

The Neuro 9:

Top neurotoxins in the food supply

Presented by Dr. Daniel M. Williams, MD, PA

Founder, MindshiftCare.com



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Many Clinical effects

Open Access Review

Neurotoxins Acting at Synaptic Sites: A Brief Review on Mechanisms and Clinical Applications

by Kunming Zhou¹, Weifeng Luo², Tong Liu³, Yong Ni² and Zhenghong Qin^{1,*} ✉

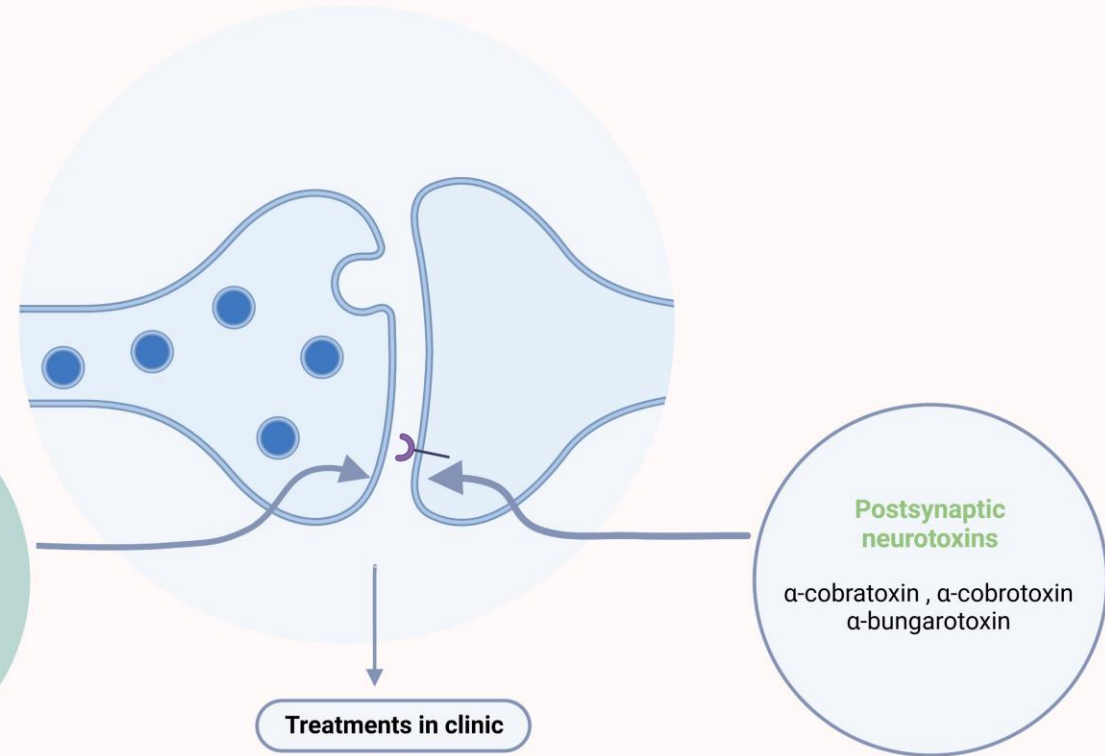
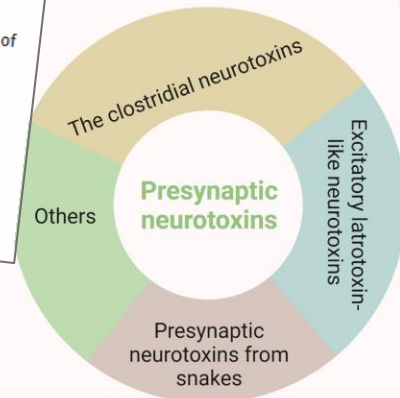
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Toxins 2023, 15(1), 18; <https://doi.org/10.3390/toxins15010018>

Submission received: 30 October 2022 / Revised: 20 December 2022 / Accepted: 21 December 2022 / Published: 27 December 2022

- Zhou K, Luo W, Liu T, Ni Y, Qin Z. Neurotoxins Acting at Synaptic Sites: A Brief Review on Mechanisms and Clinical Applications. *Toxins*. 2023; 15(1):18. <https://doi.org/10.3390/toxins15010018>



Pain
Inflammation



Muscle



Depression



Anti-cancer

What do they have in common?

- Neurotoxic: ADHD, intellectual disability, developmental toxicity
- Hormonal disruption: estrogenic, increased cancer risk, fetal pathology
- Infertility

#9 Atrazine

- **Top Sources:** 80 million pounds of herbicide are sprayed on crops every spring in the US.
- Decreases sperm count, alters testosterone, estrogen and progesterone.
- "Increased cancer risk, shorter pregnancy and altered menstrual cycles."
- "Developmental neurotoxicity with studies reporting disruption of the hypothalamus, neurotransmission, neuronal development, and behavioral processes."

#8 Botulinum toxin

- **Top Sources:** Root canals, injections, rotten anaerobic food
- Difficulty breathing, paralysis.
- "The cellular mechanism of action of the large majority of bacterial protein exotoxins with intracellular targets, including the BoNTs, can be conveniently divided into four subsequent steps: a) cell binding, b) internalization/endocytosis; c) membrane translocation of the enzymatic moiety into the cytosol and d) intracellular target modification of a selected target (Montecucco et al., 1994)."



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#7 BPA (Bisphenol-A)

- **Top Sources:** Water bottles, packaged food, thermal paper receipts, canned goods, waterproof lining
- BPA is a threat to male fertility.
- "...the brain has consistently emerged as one of the most sensitive organs disrupted by BPA, even at doses below those considered safe by regulatory age
- Apoptosis (programmed cell death)
- Cell damage
- Hippocampal targeting



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#6 Fluoride

- **Top Sources:** Tap water, dental products, infant formulas, fluoridated salt
- Cognitive deficits during testing
- Intellectual disability
- Disrupts reproductive system
- Headache
- Insomnia
- Lethargy
- Polydipsia
- Polyuria

#5 Glyphosate (RoundUp™)

- **Top Sources:** RoundUp™ weed killer, corn, soybeans, chickpeas, wheat, oats
- Mimics estrogen promoting cancer
- Disrupts normal cellular development - changes to cell differentiation
- Neuronal growth
- Myelination
- Toxic effect on neurotransmission
- Induces oxidative stress
- Neuroinflammation
- Mitochondrial dysfunction
- Starts processes that lead to neuronal death due to autophagy, necrosis, or apoptosis, as well as the appearance of behavioral and motor disorders.



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#4 Heavy metals

- **Top Sources:** Rice, fish, seafood, e-cigarettes, motor vehicle emissions, industrial, fertilizers, pesticides, glassworking, incinerators, aging water supply infrastructure. 55 Undeclared Chemical Elements — Including Heavy Metals — Found in COVID Vaccines.
- "Significant correlation between exposure to cadmium (Cd) and mercury (Hg) and deleterious neurocognitive outcomes in the adult population."
- "Metals like lead, silver, cadmium, uranium, vanadium, and mercury and metalloids like arsenic have been known to induce reproductive toxicity... Additionally, this work aims to cover the classical protective mechanisms of zinc, melatonin, chelation therapy, and other trending methods to prevent heavy metal-induced reproductive toxicity."



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#3 Parabens

- **Top Sources:** Cosmetics, food and drink preservatives, pharmaceuticals (wound care, skin creams, ointments), personal care products (shaving creams, razors, antiperspirants, sunscreens, lip balms)
- Ubiquitous endocrine disruptor, acts like estrogen.
- Linked to mitochondrial failure dependent on initiation of membrane permeability transition accompanied by the mitochondrial depolarization and exhaustion of cellular ATP through uncoupling of oxidative phosphorylation
- Skin irritation and breakdown
- Methylparaben damages skin esterase metabolism leading to sunlight irradiation
- The European Union is confident that they have greatly lowered health risks by limiting parabens as food preservatives.

#2 Vegetable Seed Oils

- **Top Sources:** Restaurant food, grocery stores
- Seed oils, particularly linoleic acid, produce free radicals during cooking.
- Forces an imbalance of omega 6 fatty acids.
- Implicated in macular degeneration.
- Virgin coconut oil reduced neurotoxicity from methotrexate.

#1 PFAS

(Polyfluoryl-alkyl substances)

- **Top Sources:** Water supply, Teflon coatings, Firefighting foams, industrial processes, landfills, military bases (Hundreds of military bases across the U.S. and around the world have used AFFF containing high levels of PFAS for fire training drills and fighting fires, contributing to widespread contamination.)
- "Disruption of neurotransmission, particularly the dopamine and glutamate systems, which are implicated in age-related psychiatric illnesses and neurodegenerative diseases."
- "Numerous studies have demonstrated toxicity in a variety of domains, including hepatotoxicity, nephrotoxicity, developmental toxicity, immunotoxicity, and endocrine toxicity, which has led to further scrutiny of this chemical class as a whole..."
- Harm to mammary gland development.
- Low birth weight, fertility problems.
- PFAS is also in the food.



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What I've learned thus far

- PFAS is elevated in my blood.
- I confirmed my home, filtered water was clean for PFAS with a simple lab test.
- I've filtered practically all of my water for 1 year.
- I need to be committed for the long haul to adopt some lifestyle changes.

What I've learned thus far

- PFAS comes out of the body during ionic foot bath.



What Now?

- Filter your water all the time.
- Send out your usual filtered water for testing.
- Advocate for food testing.
- Document and Talk about your detox process with others.

Filter all of your water and test it

- For a water filter that reduced fluoride, BPA and PFAS:
<https://amzn.to/42gG1nx>



REMOVES OVER 200 CONTAMINANTS (UP TO 99.99%)

- BENZENE
- CHLORINE
- FLUORIDE
- LEAD
- MICROPLASTICS
- MERCURY
- FOREVER CHEMICALS

EASY TO POUR & REFILL



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Backup and travel products

Primary



Secondary



Emergency



HOW to test food for toxins

- Send-out laboratory testing for PFAS is available.
- Please pressure your favorite food company's corporate offices to begin food PFAS testing and making the results available online.
- SimpleLab is my go-to lab for send-out tests: <https://amzn.to/3CaygEY>

Clean report!

CLIENT INFORMATION

Client: *****
Requested On: Aug 4, 2024
Phone: *****
Email: *****

Kitting, Logistics, and Support provided by: SimpleLab, Inc.


Questions? For fastest assistance:
support@mytapscore.com
Do not contact facility technicians directly.

TESTING PERFORMED

Testing Requested: PFAS Water Test
Matrix: Drinking Water
Testing / Report ID: LAB8AC
Testing Facility: Microbac Laboratories
Facility Location: 158 Starlite Drive
Marietta, Ohio 45750

SAMPLE INFORMATION

Collection Date: Aug 4, 2024
Collected By: *****
Received Date: Aug 8, 2024
Reported On: Aug 19, 2024
Sample Location: Kitchen sink
Sample Address: *****

 **Welcome to SimpleLab!**
We've compiled all of your Tap Score tests on this page. If you order more tests powered by SimpleLab, they will appear here as well.

Search your reports by ID, name, sample info, or address Thank you for being a repeat Tap Score customer!

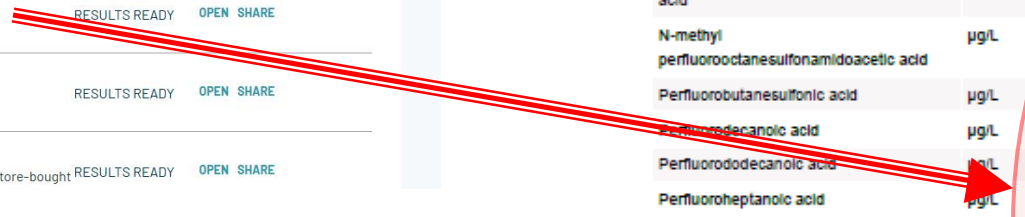
ID	TEST	SAMPLE INFORMATION	STATUS	ACTIONS
Tap Score WYC4TS	Drinking Water PFAS Water Test (AMZ)	Aug 4, 2024 Post Foot Bath Distilled Water	RESULTS READY	OPEN SHARE
Tap Score LAB8AC	Drinking Water PFAS Water Test	Aug 4, 2024 Kitchen Sink	RESULTS READY	OPEN SHARE
Tap Score VDN6QT	Drinking Water PFAS Water Test	Aug 6, 2024 Water Fountain	RESULTS READY	OPEN SHARE
Tap Score 2KE2JY	Drinking Water PFAS Water Test	Aug 19, 2024 Distilled Water Store-bought	RESULTS READY	OPEN SHARE

TESTING NOTES

There were no problems with analytical events associated with this report unless noted. Quality control data is within laboratory defined or method specified acceptance limits except where noted. If you have any questions regarding these test results, please contact support@mytapscore.com

TEST RESULTS

ANALYTE	UNIT	RESULT	MDL	RL	METHOD	EVALUATION
N-ethyl perfluorooctanesulfonamidoacetic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
N-methyl perfluorooctanesulfonamidoacetic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorobutanesulfonic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorodecanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorododecanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluoroheptanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorohexanesulfonic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorohexanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorononanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorooctanesulfonic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorooctanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorotetradecanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluorotridecanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	
Perfluoroundecanolic acid	µg/L	NOT DETECTED	0.00095	0.00189	EPA 537.1	



Detox mastermind group – LIVE EVENT

- Traditional Mastermind Group effort to detox thoroughly.
- Refine and improve your health.



Detox mastermind group – LIVE EVENT

- Emphasis is on a harmonious community that supports each member's detox by sharing successes in cleanses, nutrition, and various detoxification methods.

Check the Calendar for the next meeting: <https://mindshiftcare.com/calendar>



MEETING YOU WHERE YOU ARE



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Calendar Gluten-Free Psychiatry Podcast Services About

Mastermind Groups

These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

Live Events Calendar

1. [The 100-Day Mindshift](#). This is the live Q&A with me, Daniel Williams, MD, the author of all the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
2. [Relapse Prevention](#). Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
3. [DETOX Fit & Fertile](#). This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so **many toxins act like estrogen**. Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:
[Medication Management](#)

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A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

Core Curriculum: How to Mindshift

Mindshifting is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

Mindshift; noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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How To Reach Me: [MindshiftCare.com](https://www.MindshiftCare.com)

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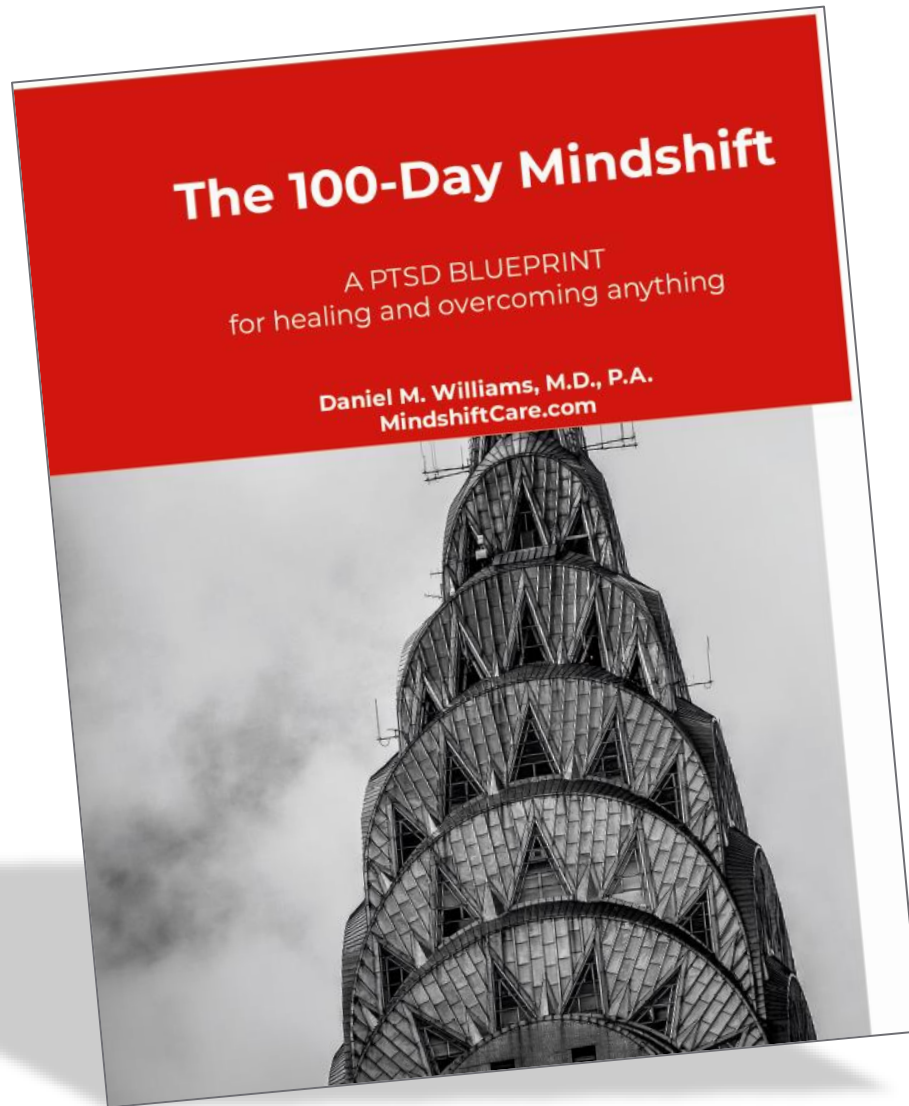
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3. [Support for Infertility](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm samples in the US contain the weed-killer RoundUp™, which destroys their function? Did you know that atrazine, another herbicide, is also in the water and causes sterilization and spontaneous hermaphroditism / sex changes in frogs? This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Couples facing infertility find hope and resources.
4. [Making Mindshifters](#). This is a true Mastermind Alliance following the original principles from the 19th Century. The goal of overseeing the other Mastermind groups, steering their direction, managing their growth, etc. Anyone can participate. We study Napoleon Hill's, [Science of Personal Achievement](#) audio program available for free with Audible (trial offer I think, the link is for Amazon that says 0\$.). This is my Leader Development 2.0 program. The vision is to build a coaching course where I can help you develop your story, market your skills, and **launch an information business or ministry of your own**.



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- Watch [free videos](#) in any order
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Virtual Intensive Outpatient

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Texas- Mexico Border 2022

