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TOXIC METALS

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100% of Americans have toxic chemicals and heavy metals that have accumulated in their bodies over years. The body's detoxification pathways are eventually harmed by the very toxins they are trying to get rid of. Heavy metals and chemicals deplete essential nutrients which leads to multiple signs and use of often more than one medication to help. In the following paragraphs we will mention some of the problems caused by the toxins in our environment. Aluminum, arsenic, lead, mercury and cadmium are the five most common toxic metals we are exposed to in the United States.

MERCURY

“Mercury is the most poisonous, non-radioactive, naturally occurring substance on our planet.” (1) The largest source of mercury exposure is from tooth fillings. Mercury vapors are released from those fillings and absorbed into the body (1,2). (You can google youtube smoking tooth to see the video). Many chronic illnesses can be attributed to mercury toxicity including Alzheimer's, asthma, arthritis, autoimmune diseases, chronic fatigue syndrome, depression, fetal and neurological developmental defects, diabetes, eczema, emphysema, fibromyalgia, hormonal dysfunctions, intestinal dysfunction, immune system disorders, kidney disease, learning disorders, liver disorders, lupus, multiple sclerosis, Parkinson's disease, thyroid disease, forgetfulness, anemia, heart problems, chest pains, colitis, diarrhea, stomach cramps, loss of appetite, bloating, heartburn, gingivitis, loosening of teeth, dizziness, seizures, insomnia, muscle twitches or paralysis or weakness, speech disorders, numbness/tremors/tingling of extremities, osteoporosis, joint pain, frequent urination, cold hands and feet, allergies, leukemia, Hodgkin's disease, dermatitis, and many more (many of which are even recognized by the American Dental Association). (3)

Additionally, mercury is found in contaminated soil and water, fish (methyl mercury), light bulbs and vaccines (vaccine preservative can contain mercury).

LEAD

Lead can be found in community water pipes, lead-based paint, glass, rubber products, gasoline, lead batteries, car exhaust fumes, canned food, hair dyes and newsprint. Although lead is no longer found in paint manufactured after 1978, it is still found in many American homes due to the expense and complexity of removing it. According to the Center for Disease Control there is no level of lead that is acceptable in children. (4). We now have tens of thousands of tons of lead in our soil, ground waters and atmosphere. The main sources are gasoline fumes and paint. Signs of lead toxicity include: neurological disorders, aggressive and violent behavior, attention deficits, loss of control over impulsive behavior, hypertension and chronic kidney disease. (5,6)

ALUMINUM

Aluminum is a natural metal found in the earth's crust. High exposures to aluminum can occur in drinking water (aluminum sulfate is added to water in water treatment plants), living near where aluminum is mined or processed or near hazardous waste sites. Aluminum is linked to health problems such as decreased liver

and kidney function, forgetfulness, speech disturbances, inflammation, headaches, confusion, muscle weakness, bone pain/deformities/fractures, seizures, speech problems, and slow growth in children. Aluminum is used in over-the-counter drugs like antacids, anti-diarrheals and pain relievers, baking powder, baked goods and other refined foods, processed cheeses, flours, table salt, antiperspirants, aluminum pans, aluminum foil, some baby powders and cosmetics. (3)

ARSENIC

Arsenic is dangerous even in low amounts. Exposures can occurring in the following ways: breathing in sawdust or inhaling smoke from wood treated with arsenic, drinking water (including well water) contaminated with insecticides containing arsenic (common) applied to farm crops, paint pigments, dyes, wines, rice (white or brown), coal burning smoke, chickens which have been injected with arsenic to plump them up, and cosmetics. Long-term exposure to arsenic in drinking water has been linked to cancer of the bladder, lungs, skin, kidney, nasal passages, liver and prostate. (3) Exposure to low levels of arsenic can cause nausea, vomiting, decreased production of red and white blood cells, abnormal heart rhythms, damage to blood vessels, corns and warts on the body, and sensations of pins and needles in arms and feet. (3)

CADMIUM

Cadmium is an extremely toxic, naturally-occurring metal. Exposure to cadmium promotes the production of inflammatory cytokines, depletes antioxidants, harms DNA directly and disturbs DNA repair systems that help to prevent cancer. It can be commonly found in phosphate fertilizers, industrial paints and pigments, fumes from burning waste, metal soldering and welding, burning coal, the mining industry, cigarette smoke, electroplating, water in galvanized pipes, evaporated milk, stabilizers used to make plastics and NiCd batteries. (3)

Sources:

- 1) The Poison in Your Teeth, 2nd edition , Dr. Tom McGuire, The Wellness Institute, LLC, 2012.
- 2) "Detoxification", Judith A. DeCava, Nutrition News and Views, July/August 2009.
- 3) Five Common Toxic Metals to Avoid and Where You'll Find Them, Dr. Joseph Mercola and Rachel Droegge, www.life-enthusiast.com/index/articles/Mercola
- 4) www.atsdr.cdc.gov/substances/toxsubstance.asp?toxid=15
- 5) "Toxicity and Chronic Illness", Mark Schauss, Wise Traditions Journal, Spring 2015, pp. 26-34.
- 6) "Lead in the Water: Flint's Cautionary Tale", Merinda Teller, Wise Traditions Journal, Spring 2016, pp. 42-46.