

It's banned but not gone: Lead paint is still a danger.

USA TODAY



Tamara Rubin, her boys A.J., 5, and Avi, 2, were all exposed to lead when a contractor improperly removed lead paint from their former home. They were forced to move after the expense of lead abatement proved too much.

The contractor who renovated Rubin's old house in Portland, Ore., was not certified in lead paint removal. It cost too much to cut lead levels, so Rubin and her family moved.

AVOID RENOVATION HAZARDS

The EPA recommends that anyone renovating a home built before 1978 test their home for potential lead hazards. It warns against using belt sanders, propane torches, high-temperature heat guns, dry scrapers or dry sandpaper because they could create lead dust and fumes. Work areas should be sealed off completely. Once the renovation is complete, a clearance examination performed by a contractor is necessary to check for harmful levels of lead-contaminated dust.



Other resources

- Simple steps to protect your family
- Remodeling or renovating a home with lead-based paint



Tamara Rubin has been using this dietary supplement Nanocolloidal detox factor to try and help reduce the lead in her family's system.

Question and Answer with Tamara Rubin

Q: How were your children exposed to high levels of lead?

A: The contractor we used to renovate our home was not certified nor properly trained in lead paint removal. He assured us he was but we didn't know enough at the time to ask to see his lead training certification. The initial exposure was in September 2005. In April 2006, both of them were re-exposed via dust left over from the paint job that had contaminated the soil. We had our home re-roofed and the roofers kicked up clouds of dust which the boys again inhaled.

Q: How did you confirm your children had lead toxicity?

A: They had violent flu-like symptoms but no fever. We got a whole battery of tests including a BLL test. The only thing that came back as a possible cause of their symptoms was elevated blood lead levels. Since their second exposure over a year and a half ago, we test them about every 4-6 weeks to make sure their levels continue to go down.

Q: How did you find out about NDF?

A: We had been told by our pediatrician that there was nothing to be done to heal our boys, and we were not willing to accept that as a possibility! That is what led us to research online where we found NDF. After we found it, we had two other friends recommend the NDF. One is our close friend, Lee Hitchcox author of the book "Long Life Now" and the other is a chiropractor friend, Dr. Jay English, who has been using NDF for years with patients and on his family. Lee had us call Jay, who strongly endorsed NDF, so we went ahead and ordered it.

Q: What sort of issues did your children have as a result of the lead toxicity?

A: Prior to the exposure, Avi was an incredibly sweet and gentle baby. We used to call him our little "Buddha" baby! He was just beginning to sleep through the night and eat solid foods. Following the lead exposure, he stopped sleeping well and eating solids. He is nearly three years old now and still doesn't sleep through the night and refuses to eat. He is also incredibly violent and aggressive now, much more so than my other two boys were when they were that age. Avi seemed less affected with the initial exposure. AJ had more explosive diarrhea and vomiting than Avi, possibly because Avi has more body fat. But Avi's lead test showed a much higher blood lead level of 16 at both exposures. His long term behavioral issues are much more apparent.

Q: What information can you share about Blood Lead Levels (BLL)?

A: There is a "myth", in my experience, it is a myth, that the BLL has a half life of one month; that a child who has a BLL of 16 should be down to 8 one month later and down to 4 one month after that. I think that misinformation was based on a study done on adults. It's my understanding that such a study has not been done on children. The doctors said their levels would drop about 1 point a month, which is much closer to what we actually saw when NOT using the NDF.

Q: What changes did you see when you started the NDF?

A: Using NDF every day, we have seen their blood lead levels drop as much as 4 points in one month. Both boys do better in general on NDF. They are much better behaved, no more physical or verbal outbursts, sleep better, and the headaches have disappeared. Aggression, being upset, an inability to focus and sit still are much less apparent when taking NDF. We are huge fans of the product - and regret the months that our children did not take it every day.

Tamara Rubin was not paid for this article. Her experience with lead toxicity has inspired her to bring this issue to the forefront, by lecturing and teaching others on how prevalent and devastating lead toxicity is.

To Order Call: (714) 847-4685

