

**Ill effect:** Same as above.

**Remedial measures:** Try washing in mild soap solution, rinse, dry and soak for at least 1 hrs in salt solution (10gm/litre), remove stem, peel and halve it, remove core and seeds, it's the areas where chemical residue accumulate.

**(5) Milk:**

**Contaminants:** DDT, HCH, Endosulfan, Oxytocin or hormones, hydrogen peroxide and others chemical residues.

**Ill effect:** Affect kidneys, foetus, livers, cause spasm, stomach ulcer, cancer of different kind.

**Remedial measures:** Use fresh milk from well known source or organized dairy where no chances of such chemical traces occurred. Use pasteurizes milk for it kills and destroyed some of the pesticide residues, boiling on carbon plating or earthen containers to get free of more metals content.

**(6) Meat(Goat/Pork/Chicken/Beef etc):**

**Contaminants:**

Organochlorine pesticides, endosulfan, antibiotic and hormones residue.

**Ill effect:** Carcinogenity, retards reproductivity, neurotoxicity, mutagenecity, affect kidneys, foetus, liver, antibiotic resistance etc.

**Remedial measures:** Avoid eating livers, skin of chicken and pork, always cook at high temperature or in pressure cooker, for most toxic chemical is being destroyed at high temperature.

**(7) Fish:**

**Contaminants:** DDT, HCH, methyl mercury, ammonium chloride, sewage, chemical affluent etc.

**Ill effect:** Retards reproductivity, induces placental transfers, carcinogenic, seizures, blood disorders, brain cancer and endocrine and brain damage, movement disorder such as tourette syndrome and Parkinson disease etc.

**Remedial measures:** Remove the skin and internal parts washed clean and cook at high temperature for 45 minutes at least and counted as safe.



# FOOD TOXICITY AND REMEDIAL MEASURES

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