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LEARN ABOUT

Lead in Folk Remedies

Protect Your Family from Lead Poisoning

ALAMEDA COUNTY
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This brochure was created by Orange County CLPPP

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.

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.

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/CLPPB

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

WHAT ARE COMMON FOLK REMEDIES THAT CONTAIN LEAD?

- **Greta** and **Azarcon** *(also known as Alarcon, Coral, Luiga, Maria Luisa, or Rueda)* are fine powders used in Latino cultures for upset stomach and other illnesses. The powders are often yellow, orange and/or red and have been found to contain up to 90% lead.
- **Kohl** and **Surma** are black powders used in South Asian and Middle Eastern cultures mainly as a cosmetic, but also on the navel 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-loo-ah** is a red powder used in Southeast Asian countries to treat children with rash or high fever.

THESE FOLK REMEDIES HAVE BEEN FOUND TO CONTAIN LEAD

	REMEDIES	USES
LATIN AMERICA	Albayalde or Albayaidle	"empacho" (vomiting, colic, apathy, and lethargy)
	Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa or Rueda	Stomach ache
	Liga	Digestive and stomach problems
	Litargirio	Antiperspirant and deodorant
MIDDLE EAST	Alkohl	Applied to umbilical stump
	Anzroot	Vomiting and diarrhea
	Bint al Zahab, Bint, or Bent Dahab	Diarrhea, colic, constipation, and general newborn use
	Bokhoor	Calming fumes
	Cebagin	Teething powder
	Kajal, Kwalli, Kohl, Al-Kahl, Saoott, Surma, Tiro, or Tozali	Cosmetic; astringent for eye injury and umbilical stump, teething powder
	Lozeena	Food coloring
	Farouk	Teething powder
	Santrinj	Teething Powder
INDIA	Bala goli/Fita	Dissolved in "gripe water" and used for stomach ache
	Deshi Dewa	Fertility
	Ghasard	Digestion
	Kandu	Stomach ache
	Kushta	Disease of the heart, brain, liver, & stomach
	Pushpadhanwa	Fertility
	Sindoor	Applied to forehead and hairline
ASIA	Asian Tongue Powder	Absorbs toxics
	Chuifong toukuwan	Joint and other pain
	Daw Tway	Digestion
	Ba Bow Sen	Hyperactivity and nightmares in children
	Cordyceps	High blood pressure, diabetes, bleeding
	Hai Ge Fen	Digestive and stomach problems
	Jin Bu Huan	Tonic; insomnia, joint and muscle pain, digestive and stomach problems
	Po Ying Tan	Minor illness in children
	Paylooah	Rash and high fever

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