



ProActive Wellness Tip from Dr. Nate Burdash

Four A-Disorders affecting children in America

Autism
Allergies
ADHD
Asthma

ADHD is one of the most common mental disorders that develop in children, estimated that 3-5% of preschool and school-age children have ADHD (approximately 2 million children or 1 in 25-30 students in class). Research has shown a correlation between an increase testosterone with an increase in body holding toxins.

Asthma and allergies is striking 1 in 4 Americans or 60 million children.

15 years ago the incidence of **autism** was 1 in 2500 children and now it is a scary 1 in 81 of children in a Minnesota in public school rankings for 2006-2007.

Why have rates of Autism, Allergies, Asthma, and ADHD skyrocketed?
5 major catastrophic changes:

1) Toxins have found in our foods, water, air and environment. A study found in the blood of the placenta going from the mother to their newborns, on average 287 toxins of which 180 cause cancer in humans or animals and 217 are toxic to the brain and nervous system and 208 cause birth defects or abnormal development in animal tests. (ewg.org study) These were from healthy moms thinking they were doing everything they could to protect their newborns. There are just too many toxins in our environment. A study showed that taking 10 tablets of Chlorella supplements in the morning and evening was able to reduce the toxins passed on to the fetus by 80%. Ask me where you can get chlorella.

2) Nutrition Deteriorated. Our kids are eating very poor diets filled with high portion of processed foods and foods high in sugar and white flour. Please track your child's eating with a food diary and go over it with me.

3) Vaccinations have increased. They have doubled in number since 1991-from 11 to 22. Please ask me about my information on vaccinations if you have questions or want more information on the topic.

4) Ability to detoxify dwindled due to the toxins found in food, vaccinations and the environment. Autism has been found in children that have not been vaccinated. When their mothers were looked at they found toxic metal fillings in their teeth.

5) Electrical Pollution and the wireless revolution. EMF or frequency neurological damage by causing the cells to harden. You can reduce the EMF pollution by unplugging wireless devices and cordless phones at

night since at night the children are more sensitive to exposure. Use the microwave as infrequently as possible. We offer Q-tape that can be put on devices with batteries to polarize these devices and reduce yours and your kids exposure. I will have free samples of Q-tape to put on your cell phones if you stop by the office in the next couple of weeks.

Lets get a game plan together to protect ourselves and our kids. The next wellness tip I will be sending will be a program to strengthen and detox the body. I will follow that one up with some example of meals and snacks for kids so stay tuned.