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Pesticides linked to ADHD in Children **Organophosphates may alter chemistry of developing brain**

By Glenn King, PhD, CDN, CN

Last month, new research indicates that exposure to high levels of organophosphate pesticides, which are commonly found on berries, celery and other produce, raises the odds for attention-deficit/hyperactivity disorder (ADHD) in children.

Although, in the June issue of *Pediatrics* the authors say “at this point, there is no evidence that pesticide exposure can actually cause ADHD.

How do pesticides harm brain development?

High doses of organophosphates can inhibit acetylcholinesterase, a nervous system enzyme. While, lower doses of the pesticide can affect different growth factors and neurotransmitters.

This information should not stop parents and children from eating fruits and veggies. Maryse Bouchard, the study’s lead author, department of environmental and occupational health researcher at the University of Montreal and at Sainte-Justine University Hospital Centre says, “I think it’s safe to say that we should as much as possible reduce our exposure to

pesticides.” She further said, “that would mean going organic, buying at farmers’ markets and washing fruits and vegetables thoroughly before consuming them.”



Photo Courtesy of Fotolia

Previous research revealed an association between both prenatal and postnatal organophosphate exposure and developmental problems in young children. But most prior studies focused on excessive rather than average exposure to organophosphates.

Dr. Nakia Scott, clinical assistant professor of psychiatry and behavioral science at Texas A&M Health Science Center College of Medicine and a child psychiatrist with Lone Star Circle of Care said, “I think it’s much more important that children eat fruits, vegetables, nuts and grains

instead of sodas and fast foods and I’m not saying that they’re not going to eat any produce because it might contain pesticides.”

Bouchard says, “organophosphates are one of the most widely used pesticides in agriculture to protect fruit and vegetable crops. For children, the major source of exposure would be the diet of fruits and vegetables in particular.”

The study analyzed data on pesticide exposure compared to ADHD in more than 1,100 children in America ages 8-15. The study has shown that children with higher pesticide levels in their urine (measured by metabolites in urine) were more likely to have ADHD.

Dr. Scott says, “we do have a fair amount of evidence about other causes of ADHD. We know that ADHD is a highly heritable disorder. At least one-third of fathers who have had ADHD in their youth have a child with ADHD. There are also prenatal risks such as tobacco exposure and alcohol exposure. There is also a possibility that children who are exposed to high levels of lead prior to the age of six can develop

ADHD.”

These findings provide another clue into the causes of ADHD, a condition which affects three to seven percent of school-aged children, according to the U.S. Centers for Disease

TKM® TESTIMONY

My daughter’s ankle is healing nicely! Praise God!

We haven’t had a television for many years, so I was shocked when I watched TV at a friends house and saw all the drug commercials with all the fast-talking “possible” side effects. I love TKM, it only has the BEST side effects and surprise benefits!

Now a testimony, I was working this week on my other daughter (age 6) who has had a cough on and off for a while. I finally took some time and did a left #15 and a left #3. When we were finished, I was studying the book and realized that the left #3 was for speech impediments as well. My daughter has struggled severely this year with learning to read because of problems with this. Once we were finished with those two sequences, she could talk clearly and all of her struggles were completely gone! I could cry just thinking about her joy. She kept saying that she is not stupid. We have never told her she was stupid and she is home schooled, so she wasn’t teased in school, but was still very affected by this problem.

After sleeping on her sequences, I noticed she is still speaking better, but not as well as she was immediately afterwards. I’ll do a #10 and more of left #15 and left #3.

May your day be sprinkled with awareness that the God who loves you is present.

Terri M.

Nanotechnology Threatens Organic Foods



Nanotechnology is the process of manipulating matter at the atomic and molecular level. It has no place in organic food. Hybrid and organic do not go together. Like genetic modification, it is the antithesis of the organic concept.

The Organic Consumers Union and others recently asked that the United States National Organic Standards Board (NOSB) of the U.S. Department of Agriculture formally prohibit the use of nanotechnology in organic food production. The NOSB member from General Mills sought to delay the process by demanding that a technical definition of the term be developed. The committee then responded by requesting a technical and scientific review of the issue.

Canada already amended their national organic rules to ban nanotechnology in food production as a “Prohibited Substance or Method.”

The U.S. Department of Agriculture is hearing from large food companies on the issue. Typically they’ve sided with industry against consumers. It is important to let the USDA know that consumers care deeply about maintaining and preserving and real organic standards. It’s bad enough already.

Please add your voice by taking action now to support the ban on nanotechnology in organic foods. 🗳️

BE PREPARED NOW

is a new section for this publication, which arose from the demand for more information from those attending the Be-Prepared-Now Conferences.

How to Detox Your Body of Depleted Uranium Residues, the Effects of Radiation, and Radioactive Contamination

Thousands of scientific references and medical studies are available on the fact that radiation and radioactivity can harm or kill you. Although millions of dollars are spent by the government to study radiation, virtually nothing is available about a detoxification diet or nutritional supplements you might use once exposed to radioactive contamination.

Here is some of the information we know.

Remember this information as it may one day help save your life or someone you know.

Many people know that taking potassium iodate (KIO₃) tablets help block the thyroid from absorbing radioactive iodine in case of a dirty bomb explosion, nuclear power plant mishap or other potential radiation contamination sources. But, potassium iodide or preferably iodate tablets only protect the thyroid gland and do not provide overall protection. Do NOT get a false sense of security. Know that it’s also important to detox your body.

What if KIO₃ tablets are not available?

Dr. Ken Miller, health physicist (Hershey Medical Center) found that an adult can obtain a blocking dose of stable iodine by painting 8 mil of a 2 percent tincture of Iodine on the abdomen or forearm approximately 2 hours prior to I-131 contamination. Potassium iodine tablets would be the next best option.

An entirely different problem arises after radioactive contamination, because now you must **get rid of any radioactive particles ingested from the air breathed, water drank, or food eaten.**

Some suggestions are **Epsom salt or clay baths** to remove residues on your skin and help leach out heavy metals you may have absorbed.

The big concern is **internal contamination.** After the atomic bomb in Japan, Tatsuichiro Akizuki, M.D. (Director of Department of Internal Medicine -St. Francis's Hospital - Nagasaki) fed his staff and patients a strict diet of **brown rice, miso and tamari soy soup, wakame, kombu and other seaweed, Hokkaido pumpkin, and sea salt.** It is also vital to **strictly avoid the consumption of sugar and sweets** since they suppress the immune system.

His staff and patients strictly followed the diet and no one succumbed to radiation poisoning, whereas the occupants of other hospitals further away from blast area suffered severe radiation fatalities.

Most of the positive results are due to the fact that sea vegetables contain substances that bind radioactive particles and escort them out of the body. Hence the reason why seaweed sales skyrocket after radiation disasters, and why **various seaweeds and algae** are typically used to treat radiation victims.

Spirulina was used to help save many children from radiation poisoning in Chernobyl. They took 5 grams of spirulina a day for 45 days said the Institute of Radiation Medicine in Minsk. The children ever experienced enhanced immune systems, T-cell counts and reduced radioactivity.

Israeli scientists have since treated Chernobyl children with

doses of **natural beta carotene from Dunaliella algae**, which proved to help normalize their blood chemistry.

Chlorella algae, a known immune system builder and effective heavy metal detoxifier, has also shown radioprotective effects. Because they bind heavy metals. Algae should therefore be consumed after exposure to any type of radioactive contamination.

In 1968 Canadian researchers at McGill University of Montreal - headed by Dr. Stanley Skoryna, set out to devise a counteract method to the effects of nuclear fallout. The vital key they found was that sea vegetables contain a polysaccharide substance called **sodium alginate**, which selectively bound radioactive strontium and eliminated it from the body.

We have purchased KI03 in bulk to be able to provide it to our clients. We are extending this opportunity to TKM® students and HNU members.

What if there was a nuclear event, a power-plant goes critical and spews out tons of radioactive gasses and particles and suddenly you and your family are in danger? Maybe you live far away from the reactor or the nuclear explosion, but the wind carries the fallout to your area, like a nightmare - but real. We definitely hope not, but we want to Be Prepared Now.



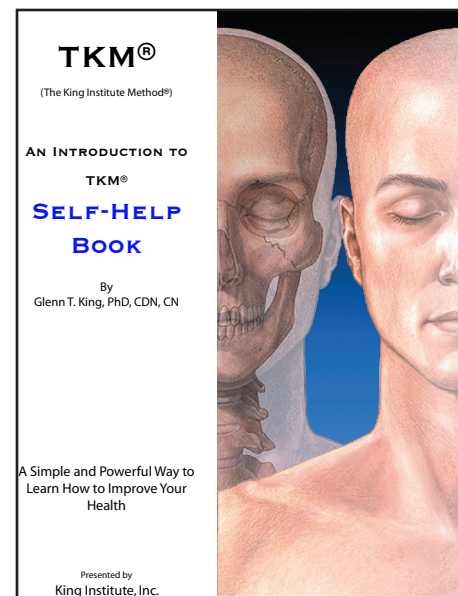
Instructions come with the bottle for different age groups.

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This article will be continued in the next HNU issue.

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The prior TKM® is no longer available. This new book is now being translated into Spanish, then other languages.

In fact, next week starting June 24-26 is the first class to teach on this brand new TKM® Self-Help Textbook. Join us in person or online, but register now at www.kinginstitute.org

This book will be on an introductory **SALE** for \$50 (includes shipping and handling) until June 30th.

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