

# HEAVY METAL TOXICITY

**Aluminum** – antacids, OTC drugs, douches, cookware, foil, antiperspirants, baking powder, water, food additives, margarine.

**Arsenic** – soil, seafood, fuel, oils, coal, weed killer, pesticides, water, laundry aids, tobacco.

**Cadmium** – tobacco, refined foods, water pipes, coal burning, coffee and tea, shellfish, soft drinks, fungicides, pesticides, plastics.

**Copper** – water, cookware, oral contraceptives, copper supplements, natural food (whole grains, shellfish, liver, beans, nuts).

**Lead** – gasoline, paint, foods, water, pottery, cans, cosmetics, cigarettes, pesticides, liver, air pollution.

**Mercury** – pesticides, cosmetics, dental fillings, seafood, medicines, laxatives, inks, tattoos, paint.

**Nickel** – Food, dental metals, jewelry, air pollution, tobacco smoke, car exhaust, industrial waste, cooking utensils, hydrogenated fats, fertilizers.

## PROBLEMS ASSOCIATED WITH TOXICITY

Acne  
Abscesses  
Boils  
Eczema  
Psoriasis  
Allergies  
Hay Fever  
Asthma  
Bronchitis  
Cancer  
AIDS  
Kidney Stones  
Mental Illness  
Senility  
Diabetes  
Hyperglycemia  
Fibrocystic Breast Disease  
Uterine Fibroids  
Obesity  
Prostate Problems

PMS  
Vaginitis  
Gallstones  
Migraines  
Tension Headaches  
Colitis  
Gastritis  
Peptic Ulcers  
Diverticulitis  
Cirrhosis  
Hepatitis  
Heart Disease  
Hypertension  
Multiple Sclerosis  
Alzheimer's Disease  
Parkinson's Disease  
Fungal Infections  
Parasitic Infections  
Bacterial or Viral Infections  
Constipation

## SIGNS & SYMPTOMS

Digestive Complaints  
Headaches  
Dizziness  
Watery or itchy eyes  
Insomnia  
Frequent Colds  
Chronic Coughing  
Sore Throat  
Joint Pain  
Muscle Aches and Pains  
Ear Infections or Ear Aches  
Anxiety  
Blood Sugar Irregularities  
Depression  
Irritability  
Hyperactivity  
Fatigue  
Backaches  
Environmental Sensitivity  
Sinus Problems  
Skin Rashes  
Hives  
Bad Breath  
Constipation  
Diarrhea  
Sticky or Swollen Eyelids  
Blurred Vision  
Irregular or Skipped Heartbeat  
Chest Pain  
Arthritis  
Asthma  
Bronchitis  
Difficult Time Breathing  
Poor Memory  
Hard Time Making Decisions  
Slurred Speech  
Hay Fever  
Stuffy Nose  
Excess Mucus Production  
Acne  
Hair Loss  
Excessive Sweating  
Under/Overweight  
Frequent Urination  
Frequent Illness  
Water Retention  
Genital Discharge  
Hot Flashes  
General Malaise