

## Functional Medicine in the Evaluation and Treatment of Toxic Plastic Poisoning

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Plastic toxicity (poisoning) with Phthalates is of great concern with health issues facing humanity today. This tremendous hormone disruption is devastating the human race.

One of the first questions I am commonly asked is where am I getting this exposure from resulting in elevated plastic (phthalate) toxicity?

Exposure to plasticizers can come from skin absorption of cosmetics, body lotions, hair gels, shampoos, and deodorants. You can ingest them from water, PVC (water) pipes, detergents, and foods. We also can inhale them from airborne adhesives and glues, building materials, school/business supplies, furnishings, auto interiors, solvents, plastics, lubricants, insect repellants, vinyl flooring, carpet tiles, vinyl wallpaper, body toiletries, artificial leather, adhesives, dyes, and toys. Don't forget that plastics coat every wire in the electrical systems of our homes, offices, appliances and computers. As the wires heat, the plastic coating outgases into the air.

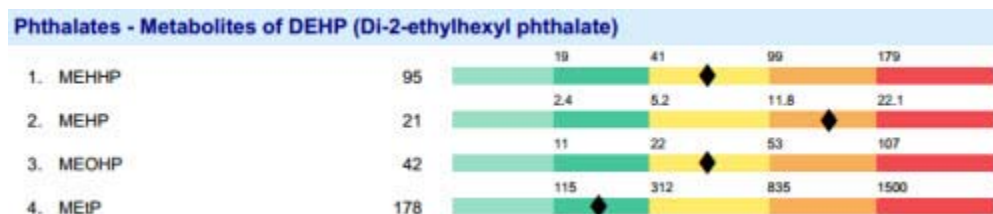
So as you can see, plastics are everywhere and, to be quite honest, they are difficult to avoid.

The best most people can do is to be certain they are doing everything they can to effectively and efficiently eliminate any build-up of plastics (phthalates) in the body.

Before I move on to the 3 step protocol to detoxify plastics, it is first important to determine your level of accumulation. For some people they are fast metabolizers and quickly eliminate any exposure to plastics or for that matter most environmental toxins. On the other hand, there are many people who have a poorly functioning detoxification system and will unfortunately accumulate plastics as well as other environmental toxins.

The best way to determine your level of accumulation or toxic burden is to get tested.

The recommended lab test is called **Phthalates & Parabens Profile** ([www.metametrix.com](http://www.metametrix.com))



[Phthalates & Parabens Profile](#)

### How Do We Get Rid of Them?

Let's look at 3 ways you can help your body detox it's plastic overload:

**1:** Since they are detoxified through **glucuronidation**, take IndolPlex and Calcium D-Glucarate each 2 twice a day.

**2:** Having 2 or more servings of **Brassica or cruciferous vegetables** a day revs up the detoxification of plastics. These include cabbage, broccoli, brussels sprouts, cauliflower, radishes, mizuna, watercress, arugula, turnips, collard greens, kale, rutabaga, and more.

**3:** A third way to get the phthalates out is with your **Far Infrared Sauna**. It is important to have a health professional knowledgeable in the best protocol for using the Far Infrared Sauna.

Meanwhile, considering the level of plastics we are exposed to on a daily basis it may be necessary for slow metabolizers and accumulators of plastics to regularly follow a detox protocol as listed above.

I like to conclude and be certain that everyone understands the seriousness and potential danger of an over accumulation of plastics in the body. Your present and future health depends on doing your due diligence to clear your body of these environmental toxins.

**Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**