

ETHYLENE OXIDE

THE DANGERS & DETOX REMEDIES

Cherie Calbom, M.S.

Cherie Calbom
THE JUICE LADY 
AMERICA'S MOST TRUSTED NUTRITIONIST™

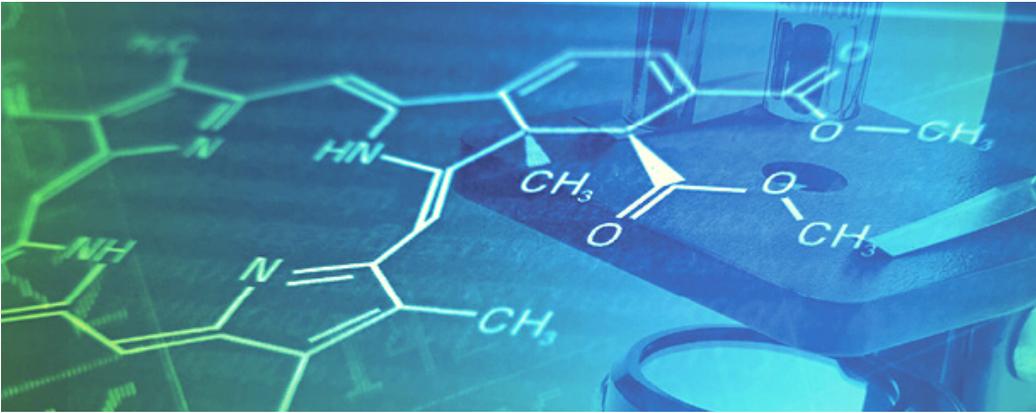


**THE JUICE LADY,
CHERIE CALBOM**

WHAT IS ETHYLENE OXIDE & HOW DANGEROUS IS IT?

I first heard of Ethylene Oxide (EO) on an interview with a guy who recounted the dangers of EO used to sterilize Covid test swabs. His friend's father died of a brain bleed after six months of Covid tests each time he had to go to the hospital. His family said there was nothing wrong with his brain and his procedures were completely unrelated. After listening to this story, I started doing some investigation. I learned that EO is a very dangerous chemical that is highly carcinogenic. I knew that people needed to be warned and that those who had taken numerous tests using these swabs should know that they can detoxify their bodies and prevent serious health issues in the future.

A colorless gas with a sweet odor, EO is used to produce other chemicals including anti-freeze and pesticides. It's also used to sterilize medical equipment because it penetrates cardboard, paper and plastic—and here's the important information for you—the end of the swabs used for Covid testing. Additionally, during the EO sterilization process, there is also possible formation of 2-chloroethanol (or ethylene chlorohydrin, ECH), which is classified as a hazardous substance very toxic by inhalation and skin absorption.¹



Here's the problem:

"The chemical has a half-life of about 200 days in air, or almost 7 months. That means it takes that long for just half of the chemical to break down. Yet we're told not to worry because it's exposed to air." 2

EO is considered a poison. The chemical can snip and scramble DNA, which are the instructions for how living cells work. Errors in DNA can cause cells to grow out of control, leading to cancer. Workers exposed to this gas on the job got breast cancer, leukemia, and lymphoma at higher-than-expected rates, according to a 2004 study of more than 18,000 employees at sterilization plants. Rats and mice that were exposed to ethylene oxide got lung and brain tumors, uterine cancers, and cancers of their connective tissue.

They also had more miscarriages and breathing problems than unexposed mice.³

By the way, EO is also used to sterilize spices. I suggest you only purchase organic spices.

"It's enough time that an ethylene oxide molecule that's released will probably go around the world two or three times before it's destroyed," said professor Richard Peltier, PhD. At a toxicology conference, Dr. Marvin Legator, PhD said "The biggest problem chemical we have right now is ethylene oxide."⁴



In 2018, the National Air Toxics Assessment, or NATA, flagged 109 census tracts across the country where cancer risks were higher because of exposure to airborne toxins. Most of the risks were driven by one chemical—ethylene oxide. The EPA decided not to put out a news release, and state regulators did not issue one either. NIH rates EO is a cancer-causing chemical.⁵

Besides cancer, some other symptoms that may concern you include:

- Memory loss
- Miscarriages; could damage fetus
- Could damage testes
- Fluid in the lungs
- Cardiovascular issues
- Headaches
- Brain bleed



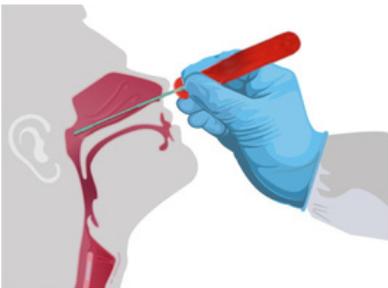
What amount of EO exposure has been determined safe?

Less than 1 part per million. So how does that add up to what amount is on the swab? And how does that stack up when it's rubbed on some of the most sensitive tissues of the body that has lots of tiny blood vessels? Reports state they are using 1-2 millionth of a gram. It's concerning also, because how can we measure how much of this chemical enters our body during a test? It appears no one knows.

The test procedure requires the swab to be rotated against the nasal wall to absorb the secretions required for testing. If the long swab is used to push far up the nose, be aware that this cavity is quite small and lined with membranes containing many tiny blood vessels, making it quite a vulnerable area for toxin absorption. So the swab being rotated in that tight, sensitive area could be behind that "brain tickle" sensation you might have heard about.

What options are available for testing?

1. **Throat swabs**—a long swab (oropharyngeal swab is inserted into the back of your throat
2. **Nasal swabs***—a shorter swab that collects samples from the nasal walls of your nostril
3. **Nasopharyngeal swabs**— Longer swab that pulls samples from deeper in the nasopharynx and has proven to acquire a higher viral concentration. The horror stories we've heard may have come from the use of nasopharyngeal swabs which go further back into the nasal cavity.
4. **Saliva tests*** are deemed just as effective as nasal tests and they are safe. You just spit into the tube.



Protective Measures

The saliva test would be the safest test, but if you can't get that one, ask for the nasal swab (shorter one). I recommend you rub vitamin E oil into your nose very well before the test. Vitamin E is an antioxidant that will help to bind up toxins. It can have a protective effect. After the test, rinse your nostrils with sea salt mixed in water using either a Netti Pot or Navage Nasal Irrigation system. Then rub vitamin E oil in your nostrils again after the rinse.

** Note: Throat swabs and saliva tests are safer methods for patients who have nasal conditions such as chronic nose bleeds and nasal polyps. Also, be aware that some of the new boxes for home test kits no longer state sterilize EO. They say nothing about what they were sterilized with. Did they just remove this info? Do they still sterilize with EO? No one knows.*



Warning Alert Regarding Respirators and EO

Ethylene oxide should not be used to sterilize filtering face-piece respirators for reuse because “this extremely hazardous toxic chemical poses a severe risk to human health,” the Washington State Department of Labor & Industries warns in an alert.

Warning to employees who sterilize respirators for reuse state that ethylene oxide is a carcinogen that “has been linked to neurologic dysfunction and may cause other harmful effects” to the eyes, lungs, brain and nervous system. Further, prolonged exposure could lead to increased risk of reproductive issues and some cancers.⁶

Although hospitals and clinics are required to use their ethylene oxide sterilizer systems for their intended and manufacturer-approved purposes, they “must NOT be used to sterilize masks, respirators, PPE or items worn by humans,” the alert states.⁷

Where We Get Toxins

- Chemicals such as EO
- Vehicle exhaust
- Industrial chemicals
- *Pharmaceuticals and medical procedures
- Disinfectants
- Heavy metals
- Food additives

* Note: *"Most of what mainstream society recognizes as medicine (especially with regards to anti-cancer treatments), the body sees as poison. Pharmaceuticals are among the worst toxic offenders in our modern world, with a strong lipophilic tendency to build up in fat and neurological tissue. Some pharmaceuticals also have a long half-life, meaning they don't break down very quickly and can take months, or even years to disappear from the body. We're not saying to stop taking your prescriptions, but before accepting a prescription from your doctor, ask if there are any diet or lifestyle changes that might work instead."* ⁸

WE ARE NOT HELPLESS CONCERNING TOXIC CHEMICALS; WE CAN DETOX

We can DETOX away brain fog, fatigue, and pain. By cleansing toxic substances from our bodies that cause injury to our cells, we can prevent diseases in the future.

Here's what you can do:

1. Include healthy oils. Healthy oils like organic virgin coconut oil and organic extra virgin olive oil act as purifiers in the body. Oil is a neutralizer of poisons and viruses. We desperately need oil and yet for several decades now we've been directed by mainstream media, establishment health professionals, and "group think" to be on a low-fat diet. Healthy oil is very important to ward off viruses and poisons. It is also a valuable medicine. In ancient times, olive oil was called "liquid gold" by Homer, "the great healer" by Hippocrates, and Galen praised it for its "positive effects on health." One of the things we observe as people age is their bodies looking dry—shriveling up. Oil affects skin, hair, and the intestinal tract. A lack of oil also affects how people fight viruses like Covid. Older individuals who are often lacking in oil have one more reason why

they are more susceptible to viruses. Healthy oils act as chelating agents to pull toxins out of the body. Olive oil is rich in polyphenols, which are antioxidants that bind toxins and carry them away. (See my recipe for Citrus Detox Shake.) Added to all this is another bonus—oils help you lose weight by curbing appetite. They also help prevent heart disease and stroke, along with cancer and Alzheimer's. Olive oil has been shown to lower LDL and raise good HDL cholesterol.

2. Drink lots of purified water and flush toxins from your body. Purchase a good water purifier if you don't have one. Drink at least 64 oz daily, but more if you are a large person. Make sure your purifier removes fluoride. I like the [Berkey Water Filter](#). Use code [Juicelady5](#) for 5% off.



3. Drink green juices. Leafy greens are loaded with antioxidants and are excellent blood purifiers that bind to toxins and carry them out of the body. You can mix the greens with some apple, lemon, carrot and ginger. All are delicious and loaded with nutrients that detoxify. Get a shot of wheatgrass juice as often as you can. It is a super detoxifier.



4. Sweat. Sweating is one of the body's best ways to eliminate toxins. Take a hot bath or a sauna.

5. Detox baths. You can add a tablespoon of bentonite clay to your bath water along with one cup of baking soda and one cup of epsom salts. The bentonite clay will aid in detoxifying your body and will also reduce chlorine in your water. Or pour 1 cup raw apple cider vinegar in your tub of water.

6. Limit alcohol

7. Reduce your intake of sugar and processed foods.

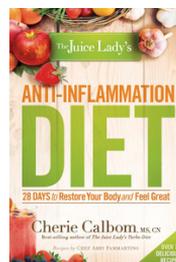
8. Eat foods high in prebiotics. (Prebiotics are compounds in

food that promotes the growth or activity of beneficial gut bacteria.)

9. Decrease your salt Intake; use only sea salt or pink Himalayan salt.

10. Sleep detoxes the brain and the whole body. In a study at Stony Brook University School of Medicine, they found that sleeping on your side is the best way to stimulate the brain's nightly detoxification process.⁹ But what if you have trouble sleeping? Stress and trauma can cause some people to get "stuck" in the on position and the person is unable to enter the calm and rest mode. It takes a very focused dietary and de-stress program to heal the central nervous system. At the core is removing all stimulating foods and substances.

11. Eat an anti-inflammatory diet. Get my book *[The Anti-Inflammatory Diet.](#)*



Supplements

1. Activated charcoal. Charcoal binds to chemicals with molecules that have a positive charge. When the chemical attaches to the charcoal, out it goes! It can also bind to vitamins, so take it an hour apart.

2. Sulfur builds and fixes your DNA and protects your cells from damage that can lead to serious diseases such as cancers. Get Highlands homeopathic sulfur. It is a component of glutathione—a key in detoxification.

3. Glutathione is a powerful antioxidant that protects you from heavy metal damage. Digestion destroys it in supplemental form so get liposomal glutathione.

4. Calcium-D-Glucarate supports liver detox by binding to toxins and eliminating them.

5. Potassium. People deficient in potassium are more susceptible to poisons and toxic chemicals. Potassium, and especially potassium sulfate, helps detox the brain. (Look for Highlands K Sulph #7) Potassium is important for nasal passages and lungs—important excretion places of toxins. Lamb has a lot of potassium. Mutton fat is known to be healing.

Protocol for Detox

- Take 500-1,000 mg liposomal glutathione
- *Take 2-3 g vitamin C a day
- Take 500-1500 mg of calcium D-glucarate daily
- Exercise for at least 20-30 minutes a day (HIT is a good option).
- Take 3-4 activated charcoal pills.
- Spend 45-60 minutes in a sauna at least once a week. Remember to get plenty of water and electrolytes.
- MORS by Systemic Formulas - detoxes chemicals and heavy metals; serves as an off switch of genetic and chromosomal changes.

**Vitamin C helps eliminate toxins from your body while also building up the immune system. It is one of the immune support nutrients I recommend in a Covid prevention plan. You can't overdose because it is water soluble. If you are catching a cold or flu, you can take 500 mg every hour until symptoms improve or until bowel tolerance (meaning loose stool).*

COVID Prevention Plan

Take the following daily

- **Quercetin** 500 to 1000 mg
- **15 mg zinc picolinate** (Research suggests that zinc helps control infections by "tapping the brakes" on the immune response thus preventing out-of-control inflammation that can be damaging or even deadly.)
- **Vitamin D3** 5,000 mg
- **Vitamin C** 2-3 g, or to bowel tolerance (loose stool)



**“I started smoking to help me stop overeating.
Then I started drinking to help me stop smoking.
Then I started overeating to help me stop drinking.”**

Citrus-Olive Oil Detox Shake

- Juice of one lemon and one lime
- Juice of one orange (optional)
- 1 piece of fresh ginger root (about 1-inch chunk cut in pieces)
- 1 to 2 cloves of garlic
- 1 to 2 tablespoons of extra-virgin, organic olive oil
- 5-6 ice cubes
- 1 cup water, if omitting orange juice
- 1 tablespoon virgin coconut organic oil (optional)*

Blend until well combined.



Cilantro Heavy Metal Detoxer Cocktail

- 2 tomatoes, cut in chunks
- 1 cup fresh carrot juice (about 5–7 carrots)
- 1 lemon, juiced, peeled, if putting it through a juice machine
- 1/4 cup cilantro, rinsed and chopped
- 1/4 teaspoon Celtic sea salt
- 1/4 teaspoon ground cumin
- 1/4 small jalapeño, chopped (more if you like it hot)
- 3 radishes

Place the tomato chunks in a freezer bag and freeze until solid. This is optional. (Or you can use fresh tomatoes placed in the blender.) Pour the carrot and lemon juices into a blender and add the frozen tomato chunks, cilantro, salt, cumin, jalapeño, and radishes. Blend on high speed until smooth, but slushy; serve immediately.



Lymph Node Detox Soup

This is an excellent recipe for anyone battling cancer that has impacted or swollen lymph nodes. And if you want prevention, detoxification and healing, this is your recipe:

- 1 onion, chopped
- 1 small head of green cabbage, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 bunch parsley, chopped
- 4 kale leaves, chopped
- 2 Nori sheets
- 1 cup brown rice
- 2 quarts purified water
- Coconut aminos or Bragg's Aminos to taste

In a large stockpot, combine all ingredients. Simmer for 1 1/2 hours.

For a very effective detox eat as much of the Lymph Node Detoxifying Soup as you like. Drink at least 8 glasses of purified water. You may have as much herbal tea as you like. You can have two low-sugar fruits such as berries, green apple, or pear between soup meals. You can use this program for 3-7 days.

Disclaimer

The information in this e-book is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information is for general information purposes only. The author makes no representation and assumes no responsibility for the accuracy of information in this e-book and such information is subject to change without notice. You are encouraged to confirm any information obtained here with other sources, and review all information regarding any medical condition or treatment with your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED HEREIN.

About Cherie



Cherie Calbom, M.S. is a leading authority on juicing for health and detoxification. Known as The Juice Lady and America's Most Trusted Nutritionist, TV chef, and celebrity nutritionist, she has helped in pioneering the fresh juice movement around the world. Cherie writes a juice column for Breast Cancer Wellness Magazine and is the author of 35 books including her bestseller *Juicing For Life* with over 2 million books sold. She holds a Master of Science degree in whole foods nutrition from Bastyr University where she sat on the Board of Regents for five years. Cherie has received two Lifetime Achievement Awards and was also awarded Juicing Expert of the Year 2019 by Global Health & Pharma Magazine. She was George Foreman's nutritionist and the other spokesperson for the George Foreman Grills. Cherie has lectured worldwide on juicing, detoxing, and fasting including consulting for the Royal Family of the UAE. She and her husband offer juice and raw foods retreats throughout the year.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Copyright © 2021
The Juice Lady™

<https://juiceladycherie.com/>

Cherie Calbom
THE JUICE LADY
AMERICA'S MOST TRUSTED NUTRITIONIST

The logo for The Juice Lady, featuring a stylized orange figure with arms raised in a 'V' shape, representing a person or a flame.

Notes

1 <https://analyteguru.com/fighting-covid-19-the-double-face-of-ethylene-oxide-eo/>

2 <https://www.webmd.com/special-reports/ethylene-oxide/20190719/residents-unaware-of-cancer-causing-toxin-in-air>

3 <https://www.webmd.com/special-reports/ethylene-oxide/20190719/residents-unaware-of-cancer-causing-toxin-in-air>

4 <https://www.change.org/decision-makers/united-states-fish-wildlife-service>

5 <https://www.epa.gov/hazardous-air-pollutants-ethylene-oxide/fact-sheet-epa-taking-steps-address-emissions-ethylene-oxide>

6 <https://www.safetyandhealthmagazine.com/articles/19951-extremely-hazardous-alert-warns-against-using-ethylene-oxide-to-sterilize-masks-respirators>

7 <https://analyteguru.com/fighting-covid-19-the-double-face-of-ethylene-oxide-eo/>

8 Ty and Charlene Bollinger, *The Truth About Cancer*

9 Lee, H., Xie, L., Yu, M., Kang, H., Feng, T., Deane, R., Logan, J., Nedergaard, M., & Benveniste, H. (2015). The Effect of Body Posture on Brain Glymphatic Transport. *The Journal of Neuroscience*, 35(31), 11034-11044.)