Nutrition, Toxic Chemicals and Disease: How to Stay Healthy in Today's World

or

Sulfur - It Does the Body Good!

Stephanie Seneff
Wise Traditions Workshop
November 8, 2013
Part 1: Introduction

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Weston Price Foundation
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"An important scientific innovation rarely makes its way by gradually winning over and converting its opponents.

What does happen is that its opponents gradually die out and that the growing generation is familiar with the idea from the beginning."

-- Max Planck
What’s Wrong Today

• **Key Message**
  – Modern dietary and lifestyle practices are making us sick

• **I will argue that good health comes from**
  – Getting abundant sunlight exposure to the skin and eyes
  – Eating abundant dietary fat and cholesterol
  – Eating lots of cruciferous vegetables
  – Eating organic whole foods
  – Avoiding processed foods
  – Avoiding prescription drugs and vaccines
The Kuna of Panama

“The Kuna are healthier than their city-dwelling cousins for a number of reasons. They have a very favorable omega 3:6 ratio due to seafood, wild game and relatively saturated vegetable fats. Their carbohydrate foods are mostly unprocessed and mostly from non-grain sources. They also live an outdoor life full of sunshine (vitamin D) and exercise. The chocolate may also contribute to their health, as it contains high levels of potentially protective polyphenols. They're healthier than industrialized people because they live more naturally.”

*wholehealthsource.blogspot.com/2008/03/say-hello-to-kuna.html*
100% of the MDR of nearly *EVERYTHING*!

Where’s the sulfur?
We need to worry about sulfur!

Current agricultural practices are depleting sulfur from the soil.

This leads to insufficient dietary sulfur, especially for vegetarians.

Environmental toxins deplete sulfur in the body.

Sulfur depletion in the body has widespread consequences.
Sulfur, Sulfide and Sulfate

Hydrogen sulfide gas \( \rightarrow \) Sulfur (\( S_8 \))

Superoxide \( \rightarrow \) Sulfuric acid (hydrogen sulfate)

\[ H_2S + 2O_2 \rightarrow H_2SO_4 \]

Sulfate!

Two extra electrons = negative charge!!
A Biological Definition of Aging

- Cholesterol and sulfate depletion in cell membranes
- Excess glycation damage to proteins (AGEs)
- Dysfunctional blood system leading to blood clots and hemorrhages
- Increased susceptibility to infection and cancer
- Diabetes and Obesity
Highlights of What’s Coming
Cholesterol Sulfate

Under healthy conditions, abundant cholesterol sulfate is synthesized in the skin following sun exposure, and this results in generous supply of cholesterol and sulfate to the tissues.

Inadequate sun exposure and sunscreen impair this process.
Heart Disease

When cholesterol sulfate synthesis in the skin is impaired, cardiovascular plaque develops as an alternative mechanism to produce cholesterol sulfate from damaged LDL and homocysteine.
Blood Dysfunction

The stability of the blood colloidal system depends upon adequate cholesterol sulfate.

When sulfate is depleted, suspended cells and particles become deficient in negative charge, and start to stick together.

This leads to blood clots and hemorrhaging.
Statin Drugs

Statin drugs are a huge money-maker, worldwide. They are causing tens of millions of people significant deterioration in quality of life with no gains in life expectancy.
Cancer develops as a mechanism to massively convert glucose to lactate, which is a much safer fuel – especially when cells are insulin resistant.

Cancer cells provide sulfate to the vasculature
Gut Bacteria

Our gut bacteria outnumber our own cells 10 to 1.

They produce signaling molecules that can influence neuronal responses in the brain.

They help us out in many ways, and if they’re not healthy, we’re not healthy.
Susceptibility to infection is a consequence of impaired cholesterol sulfate synthesis, which introduces widespread pathology.

Infection serves a useful role in resupplying critical nutrients such as cobalamin, folate, and heparan sulfate.
Autism

Autism is a childhood disorder that is alarmingly on the rise.

Many environmental factors contribute to it, including micronutrient-deficient food, inadequate sunlight exposure, aluminum and mercury in vaccines, exposure to vehicle exhaust fumes, and pesticides (especially Roundup),
The Pineal Gland

The pineal gland is the “seat of the soul”

It produces sulfate by day and supplies it to the brain by night

Pineal gland calcification is a major feature of Alzheimer’s, together with impaired sleep
Impaired Autophagy

Cells dispose of the garbage that accumulates with living via autophagy – they can recycle misfolded proteins into new proteins and replace broken mitochondria with fresh ones.

Excess nitric oxide leads to impaired autophagy, which results in accumulation of debris and busted mitochondria. Over time, the cell becomes so impaired that it has to shut down.
Glyphosate

Glyphosate is the active ingredient in the weedkiller, Roundup

It is likely a major contributor to autism, obesity, Alzheimer’s disease, kidney disease, diabetes, infertility, etc.
Polyphenols and Flavonoids

Polyphenols and flavonoids are components in certain foods that are considered healthy due to their “antioxidant” abilities.

The real reason why they are healthy is because they transport sulfate.
Some Themes

• Too many pesticides
  – Glyphosate (Roundup)
• Too many vaccines
  – Aluminum
• Too many prescription drugs
  – Statin drugs (lower cholesterol)
The US medical system is the third leading cause of death after heart disease and cancer.
Hilarious Video!

I take drugs for every syndrome

http://www.youtube.com/embed/4U1ShwJleSE
Too Many Drugs: the Elderly*

- **Polypharmacy**: the administration of more medications than are clinically indicated
- Study in nursing home environment resulted in significant improvement in health by eliminating several drugs
  - Quality of life improved and mortality rate reduced by 50%
- Estimated savings in US of $100-$340 million if fully implemented in nursing homes

*D. Garfinkel et al., IMAJ 9, June, 2007, 430-434*
Sponsorship Bias in Drug Effectiveness Studies*

- Researchers know what sponsors want to hear and what will affect the probability of subsequent support.
- Industry-funded economic evaluations are designed from the outset to suggest greater cost effectiveness of high cost drugs.
- This generates confusion about the true therapeutic value of new drugs and a loss of credibility.

*F. Catalá-López et al., Plos ONE, July 2013 8(7): e69462
Six dangerous prescription drugs you should think twice before taking*

1) Proton pump inhibitors (PPIs).
2) Statins
3) Antibiotics.
4) Antipsychotics.
5) Opioid pain relievers.
6) Selective serotonin reuptake inhibitors (SSRIs).

“The Bitterest Pills”*

- Subtitle: The troubling story of antipsychotic drugs
- Argues that the pharmaceutical industry enticed psychiatrists into believing that these drugs would cure mental illness and were very low-risk
- Truth is that they cause debilitating dyskinesias and mental impairment

*Joanna Moncrieff, Palgrave MacMillan 2013
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“The Ugly Side of Statins. 
Systemic Appraisal of the 
Contemporary Un-Known Unknowns”*

“The statin industry, with all of its spin-off, is a 20-billion-a-year industry. We are observing the revealing of the **utmost medical tragedy** of all times. It is unprecedented that the healthcare industry has inadvertently induced **life-threatening nutrient deficiency** in millions of otherwise healthy people. What is even more disparaging is that not only has there been a failure to report on these negative side-effects of statins, there has actually been **active discouragement to publish any negative studies on statins.”

*S. Sultan and N. Hynes, *Open Journal of Endocrine and Metabolic Diseases, 2013, 3, 179-185*
The Ugly Side of Statins*

Conclusion: “There is increased risk of Diabetes Mellitus, Cataract formation, and Erectile Dysfunction in young statin users, all of which are Alarming. Furthermore there is a significant increase in the risk of cancer and neurodegenerative disorders in the elderly plus an enhanced risk of a myriad of infectious diseases.”

*S. Sultan and N. Hynes, Open Journal of Endocrine and Metabolic Diseases, 2013, 3, 179-185
Catalyst: Half-Hour Segment on Statins
Oct 31, 2013

Heart of the Matter Part 2
– Cholesterol Drug War

http://www.abc.net.au/catalyst/stories/3881441.htm
“A recent `real world’ study of 150 000 patients who were taking 10 statins showed `unacceptable’ side effects—including myalgia, gastrointestinal upset, sleep and memory disturbance, and erectile dysfunction—in 20% of participants, resulting in discontinuation of the drug [19]. This is massively at odds with the major statin trials that report significant side effects of myopathy or muscle pain in only one in 10,000.”

* A. Malhotra, BMJ 2013;347:f6340.
Summary

• Sulfur is an essential nutrient that has been overlooked and is severely depleted
  – Sunlight catalyzed production of cholesterol sulfate in the skin is essential to good health

• Depleted sulfate supplies, systemically, lead to many diseased states
  – Modern lifestyle practices promote this dysfunction

• Toxic chemicals in food and drugs derail sulfate homeostasis

• A war on cholesterol is the wrong solution
  – Statin drugs are causing debilitating side effects
What’s Coming

Morning (10 a.m. – 12 p.m.)
1. Introduction
2. Cholesterol Sulfate

Early afternoon (1:30 p.m. – 3 p.m.)
1. Gut Microbes: How They Help Us Out
2. Autism, Depression, and Alzheimer's Disease

Late afternoon (3:30 p.m. – 5 p.m.)
1. Glyphosate: The Elephant in the Room