Spirulina superfood consumed during pregnancy blocks cadmium from damaging developing babies - Natural News Science

Tuesday, July 23, 2013
by Mike Adams, the Health Ranger
Editor of NaturalNews.com (See all articles...)

Tags: spirulina, cadmium, pregnancy

(NaturalNews) Research published in the Journal of Medicinal Food reveals that spirulina protects unborn babies from being damaged by cadmium exposure.

This is a hugely important finding because cadmium, a highly-toxic heavy metal, is routinely found in rice and other common foods. Even organic brown rice often contains as much as 3 ppm of cadmium, Natural News has learned from laboratory tests.

**Cadmium causes permanent kidney damage** and bio-accumulates with alarming speed because it mimics potassium in the way it gets absorbed and integrated into the body's tissues. Even worse, cadmium has approximately a **20-year half-life in the human body**, meaning your body will naturally eliminate half of your current cadmium load roughly every two decades. (Do not be confused by the term "half-life," as cadmium is not radioactive.)

Right now, our global food supply is heavily contaminated with cadmium, in large part due to the fact that so much food is now coming from China, a nation where cadmium pollution runs rampant. If spirulina can help pregnant women protect their unborn babies from cadmium toxicity, it could help prevent birth defects while dramatically reducing medical costs associated with metals poisoning.

**Mice fed spirulina were able to protect their babies from cadmium-induced fetal damage**

A study published in 2011 and conducted by the Department of Physiology, National School of Biological Sciences, National Polytechnical Institute in Mexico City found that rats fed a diet of spirulina ranging from 62.5mg/kg to 500mg/kg of spirulina.

The results were astounding. As the researchers wrote:

*Treatment with Spirulina at the three highest doses significantly decreased the frequency of fetuses with exencephaly, micrognathia, and skeletal abnormalities induced by Cadmium (Cd).*

The study goes on to conclude that spirulina vastly reduced "teratogenecity," meaning fetal damage:
Furthermore, Spirulina treatment significantly and dose-dependently decreased lipid peroxidation, which was dramatically increased by administration of the metal. The results of the present study clearly point to the therapeutic potential of Spirulina in Cadmium-induced teratogenicity and probably through its antioxidant activity.

The term "dose-dependent" means that the more spirulina was given, the better the results.

**Organic foods often contain high levels of cadmium**

It is a little-known fact that the USDA organic program does not regulate, or measure, or in any way limit the concentration of heavy metals in "certified organic" foods.

Natural News has found that many "organic" foods contain alarming levels of heavy metals such as cadmium, lead, mercury, arsenic and even lighter metals like aluminum.

We have publicly questioned the integrity of China-based "organic" foods, given the fact that so many of them contain high levels of heavy metals.

California's Proposition 65, which seeks to limit heavy metal exposure in nutritional supplements and herbs, have NO LIMITS on heavy metals in foods. (Foods are exempt from Prop 65.) So while nutritional supplements must meet strict limits on lead, cadmium and other metals, foods can contain ANY level of heavy metals and still be legal in California (and everywhere else, too).

**Learn more about cadmium and spirulina**

See more details of the study at the new SCIENCE.naturalnews.com website:
http://science.naturalnews.com/pubmed/21254891.html

Learn more about the extreme toxicity of cadmium at:
http://science.naturalnews.com/cadmium.html

See more studies on spirulina at:
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About the author: Mike Adams is a consumer health advocate and award-winning journalist with a mission to teach personal and planetary health to the public. He has authored more than 1,800 articles and dozens of reports, guides and interviews on natural health topics, and he is well known as the creator of popular downloadable preparedness programs on financial collapse, emergency food storage, wilderness survival and home defense skills. Adams is an independent journalist with strong ethics who does not get paid to write articles about any product or company. In 2010, Adams created TV.NaturalNews.com, a natural living video sharing site featuring thousands of user videos on foods, fitness, green living and more. He also founded an environmentally-friendly online retailer called BetterLifeGoods.com that uses retail profits to help support consumer advocacy programs. He's also the founder and CEO of a well known email mail merge software developer whose software, 'Email Marketing Director,' currently runs the NaturalNews email subscriptions. Adams volunteers his time to serve as the executive director of the Consumer Wellness Center, a 501(c)3 non-profit organization, and enjoys outdoor activities, nature photography, Pilates and martial arts training. He's also author of numerous health books published by Truth Publishing and is the creator of several consumer-oriented grassroots campaigns, including the Spam. Don't Buy It! campaign, and the free downloadable Honest Food Guide. He also created the free reference sites HerbReference.com and HealingFoodReference.com. Adams believes in free speech, free access to nutritional supplements and the ending of corporate control over medicines, genes and seeds. Known by his callsign, the 'Health Ranger,' Adams posts his missions statements, health statistics and health photos at www.HealthRanger.org
Spirulina (Arthrospira) Protects Against Cadmium Induced Teratogenic Damage in Mice.

Publication: Journal of medicinal food
Publication Date: 2011
Study Author(s): Paniagua-Castro, Norma; Escalona-Cardoso, Gerardo; Hernández-Navarro, Dolores; Pérez-Pastén, Ricardo; Chamorro-Cevallos, Germán;
Institution: 1 Department of Physiology, National School of Biological Sciences, National Polytechnical Institute, Mexico City, Federal District, Mexico.
Shortcut link to this study: http://science.naturalnews.com/pubmed/21254891.html

Abstract The role of spirulina (Arthrospira) in preventing cadmium (Cd) teratogenicity in ICR mice was studied. Cd was administered intraperitoneally to female mice at 1.5 mg/kg on gestation day (GD)-7, and spirulina was given by peroral (intragastric) administration at 62.5, 125, 250, or 500 mg/kg from GD-0 through GD-17 (the day when animals were sacrificed). Because among the mechanisms suggested to account for reproductive damage are oxidative stress and lipoperoxidation, embryonic hydroperoxides were also determined. Treatment with Spirulina at the three highest doses significantly decreased the frequency of fetuses with exencephaly, micrognathia, and skeletal abnormalities induced by Cd. Furthermore, Spirulina treatment significantly and dose-dependently decreased lipid peroxidation, which was dramatically increased by administration of the metal. The results of the present study clearly point to the therapeutic potential of Spirulina in Cd-induced teratogenicity and probably through its antioxidant activity.

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'Organic' from China exposed: The shocking truth about 'organic' foods grown in the world's worst environmental cesspool

Thursday, February 21, 2013
by Mike Adams, the Health Ranger
Editor of NaturalNews.com (See all articles...)

Tags: organic foods, China, pollution nightmare

(NaturalNews) When it comes to foods, superfoods and even nutritional supplements from China, "organic" is largely a hoax. This is my opinion, of course, but I've been researching the issue quite extensively as the key decision maker for new products in the Natural News Store. And I've come to the conclusion that "organic" from China is largely a fraud. Here's why...

First off, you're going to be shocked to learn that there is no limit to how much mercury, lead, cadmium, arsenic and aluminum is allowed in "organic" products.

It's a fact: USDA organic standards place NO LIMITS on levels of heavy metals contamination of certified organic foods. Even further, there is no limit on the contamination of PCBs, BPA and other synthetic chemicals that's allowed in certified organic foods, superfoods and supplements.

At this point, you're probably shaking your head in disbelief and thinking, "No, that can't be true. Organic standards must check for heavy metals and chemical contamination, right?"

No! "Organic" certifies a process of how food is grown or produced. It certifies that the farmer doesn't add pesticides, herbicides, petroleum-based fertilizer, metals or synthetic chemicals to the crop (among other things), and it certifies that the soil must be free from such things for a certain number of years before organic certification is approved.

But organic certification does nothing to address environmental sources of pollution such as chemtrails, contaminated irrigation water, and fallout from industrial or chemical factories that might be nearby. A certified organic farmer can use polluted water on their crops and still have the crops labeled "organic."

For this reason: the environment in which organic foods are produced is critical to the cleanliness of the final product.

Organic farming in a clean environment produces clean, organic foods. But organic farming in a polluted environment produces contaminated organic foods. And China is one of the most polluted chemical cesspools on the planet. The pictures on the right show...
some scenes from China, a country suffocating under a **pollution nightmare**.

As you view these pictures, ask yourself: Would you eat food grown there? Even if it were sold by Whole Foods and labeled "organic?"

**China is an environmental nightmare**

China is a nation that has virtually **no environmental regulation enforcement**. In China, anything goes: You can dump mercury into rivers. You can spray raw human sewage sludge on crops. You can produce factory-made chemicals and blow the waste products right into the air through smokestacks. In China, many rivers are so toxic that, from time to time, they actually catch on fire and burn.

It's so bad that a Chinese environmental official was recently **offered over US$30,000 to take a 20-minute swim** in a local river.

He DECLINED. Why? Because the river there is so polluted that swimming in it would mean certain death.

It is this water that's often used in "organic" food and superfood production in China. So even though the farmer is following organic process standards, he may be using irrigation water that's wildly contaminated with metals, chemicals and even pesticide residues. He may be spraying hormone drugs on the crops because there's a pharmaceutical factory upstream.

Here's the kicker: **In a country with virtually no environmental laws, "organic" food production is largely a fraud** because environmental sources contaminate the foods or superfoods being produced there.

There are some exceptions to this, by the way. Notably **goji berries** are grown at high altitude, far away from the pollution of China's cities and rivers. Goji berries sourced from China tend to be very clean and have very low levels of contamination. There are no doubt other exceptions to the rule, but the difficulty is in knowing **what to trust** that comes out of China.
In North America, "organic" is legitimate precisely because North America has far more strict environmental standards. Organic is clean food, responsibly produced, and consistently less contaminated than conventional food. The same is true across Europe, where organic standards are also strict. But in China, "organic" is often a joke. Almost a hoax, in my opinion.

And the laboratory tests bear this out. For example, we just published an investigative story on chlorella showing that "organic" chlorella from China is polluted with nearly ten times the aluminum level of "organic" chlorella from Taiwan. And the cleanest chlorella we found in terms of metals contamination was actually a non-organic chlorella produced in Korea.

**China is a nation that lacks ethics**

Remember, too, that China is a communist regime. It is a country where all religion has been outlawed and the people are never taught ethics or morality. They have no moral compass. Across China, the majority of the population believes that the best way to get ahead is to CHEAT, lie and steal, even if it means harming someone else in the process.

Remember: China is the country where they put melamine in infant formula, knowing that it will kill little children. China is the country where the paint on children's toys contains obscene levels of brain-damaging lead. China is a nation of shortcut-takers who will do anything to cheapen a product as long as they can cover it up and trick the buyer. This is why "made in China" has, for decades, been synonymous with "crap quality."

Here's a little note that will interest pet owners: If you buy pet treats made in China, you are murdering your pet with the most insane chemicals imaginable. The stuff that goes into some pet treats made in China is highly toxic and causes cancer. This is one of the main factors behind the alarming rise of cancers among dogs and cats in North America.

All this isn't just secondhand information, by the way: I lived in Asia for two years and traveled extensively throughout the region. I speak a fair amount of Mandarin (Chinese), and I've interacted with lots and lots of people from China, Hong Kong and Taiwan. I can tell you that Taiwan is a country with much greater honesty, integrity and quality
than China. In Taiwan, religion is allowed and openly practiced (Buddhism, mostly). In Taiwan, there is a sense of responsibility to customers. There is a philosophy of striving for quality. Taiwan is to China like revolutionary America was to the British Empire. Taiwan is a island nation of hard-working, creative, innovative entrepreneurs, and when I look to import products from Asia, I always try to find it in Taiwan first because I know Taiwan means quality.

But in China, it's exactly the opposite: There is no sense of responsibility to customers. The overriding philosophy is to screw the customer, even on the very first order, knowing that the customer will never buy from you again! In China, the idea is to CHEAT people rather than make them happy. You see this all the way to the top of the government which is, of course, a police state communist regime where laws are enforced at gunpoint against a completely disarmed and helpless population that has no rights. China is a culture of corruption, deception and exploitation.

Now, of course, there are people in China who rebel against all this. There are exceptions to the rule, and there may even be some honest organic food producers in China that buck the trend. Not all mainland Chinese are bad people. Many wish to overthrow the corrupt government and restore freedom, liberty and justice to the country. But because they are all disarmed (China has no Bill of Rights), they are powerless against a dictatorial government. They are slaves to the system.

Health Ranger Select brand BANS all foods, superfoods and ingredients from China except for goji berries
I made a decision months ago to ban anything produced in China from my own label, with the exception being goji berries. If a food, superfood or supplement has my name on it, I will not use ingredients sourced from China unless I know and can VERIFY the end-product cleanliness of the product.

So if you see the "Health Ranger Select" brand or the "Storable Organics" brand, know that it's clean and very carefully sourced.

We source from the USA, Canada, European countries, Peru and even Thailand for some ingredients. Mexico is acceptable for some ingredients as well. But China is a big red flag. I simply can't trust that most foods, superfoods or supplements from China are going to be consistently clean and honest.

China is the kind of country where you order a sample of a raw material -- say pomegranate juice powder -- and the first batch you receive is really clean and passes all the lab tests. So you order 5000kg of the stuff, and when it arrives, it's all full of lead and pesticides.

Chinese medicine herbs from China are notoriously contaminated with lead. The same is true for green tea and many other ingredients that naturally absorb heavy metals.

All sorts of products at Whole Foods, by the way, are grown in China but certified "organic." What a joke.

Given that China has virtually no environmental enforcement whatsoever, the very idea that something grown in China can be certified “organic” is absurd. Without a clean environment, you can't product clean food even if you follow organic growing standards.

So why do so many formulators and food companies in the USA still buy ingredients from China? Because they're CHEAP.
Buying from China means higher profit

Here's the dirty little secret of the natural products industry... and yes, the "dirty" is quite literal in this case: Raw materials from China are cheap! Across the board, raw materials (foods, superfoods, supplements) from China are about 1/4th the cost of materials grown in North America or Europe.

This means getting your ingredients from China grants your product a lot more profit in the marketplace. For those selling through Whole Foods -- whose product shelves are littered with ingredients made in China -- this profit margin is essential to economic survival.

If you're buying a superfood powder sold at Whole Foods and paying $50 at retail, the actual ingredient cost that goes into that superfood canister is often as little as $5. So sourcing those materials from China is crucial to having the margins. Whole Foods might only pay your company $22 or so for a product they sell at $50. So your company has to buy the materials, pay for shipping, insurance, labor, packaging, formulations and everything else and still somehow make a profit to stay in business. So you source from China. You make a really nice-looking label, you get it "certified organic" with a nice USDA logo on it, and you sell it to Whole Foods which adds another layer of legitimacy to the product.

But inside the bottle, there could be mercury hiding in there. Or pharmaceutical residues. Or pesticide residues. Or just about anything, including melamine.

Now, obviously Whole Foods has a level of quality control in place, and they do require C of A's for products they carry. But China is expert at FAKING these documents and tricking importers, formulators and manufacturers.

In China, the idea of forging a laboratory analysis document is no big deal. Fabricating fake documents is routine. You have to understand the philosophy of these people living without any code of ethics, surviving under a police state communist regime: There are no ethics. No values. No moral compass. Forging a fake lab report is no different to them than planting seeds: it's just one more step needed to make money. There is no moral difference in their minds between telling the truth and lying. It's a "relativistic" morality philosophy.

I'm not saying all people in China are liars and deceivers. But a lot of them are. Anyone who has actually lived there for any length of time knows exactly what I'm talking about. This is a country where deceptive manufacturers take white sesame seeds and coat them in toxic black ink just to sell them as "black sesame seeds." This is a country where infant formula producers spike their formula with kidney-destroying melamine in order to make an extra five cents a pound, even while killing babies by the thousands. THEY DON'T CARE. China is a nation that has abandoned morality and even attacked it. This is a country where the Falun Gong group of meditation advocates and yoga practitioners is arrested and thrown in prison by an extremely oppressive, dictatorial government.

Look, cultures are different everywhere around the world. You want to hang out with really nice, intelligent and honest people? Get yourself some Dutch friends. They're the most upstanding, moral, educated bunch of folks you'll ever meet.

You want to hang out with highly-innovative rule followers? Get yourself some German friends. They follow the rules. And they're smart, innovative people on top of that. Brilliant minds. Some of the greatest scientists in history came out of Berlin.

You want some friends who are wildly creative? Those are Americans. Americans make the best movies, the best music (well, along with UK musicians anyway), and a lot of the best computer software on the planet. Americans are rebels. They break the rules and forge a new path. America is
a nation founded on rebellion.

But if you're looking for people who will stab you in the back in a business deal, go the China. There, you will find the most back-stabbing, dishonest cheaters and liars you'll probably ever meet, short of Nigera's "Prince Nubula" whose emails promise you'll receive a million dollars if you only send them $5,000 first.

**Why you won't hear this truth anywhere else**

I know that telling the truth is unpopular and not politically correct. I'm not interested in winning a popularity contest. What I'm doing here is flat-out telling the truth that most other people are too afraid to say on their own: The very idea of "organic" coming out of China is a disturbing contradiction.

And organic standards have a huge gap in the fact that they don't require foods to actually be free from mercury or other contaminants. Overall, organic is a wonderful standard and I've been a strong advocate of organic, but when a "USDA organic" label is slapped on a product grown in China, you really have to scratch your head and say, "Yeah, it might be organic, but is it clean?"

It may be, but you just don't know until you test it. "Organic" grown in the USA can be assumed to be clean, but organic grown in China must be assumed contaminated unless proven otherwise.

Until China enforces some really strict environmental standards, "organic" from China is largely a fraud in my opinion. It's a hoax. You can lie to yourself and say, "Well it's ORGANIC so it must be clean!" but you'll be swallowing mercury, lead, pesticides and other synthetic chemicals in various amounts.

Laboratory tests confirm everything I'm telling you here. This is the dirty little secret of the organic food industry that nobody's talking about.

**China's environmental nightmare**

Just how polluted is China's environment? As I mentioned above, it's so bad that a Chinese environmental official was recently offered over USS30,000 to take a 20-minute swim in a local river. He declined the offer, as would any sane person.

Are these the same rivers that are being used to produce "organic" crops in China? You have to wonder. A river can be so inundated with smelting factory runoff and chemical pollution that even bacteria struggle to survive in it; yet this water can be legally sprayed on crops that are exported to America as "organic."

If you buy "organic" foods, superfoods or supplements grown in China, you need to know about
As The Guardian reports:

A recent government study found that groundwater in 90% of China's cities is contaminated, most of it severely. The head of China's ministry of water resources said last year that up to 40% of the country's rivers are "seriously polluted", and an official report from last summer found that up to 200 million rural Chinese have no access to clean drinking water.

By the way, this is another story altogether, but I can tell you with 100% certainty that China is headed for an environmental collapse. The country has polluted itself far beyond the point of long-term sustainable life. Children are being born as mutants. Rivers support no fish life. Soils are building up obscene levels of contaminants and becoming so toxic that crop yields are affected. Cities are so filled with airborne pollution that the mere act of breathing causes cancer. And on top of that, China's one-child policy has resulted in mass gendercide where baby girls are routinely -- and yes, I mean ROUTINELY -- murdered, drowned, suffocated, etc., because the family wants a son, not a daughter.

In its quest for economic power, China has poisoned itself to death, and now it's only a matter of time before the nation collapses in a cesspool of toxicity and lies. The economic "boom" of China is nearly over, and it will be followed by an environmental implosion so huge and disgusting that the world will be absolutely horrified. Remember: China is so corrupt that it won't stop factories from openly dumping toxic waste directly into the groundwater supplies. Instead of acknowledging the source of pollution, Chinese officials simply accept bribes and cover it up. The corruption in China is so deeply rooted in the culture that honesty and accountability can never overcome the deception.

With some exceptions, when you buy food grown in China, you are buying food produced in the most toxic environment on planet Earth, grown by some of the most deceptive and most corrupt liars and back-stabbers on the planet, all ruled by one of the most dictatorial and tyrannical governments history has ever known. That about sums it up.
Ultimately, China has a **terminal environmental crisis** on its hands, compounded by an eternally corrupt, dictatorial communist regime government that oppresses freedom and outlaws religion while forcing families to kill their own baby girls under its population control mandates.

In summary, China suffers from:

- An environmental nightmare
- An almost complete abandonment of morals and integrity
- A deeply corrupt communist police state political system that mandates the mass murder of baby girls

Is this the vibe you really want to be putting into your body?

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- [China admits to existence of 'cancer villages' sprouting up due to extreme pollution, chemical exposure](http://en.wikipedia.org/wiki/File:Factory_in_China.jpg)

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Cadmium news, articles and information:

**Lipstick found to contain alarmingly high levels of aluminum, cadmium and lead**

5/10/2013 - A popular cosmetic product since time immemorial, lipstick has long been used by women in many diverse cultures to accentuate their femininity and emanate their own unique expressions of elegance and style to the outside world. But a new study released by the University of California, Berkeley (UCB)...

**Halloween and specialty stores nationwide may be selling lead and cadmium poisoning to your child**

10/24/2012 - Sneaky importers and foreign manufacturers really do not care if they poison your child. Federal inspectors in September diverted a load of Halloween costumes from China for testing and found 11 times the acceptable level of lead, according to Mike Milne, a spokesman for U.S. Customs and Border Protection...

**'Lead-free' jewelry for children found to be loaded with lead**

7/24/2012 - Last week, 16 jewelry retailers and suppliers were sued by the state of California for selling jewelry with more than 1,000 times the allowable lead, as lead-free. Many of the defendants are repeat offenders, and include manufacturers, shippers, sellers, distributors, and traders that do business in...

**Toxic China: Heavy metal cadmium openly dumped into rivers by mining companies**

2/6/2012 - China is not exactly the poster child of environmental friendliness, and this was further exemplified this past week when authorities discovered that at least one mining company has been openly discharging toxic cadmium into two major rivers in the southern Guangxi region of the country. Reports indicate...

**High levels of cadmium found in jewelry for children**

5/5/2011 - Cigarette smoke isn't the only substance exposing children to toxic levels of cadmium these days. In fact, cadmium is currently used as a replacement for lead in inexpensive children's jewelry sold in the United States and a new study shows that children who wear, mouth, or accidentally swallow this...

**High levels of lead and cadmium found in the drinking glasses of children**

12/6/2010 - The Associated Press has recently authorized testing of various children's drinking glasses that portray superhero, movie and comic book characters. These glasses bear various brands of major corporations. The testing was carried out by ToyTestingLab of Rhode Island. This latest testing is part of ongoing...
McDonald's recalled children's cups loaded with toxic cadmium

10/9/2010 - Earlier in the summer, McDonald's recalled 12 million promotional children's "Shrek" beverage glasses due to cadmium contamination, but the company insisted at the time that the glasses were not toxic. However recent regulatory reports have revealed that the glasses were highly toxic, and that a six-year-old...

Chemical Causes of Diabetes: Overeating Is Not the Only Problem

7/25/2008 - Medical science has discovered how sensitive the insulin receptor sites are to chemical poisoning. Metals such as cadmium, mercury, arsenic, lead, fluoride and possibly aluminum may play a role in the actual destruction of beta cells through stimulating an auto-immune reaction to them after they have...

Cadmium linked to breast cancer (press release)

8/25/2006 - Women with the highest levels of cadmium in their urine have more than a two-fold higher risk of breast cancer than women with the lowest levels, according to a new study. However, further studies are needed to determine if these elevated levels are a cause or effect of breast cancer. Although cadmium,...

Cadmium exposure may double breast cancer risk

6/23/2006 - -- A new study appearing in the Journal of the National Cancer Institute shows that women with high levels of the heavy metal cadmium in their bodies had a more than doubled risk of breast cancer than the average person. The study compared cadmium levels in the urine of 246 breast cancer patients...

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[CounterThink Cartoons](http://www.CounterThink.com) are free to view and download. They cover topics like health, environment and freedom.

[The Consumer Wellness Center](http://www.ConsumerWellnessCenter.org) is a non-profit organization offering nutrition education grants to programs that help children and expectant mothers around the world.

[Food Investigations](http://www.FoodInvestigations.org) is a series of mini-documentaries exposing the truth about dangerous ingredients in the food supply.

[Webseed.com](http://www.Webseed.com) offers alternative health programs, documentaries and more.

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Scientific studies on spirulina

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**Enhancement of antitumor natural killer cell activation by orally administered Spirulina extract in mice.**
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**Effects of a Spirulina-based dietary supplement on cytokine production from allergic rhinitis.**
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(NaturalNews) The Associated Press has recently authorized testing of various children's drinking glasses that portray superhero, movie and comic book characters. These glasses bear various brands of major corporations. The testing was carried out by ToyTestingLab of Rhode Island. This latest testing is part of ongoing research into levels of lead and cadmium found in children's products. The testing found unsafe levels (up to 1,000 times the federally allowed limit) of lead in drinking glasses that portray movie and book characters. Other testing, the purpose of which was to determine the levels of heavy metal shed during regular use, found that lower but still detectable levels of lead and cadmium are shed. The AP purchased and tested both new drinking glasses and used ones from online auctions, flea markets and thrift stores.

The glasses were first tested by the Associated Press. They used an Olympus Innov-X gun to shoot X-rays into the glasses and estimate the amount of lead and cadmium present. They were then tested by ToyTestingLab for the amount of lead worn off during regular handling. Each glass was stroked 30 times with a wet wipe and the wet wipe was then tested for lead and cadmium. Although the wipe test showed lower levels of lead being removed from the glasses, there is concern that repeated washing, scouring and dishwasher use could quicken the break down of materials. Further testing included wipes wet with "artificial sweat," and under those testing conditions the amount of
lead and cadmium coming off the glasses was up to four times higher than with wipes containing only water.

In 2008, Congress passed a law limiting the amount of lead in children's products to .03 percent. The tested drinking glasses were found to contain much higher levels than that. Ironically enough, manufacturers have been substituting cadmium for lead in their products. There is no federal limit on cadmium in children's products, although cadmium is a toxic, heavy metal, similar to lead. Cadmium is used to make the bright red color, found on many drinking glass decorations.

Lead is especially dangerous to children because it can cause problems with growth and development. None of the drinking glasses tested contained enough lead to cause immediate problems; however, there is a risk of long-term damage occurring from repeated exposure. Complications from lead exposure include behavior and attention problems, decreased IQ, difficulty in school, decreased growth, hearing problems and kidney issues. Other possible symptoms include headaches, anemia, aggressive behavior, constipation, difficulty sleeping, headaches and loss of previous developmental skills.

Dr. Paul Mushak, a nationally recognized toxicologist who had been an adviser to the CPSC, used computer modulated testing to determine that if half of what came off the glasses was ingested, it could raise a 5- to 6-year-old's blood lead levels an average of 4% and as high as 11%. Mushak was concerned not so much by the levels themselves, but by the fact that lead and cadmium may be stored in bones and released later in life, for example when a women hits menopause.

Cadmium is listed as number seven on the Center for Disease Control's (CDC's) 275 most hazardous substances list. It is a carcinogen that harms the kidneys and bones and interferes with normal mental development. Earlier this fall, the CPSC recommended increasing cadmium level guidelines. The previous guidelines listed the safe levels of cadmium exposure at .03mg/kg of body weight per day. They suggest raising that to .01 mg/kg of body weight per day. It is important to note that these levels are guidelines and not federally mandated standards.

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About the author

Amelia Bentrup is the owner and editor of http://www.my-home-remedies.com a well-researched collection of natural home remedies. Discover natural cures for a variety of ailments and find specific information and safety guidelines for various herbs, vitamins, minerals and essential oils.

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High levels of cadmium found in jewelry for children
Thursday, May 05, 2011 by: Megan Heimer J.D.
Tags: cadmium, jewelry, health news

(NaturalNews) Cigarette smoke isn't the only substance exposing children to toxic levels of cadmium these days. In fact, cadmium is currently used as a replacement for lead in inexpensive children's jewelry sold in the United States and a new study shows that children who wear, mouth, or accidentally swallow this type of jewelry are exposed to potentially dangerous amounts.

The study, soon to be published by the National Institute of Environmental Health Sciences, tested 612 samples of imported jewelry, all under $12 and purchased in the United States since 2006. Samples were tested in a saline solution to approximate how much cadmium is released upon mouthing the item, while other samples were placed in a hydrochloric acid solution to simulate the conditions of the stomach upon swallowing. The results showed that substantial amounts of cadmium were released when mouthed or swallowed. In fact, the amount of cadmium leached by many jewelry items exceeded the US Consumer and Product Safety Commission's (CPSC) proposed limits by more than 100 times.

The high toxicity of cadmium is well-known and it is listed as a human carcinogen by the International Agency for Research on Cancer and National Toxicology Program. Furthermore, cadmium is a metal that accumulates in various parts of the body and exposure has been linked to a wide variety of health issues including pancreatic, lung, prostate, and bladder cancers, gene mutation, kidney disease, bronchitis, fragile bones, headaches, convulsions, and death.

Between the years 2000 and 2005 more than 20,000 emergency room visits were attributed to...
children, largely under the age of seven, who swallowed inexpensive jewelry. In 2010 cadmium became a public concern when an investigation showed that several children's jewelry items from popular large chain stores contained as much as 91 percent of this toxic metal by weight. Five recalls of cadmium containing jewelry were issued by the CPSC; but, despite the vast amount of research on the dangers and high toxicity of cadmium, the U.S. has no regulations regarding the cadmium content of children's jewelry. Thus, parents are urged to take away all inexpensive jewelry from their children because of the potential health risks.

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Megan Heimer is a lawyer, natural health therapist, registered yoga teacher, has a bachelor's degree in political science, and will soon complete her doctorate in naturopathic medicine. She has extensive knowledge in holistic nutrition, natural health, and alternative medicine. Megan is currently conducting research on various natural health topics, writing a book, and counsels clients in natural healing all over the world.

Check out her blogs at: www.megansmind-holisticwellness.blogspot.com and measrevolution.wordpress.com

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• Lead is in Everyday Products

• High levels of lead and cadmium found in the drinking glasses of children

• McDonald's recalled children's cups loaded with toxic cadmium
(NaturalNews) Earlier in the summer, McDonald's recalled 12 million promotional children's "Shrek" beverage glasses due to cadmium contamination, but the company insisted at the time that the glasses were not toxic. However recent regulatory reports have revealed that the glasses were highly toxic, and that a six-year-old who simply touches one eight times in a day is exposed to hazardous levels of the carcinogen.

Though they would not disclose actual levels of cadmium, regulators said that levels were high enough to warrant concern. And since cadmium is known to damage kidneys, lungs and bones -- especially in children -- the threat of even minimal exposure is problematic. Cadmium can also be found in paints, fertilizers, batteries and cigarettes, and is also known to cause cancer.

You can read more about cadmium by checking out the NaturalNews cadmium page at: http://www.naturalnews.com/cadmium.html

The only consumer products that currently have cadmium standards are children's toys, but glassware like the Shrek cups is exempt, as is children's jewelry which is often highly contaminated with cadmium and other heavy metals. Maximum cadmium levels in toys is currently 75 soluble parts per million, but neither the cups nor the jewelry are considered "toys".

The agency responsible for the testing is currently in the process of establishing better guidelines for cadmium in light of the recall. They say that upper thresholds of safety can be established for the toxin, but others insist that since cadmium is a heavy metal, it will build up in the body over time and cause long-term damage even at minute exposure levels.

"Making sure that children don't take in excess cadmium beyond the diet is a wise thing to do," explained Jeffrey Weidenhamer, a professor of chemistry at Ashland University in Ohio, in reference to cadmium that is leeched from soil into leafy green vegetables.

Sources for this story include:

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Related Articles:

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Toxic China: Heavy metal cadmium openly dumped into rivers by mining companies

Cadmium exposure may double breast cancer risk

Cadmium linked to breast cancer (press release)

(NaturalNews) Sneaky importers and foreign manufacturers really do not care if they poison your child. Federal inspectors in September diverted a load of Halloween costumes from China for testing and found 11 times the acceptable level of lead, according to Mike Milne, a spokesman for U.S. Customs and Border Protection in Seattle. This shipment was singled out because of a past company violation. How many times does an unscrupulous company get away with poisoning a child before being caught?

Just a month ago, 6,970 Captain Cutlass Toy Pirate Pistols were confiscated with a similar problem. The offending company was Ko Lik Manufacturing Ltd. of Hong Kong, China. Of course, Dillon Importing Company is offering a voluntary recall and full refund. But is it too late? Has your child already chewed on this plastic toy? How about lead contaminated toy cars manufactured in China and sold by LM Import & Export, Inc? These little hazards were sold exclusively by Mega Wholesale for several months before being found out and recalled. Then there was the lead laced China-made Toy Story 3 Bowling Game sold at Walmart for about a month before being recalled.

Reports like these that go on for pages and pages can be found at the U.S. Consumer Product Safety Commission. ([www.cpsc.gov](http://www.cpsc.gov))

China is not the only heartless manufacturing country after your money

Jeff Gearhart, campaign director for the Ecology Center, emphasizes that Chinese toys are not the only culprits. The center's investigations have shown lead-containing toys originate from numerous countries other than China, including Canada, Mexico, Thailand, and even the US. "There's nothing pristine about the U.S.'s regulatory structure or its production practices that would prevent toxic toys from being produced here," Gearhart says.

The Ecology Center published an analysis of chemical hazards in toys in 2007 on the Consumer Action Guide to Toxic Chemicals in Toys website ([www.healthytoys.org](http://www.healthytoys.org)), and found lead in 35 percent of 1,200 children's products tested. Other toys also contained trace amounts of arsenic and/or cadmium.
Cadmium - The new lead

Federal regulators failed to pursue recalls after they found cadmium-tainted jewelry on store shelves despite their vow to keep the toxic trinkets out of children's hands. An Associated Press investigation shows that over two years after they revealed that manufacturers were substituting cadmium for banned lead, the Consumer Product Safety Commission (CPSC) continues to be unreasonably inactive. In the recent nationwide "children's jewelry sweep" the CPSC conducted testing in stores to show that six different items on shelves - including one referred to as a "baby bracelet" - were hazardous by the agency's guidelines. Yet the agency did nothing to pursue recalls or warn the public about the items. The CPSC allowed Big Business Wal-Mart Stores Inc. and Meijer to take down contaminated jewelry without issuing a recall on previously purchased items.

Their piss-poor "excuse?" It wasn't that the CPSC argued that high-cadmium items were safe in the hands of kids - because they are not, but because the items did not meet the exact legal definition of "children's product." Really? A "baby bracelet" is not a child's item?

Who is responsible for your child's health?

Certainly not the CPSC that has just 19 agents to police 15 out of some 300 ports of entry in the U.S. You, the parent, are solely responsible to ensure that your child is safe from the deleterious effects of poisonous metals which can cause vomiting, coma, convulsions, learning difficulties and attention deficits.

Don't wait on a government funded agency to tell you, after-the-fact, that you have bought a neurotoxic toy. There are many systems out there that will help you identify potential toxic metals in toys and other products within seconds. Take action to protect your child's health. Is it not worth it?

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Toxic China: Heavy metal cadmium openly dumped into rivers by mining companies

Monday, February 06, 2012 by: Ethan A. Huff, staff writer
Tags: China, cadmium, mining companies

(NaturalNews) China is not exactly the poster child of environmental friendliness, and this was further exemplified this past week when authorities discovered that at least one mining company has been openly discharging toxic cadmium into two major rivers in the southern Guangxi region of the country. Reports indicate that long stretches of the Longjiang River were found to contain high levels of the cancer-causing toxin, which prompted officials to warn nearly three million people to stop drinking water directly from the river.

The contamination was first discovered after local residents began to observe mass die-offs of fish in some sections of the river beginning around mid-January. Upon investigation, it was revealed that both the Guangxi Jinhe Mining Co. and the Jinchengjiang Hongquan Lithopone Material Co. had been openly discharging cadmium into the river, the water of which is used by millions of people as drinking water.

Elevated levels of cadmium were reportedly detected as far south as Liuzhou, which is more than 130 kilometers, or more than 80 miles, downstream from the Guangxi Jinhe Mining Co. facility. However, Gan Jinglin, Liuzhou's environmental chief, reportedly announced that the water "met national standards" and was not unsafe to drink.

Meanwhile, the regional government fired seven officials in Hechi, an area in Guangxi where cadmium was discovered, and punished two others for failing to properly protect local residents. Many area residents have reported illness symptoms following the spill, and local fisherman have suffered drastic economic setbacks as a result of the tainted water.

But at least the Chinese government took action to discipline and fire those that allowed such a tragedy to take place under their watch, which is a lot more than can be said for the many similar environmental disasters that have taken place in the U.S. Pharmaceutical companies, for instance, have been caught openly dumping drug pollutants into American rivers and waterways, and as far as we know, no drug company executives or politicians have been reprimanded or fired for allowing or contributing to such environmental abuse (http://www.naturalnews.com/029314_waterways_contamination.html).

Similarly, natural gas mining companies reportedly openly dump their toxic waste into waterways without consequence as well. A report compiled last year found that nearly a million-and-a-half
barrels of toxic mining waste go unaccounted for in the U.S. every single year, and little to nothing is being done to fix this problem (http://www.naturalnews.com/030941_natural_gas_pollution.html).

Sources for this article include:

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Cadmium exposure may double breast cancer risk

Friday, June 23, 2006 by: NaturalNews

(NaturalNews) -- A new study appearing in the Journal of the National Cancer Institute shows that women with high levels of the heavy metal cadmium in their bodies had a more than doubled risk of breast cancer than the average person.

The study compared cadmium levels in the urine of 246 breast cancer patients with 254 age-matched women in a control group, and found that the women with cadmium levels above a certain level were 2.29 times more likely to have breast cancer than women with lower levels of cadmium.
Dr. Jane A. McElroy, the study's lead researcher, said cadmium has already been classified by the U.S. Environmental Protection Agency as a likely cancer-causing substance. However, the study could not determine if the elevated levels of cadmium were a cause of the breast cancer, or a result of already having cancer.

McElroy says it is unclear how cadmium could cause breast cancer, but she believes it mimics the effect of estrogen on the body, which can increase a woman's risk of breast cancer. According to McElroy, if her study's findings can be replicated in a larger study, it could result in tighter restrictions on how cadmium is disposed of in the environment.

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