

# Family Chiropractic

Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage



## 13 plants that can kill you

**Apples:** Apple seeds contain cyanogenic glycosides. If you eat enough of the seeds, you could very well die.

**Deadly Nightshade:** The nightshade family includes plants such as potatoes, tomatoes, eggplants and chili peppers. While deadly nightshade is the most dangerous, all of these plants contain toxins, usually in their foliage.

**Rosary Pea:** Rosary peas are traditionally used as ornamental beads. Many jewelry makers have died after handling rosary peas, which contain abrin, a fatal toxin.

**Oleander:** Oleander is a common garden plant, but ingesting any part of it can be deadly. Even the smoke from a burning oleander can kill you.

**European Yew:** Nearly all parts of this tree are poisonous. The leaves and the seeds contain a poison called taxanes.

**Daffodils:** Daffodils are deer- and vermin-resistant, and no wonder -- they have a poisonous numbing effect.

**Doll's Eye:** The fruit of a doll's eye plant contain cardiogenic toxins that can lead to cardiac arrest and death.

**Hemlock:** All parts of the plant contain the alkaloid coniine, which causes stomach pains, vomiting and progressive paralysis of the central nervous system.

**Stinging Tree:** This plant is the deadliest and most potent stinging nettle in the world. The nettles contain a potent toxin that has been known to kill humans.

**Castor Beans:** One castor bean contains enough ricin to kill an adult within a few minutes.

**Angel's Trumpet:** All parts of these plants contain dangerous levels of poison. People sometimes die trying to create recreational drugs from the plant.

**Monkshood:** Monkshood was used by ancient warriors to poison the water of their enemies.

**White Snakeroot:** White snakeroot contains the toxin tremetol. Abraham Lincoln's mother reportedly died after swallowing snakeroot-contaminated milk.

*Sources: Mother Nature Network April 13, 2010*