

Regain the Terrain: Making our Children Well



1. Organic food whenever possible! If not organic, avoid genetically modified organisms (GMOs) and wash fruit and vegetables thoroughly. Avoid buying meat and other foods in plastic whenever possible.



The screenshot shows a webpage from GMO Science. The header includes the logo and navigation links: GMOScience, Toxins, Parent Advice, The New MDS, About, and Donate. The main content area features the article title 'Why Study Toxic Metals in Infant Formula?' in green, followed by the subtitle 'An Overview of the Results'. The date 'May 2024' and author 'Michelle Perro, MD' are listed. Below this, it identifies her as CEO of GMO Science.org. The article is noted as 'Article 3 in the Got Real Milk Series'. A 'NOTE' section explains that the study is a joint collaboration project by Zen Honeycutt, Stephanie Seneff, PhD, and Michelle Perro, MD, with results presented in their podcast 'The New MDS' on May 21, 2024. The main text discusses the importance of infant formula safety and the health risks of toxic metals like aluminum, lead, arsenic, cadmium, and mercury.

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Why Study Toxic Metals in Infant Formula?

An Overview of the Results

May 2024

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Article 3 in the *Got Real Milk Series*

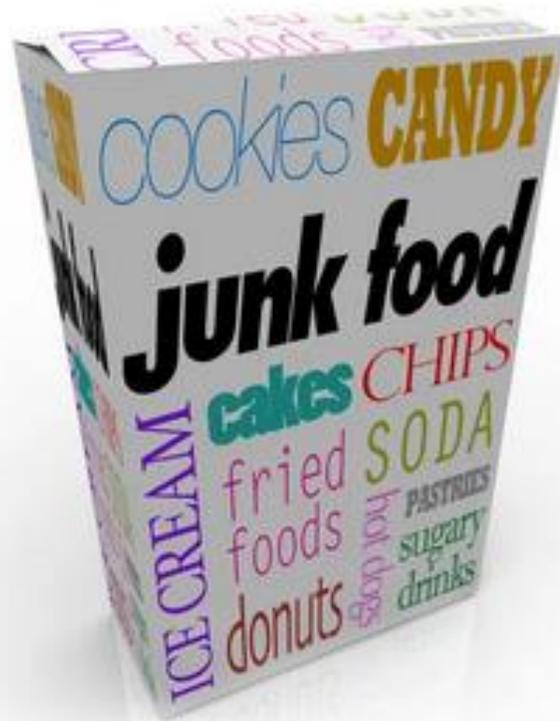
NOTE: The infant formula toxic metal study is a joint collaboration project by [Zen Honeycutt](#), [Stephanie Seneff, PhD](#), and [Michelle Perro, MD](#). The results of their study are presented in their monthly podcast, [The New MDS](#) on May 21, 2024.

Infant formula is a crucial source of nutrition for babies who are not breastfed or is utilized as a supplement to breast-feeding. Ensuring its safety and quality is paramount since infants are particularly vulnerable to contaminants due to their developing biological systems. Toxic metals such as aluminum, lead, arsenic, cadmium, and mercury pose significant health risks. Chronic exposure to these metals, even in small amounts, can lead to developmental issues, cognitive impairments, and other serious health conditions. Hence, studying the presence of these toxic metals in infant formula is vital to safeguard the health and well-being of infants.

2. **Avoid school lunches until this is fixed! Send your child to school with lunch from home.**



3. Avoid processed foods. They are full of pesticides, emulsifiers, and preservatives. Many of these chemicals are obesogens!



4. Eliminate the microwave. If used, do not heat food in plastic.



5. Use a water filter. Be sure to replace refrigerator filters every six months.



6. Use an air filter. Choose a HEPA filter, if possible, particularly if you live on a busy urban street. Clean the air ducts of your home every year or biannually. Replace the heater filter quarterly (depending on whether you live in an area with a lot of particulate matter pollution). Consider houseplants that help detoxify such as spider plants.



7. **Reduce exposure to Wi-Fi. Shut off the router at night. Hardwire your home whenever possible. Check the location of any 4G or 5G cell towers near your home.**



8. Take off shoes at the door. Many toxicants are tracked into the home on shoes.



9. Use non-toxic products on pets. Eliminate toxic flea collars and other chemical pesticides used with your animal companions.



10. Prioritize environmental health. Make it fun by involving the whole family!





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