

# Arsenic in Rice Concerns

Russell Mariani responds

Many of my current and former clients have called me or emailed me concerned about recent news reports about arsenic in rice and rice products and asked me to respond.

First of all, it is pretty safe to say that I have eaten more brown rice than most people during the last forty years...and I am perfectly healthy...and so are the members of my family. We all eat a lot of organic brown rice. It is a staple food in our diet.

You can read a good message from America's rice farmers here:

<http://www.arsenicfacts.usarice.com/>

Here's an excerpt from that message:

"It's important for you to know that arsenic is a naturally occurring element that has been unavoidably present everywhere in the environment for thousands of years – it's in air, water, rocks and soil, which is how all plant foods, including rice, take it up, regardless of whether the farming method is conventional or organic. **All plant foods contain some level of arsenic.**

Rice is a primary food source for billions of people around the globe and it is and always has been a wholesome, nutritious food. There is overwhelming food safety, nutrition, scientific and medical evidence that supports the fact that diets rich in fruits, vegetables and grains (like rice) are beneficial to the health of consumers."

The recent issues and concerns about arsenic in rice came mostly from detection levels that were equal to or slightly higher than EPA allowable limits of arsenic in a quart of drinking water. These levels were measured in ppb...parts per billion...which is a very tiny amount. Like a drop of water in an enormous swimming pool.

As all of you know who have been clients of mine, gone through my program, or simply read my books or ebooks...I have always advocated drinking purified water (never tap water) and to use this same purified water to wash and rinse your whole grains several times (until the rinse water is clear) BEFORE cooking. On one of the many websites I examined in preparing this article, I found this:

"The FDA cites several studies indicating that thoroughly rinsing rice (before cooking) until the water is clear (which means a minimum of four to six changes of water) reduced the total arsenic content by up to approximately 25-30 percent."

**I am not concerned at all.** Tiny amounts of arsenic appear in most healthy soils around the globe and have been in the human food supply since the very beginning. Toxins are ubiquitous, both naturally occurring and synthetic. They are in our food, water and air supplies. Unless we choose to live in a hermetically sealed bubble inside our home, we simply cannot avoid continuous exposure to a variety of toxins throughout our lives.

So the real issue is not some microscopic amount of any toxin (or toxins) in our food supply but whether or not our cellular detoxification, detection and repair systems are functioning properly. This way, the body naturally identifies, neutralizes and eliminates whatever does not belong in the body and might cause harm.

As always the best defense against any illness, sickness, disease or potential pathogen is to be really, really, healthy. A healthy body requires healthy cells. If we know how to keep our cells healthy...our cells will protect us...and keep us healthy.

“In order for a cell to be healthy, it needs proper nutrients and oxygen. If our cells are healthy, then we are healthy. It is as simple as that. In order to maintain our health, we must learn to provide our body with the nutrients that our cells need to survive and thrive. All cellular functions are determined by the environment in which the cells live. All cells take their nutrients and oxygen from the surrounding blood and lymph in which they are floating. Cells then, become what they eat. When the cells become damaged, for whatever reason we must be able to give the body the raw materials it needs to heal itself, replacing the damaged cells, with healthy new ones. If we do this, then the body can do the rest. The root of the word “health” is “heal.” The body is constantly healing itself. The body’s ability to heal itself is one of the most fundamental and essential principles of life.”

- from, **The Science of Healing Revealed**, by Gary Samuelson, Ph.D.

The blueprints for these miraculous abilities described by Gary Samuelson and others are encoded in the DNA molecules in every cell in our body. The relationship between nutrition and the health of our cells is not casual it’s causal. Nutrition determines genetic expression!

This is why I believe so strongly in the foundational habits of Functional Nutrition; proper daily hydration (with pure water not tap water), whole foods (including lots of cooked whole grains); periodic cellular cleansing, super blue green algae, digestive enzymes, probiotics, prebiotics, antioxidants and antioxidant enhancers; stress management, time management, moderate exercise, adequate sleep and rest, passion and purpose in life and work and relationships...and many other complementary habits outlined in my books and ebooks and many other locations!

Remember that, a well nourished body doesn't make mistakes!

If we will simply make a point each day... to find and do the things that truly nourish ourselves... and our cells...best; then all will be well.

Additional information I have found on this issue comes from my favorite brown rice growers...The Lundberg Brothers from California;

<http://www.lundberg.com/Info/Arsenic/arsenicfaqs.aspx>

Please let me know if you have any questions about this topic or any other health related concern.

Be well, today and always!

Russell Mariani  
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