

## ARE YOU ENVIRONMENTALLY SICK?

*StoneTree Naturopathic Clinic, Collingwood, ON*

The number of chemicals we're exposed to on a daily basis can be staggering. Phthalates in our scented products. Bisphenol A in our plastic containers, organophosphate pesticides on our fruits and veggies, solvents from car exhaust. The list goes on and on.

The good news is that our bodies have a wonderful ability to detoxify these chemicals and get rid of them before they can do harm. The bad news is that ability is finite, and it doesn't work as effectively in all people.

### **Symptoms**

The list of symptoms and conditions associated with environmental illness is wide and varied.

Environmentally sick people are the people who get headaches from the cleaning aisle at the grocery store. They feel dizzy when pumping their own gas. They feel overly tired, as if their heads are full of cotton, or they have symptoms that no other test can explain.

They might experience memory loss. Difficulty with balance or coordination. Anxiety or depression without reason. Or they may suffer from conditions like autoimmune diseases, chronic infections, chronic fatigue and fibromyalgia.

### **Testing**

With such a wide and varied list, though, how can you tell for sure? Most environmental medicine experts will use some form of testing to analyze your body's toxic burden. For example:

- *Blood tests* are used to measure pesticides, and solvents like ethylbenzene found in car exhaust, or benzene found in cigarette smoke.
- *Urine tests* reveal phthalates, and metals like lead, mercury and cadmium.

### **Solutions**

What do you do if you're environmentally unwell? Most solutions focus on decreasing your chemical exposure, and helping your body get rid of what's built up in your system. See a health care professional for help.

*To learn about testing for environmental toxins, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*