

Heavy Metals – A Uniquely Modern Health Hazard

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Many people in modern societies are continuously exposed to high concentrations of heavy metals. Unfortunately, these toxic contaminants have become an integral part of our industrialized culture. Metals like *aluminum*, *cadmium*, *lead* and *mercury* are commonly found in thousands of different food products, household products, personal products and untold numbers of industrial products and chemicals.

Heavy metals accumulate in the body's vital organs and tissues (e.g., brain, liver, kidneys, spleen, pancreas), thereby disrupting their ability to function normally. They also displace "good" minerals (e.g., calcium, magnesium, zinc) that are necessary for vital enzyme reactions. In this way, heavy metals are often the primary cause of a very broad range of serious degenerative disorders.

The following chart summarizes the sources of each of 9 heavy metals as well as their adverse effects on the body. If your job or living circumstances expose you to any of these toxic metals, strongly consider minimizing or eliminating your exposure as much as possible. Be aware that there are many ways these toxins can be absorbed into your body — through foods and beverages, skin exposure, and via the air you breathe. Whenever possible, wear gloves, use protective breathing apparatuses, and be sure to obtain fresh air ventilation.

Although eliminating exposure entirely is almost impossible, the good news is that you can prevent heavy metals from collecting in your body. You can also get rid of them if they've already accumulated in your organs and tissues. The best way to do this is to balance your body chemistry by following the appropriate metabolic typing program. This will enable your body to pick up ("chelate") the heavy metals, mobilize them out of tissue storage sites, and eradicate them entirely from your system. Hair analyses can be utilized through your Advisor for evaluating body heavy metal status.

How Heavy Metals Harm

HEAVY METAL	SOURCES	EFFECTS
ALUMINUM	alum, aluminum foil, animal feed, antacids, aspirin, auto exhaust, baking powder, beer, bleached flour, cans, ceramics, cheese, cigarette filters, color additives, construction materials, cookware, cosmetics, dental amalgams, deodorants, drinking water, drying agents, dust, insulated wiring, medicinal compounds, milk products, nasal spray, pesticides, pollution, salt, tap water, tobacco smoke, toothpaste, treated water, vanilla powder.	ALS, Alzheimer's, anemia, appetite loss, behavioral problems, cavities, colds, colitis, confusion, constipation, dementia, dry mouth, dry skin, energy loss, excessive perspiration, flatulence, headaches, heartburn, hyperactivity, inhibition of enzyme systems, kidney dysfunction, lowered immune function, learning disabilities, leg twitching, liver dysfunction, memory loss, neuromuscular disorders, numbness, osteoporosis, paralysis, Parkinson's disease, peptic ulcer, psychosis, reduced intestinal activity, senility, skin problems, spleen pain, stomach pain, weak and aching muscles
ARSENIC	burning of arsenate treated building materials, coal combustion, insect sprays, pesticides, soils (arsenic rich), seafood from coastal waters, especially muscles, oysters and shrimp	abdominal pain, anorexia, brittle nails, diarrhea, nausea, vomiting, chronic anemia, burning in mouth / esophagus / stomach / bowel, confusion, convulsions, dermatitis, drowsiness, enzyme inhibition, garlicky odor to breath / stool, hair loss, headaches, hyper-pigmentation of nails and skin, increased risk of liver / lung / skin cancers, low grade fever, mucous in nose and throat, muscle aches / spasms / weakness, nervousness, respiratory tract infection, swallowing difficulty, sweet metallic taste, throat constriction
BERYLLIUM	coal burning, manufacturing, household products, industrial dust	disturbance of calcium and vitamin D metabolism, magnesium depletion, lung cancer, lung infection, rickets, vital organ dysfunction
CADIUM	airborne industrial contaminants, batteries, candy, ceramics, cigarette smoke, colas, congenital intoxication, copper refineries, copper alloys, dental alloys, drinking water, electroplating, fertilizers, food from contaminated soil, fungicides, incineration of tires / rubber / plastic, instant coffee, iron roofs, kidney, liver, marijuana, processed meat, evaporated milk, motor oil, oysters, paint, pesticides, galvanized pipes, processed foods, refined grains / flours cereals, rubber, rubber carpet backing, seafoods (cod, haddock, oyster, tuna), sewage, silver polish, smelters, soft water, solders (including in food cans), tobacco, vending machine soft drinks, tools, vapor lamps, water (city, softened, well), welding metal	alcoholism, alopecia, anemia, arthritis (osteo and rheumatoid), bone disease, bone pain in middle of bones, cancer, cardiovascular disease, cavities, cerebral hemorrhage, cirrhosis, diabetes, digestive disturbances, emphysema, enlarged heart, flu-like symptoms, growth impairment, headaches, high cholesterol, hyperkinetic behavior, hypertension, hypoglycemia, impotence, inflammation, infertility, kidney disease, learning disorders, liver damage, lung disease, migraines, nerve cell damage, osteoporosis, prostate dysfunction, reproductive disorders, schizophrenia, stroke

HEAVY METAL	SOURCES	EFFECTS
COPPER	birth control pills, congenital intoxication, copper cookware, copper IUDs, copper pipes, dental alloys, fungicides, ice makers, industrial emissions, insecticides, swimming pools, water (city / well), welding, avocado, beer, bluefish, bone meal, chocolate, corn oil, crabs, gelatin, grains, lamb, liver, lobster, margarine, milk, mushrooms, nuts, organ meats, oysters, perch, seeds, shellfish, soybeans, tofu, wheat germ, yeast	acne, adrenal insufficiency, allergies, alopecia, anemia, anorexia, anxiety, arthritis (osteo & rheumatoid), autism, cancer, chills, cystic fibrosis, depression, diabetes, digestive disorders, dry mouth, dysinsulinism, estrogen dominance, fatigue, fears, fractures, fungus, heart attack, high blood pressure, high cholesterol, Hodgkin's disease, hyperactivity, hypertension, hyperthyroid, low hydrochloric acid, hypoglycemia, infections, inflammation, insomnia, iron loss, jaundice, kidney disorders, libido decreased, lymphoma, mental illness, migraines, mood swings, multiple sclerosis, myocardial infarction, nausea, nervousness, osteoporosis, pancreatic dysfunction, panic attacks, paranoia, phobias, PMS, schizophrenia, senility, sexual dysfunction, spacey feeling, stuttering, stroke, tooth decay, toxemia of pregnancy, urinary tract infections, yeast infections
IRON	drinking water, iron cookware, iron pipes, welding, foods: blackstrap molasses, bone meal, bran, chives, clams, heart, kidney, leafy vegetables, legumes, liver, meat, molasses, nuts, organ meats, oysters, parsley, red wine, refined foods, shellfish, soybeans, wheat germ, whole grains	amenorrhea, anger, rheumatoid arthritis, birth defects, bleeding gums, cancer, constipation, diabetes, dizziness, emotional problems, fatigue, headache, heart damage, heart failure, hepatitis, high blood pressure, hostility, hyperactivity, infections, insomnia, irritability, joint pain, liver disease, loss of weight, mental problems, metallic taste in mouth, myasthenia gravis, nausea, pancreas damage, Parkinson's disease, premature aging, schizophrenia, scurvy, shortness of breath, stubbornness
LEAD	ash, auto exhaust, battery manufacturing, bone meal, canned fruit and juice, car batteries, cigarette smoke, coal combustion, colored inks, congenital intoxication, cosmetics, eating utensils, electroplating, household dust, glass production, hair dyes, industrial emissions, lead pipes, lead-glazed earthenware pottery, liver, mascara, metal polish, milk, newsprint, organ meats, paint, pencils, pesticides, produce near roads, putty, rain water, pvc containers, refineries, smelters, snow, tin cans with lead solder sealing (such as juices, vegetables), tobacco, toothpaste, toys, water (city / well), wine	abdominal pain, adrenal insufficiency, allergies, anemia, anorexia, anxiety, arthritis (rheumatoid and osteo), attention deficit disorder, autism, back pain, behavioral disorders, blindness, cardiovascular disease, cartilage destruction, coordination loss, concentration loss, constipation, convulsions, deafness, depression, dyslexia, emotional instability, encephalitis, epilepsy, fatigue, gout, hallucinations, headaches, hostility, hyperactivity, hypertension, hypothyroid, impotence, immune suppression, decreased IQ, indigestion, infertility, insomnia, irritability, joint pain, kidney disorders, learning disability, liver dysfunction, loss of will, memory loss (long term), menstrual problems, mood swings, muscle aches, muscle weakness, muscular dystrophy, multiple sclerosis, myelopathy (spinal cord pathology), nausea, nephritis, nightmares, numbness, Parkinson's disease, peripheral neuropathies, psychosis, psychomotor dysfunction, pyorrhea, renal dysfunction, restlessness, retardation, schizophrenia, seizures, sterility, stillbirths, sudden infant death syndrome, tingling, tooth decay, vertigo, unintentional weight loss

HEAVY METAL	SOURCES	EFFECTS
MERCURY	adhesives, air conditioner filters, algaecides, antiseptics, battery manufacturing, body powders, broken thermometers, burning newspapers and building materials, calomel lotions, cereals, congenital intoxication, cosmetics, dental amalgams, diuretics, fabric softeners, felt, floor waxes, fungicides, germicides, grains, industrial waste, insecticides, laxatives, lumber, manufacture of paper and chlorine, medications, mercurochrome, paints, paper products, pesticides, photoengraving, polluted water, Preparation H, psoriasis ointment, seafoods (especially tuna and swordfish), sewage disposal, skin lightening creams, soft contact lens solution, suppositories, tanning leather, tattooing, water (contaminated), wood preservatives	adrenal dysfunction, allergy, alopecia, anorexia, anxiety, birth defects, blushing, brain damage, cataracts, cerebral palsy, poor coordination / jerky movements, deafness, depression, dermatitis, discouragement, dizziness, drowsiness, eczema, emotional disturbances, excess saliva, fatigue, gum bleeding and soreness, headaches (band type), hearing loss, hyperactivity, hypothyroidism, forgetfulness, immune dysfunction, insomnia, irritability, joint pain, kidney damage, loss of self-control, memory loss, mental retardation, metallic taste, migraines, nervousness, nerve fiber degeneration, numbness, pain in limbs, rashes, retinitis, schizophrenia, shyness, speech disorders, suicidal tendencies, tingling, tremors (eyelids, lips, tongue, fingers, extremities), vision loss, weakness
NICKEL	butter, fertilizers, food processing, fuel oil combustion, hydrogenated fats and oils, imitation whipped cream, industrial waste, kelp, margarine, nuclear device testing, oysters, stainless steel cookware, tea, tobacco smoke, unrefined grains and cereals, vegetable shortening	anorexia, kidney dysfunction, apathy, disruption of hormone and lipid metabolism, fever, hemorrhages, headache, heart attack, intestinal cancer, low blood pressure, muscle tremors, nausea, oral cancer, skin problems, vomiting