

TOXFREI Literaturverzeichnis

(zzgl. neuer Studien erschienen nach 2018)
...für alle, die noch tiefer einsteigen möchten!

Toxikologie/ Toxische Potenzial verschiedener Substanzen:

- Agency for Toxic Substances and Disease Registry (ATSDR): Datenbank über Toxizität, Vorkommen und Wirkung von Umweltgiften: <https://www.atsdr.cdc.gov>
- <https://www.bfr.bund.de/de/start.html>: Suche nach Stichwörtern/Schadstoffen
- Cocktail-Effekt bzw. synergistische Effekte von Schadstoffen, EMF, Endotoxinen etc.:
 - o <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX%3A52012DC0252>
 - o <https://www.pan-uk.org/the-cocktail-effect/>
 - o <https://chemtrust.org/chemical-cocktail-mixture-effects/>
 - o Ten Years of Mixing Cocktails: A Review of Combination Effects of Endocrine-Disrupting Chemicals. 2007. Environmental Health Perspectives 2007-12-01 115(Suppl 1): 98-105
 - o <https://publications.jrc.ec.europa.eu/repository/bitstream/JRC111886/kjna29258enn.pdf>
 - o <https://ifst.onlinelibrary.wiley.com/doi/abs/10.1111/ijfs.12606>
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 - o Wu X, Cobbina SJ, Mao G, Xu H, Zhang Z, Yang L. A review of toxicity and mechanisms of individual and mixtures of heavy metals in the environment. Environ Sci Pollut Res Int. 2016;23(9):8244-8259.
 - o Zhao R, Wu Y, Zhao F, et al. The risk of missed abortion associated with the levels of tobacco, heavy metals and phthalate in hair of pregnant woman: A case control study in Chinese women. Medicine (Baltimore). 2017;96(51):e9388.
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 - o Patricia E Ganey, Robert A Roth. Concurrent inflammation as a determinant of susceptibility to toxicity from xenobiotic agents, Toxicology, Volume 169, Issue 3, 2001, Pages 195-208
- Endokrine Disruptoren:
 - o <https://research.vu.nl/ws/portalfiles/portal/42183105/hoofdstuk+1.pdf>
 - o <https://www.umweltbundesamt.de/endokrine-disruptoren#1-bis-2>
 - o <https://www.arte.tv/de/videos/069096-000-A/umwelthormone/>
 - o https://de.wikipedia.org/wiki/Endokrine_Disruptoren
 - o https://www.bfr.bund.de/de/fragen_und_antworten_zu_endokrinen_disruptoren-50513.html
 - o Davey JC, Nomikos AP, Wungjiranirun M et al. Arsenic as an endocrine disruptor: arsenic disrupts retinoic acid receptor and thyroid hormone receptor-mediated gene regulation and thyroid hormone-mediated amphibian tail metamorphosis. Environ Health Perspect. 2008 Feb;116(2):165-72.
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 - o Chen A, et al. Thyroid hormones in relation to lead, mercury, and cadmium exposure in the National Health and Nutrition Examination Survey, 2007-2008. Environ Health Perspect. 2013; 121(2): 181-186.
 - o Bjorklund G, et al. Mercury exposure and its effects on fertility and pregnancy outcomes. Basic Clin Pharmacol Toxicol. 2019
 - o Vigh M, et al. How does lead induce male infertility? Iran J Reprod Med. 2011; 9(1): 1-8.
 - o Magnér, Jörgen & Wallberg, Petra & Sandberg, Jasmin & Cousins, Anna. (2015). Human exposure to pesticides from food - A pilot study.
- Herstellungsbedingte Toxine in Lebensmitteln:

- <https://www.ernaehrungs-umschau.de/print-artikel/12-10-2016-herstellungsbedingte-toxine-in-lebensmitteln-food-borne-toxins/>
- <https://www.ernaehrungs-umschau.de/print-artikel/12-04-2017-herstellungsbedingte-toxine-in-lebensmitteln-food-borne-toxins-teil-2/>
- Schwermetalle:
 - <https://go.quicksilverscientific.com/backtobasics>
 - Back to Basics: Metals Toxicity Webinar: https://www.youtube.com/watch?v=9JZ31he-Edg&list=PL_KysCUEWYD_qG4EdATApl9Onio9TdC2p&index=10
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- Sonstige Giftstoffe/Umweltgifte:

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- Schwabl P, Köppel S, Königshofer P, et al. Detection of Various Microplastics in Human Stool: A Prospective Case Series. *Ann Intern Med.* 2019;171(7):453-457.
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- Gadolinium (Kontrastmittel)Toxizität:
<https://pubmed.ncbi.nlm.nih.gov/?term=gadolinium+toxicity>

Biotransformation/ Die 3 Phasen der Entgiftung:

- The Detoxification Enzyme Systems by DeAnn J. Liska, Ph.D.
<http://www.altmedrev.com/archive/publications/3/3/187.pdf>
- https://www.uni-muenster.de/imperia/md/content/pharmaz_und_med_chemie/studieren/semester/8semester/biotransformation.pdf
- <https://www.biologie-seite.de/Biologie/Biotransformation>
- http://www.chemgapedia.de/vsengine/vlu/vsc/de/ch/11/toxikologie/kap_1/vlu/stoffwechsel.vlu/Page/vsc/de/ch/11/toxikologie/kap_1/phase_drei.vscml.html
- <https://www.ncbi.nlm.nih.gov/books/NBK544353/>
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- <https://www.sciencedirect.com/topics/earth-and-planetary-sciences/biotransformation>
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<https://www.deutsche-apotheker-zeitung.de/daz-az/2016/daz-23-2016/der-cheese-effekt>
- Der Grapefruit-Effekt:
 - <https://www.pharmazeutische-zeitung.de/inhalt-31-2005/pharm1-31-2005/>
 - <https://www.fda.gov/consumers/consumer-updates/grapefruit-juice-and-some-drugs-dont-mix>
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Über Entgiftung allgemein:

- Bücher:
 - Gifte im Alltag: Wo sie vorkommen. Wie sie wirken. Wie man sich dagegen schützt. Dr. Max Dauderer. Verlag C.H.Beck
 - Entgiftung: Effektiv bei vielen Krankheiten. Dr. Joachim Mutter J: OM – Zs. f. Orthomol. Med. 2016; 4: 5–15
 - Lass dich nicht vergiften! Warum uns Schadstoffe chronisch krank machen und wie wir ihnen entkommen. Dr. Joachim Mutter. GU Verlag GmbH
 - Amalgam – Risiko für die Menschheit: Quecksilbervergiftungen richtig ausleiten. Dr. Joachim Mutter. Fit fürs Leben Verlag in der Natura Viva Verlags GmbH.
- Videos im Netz siehe:
 - Dr. Christopher Shade:
 - Webinare von quicksilverscientific: <https://go.quicksilverscientific.com/backtobasics>
 - <https://180nutrition.com.au/180-tv/dr-christopher-shade-interview/>
 - <https://www.youtube.com/watch?v=Opj4O6Lv404>
 - <https://www.youtube.com/watch?v=zBphKSNADBQ>
 - Dr. Dietrich Klinghardt, z.B.
 - <https://www.youtube.com/watch?v=pVr5PywldOA>
 - <https://aonm.org/wp-content/uploads/2017/11/Dr.-Klinghardt-EMF-and-the-Potential-of-Pathogens-and-Heavy-Metals.pdf>
 - <https://www.youtube.com/watch?v=N0RgeRq2h2g>
 - <https://www.youtube.com/watch?v=Mqx3lcGCeIQ>
 - Dr. Suzanne Humphries, z.B.:
 - <https://www.youtube.com/watch?v=Vu5JCmcq2yg>
 - <https://www.youtube.com/watch?v=9OQ7q7B99TA>
 - <https://www.mercola.com>
 - Entgiftungskongress von Unkas Gemeker: <https://www.onlinedinger.de/mehr-online-kongresse/von-a-z/829-der-entgiftungskongress-2020>
 - <https://articles.mercola.com/sites/articles/archive/2014/05/04/detoxification-program.aspx>
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 - Webinar-Aufzeichnung des Labors Genova Diagnostics: <https://www.gdx.net/livegdx>

Entgiftung des Gehirns:

- <https://www.nih.gov/news-events/news-releases/brain-may-flush-out-toxins-during-sleep>
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Entgiftung mit Nährstoffen, sekundären Pflanzeninhaltsstoffen (siehe auch Thema Ernährung allgemein):

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- Selen:
 - o Joshi D, Mittal DK, Shukla S, Srivastav AK, Srivastav SK. Methylmercury toxicity: amelioration by selenium and water-soluble chelators as N-acetyl cysteine and dithiothreitol. *Cell Biochem Funct*. 2014;32(4):351-360.
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 - Nährstofftherapie: Orthomolekulare Medizin in Prävention, Diagnostik und Therapie. Volker Schmiedel, Thieme Verlag

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Toxin-Binding mit Zeolith, Bentonite, Chlorella & Co.:

- Videos:
 - o Use of toxin binders and cholegogues in detoxification: protocols:https://www.youtube.com/watch?v=Opj4O6Lv404&list=PL_KysCUEWYD_qG4EdATApl9Onio9TdC2p&index=20
 - o Black Box II: Advanced Use of toxin binders and cholegogues in detoxification protocols https://www.youtube.com/watch?v=zBphKSNADBQ&list=PL_KysCUEWYD_qG4EdATApl9Onio9TdC2p&index=21
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Messverfahren für Toxinbelastungen:

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 - o Mikroökologie des Darms. Grundlagen - Diagnostik – Therapie. Dr. Gero Beckmann, Dr. Andreas Ruffer
 - o Probiotika, Präbiotika und Synbiotika. Stephan C. Bischoff. Georg Thieme Verlag.
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