WHAT ARE FOLK REMEDIES?

Folk remedies are also known as home remedies or traditional, folk, natural or herbal medicine.

Folk remedies are used around the world and are very common in different ethnic and cultural groups. Folk remedies can have herbs, minerals, metals, or animal products in them. Lead and other heavy metals may be put into some folk remedies because these metals are thought to help some health problems. Lead and other heavy metals can also get into folk remedies during grinding, coloring, from the package, or if the ingredients are grown in soil that has lead in it.

CAN LEAD IN FOLK REMEDIES HURT MY CHILD?

Lead can hurt your child or unborn baby. Lead can make it hard for children to learn, pay attention and behave.

HOW DO I KNOW IF A FOLK REMEDY HAS LEAD IN IT?

You cannot tell by looking at or tasting a folk remedy if it has lead in it. Many folk remedies have a lot of lead in them, so even small amounts of these remedies can hurt your child.

WHERE CAN I FIND MORE INFORMATION ON FOLK REMEDIES CONTAINING LEAD?

State of California Department of Public Health
Childhood Lead Poisoning Prevention Branch
http://www.cdph.ca.gov/Programs/CID/CDPP/CHPPB

Centers for Disease Control & Prevention
http://www.cdc.gov/nceh/lead/cdpp/folkmedicine.htm

WHAT ARE COMMON FOLK REMEDIES THAT CONTAIN LEAD?

- Gesta and Azatemen (also known as Alarcon, Coral, Lujia, Maria Lujia, or Rueda) are fine powders used in Latino cultures for upper respiratory and other illnesses. The powders are often yellow, orange and/or red and have been found to contain up to 90% lead.

- Kold and Surmas are black powders used in South Asian and Middle Eastern cultures mainly as a cosmetic, but also on the nose of a newborn child and as a medicine to treat skin infections.

- Sindoor is an orange-red powder typically used by the Asian Indian community.

- Pay-lou-sh is a red powder used in Southeast Asian countries to treat children with rash or high fever.

HOW DO I KNOW IF MY CHILD HAS LEAD POISONING?

Most children with lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to get a blood test for lead. If you think your child has taken a folk remedy that has lead in it or you don’t know, ask your doctor to test your child for lead.

WHY ARE LATEX AND PAPIER-MACHE HAZARDOUS?

Latex and papier-mâché are not hazardous, but they may have lead in them. Latex and papier-mâché are often used in crafts and may contain lead.

LA PIONADA

What is La Pionada? La Pionada is a Mexican dolce that is full of copper. It is made with rice flour, sugar, cinnamon, and cream. The lead in this dolce can be found in the copper used to make the molds. If the lead in La Pionada is ingested, it can cause lead poisoning.

LEAD IN KIDS - AN ISSUE?

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¿QUÉ SON REMEDIOS TRADICIONALES?
Los remedios tradicionales también conocidos como remedios caseros naturales y herbales. Los remedios tradicionales se usan alrededor del mundo y son muy comunes en diferentes grupos étnicos o culturales. Los remedios tradicionales pueden contener hierbas, minerales, metales, o productos derivados de animales: polvo y otros medios tóxicos pueden ser agregados a los remedios con la creencia de que pueden curar ciertas enfermedades. Los remedios tradicionales también se pueden contener con polvo y otros medios tóxicos durante su preparación al moler, aplicación colores, del empaque, o si los ingredientes han sido cultivados en tierra contaminada con plomo.

¿PODRÍA EL PLOMO EN LOS REMEDIOS TRADICIONALES HACERLE DAÑO A MI NIÑO(A)?
El polvo puede afectar a sus niños o bebés aún más niños. El plomo puede causar problemas de aprendizaje, atención y comportamiento en su niño(a).

¿CÓMO SE SI UN REMEDIO TRADICIONAL CONTIENE PLOMO?
Unido no puede saber con mirar o probar el remedio si contiene plomo. Muchos remedios tradicionales contienen altas niveles de plomo y aun una pequeña dosis del remedio puede causar daño a su niño.

¿CÓMO SE SI MI NIÑO(A) TIENE ENVENENAMIENTO POR PLOMO?
La mayoría de niños con envenenamiento por plomo no se ven ni sienten enfermos. La única manera de saber si su niño(a) está envenenado(a) por plomo es haciéndole un análisis de sangre. Si usted piensa que su niño(a) ha tomado un remedio tradicional que contiene plomo o no está seguro sí debe hacerle un análisis de sangre para el plomo.

¿CÓMO PODEMOS ENCONTRAR MÁS INFORMACIÓN SOBRE REMEDIOS TRADICIONALES QUE CONTENEN PLOMO?
State of California Department of Public Health Childhood Lead Poisoning Prevention Branch
http://www.cdph.ca.gov/Programs/CLPPB
Centers for Disease Control & Prevention:
http://www.cdc.gov/nceh/lead/tips/folkmeducation.htm

SE HA ENCONTRADO PLOMO EN ESTOS REMEDIOS TRADICIONALES

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<tr>
<th>REMEDIOS TRADICIONALES</th>
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Para más información vaya a www.folkmeducation.htm