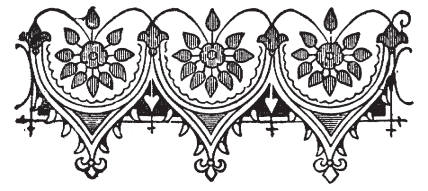


Health & Wellness



Are We Being Sprayed?



Dr. Kate Thomsen and Silky

As I write this I am looking out into my lush green "all organic" gardens and yard. It is hard to believe that I am being exposed to environmental toxins – or that my flora and fauna may be succumbing to stressors in the ground, water and the air. It is raining and I should be thinking that this is Mother Nature's way of feeding my plants (who will soon feed my deer...). But, according to a 2015 paper in International Journal of Environmental Research and Public Health, my life-giving rainwater is probably contaminated. The author cites two examples illustrating that ordinary rainwater contains the same toxins found in the by-products of burning coal. Coal burning power plants produce "fly ash" as a by-product. This airborne waste going up the smoke stack contains primarily aluminum oxide, silicon dioxide and calcium oxide. Other constituents include trace amounts of metals found in coal (among these are arsenic, cadmium, mercury and lead) as well as small concentrations of dioxins and polycyclic hydrocarbons. The Clean Air Act of 1963, the federal law controlling air pollution (which has been amended and expanded many times since 1963), mandates installation of scrubbers and filters into coal fired power plants to capture most of these toxic pollutants. In 2014 the EPA ruled that captured coal fly ash can be regulated as "non-hazardous waste" (seriously?). The coal burning utilities can and do sell this sooty waste product – as an additive to cement, to amend agricultural soil, for compacted backfills, as a subsurface for roads, and it can even be an ingredient in cosmetics, toothpaste and many common household wood and plastic products.

But, back to the 2015 journal article. In 2014 the author took samples of rainwater extracts collected in San Diego (a city with minimal heavy industrial pollution) and compared them

to a water extract of coal fly ash. The types and ratios of chemical elements in both samples had a similar "fingerprint". The elements included a variety of toxic heavy metals, radioactive elements and notably chemically mobile aluminum. The latter is also called "free" aluminum and can react with other elements – unlike the solid metal aluminum found in rocks or made into cans. The author also compares a HEPA air filter dust sample collected in a Los Angeles backyard with the fly ash extract. Again the identities and ratios of chemical elements were also close to identical even though a coal fired plant was nowhere nearby. So should I assume that the air I am breathing and the rainwater filtering into the groundwater charging my well is contaminated with a toxic heavy metals laden soot? If so, where is it coming from? I don't live close to a coal fired power plant and I do not live close to an airport. I do live on a busy road and some air pollution exposure may be coming from motor vehicle exhaust.

The author of the article makes the case for another recycled use of coal fly ash. He believes that it may be one of the aerosols sprayed by tanker-jets for geo-engineering, weather modification and climate modification purposes. "Geo-engineering" for climate modification has apparently been going on for many years and it is proposed that those in the field (government, military, academia) have been under a gag order. Mainstream media doesn't seem to report on it. Yet the author claims there is evidence for widespread, intentional and increasingly frequent "chemical emplacement" in our troposphere (lower atmosphere). This occurs via aerosols, made with reflective nano-materials (like aluminum in coal fly ash) which are dispersed by jet aircraft and then expand into reflective artificial clouds. The purpose of the cloud cover is to reflect sunlight and prevent further global warming, a process called Solar Radiation Management. Global warming occurs due to rising levels of greenhouse gases (Carbon dioxide and methane). The United Nations Intergovernmental Panel on Climate Change (IPCC), established in 1988, regards global warming as a security threat. Geo-engineers have proposed 2 methods

to decrease greenhouse gases: remove and trap carbon dioxide or block sunlight from reaching the earth. A model for blocking sunlight exists in nature – a major volcanic eruption. In this scenario particulates can stay suspended in the upper atmosphere for a year or more. During this time, sunlight is dimmed and the Earth is temporarily cooler. So, has the man-made spray-on toxic cloud cover managed to dim the Earth at all? Apparently yes. In 2002 the journal Science published a paper documenting the average amount of sunlight reaching the ground had decreased by almost 3% per decade in the last 50 years.

If this sounds crazy to you, you wouldn't be alone. But if you just look up frequently - you will see some unusual skies with white plumes crisscrossing like the gods are playing checkers. I realize how preoccupied I have been with worldly things because now that I look at the sky very frequently, it seems that there is rarely a day with a blue sky and "normal" clouds. Almost every day I see a pattern of plumes and often the planes as they are releasing them. They are not vapor trails from the jets because they persist for hours and the plumes do eventually coalesce. When I think I am crazy to be imagining we are being sprayed like contaminated crops, I take out my phone and look at the pictures I have taken – these just aren't the skies I remember when I was a kid – or even 10 years ago. Something is not right. If it is true, how harmful is it to be sprayed with heavy metals and chemicals every day?

During the coal burning process, there are some contaminants that escape being captured. By now we are aware of the health consequences escaped mercury. This heavy metal enters the atmosphere and later falls into the oceans and waterways. In the water it is converted by bacteria into organic methyl mercury. When fish eat these bacteria, mercury will accumulate up the food chain becoming most concentrated in bigger and bigger fish. Eating fish has become a public health concern. Mercury is toxic to the heart, the brain, the immune system and is especially harmful to fetuses and young children. But much of the mercury from the coal burning process is captured and would be a toxin in the fly ash spray raining from the sky.


Kate Thomsen MD, MPH
INTEGRATIVE AND HOLISTIC HEALTH
AND WELLNESS

Are you being sprayed?

- Our office is well aware of the relationship of toxicity to chronic disease and decreased quality of life.
- We think about, test for, and treat toxicity as part of our wellness programs

Dr Kate has another set of initials after her name.

- The American Board of Physician Specialties created a new Board: The American Board of Integrative Medicine.
- Dr Kate qualifies and just found out she passed her Board exam!!
- Congratulations Kate Thomsen, MD, MPH, ABOIM !!!



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*Additional articles on holistic health topics
can be found on the website*

Arsenic in the spray can also be ingested by being passed up the food chain. Arsenic is associated with high blood pressure, cancer, stroke, diabetes, and lung disease.

But what about the major constituents of fly ash? Crystalline silica is a known carcinogen and ingesting silica through contaminated water as well as inhaling it (causing a lung disease called silicosis) is harmful. Calcium oxide is lime and when it combines with water it can be caustic. Aluminum is a potent brain toxin being linked to Alzheimer's disease. Research has shown that exposure to elevated levels of free Aluminum are associated with brain atrophy, inflammatory changes in the lining of the blood vessels, decreased ability to make cell energy, and destruction of the blood brain barrier (manifesting in leaky brain – like leaky gut – allowing more toxins in...). Various communities in the United States are finding values for Aluminum in their rainwater that far surpass EPA's normal limits.

In testing patients for heavy metals, I often find elevated levels that we cannot explain. These include aluminum, barium, arsenic, cadmium. And then there's mercury and lead,

which I thought I could explain (eating fish and long ago exposure to leaded gasoline...) But I am going to pay attention more to the skies. It seems there may be a lot going on up there that we are all quite unaware of.

By the way: the 2015 article that proposed coal fly ash is used as a geo-engineering spray was retracted after it was published. It was a little heavy on the assumptions for a scientific paper. The author published an updated version of the research in 2016 in a different journal which was again retracted. There are two sides to every story – for now we will have to guess the motivation behind those publications and their retractions.

Dr. Kate Thomsen's office for holistic health care is located in Pennington, NJ. She is board certified in Family Medicine, certified in Integrative/Holistic Medicine, and an Institute for Functional Medicine Certified Practitioner. She has been practicing Functional Medicine for over 15 years. For more information see www.drkatethomsen.com or call the office at 609-818-9700.