

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