



WHEN Women's Healthy Environments Network

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WHAT'S NEW...

WHEN GOES TO SEOUL

On July 5, 2007, *WHEN* board member Marie Lorenzo presented at the Korean Women's Environmental Network's (KWEN) conference called "Environment and Women's Health," which was hosted in Seoul, South Korea. KWEN is seeking to raise gender as an issue, within the context of the new environmental policy to be unveiled by the South Korean government. KWEN invited international presenters to speak about how women in other countries are making links between environmental issues and women's health. "Korean society ignores the particular way environmental toxins affect women's health at our peril," said the keynote speaker, Shin Kyung-Rim, Dean of the College of Health Sciences of EWha Women's University. Presenters came from Canada, Japan, the United States, the Philippines and France, and included activists, scientists and academics. For more on the conference proceedings, visit *WHEN*'s website: www.womenshealthyenvironments.ca.

RUN, WALK AND ROLL - WE MADE IT!

WHEN's participation in Run, Walk and Roll (RWR) this year was another great success! We pulled together a diverse team that walked or ran in three different cities. With the help of supporters, *WHEN*'s team was able to surpass its target of \$2,000 - thanks to all! Join us next year, as *WHEN* and its supporters Run, Walk and Roll for CANCER PREVENTION.

Did You Know...?

GENETICALLY MODIFIED ORGANISM (GMO) FOOD
Conventionally grown [food] produce has a 4 digit PLU (Product Look Up) code on those small round labels you find on each piece of produce. Organically grown produce has a 5 digit PLU code prefaced by a 9. **Genetically modified [GMO] produce has a 5 digit PLU code prefaced by an 8.**

(Reproduced from [Canadian Organic Growers](http://www.canadianorganicgrowers.ca).)

GROUNDBREAKING AT GREEN ARTS BARN - WHEN'S FUTURE HOME

On June 20, 2007, Artscape celebrated the official groundbreaking of the Green Arts Barns on an \$18 million redevelopment of the historic Wychwood TTC streetcar repair barns in the St. Clair and Bathurst community - and *WHEN*'s future home.



Calendar of Events

TOXIC TRESPASS - TORONTO SCREENING AND MORE
WHEN helped support the production of Toxic Trespass, a National Film Board co-production film on children's health and the environment. The upcoming Toronto screening will be part of the Planet in Focus Film Festival, to be shown at The Royal (608 College St.) on Friday, October 26, 2007 at 7:00pm. The film was first screened in Vancouver in May at the DOXA Documentary Film Festival and will be shown in many other cities across Canada. For more information, please email *WHEN* or visit our website at www.womenshealthyenvironments.ca.

MATERNAL HEALTH & WELL-BEING 11TH ANNUAL CONFERENCE (OCT 18-20, 2007)

WHEN will present Toxic Trespass in Toronto at the Association for Research on Mothering's (ARM) 11th annual conference on maternal health. Conference topics include disease prevention, mothering children with disabilities, depression, sexual abuse, abortion, childbirth, maternal sexuality, and much more. For more information, visit www.yorku.ca/arm/MaternalHealth.html.

Taking Action for Prevention

Nuclear Power Strikes Out

By Devon Turcotte

I'm a huge Toronto Blue Jays fan, and I have been for as long as I can remember. At this year's home opener, I settled into my seat, after a six-month hiatus from baseball, and abruptly came face-to-face with a nasty shock: two big signs announcing that a main sponsor of this year's Toronto Blue Jays is Bruce Power, the definitive voice for nuclear energy supply in Ontario. I'm well aware that professional sport is big business, but I wasn't prepared for that surprise.



Over 50% of electricity in Ontario is currently generated by nuclear power. The Canadian Nuclear Association touts nuclear power as the perfect solution for addressing Canada's Kyoto commitments and reducing our greenhouse gas emissions. But there are other issues to consider when it comes to the environment.

The safety issue alone should be enough to concern anyone. Even in the absence of a Chernobyl-like disaster, nuclear plants emit radioactive material in small amounts to air, land and water, just during daily operating processes. Not every single release from an industrial plant can be controlled. Radioactive material is widely recognized as the most dangerous substance. Breast tissue, in particular, is sensitive to radiation. This past Spring, Greenpeace brought media attention to the tritium issuing from these releases, urging governments to establish an expert panel to monitor these effects of tritium.

Radioactive wastes persist for millennia, with no safe place to store them and no way to destroy them. A professor in my Geography program at the University of Guelph researched nuclear waste disposal methods. When she was my professor, five years ago, she told my class that the most effective way currently known of storing nuclear waste was to inject it deep into the Canadian Shield. She also acknowledged that depending on geology for safe storage is not the most sound of principles.

If the environmental issues aren't convincing enough, the economics might be. When the nuclear power plant at Darlington, Ontario, was built roughly 20 years ago, it was estimated to cost \$3.4 billion. By the end of the project, the price tag was over \$15 billion. With current shortages of skilled trade workers all across the country, the labour costs for building and maintaining nuclear plants alone are staggering. And the Darlington plant is the youngest in existence in Ontario. Age will contribute to the maintenance costs and increasing radioactive emissions.

It's time for companies and governments to invest in greener energy. I am baffled by the number of organizations that want to maintain the status quo, instead of pulling ahead of the pack to be pioneers of widely accessible, sustainable and renewable energy. It seems to me that it would just be good business sense.

As for my Blue Jays, I know they sincerely meant well when they played with pink bats on Mother's Day to help raise money for breast cancer research. But it might be more effective to approach their boss about switching to a green power source under the dome.

Taking Action for Prevention is a regular feature where volunteers and friends of WHEN can share their experiences. If you would like to contribute to a future issue, contact us at office@womenshealthyenvironments.ca.

Ditching Your Toxic Load: Far-Infrared Saunas for Detox

by Mahalia Freed, ND

By now, you are likely aware of the negative health effects of chlorine-containing chemicals like pesticides, dioxins, and PCBs. We know that these chemicals, which the body is not adapted to process, accumulate in fatty tissue. This causes trouble in the form of breast and other cancers, infertility, endometriosis, hypothyroidism, neurological ailments such as ADD, brain fog and depression, chronic infection, allergies, autoimmune diseases, environmental illness, heart disease, and fatigue. Alarmingly, the main way women purge these chemicals is through breast-feeding. A baby breast fed for 6 months receives more than 5 times the daily limit of PCBs set for a 150 lb adult! Fortunately, there is another way to expel these toxins from our body fat: infrared saunas. Sweating is an important detoxification mechanism for our bodies, a function enhanced in an infrared sauna. It works by using infrared light to penetrate beyond the surface of the skin to a depth of 1.5 inches or more. The heat produced in this wavelength range acts to stimulate the release of toxic substances from their hideouts in our organs and fat cells. For examples of Sauna Detoxification Protocols, see *Detoxify or Die* by Sherry Rogers, MD, or *The Complete Natural Medicine Guide to Breast Cancer* by Sat Dharam Kaur, ND.

(To read more on Infrared Saunas for Detoxification, please visit Dr. Mahalia Freed's column online at www.womenshealthyenvironments.ca/naturopath.)

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Ask Dr. Mahalia

If you have questions or topic suggestions, please email Dr. Mahalia Freed at mahalia@dandelionnaturopathic.ca. Look for answers in future newsletter columns and on *WHEN's* website.