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And the dozens of individuals who put their hard-earned dollars into making this capital campaign a success.

For more information about the Siletz Tribal Arts and Heritage Society, visit siletzartsheritage-society.org.



Courtesy photo by Creeanna Logan

STAHS sends a huge “thank you” to Ed Ben Jr. for driving all the way from California to hand-deliver a basket for the STAHS collection. Ed is joined by STAHS board members, Angela Ramirez (left) and Shawna Gray.

Special thanks to past STAHS board members

Many amazing, talented people have served on the STAHS board from the beginning in 2011 to the present day. Our past board members deserve recognition for their contributions.

We pay tribute to Grace Castle, Celesta Lee, Cynthia Farlow, Josh Eddings, Dave Hatch, Margo Hudson, Sharon Edenfield, Chantel Rilatos, Shantel Peacock, Jacob Reid, Loraine Butler, Sophie Kaady, Carlotta Edenfield, Kathy Kentta, Jerome Viles and Robin Murphy.

Environmental toxins impact our health and can cause weight gain, inflammation

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

Every day we are exposed to toxins that impact our health. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This month, let's focus on some of the common exposures, their possible impacts, and how we can make choices to avoid and to reduce our exposures.

Previous articles have focused on toxins with an emphasis on risks of the herbicide glyphosate (Jan 2018), the connections of food additives and behavior (Feb 2019), and ways to remove toxic burdens from our bodies (April 2018).

I recently heard a talk by Dr. Vivian Chen, a medical doctor, who through her own illness and that of her newborn child realized the connections of environmental toxicity with illness. This changed her medical practice.

When she moved from the United Kingdom to San Francisco, she made it her mission to help people reduce their toxin load. She went on to explain the reason diets often don't work for weight loss. The link with “obesogens” (a specific class of toxins) changes metabolism and makes it difficult to maintain weight loss.

Her talk was very research-based. One slide showed that as toxins increased, so did the prevalence of diabetes, revealing a magnifier of the widely accepted view of the relationship with BMI and diabetes. Specifically, the toxins in this slide were POPs, persistent organic pollutants, such as PCBs that are stored in fat.

She also referenced NHANS, the National Health and Nutrition Examina-

tion Survey of 36,000 people, which showed that people were 2.3 BMI points higher in 2006 than they were in 1988, when adjusted for calories and exercise. This clearly means that there is more going on than the standard message of calories and exercise for managing weight.

Environmental toxins can cause inflammation, impair mitochondrial function (energy), damage DNA, act as neurotoxins, and are associated with autoimmune conditions and allergies, as well as endocrine disruptions, including fertility issues. Endocrine disruptors are a class, or group, of chemicals that affect the normal function of hormones in animals and people.

Within the endocrine disruptors, many are also identified as obesogens. Obesogens disrupt normal metabolic processes and increase susceptibility to weight gain. These chemicals can alter metabolism, disrupt energy balance, modify hunger and satiety, change fat cells and disrupt hormones. In simple terms, these chemicals change the way our bodies make, store and use fat.

Common obesogens include:

- Parabens – preservatives in cosmetics, personal care, paper products, medicines
- Phthalates – plasticizing agents in personal care, cleaning products, laundry, fragrance
- PFAS – chemicals used to make fluoropolymer coatings to resist heat, oil, stains, grease, and water. Found in Teflon, waterproof coatings, takeaway packaging, dental floss, water
- Pesticides – used in agricultural industries supplying foods

- PCBs, also known as polychlorinated biphenyls – found in fatty animal products, seafood
- BPA, also known as bisphenol A – found in water bottles, can linings, thermal receipts
- BPS – another sister chemical to BPA that is similar and used to replace BPA

Children may be particularly susceptible to the effects of these compounds, given that they have higher relative exposures compared with adults (because of greater intake per pound), their metabolic (i.e. detoxification) systems are still developing, and key organ systems are undergoing substantial changes and maturation that are vulnerable to disruptions.

The potential for endocrine system disruption is of great concern, especially in early life, when developmental programming of organ systems is susceptible to permanent and lifelong disruption.

Additional caution is called for in pregnancy as there is some evidence that obesogens can affect babies while they are in the womb. Avoiding obesogens during pregnancy may help your baby.

Action steps to reduce exposures (as shared by Lara Adler, educator on toxins)

1. Open your windows.
2. Take off shoes indoors.
3. Stop buying and toss out household fragranced items.
4. Regularly wet dust and vacuum.
5. Decline cash register receipts.
6. Hand wash regularly.
7. Eliminate consumption of canned foods.
8. Eliminate plastic food storage containers and replace with glass.

9. Prioritize organic foods, including dairy and meats.
10. Eat low-food-chain, wild domestic seafood.
11. Properly filter drinking water.
12. Clean up personal care products.
13. Choose safer household cleaners.
14. Use safer cookware.

Of course, there are many additional actions, but the above covers a lot!

People of any age can have extra difficulty with detoxification due to genetic tendencies. They may need additional support beyond avoidance. Stay tuned for another article describing children's health and important holistic approaches to support detoxification through nutrition and lifestyle.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.

Resources

- Dr. Vivian Chen on Instagram @plateful.health, www.platefulhealth.com, and take her quiz to see if you have blocked detox pathways: www.joindetoxright.com/quiz
- Lara Adler on Instagram @environmentltoxinsnerd, www.talkingtoxins.com, or www.laraadler.com
- <https://www.webmd.com/diet/obesity/what-to-know-obesogens>
- Dr. Elisa Song, MD, Holistic Pediatrician: www.healthykidshappykids.com, Facebook: www.facebook.com/DrElisaSongMD