

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Chemical stress

When you hear the word “stress,” what comes to mind? Tension? Anxiety? Feeling overwhelmed? Those words apply to mental or emotional stress, but they are not the only type of stress. Another is chemical stress.

What is chemical stress? Chemical stress occurs as the result of exposure to toxins in your environment or lifestyle. You may not even be aware of your exposure to these toxins but they are present in your home, in the air you breathe, and in the food you eat.

Substances that create chemical stress in the body include caffeine, air pollution, household cleaning products, fast food, pesticides, pharmaceuticals (medications), plastics (bottles, wraps, containers, etc., especially if used in the microwave) and drinking water.

The buildup of toxic chemicals in the blood causes many types of conditions, especially in women. Chemical stress affects women particularly in the areas of their reproductive health and pregnancy. Consider the following:

- Exposure to a toxin (toluene) in paints, glues and inks has been known to cause birth defects.
- More than 100 synthetic chemicals have been found in the umbilical blood of newborns.
- Women who are exposed to solvents have higher rates of miscarriage.
- Exposure to toxins may be responsible for abnormal pregnancies.
- In addition, toxin poisoning can also be related to chronic headaches, irritability, inability to concentrate, memory problems, digestive disorders, nausea, skin problems (rashes), chronic fatigue, fibromyalgia, insomnia, night sweats and hormonal imbalances.
- Children exposed to chemical poisoning in the womb may be at higher risk for aggression and learning and behavior disorders.

Heredity seems to play a part in chemical toxicity because of a genetic inability to detoxify harmful toxins. Age, geographical area, occupation, gender, and household product use may also influence your susceptibility to illnesses caused by exposure to toxins.

So what can you do? Try to limit your exposure to toxins in your environment as much as possible. Use vinegar and water as a cleaning solution instead of toxic chemical-laden cleaning products. Eat plenty of organic fresh fruits and vegetables, get proper rest and exercise, limit your exposure to plastics, avoid the use of a microwave, and keep your nervous system in optimal working condition by maintaining a regular schedule of chiropractic care.