

Are Heavy Metals Your Body's Time Bomb?



There are 35 metals that can damage the body; 23 of them are called 'heavy metals'. In order to be classified as a heavy metal the element must have a specific gravity of at least five times greater than that of water. The metals considered to be the most dangerous to the body are mercury, cadmium, lead, arsenic and aluminum. In general, these metals are of no use to the body.

Specifics About Each Of The Five Metals

Aluminum – The specific gravity is 2.80. The best way to test for contamination is blood, urine or feces for recent exposure; hair or fingernail analysis will detail the last 3 to 6 months. Hair with coloring in it will not give a reliable reading of toxicity. Because of its low specific gravity, aluminum is not a heavy metal. Aluminum can leach calcium from the bones. It can also stop the body's ability to digest and make use of calcium, flouride and phosphorous.

Sources of Contamination	Symptoms and Illnesses	Preventative and Detoxifying Elements	Body Organs Targeted
antacids, over-the-counter drugs, douches, cookware, aluminum foil (especially when storing acidic foods), underarm antiperspirants, baking powders, bad water, food additives, automobile exhaust, tobacco smoke, fireworks	headaches, cognitive problems, learning disabilities, poor bone density, ringing in the ears, gastrointestinal disorders, colic, hyperactivity in kids, imbalance when walking, poor memory, degenerative muscular conditions, cancer, Alzheimer's	calcium, magnesium, iron, manganese, vitamin B complex, vitamin C	central nervous system, kidneys, digestion system

Arsenic – The specific gravity is 5.7. The best way to test for contamination is urine for recent exposure; hair or fingernail analysis will detail the last 3 to 6 months. Hair with coloring in it will not give a reliable reading of toxicity. During the Victorian era arsenic was believed to prevent aging.

Sources of Contamination	Symptoms and Illnesses	Preventative and Detoxifying Elements	Body Organs Targeted
smelting process of copper, zinc and lead, manufacturing chemicals, pesticides and glass, bad water, fish, shellfish, paints, rat poisoning, fungicides, wood preservatives	sore throat, red skin at contact point, abdominal pain, vomiting, diarrhea, anorexia, fever, mucosal irritation, arrhythmia, cardiovascular collapse, numbness, tingling, darkening of the skin, birth defects, cancer, diabetes, Raynaud's syndrome	vitamin C, alpha-lipoic acid	blood, kidneys, central nervous system, digestion system, skin, liver, lung, bladder

Cadmium – The specific gravity is 8.65. The best way to test for contamination is blood or urine for recent exposure; hair or fingernail analysis will detail the last 3 to 6 months. Hair with coloring in it will not give a reliable reading of toxicity. In the liver it is bonded to protein forming complexes, which are then transported to the kidneys causing damage to the filtration process. The damage allows essential proteins and nutrients to be excreted from the body causing even further damage.

Cadmium is very difficult to remove from the body.

Sources of Contamination	Symptoms and Illnesses	Preventative and Detoxifying Elements	Body Organs Targeted
tobacco smoke, instant coffee and tea, nickel-cadmium batteries, bad water, some soft drinks, refined grains, fungicides, pesticides, some plastics	fatigue, irritability, headaches, high blood pressure, enlarged prostate, increased risk of cancer, hair loss, learning disabilities, kidney disorders, liver disorders, skin disorders, painful joints, decreased immune functions, lung damage	zinc, iron, vitamin C, amino acids (L-methionine, L-cysteine, L-lysine)	gastrointestinal system, liver, placenta, kidneys, lungs, brain, bones, central nervous system, bones, reproductive organs

Lead – The specific gravity is 11.34. The best way to test for contamination is blood. Lead suppresses neuron cluster in the brain.

Sources of Contamination	Symptoms and Illnesses	Preventative and Detoxifying Elements	Body Organs Targeted
tobacco smoke, eating leaded paint, lead based ceramic glazed cookware, leaded gasoline, eating contaminated liver, inner city living, canned food (lead soldered), some bone meal supplements, some insecticides, batteries, plumbing, pencils, crystal glass production	poor bone growth, learning disabilities, fatigue, poor task performance, irritability, anxiety, high blood pressure, weight loss, susceptibility to infections, headaches, ringing in ears, lack of concentration, gastrointestinal problems, constipation, muscle and joint pain, tremors, decreased immune functions, insomnia, hallucinations, birth defects, autism, colic	calcium, iron, zinc, vitamin C, amino acids (L-lysine, L-cysteine, L-cystine)	bones, brain, kidneys, thyroid gland, liver, central nervous system

Mercury – The specific gravity is 13.546. The best way to test for contamination is blood or urine for recent exposure; an x-ray will show if it is flowing through your system. Mercury prevents zinc from performing its normal function in the body, even where there is plenty of zinc. Contaminated fish and seafood has become a major issue. Never eat Mackerel King, Shark, Swordfish, Tilefish or Grouper. In general, the older and larger the fish the more mercury they will contain.

Sources of Contamination	Symptoms and Illnesses	Preventative and Detoxifying Elements	Body Organs Targeted
dental amalgam fillings, laxatives containing calomel, hemorrhoidal suppositories, some printers inks, tattoo inks, some paints, some cosmetics, some fabric softeners, wood preservatives, some solvents, some drugs, some plastics, contaminated fish and seafood, volcanic emissions, mining operations, paper mills, contaminated rainfall, thermometers, thermostats, some childhood vaccines	cognitive problems, memory problems, irritability, fatigue, insomnia, gastrointestinal problems, decreased immune functions, numbness, tingling, muscular weakness, impaired vision and hearing, allergic conditions, asthma, headaches, lung irritation, contributes to multiple sclerosis, autism	selenium, chlorella, vitamin C, amino acids (L-glutathione, L-methionine, L-cysteine, L-cystine)	gastrointestinal tract, brain, kidneys, liver, kidney, central nervous system

The following are a list of other detoxifying and strengthening edibles: kelp, spirulina, cilantro, garlic, green tea, alfalfa, chlorella, high fiber foods, dandelion root, yellow dock root, sarsaparilla root, echinacea, licorice root, vitamin E, vitamin A, alpha-lipoic acid, glutathione, lactoferrin, selenium, zinc, essential amino acids, essential minerals, MSM (methylsulfonylmethane), rutin, SAMe (S-adenosylmethionine) and silibinin.

Detoxification

Drinking purified water is essential to any detoxification program. Promolife has a large variety of water purifiers and a knowledgeable staff to help you choose the filtration system that will best fit your needs.

Along with quality water sweating is one of the best methods of detoxification. A far infrared sauna is considered the most thorough form of eliminating heavy metals. Because of its radiant heat far infrared penetrates deeper causing more sweating. It is important to shower, and towel off after each sauna session. Failure to do so could result in the reabsorption of the toxins released to the skin.

Chelation Therapy specifically removes heavy metals from the body. Detoxamin is an EDTA chelation therapy rectal suppository. Detoxification must be repeated until tests show the heavy metals have been eliminated.

If mercury poisoning is a specific issue for you amalgam filling should be removed by a dentist able to protect you from the mercury vapors that will be released during the process.

While detoxifying for heavy metals do not fast, and be sure to eat plenty of protein, it will aid in the process. Sustaining a balance of essential vitamins and minerals is of particular importance while detoxifying.

Because of heavy metal's nature to sneak up on a person it is mindful to use a pound of prevention today, rather than a ton of cure in the future. Regaining what the body loses through heavy metal toxicity is at best difficult, at worst, well take a guess, you will not be far off the mark.

DISCLAIMER: The information in this newsletter is not intended to replace the care of a physician.



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