

Arsenic Exposure: What You Need to Know

What is Arsenic?

Arsenic is a toxic heavy metal and a known carcinogen. It occurs naturally in soil and groundwater but is also found in industrial pollution and certain foods.

Common Sources of Arsenic

- Contaminated drinking water (especially well water in areas like California, Texas, and Arizona)
- Rice, rice products, fruit juices, vegetables, beer, and wine
- Seafood and seaweed, particularly shrimp and hijiki
- Older pressure-treated wood used in decks and playsets
- Cigarettes and fertilizers made from industrial waste

Common Sources of Arsenic

Chronic exposure may contribute to:

- Skin changes (dark patches, thickening, Mees' lines on nails)
- Cancers (lung, skin, bladder, liver, prostate, kidney, pancreas)
- Cardiovascular disease, hypertension, and stroke
- Type 2 diabetes
- Neuropathy (tingling, numbness)
- Memory and cognitive issues
- Lung dysfunction, especially in children

Genetic Impact on Detox

Some individuals have genetic variations (SNPs) that reduce their ability to detox arsenic efficiently. Nutrients like methylfolate, B12, glutathione, SAME, taurine, and protein support arsenic detoxification.

Testing & Filtration

- Test private well water, especially in high-risk areas
- Not all reverse osmosis (RO) systems remove arsenic effectively—filtered water should also be tested

How to Reduce Arsenic Exposure

- Limit rice-based products, especially for children
- Rinse and cook rice with excess water, then drain
- Avoid hijiki seaweed and limit shrimp intake

- Use gloves when handling pressure-treated wood; wash children's hands after outdoor play
- Maintain a varied diet and support detox with methylation and antioxidant nutrients under professional guidance

Take Action

- Test your water and any filtration systems used
- Reduce dietary sources of arsenic
- Support your body's detox pathways with the right nutrients
- Minimize environmental exposure whenever possible