achieve and maintain balance of nitric oxide production in the body.

Nitric Oxide Deficiency Symptoms :

- Fatigue
- Erectile dysfunction
- Elevated blood sugar
- High blood pressure
- Poor wound healing
- Muscle soreness
- Memory loss

Refer to TandeHealth.com for our Mouth and Oral Care -cleanse, detox and prevention plan

High Nitrate Foods

- Beet / beet root
- Citrus fruits
- Leafy greens

- Pomegranate
- Dark chocolate
- Nuts and seeds
- Garlic (raw)
- Watermelon
- Organic meat
- Red wine
- Parsley
- Broccoli
- Cabbage
- Arugula
- Swiss chard
- Asparagus
- Strawberries
- Artichokes

Nutrition, a diet high in nitrate rich vegetables, antioxidants and supplement therapy is strongly recommended to support Nitric oxide production in the body (vitamins, minerals, amino acid therapy, etc.).

Note: Vegetarian diets need to be supported with deep nutrition, vitamins, minerals and supplement therapy (amino acids, etc.).

Vegetarian should eliminate sugars, carbohydrates like - bread, pasta, rice, grains, beans, legumes, etc. from their diets immediately!

ARE YOU READY TO GO FOOD SHOPPING?

TAKE THIS GROCERY LIST WITH YOU!

THE GOAL IS, LOW SUGAR, HEALTHY FATS, HIGH FIBER, QUALITY PROTEIN AND COMPLEX CARBOHYDRATES !

(calorie restriction and fasting) . Add and include these foods. Alternate and rotate them regularly!

COMPLEX CARBOHYDRATES (SMART CARBS) INCLUDE:

- Dark greens
- Fresh herbs
- Cruciferous vegetables
- Mushrooms
- Garlic

- Onions

(Lemon, lime, basil, broccoli, cilantro, spinach, artichokes, Swiss chard)

FOODS HIGH IN HEALTHY FIBER

(BOTH SOLUBLE AND INSOLUBLE)

- Artichoke hearts
- Asparagus
- Avocados
- Berries (strawberries, mulberries, blackberries, blueberries, raspberries)
- Broccoli and broccoli sprouts
- Brussels sprouts
- Variety of red lettuces
- Leafy greens
- Chia seeds (store in freezer)
- Collard greens
- Flaxseeds (store in freezer- grind in coffee grinder for better absorption)
- Nuts, nut milk and nut flour
- Unsweetened shredded coconut (or organic raw coconut meat)

VEGETABLES (HEBS AND SPICES)

- Aloe (juice)
- Avocado
- Artichoke
- Arugula
- Asparagus
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Basil
- Beets (occasionally)
- Black pepper
- Red bell peppers
- Cabbage (purple and green)
- Carrots
- Cauliflower
- Celery
- Chamomile
- Cinnamon
- Cloves
- Cilantro
- Cucumber
- Collard greens
- Chives
- Chards

- Eggplant
- Ginger
- Horse radish
- Fennel
- Garlic (raw)
- Green beans
- Kale
- Mint
- Mushrooms (all-raw and dried, including: oyster, chaga, reishi, turkey tail, lions mane, portobello, shiitake, plus all others previously mentioned)
- Mustard greens
- Oregano
- Parsley
- Pomegranate
- Pumpkin
- Rosemary
- Radish
- Red onion
- Red leaf lettuce
- Salad greens
- Spinach
- Salad greens
- Sage
- Spaghetti squash
- Sweet potato (occasionally in small amounts)
- Tomato (cherry tomatoes and sun dried tomatoes)

- turmeric
- Tyme
- Zucchini
- Winter squash

LOW GLYCEMIC FRUITS

(add high glycemic fruits occasionally only)

- Avocado
- Green apples
- Berries
- Grapefruit
- Oranges
- Limes
- Lemons

CONDIMENTS

- Mustard
- Olives
- capers
- Pickles
- Organic dark unsweetened chocolate
- Cacao powder

- Vanilla
- Cinnamon
- Baking soda
- Apple cider vinegar
- Ume Plum Vinegar

NUTS AND SEEDS

(eat nuts and seeds raw)

- Almonds
(including almond milk, almond flour, almond butter)
- Brazil nuts
- Chia seeds (store in freezer)
- Coconut (including: unsweetened ,shredded, raw coconut meat, milk, cream or butter)
- Coconut oil (MCT oil)
- Flaxseed (store in freezer, grind in coffee grinder for better absorption)
- Cacao butter (cacao powder)
- Hemp heart seeds
- Macadamia (nut and butter)
- Walnuts (raw, milk)
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds (also cold pressed virgin oil)

- Sunflower seeds
- Olive oil (extra virgin-raw only)
- Avocado oil (raw, use for heating and cooking)
- Apple cider vinegar
- Ume Plum vinegar

QUALITY PROTEINS (ANIMAL PROTEIN)

- Organic eggs
- Organic beef (grass fed)
- Organic chicken (free range, pasture raised)
- Clams

- Cod
- Gelatin (powder)
- Collagen (powder)
- Mackerel
- Mussels
- Oysters
- Salmon (wild caught)
- Sardines(wild)
- Shrimp
- Tuna
- Turkey (breast, bacon, hotdog)

If you must make an exception to dairy products, occasionally opt for only using high fat dairy products, like: heavy cream, whipping cream, hard cheddar cheese, hard parmesan cheese, Bri cheese, homemade high fat butter, etc.

Use organic Stevia in small amounts. (if you have to make an exception, occasionally opt for natural manuka honey in small amounts).

DETOX FOODS

(ADD THESE FOODS ON A REGULAR BASIS TO SUPPORT THE BODY'S NATURAL DETOXIFICATION SYSTEMS (LIVER) AND PROCESSES).

- Fiber (from food and supplementation)
- Organic eggs

- Bone broth
- High quality protein (animal)
- Dandelion greens and roots
- Beets and beet greens
- Lemon zest, rind and juice
- Chlorella (green algae)
- Chlorophyll
- Milk thistle
- Broccoli sprouts
- Globe artichokes
- Spirulina
- Tart cherry juice
- Apple cider vinegar
- Ume Boshi plum vinegar

SUPER FOODS

- Acai
- Berries -raw and dried (GOJI, black mulberries, blackberries, blueberries, raspberries, strawberries, etc.)
- Spirulina (blue and green)
- Mushrooms-raw and dried (reishi, chaga, lions mane, turkey tail, portobello, shiitake, oyster, maitake, cordyceps, etc.)

- Omega 3 fatty acid
- Kelp powder
- Marine phytoplankton
- Atlantic dulse
- Organic chicken and beef collagen
- Organic chicken and beef gelatin
- Bee pollen
- Manuka honey (occasionally)
- Saffron
- Cacao
- Chia seeds
- Flax seeds
- MCT coconut oil
- moringa
- MACA root
- CAMU
- Lucuma
- Matcha

NOTE: SOME NEW FOODS MAY BE INTRODUCED DURING A TEMPORARY CLEANSE OR DETOX PROTOCOL, AND SOME FOODS MAY BE REMOVED FOR REASONS LIKE ALLERGIES, SENSITIVITIES, ETC.

HYDRATION

- Drink clean, filtered water
- Flavor water with berries, citrus (include grated rinds), etc.
- Organic coconut water (no added sugars)
- Spirulina water (add blue spirulina to water with lemon - mermaid water)
- Sole water with pink Himalayan salt (1/2 teaspoon of salt to tall glass of water or 1 teaspoon salt to larger container of water, let dissolve and saturate. Lemon optional. Sip consistently throughout the day)
- Sparkling water
- Kombucha
- Organic green apple and celery juice
- Homemade Electrolyte water (a pinch of pink Himalayan or sea salt, a pinch or 1/2 teaspoon of organic baking soda , add to water, let dissolve and saturate, drink occasionally)
- Dr. Bergs electrolyte powder
(my favorite is strawberry lemonade. It is sweetened with Stevia and has potassium also- add 1/2 of teaspoon to a large glass of water, add ice) this will encourage you to drink more water and cut out sugary drinks.

- Hot teas and nut milk (almond milk, coconut milk) lattes (ginger, turmeric curcumin, green tea, chamomile, citrus, turmeric, cinnamon, vanilla, pumpkin spice, nutmeg, etc.)

Stay away from things that dehydrate you.

Limit caffeine and alcohol intake.

Dehydration can cause impaired cognitive function.

Drink water consistently throughout the day.

“Instead of using medicine, rather fast a day.” -Plutarch, Greek Historian

Calorie Restriction and Longevity Is The Most Studied Way To Extend Life!

Calorie restriction and therapeutic fasting works by controlling these processes: inflammation (major cause of aging and disease),

glucose control, glycation (bonding of sugar to protein), oxidative stress, methylation- detoxification and DNA repair.

Calorie restriction diets and fasting decreases diseases of aging, such as cancer, cardiovascular disease and cognitive problems. Eat high quality calories only.

We strongly recommend intermittent fasting or longer therapeutic fasting sometimes.

Trying an elimination diet for 30 days, is a great way to see if you have food sensitivities or allergies.

Eat more foods that enhance mood and reduce stress.

Choose foods that love you back!

It is important to know what your risk factors are (genetics, etc.).

Ask about our Tande Health Prevention Plans.

Prevention Plans you should be on for the rest of your life!

We strongly encourage everyone to practice preventive health and preventative care.

TandeHealth.com has accessible and affordable testing options, including easy to use at Home Test- Kits, with sample collection mail out service available!

A simple saliva, hair, urine, blood or stool sample collection is all it takes!

Identify potential risks. Learn proven strategies to minimize and reduce risks! We use a non-invasive, non- toxic approach to early detection, prevention and rehabilitation.

Prevention - Wellness Plans available at TandeHealth.com

- Alzheimer's Prevention
- Stroke Prevention

- Addiction Prevention (alcohol, drugs, etc.)
- Diabetes Prevention
- Insulin Resistance Prevention
- Obesity Prevention
- Cancer Prevention
- Mouth and Oral Care Prevention (gum disease, mouth and gut microbiome connection, etc.)

Our Prevention Plans all include:

nutrition and hydration support, vitamin, mineral, supplement therapy, effective strategies, evidence - based, holistic protocols and interventions.

We also have Rehabilitation Plans available for managing and supporting chronic illnesses and diseases.

10 TOP TOXINS IN 95% OF ALL SUPPLEMENTS TO AVOID

1. Hydrated or partially hydrated oils

2. Magnesium stearate, silicate or talc
3. Synthetic vitamins
4. Titanium dioxide
5. Artificial colors
6. Heavy metals
7. Yeast extracts
8. Binders
9. Fillers
10. GMO'S

TOP 10 TOXIC THREATS TO YOUR GUT, HORMONES & MENTAL WELL BEING

1. Heavy metals (mercury fillings, breast implants, vaccines, environment pollutants)
2. Poor diet, including glyphosate, GMO's, gluten and processed foods
3. Toxic personal care, beauty treatments like Botox, cleaning products etcetera
4. Poor air quality and mold exposure
5. Electro smog and Wi-Fi radiation
6. Infections (oral and gut) and lowered immunity due to stress
7. Plastic and petroleum and prescriptions and packaged foods
8. Mental, emotional and spiritual toxins

THE 7 TOXINS THAT CAUSE THE MOST DAMAGE :

Heavy metals, a poor diet including glyphosate and GMO, gluten, hormones, additives, artificial ingredients in nutrient depleted foods, toxic beauty, personal care and cleaning products, poor air quality and mold exposure, Electro smog and Wi-Fi radiation, oral or gut infections and lowered immunity due to stress, plastic and petroleum in prescriptions and packaged foods.

Heavy metals are invasive, and they are everywhere! They can be found in things like mercury fillings , breast implants and vaccinations. During showers, if you don't have a whole house filter, you are exposed to a high amount of fluoride and chloride.

Chlorine is almost like an antibiotic for the healthy probiotics on our skin. It has a high likelihood of causing things like yeast infections and UTI's.

Mercury can cause brain, kidneys, heart and liver problems. Mercury can also reach toxic levels that slowly over time drip throughout your body as long as it's in your mouth.

Breast implants are filled with carcinogens, neurotoxins, heavy metals like aluminum, mercury, lead, arsenic, platinum and formaldehyde. These toxins leak out to and through our body as long as implants live inside of your body.

Breast implants generally all gel bleed, leak or at some point rupture and one dangerous toxin traveling through your lymphatic system causing your body to swell up is formaldehyde. Common reactions to formaldehyde can include things like wheezing or nausea, skin irritations, burning sensation in your orifices like your ear nose and throat, coughing and wheezing and what feels like allergies.

Although people are saying vaccines save a lot of lives vaccines are filled with toxins.

Common ingredients include things like antifreeze, aluminum mercury, animal organ tissues and blood in many of the things we are not told they are preservatives in them. When you detox your body at the cellular level, and simultaneously heal your gut and hormones, you boost your immune system, which naturally fights off bad bugs and viruses.

A poor diet including glyphosate AKA roundup, GMO's-(genetically modified organisms), Soy, corn, wheat, dairy, sugar are all a huge threat to humans safety.

A poor diet is the key contributor to an inflamed and leaky gut which leads to autoimmune disease skin issues hair loss and more because we're eating these foods that contain high levels of glyphosate which destroy our good bugs called probiotics and literally is being used as an antibiotic, killing the good bugs and the bad bugs.

Do you eat non organic processed meat? Do you know where your meat comes from? Synthetic hormones are fed to wild stock to grow them four times faster to beef up to four times the size they would on their own as well as dairy cows to produce milk year round tricking them into thinking they are permanently pregnant. When their sores get infected from our milking they simply administer antibiotics all of which get passed down into the dairy we consume, if it's not organic.

This is why we see things like fibroids, fat cells, tumors, cyst, and cancers to name a few.

Also , these animals are consuming high levels of pesticides and herbicides because they're eating lots of GMO foods, and highly toxic waste products which means that animal is highly inflamed and then we too are inflamed.

95% of disease today is caused by inflammation!

So this is a source of where we're getting exposed to all of these narrow toxic ingredients and chemicals that have barely been tested for safety. In fact glyphosate specifically is not included in the US government testing of food and pesticides and the EPA considers glyphosate safe!
Scary!!!!

So how can we continue to trust that everything's been tested for safety and continue to eat these foods and take these medications and over the counter medications assuming that they have been tested for safety when they really never have even though they are killing people they are still allowing these foods to be sold these pesticides to be used and these toxic ingredients to be included inside of beauty personal care products and shots that are promising immunity when we are injected?

The journal of American medicine has found a 70% increase of Parkinson's on those people who use pesticides in or around their home.
70%!

I'm also talking about when you were walking outside and you are in your shoes or picking up things all over the place, because glyphosate is everywhere! Did you know your feet are the most porous parts of your body that will absorb all these substances, which travel from your skin to your bloodstream and become a part of you?

Toxic beauty personal care and cleaning products,
Botox is a neurotoxin and one of the most lethal poisons known to man it is actually considered the number one most toxic substance known to man just because it grows via bacteria in order to defend itself does not mean it is safe for us that is considered natural but it is not considered healthy natural is a greenwashing term that has more merit for your credit card than your physical health. It also has 0 long term studies to prove its safety and if you can think about it it's a neurotoxin injected right next to our brain! Breast implants , Botox and the majority of beauty products ingredients have never been tested for safety , this is a big deal considering it is still being allowed to be used. They also consider this safe!

Once these toxins are in you it is very difficult to clear these heavy metals the neurotoxins from the body. That's why a cellular level detox is necessary to pull them out of the body. The types of synthetic chemicals that we put on our bodies are phthalates, parabens, SLS which is sodium floral sulfate, DEA, triclosan , synthetic fragrances and things like oxy benzene which are in a lot of sunscreens today. We are told that we need to block the sun when our sun is the one most powerful mood and hormone modulators. The rule of thumb is to get at least one hour of sun a day unprotected and anything more than that you could use something non-toxic to block excess sunrays.

Environmental mold is considered to be a much bigger concern than a pesticide or lead paint and it affects us all we must consider mold as a possible root cause to some symptoms.

Electro smog and Wi-Fi radiation-today we are exposed to devices in the name of convenience and higher productivity smart devices computers phones iPads, if I smart 5G towers electricity towers smart technology in our kitchen and cars they are referred to as smart devices which electrify and emit radiation and frequencies in order to process at the speed they do. We are in front of our computers car and phones all day touching them holding them putting them in our pockets and by our ears. Most people don't know this but every time you are connecting your electric body with these electric devices it destroys cells which are the powerhouses that generate ATP that gives you energy.

More than 20% of the population has hypersensitivity electromagnetic hypersensitivity and it's growing! There's 4500 body functions within the body that are impacted from electromagnetic radiation exposure. 80% are women 20% are men!

Oral or gut infections and lowered immunity due to stress, if you have high levels of neurotoxins in your body you will almost always have chronic issues with parasites and candida, same for bacteria and infections. Oftentimes when you can't digest your food properly because of emotional stress and not enough hydraulic acid in your stomach, mineral deficiency etcetera overall aging you won't breakdown your

food properly. When that happens, your body will recruit bacteria to break it down inside of your gut to make up for its digestive deficiencies.

Bugs are there for a reason and they won't permanently leave until you get to the root cause of why they are there the number one root cause is toxicity the second being trauma emotional issues mental issues brain issues and of course diet impacts candida and infections greatly parasites come from the toxic water travel etcetera it's hard to say which came first the toxins or the trauma but an overall the less mental and emotional stress the less digestive issues you will have the more digestive issues you have the more mental and emotional stress you're likely to have. They have a synergistic relationship with each other .

In addition to the gut, a major source for infections are inside of your mouth. Oral infections are now the number one root cause of chronic disease today. This is a major eye opener and will be hard to believe because of how much brainwashing we have all received on what we should do for oral health mercury fillings are not safe for anyone half of silver fillings are composed of this deadly poison that creates many issues. It is important to find a biological dentist who has used Colombian technology and also work with a detox specialist to help you clear out the mercury from having been absorbing it through your teeth usually takes one to two years depending on your neurotoxic levels.

The next deadly toxin living in your mouth is cavitations, like deadly bacteria and parasites that live inside the pockets of root canals and in 86% of us who have had one or more wisdom teeth removed.! These bad bugs cause destruction in the body because this is not mainstream medicine chronic illness worsens, since most are not informed about these toxins and are prescribed antibiotics excessively. Over time we'll end up with antibiotic resistance the number one predicted cause for death in the next 40 years.

Plastics and petroleum and prescriptions and packaged foods;
plastic and petroleum are everywhere and in everything today from food packaging bottled water to personal care lotions beauty products and sexual lubricants what

many don't know is that they are hormone and endocrine disruptors mimicking estrogen inside of the body.

They are part of a huge class of toxins called xenoestrogens which look like estrogen to the body so they can occupy the receptor site but aren't truly self-made so it dries up levels of estrogen in the body. These aggressive petroleum based toxins can outcompete our own made estrogen and can be up to 1000 times more powerful they are a major threat to us all today because they grow on things such as tumors cyst fibroids endometrium cancers lymph nodes fat cells including the brain contributing to the hormone imbalance cancer obesity and chronic illness epidemic today! The greater our exposure the greater the impact including what was handed down to us from our mothers.

They are extremely powerful and are stored in our fat cells which the brain is primarily composed of. What many women with breast implants don't know, is that silicone is xenoestrogen which is also in saline breast implants because they are cased in silicone.

Xenoestrogens displace zinc in the body. 80% of Americans are dangerously deficient and is a major precursor to progesterone, so it drives that down which can cause estrogen dominance and Erectile Dysfunction related conditions and symptoms.

This is evident on lab testing results sources of xenoestrogens include plastics pesticides processed meats packaged foods parabens and beauty care products, phthalates, in the ingredient fragrance and water the majority of filters do not adequately filter out prescription drugs such as birth control and runoff from hormones used in agriculture which is why I recommend having a complete water system at home including a drinking water distiller.

xenoestrogen buildup can change brain chemistry and lead to neurological conditions , hormone imbalances, reproductive health issues, etc.

Heavy metals are deadly hidden neurotoxins in our food, body and environment! Industrial dumping and manufacturing unleash metals into our air, food and water.

Cadmium, aluminum mercury, antimony, lead, arsenic and others are added to the food chain from upstream industrial dumping and pollution , pesticide runoff incinerator emissions , smokestacks, aviation and auto exhaust.

As a result, everyone today has toxic metals in their body and it's important to become aware of this and remove them from your body, in order to cleanse heal and balance your hormones.

Tande Health will inform you of sources of toxic heavy metals, symptoms of toxicity and how to remove them from your body.

The brain and central nervous system are particularly vulnerable to negative health impact from metals which get deposited in fatty tissues and bones so as we age and experience osteoporosis breakdown of bones metals are released into our bloodstream especially lead which has an affinity for bones metals feed fungal bacterial and viral infections ,upset digestion ,alter hormones and endocrine gland activity and damage organs such as the liver and kidneys.

Most importantly heavy metals disrupt metabolic function. They compete for the same receptors as their vital minerals therefore they displace and hinder their physiological roles because they have the same lock and key doorway into cells. They also accumulate and disrupt functions in vital organs such as the brain, bone, liver, kidney, heart, etcetera.

There are hundreds of metabolic processes in the body where enzymes use either minerals or essential metals as cofactors to do their job. Because heavy metals have similar configurations they displace the good metals and minerals and in doing so enzymes do not

work properly therefore whatever metabolic process is occurring in your body whether energy production sugar metabolism repairing tissues burning fat for fuel getting rid of toxins etcetera the heavy metals can interfere with it.

The result is multiple imbalances with healthy metals , elements and minerals, low calcium, low magnesium, low lithium, low iodine, low zinc, high copper and more.

Plus, thyroid disease or poor immunity , constipation, rapid aging , weight gain ,body pain, energy drain and brain health issues.

HEAVY METAL SOURCES :

ALUMINUM-vaccines antiperspirants, aluminum foil aluminum cookware especially when exposed to salty acidic foods cheese and teas, especially mint and peppermint ,(most teas have aluminum), animal feed, antacids ,aspirin ,estrogens ,auto exhaust used as anti caking and drying agent in flour, baking powders and table salt ,beverages in aluminum cans ,soda , beer, juice ,ceramics ,processed cheese, cigarette smoke ,color ,additives ,cosmetics, mercury amalgam fillings ,deodorant ,natural deodorants-stones and crystals ,tap water ,some medications ,nasal spray ,pesticides, pollution ,toothpaste ,vanilla powder, occupational exposure -paper manufacture, sugar refining ,wood preservation ,leather tanning ,waterproofing textiles, scrap metal recovery, aluminum welding ,coal combustion, cereals ,especially rye, antidiarrheal medications ,renal dialysis and phosphate ,binder treatments ,IV fluids ,parenteral feeding.

BERYLLIUM-Tobacco smoke ,air pollution ,coal burning, dental procedures ,electronics ,manufacture of plastics and household products ,industrial dust ,metal work ,mining ,recycling plants ,electric utilities , copper beryllium wire used in electrical devices, fertilizers especially phosphorus fertilizers and sewage sludge.

BISMUTH -cosmetics and makeup ,stomach remedies ,Pepto Bismol ,some medicines, occupational exposure ,electronic devices, food processing equipment ,mining , chemical plants ,waste incineration ,fertilizers and sewage sludge.

CADMIUM-Cigarettes and marijuana ,airborne industrial contaminants ,artists paint ,auto exhaust, batteries ,coffee and instant coffee ,dental amalgam fillings ,dyes , electroplating ,fossil fuels, fungicides ,hydrogenated oils, incineration (of tires

,rubber ,plastic), shellfish, tuna ,cod ,motor oil ,organ meats ,paints ,plastics ,processed foods ,canned foods ,occupational exposure ,phosphate fertilizers sewage sludge ,etcetera.

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CHROMIUM- found in cement , American cheese, dental materials ,oysters , paint pigments , tattoos , tobacco smoke , welding , chrome plating , brake linings, etcetera

COBALT- batteries, hair dyes, radioactive solutions, tires

COPPER-

Any birth control involved in estrogen will raise copper like IUD's and the birth control pill , hormone replacement therapy ,bare bone meal ,copper water pipes ,copper added to water as a fungicide , copper cookware ,dental filling, fertilizers ,fungicides , hair color and dyes , industrial emissions , insecticides , occupational exposure, electricians handling of copper wires.

LEAD-

Auto exhaust, batteries and battery manufacturing, cigarette and tobacco smoke, electricity , power stations , cosmetics , personal products , lipsticks , root canals, eating utensils , gasoline, emissions , mascara , makeup , milk , pencils , pesticides ,cans and containers , old water pipes , shotgun pellets for hunting , stormwater runoff , bricks, oil , building materials, etcetera.

MANGANESE-well water ,auto exhaust ,gasoline ,some infant formulas , fertilizers , pesticides , fuel additive, hair products, etc.

MERCURY-Dental mercury amalgam fillings ,fish and shellfish ,especially tuna ,shark , mackerel, swordfish and other large fish ,vaccines , fungicides , soil , eye drops , soft contact lens solution, latex and oil based paints , nasal sprays , adhesives , air condition filters , air pollution, antiseptics , battery manufacturing, body powders , bleached flour, broken thermometers , some lotions, some cleaners and disinfectants , including , Ajax , Lysol, comet , derma scrub , dove soap , Ivory liquid soap ,chlorine and chlorine bleach , cosmetics, diuretics, dyes, in bombing fluid , engraving supplies, exhaust , manufacturing , some medications , neuropathy, photo engraving , Preparation H , psoriasis ointment , skin lightening creams , tattooing , water(contaminated) , waxes , including floor waxing ,wood waxing, wood preservatives, industrial waste dumping, etc.

MOLYBDENUM - dental materials ,fossil fuels , hair colors , lubricating oils

TITANIUM-bone , pins , hip and joint replacements, metal plates , pins ,orthopedic implants ,tablet coating ,cosmetics ,sunscreens ,paint ,jewelry ,stainless steel watches ,toothpaste , food coloring , food additives in candy and gum.

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OTHER COMMON HEAVY METALS WE ARE EXPOSED TO ARE : ANTIMONY, BARIUM, CESIUM, GOLD, NICKEL, PALLADIUM, PLATINUM, RUBIDIUM, SILVER, STRONTIUM, THALLIUM, TIN, TUNGSTEN, URANIUM, VANADIUM AND ZIRCONIUM

PET CARE

ARE YOU STILL FEEDING GRAIN AND STARCHES TO YOUR CATS AND DOGS?

If you are a cat or dog lover, you should consider a therapeutic diet for them as well!

Cancer has become very common in cats and dogs. As you learn the benefits of eliminating grains from your own diet (sugars, carbohydrates, pesticides-GLYPHOSATE, etc.) you'll see plenty of reasons to eliminate and avoid certain foods your pets are eating as well. Cats and dogs have no history of eating grains before modern times.

Avoid grains and processed foods with antibiotics and hormone additives.

Use organic, high – quality meats, wild caught salmon, organic eggs, Omega 3 fatty acid fish oil, low carb fruits and vegetables (cat and dog friendly, non toxic).

Proper hydration is also very important for your pets. Avoid tap water. Use clean, filtered water. (distilled and purified)

Use glass and stainless bowls for water and food

WARNING: Be mindful and cautious of Glyphosate , round up, toxic pesticides, herbicides (lawn care) use in your: yards, lawns, pets play and walking areas, parks, trails and outdoor environments.

Use non-toxic pet care products (soap, shampoo, conditioner, detangler, deodorizers, air fresheners, household cleaning products (solutions to mop and clean floors, carpet powder cleaner and deodorizer, Swiffer, etc.)

Learn more about the Tande Health wellness programs, for support and better outcomes!

Get the best strategies, top tips, effective holistic protocols and interventions.

Let's talk more about vitamins, mineral, supplements, cleanses and deeper detoxification!

Disclaimer-

This information is for educational purposes only and does not constitute medical advice.

