

HEAVY METAL & DETOX EDUCATION

WHAT ARE THEY?



Heavy metals that can lead to toxicity include: Mercury, Lead, Arsenic, Cadmium, Aluminum, Nickel, Uranium and Thallium. (Other definitions include manganese, iron, lithium, zinc and calcium.)

23 Metals

Researchers have identified that significant exposure to at least **23 different environmental metals** (called "heavy metals") can contribute to acute or chronic toxicity. These metals are described as being heavy because they stick around in the body, especially hiding out in adipose tissue (fat cells). They are difficult to get rid of, making them similar to fat-soluble toxins. Body fat tries to protect the organs by trapping certain substances inside, including some metals, which causes them to linger. This is one reason weight loss can sometimes result in heavy metal detoxing, as fat cells shrink and release dormant toxins.

Common Toxicity Symptoms Include:

- **Chronic fatigue**
- **Autoimmune diseases**, including Lyme's disease
- Poor recovery from exercise and weakness
- Skin irritation
- Neurological disorders
- Brain-fog, trouble concentrating, difficulty learning and poor memory
- Depression, **manic depression** and/or anxiety
- Dementia
- Insomnia
- Digestive issues, such as **IBS (irritable bowel syndrome)**
- Chronic aches and pains, such as those associated with fibromyalgia
- Tremors
- Impaired motor control, hearing, speech, vision and gait
- **Anemia**
- Higher risk for heart attacks

DID YOU KNOW?

YES

under certain conditions very high levels of even essential minerals can become **dangerous.**



▶ Toxic Metals Contribute to Chronic Illness

According to a report in [Scientific World Journal](#):

"Toxic metals such as arsenic, cadmium, lead, and mercury are ubiquitous, have no beneficial role in human homeostasis, and contribute to noncommunicable chronic disease."

▶ Heavy Metals Contribute to Chronic Toxicity

Researchers have identified that:

significant exposure to at least 23 different environmental metals (called "heavy metals") can contribute to acute or chronic toxicity.

▶ You Cannot Escape Heavy Metals

[Per The Dartmouth Toxic Metals Superfund Research Program](#):

There is virtually no way to entirely avoid heavy metal exposure, considering metals are natural elements found all over the world in the food supply, water and ground.

▶ Long Term Exposure Has Dire Consequences

Long-term exposure to heavy metals may lead to:

physical, muscular, and neurological degenerative processes. When they become severe, heavy metal poisoning symptoms can even mimic symptoms associated with **[Alzheimer's disease](#)**, Parkinson's disease and multiple sclerosis.

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Where Do They Come From? ←

- Exposure to environmental pollutants, such as traffic fumes, air pollution, food contaminants, cigarette smoke or radiation.
- Having metal **amalgam dental fillings** (silver fillings slowly release mercury into the body).
- Eating a poor-quality diet (for example, eating farm-raised fish that carry high levels of mercury). According to the Environmental Protection Agency, the most common way we're exposed to mercury in the U.S. is by consuming **fish you shouldn't eat** that contains health-hazardous heavy metals, such as filefish, swordfish, shark, king mackerel and bigeye tuna. (6) A diet that includes **processed foods**, especially those that are imported from foreign countries and not organically grown (and even plant foods grown in soil that has high levels of metals) can also be a contributing factor.
- Drinking water that is contaminated with trace amounts of metals (such as aluminum).
- From birth (heavy metals can be passed down in utero from mother to her offspring).
- Exposure or use of household substances that carry mercury, such as adhesives, air condition filters, cosmetics, fabric softeners, felt, floor waxes and polishes, and talcum powder.
- Getting tattoos.
- Exposure to substances that carry lead, such as some chocolates, canned foods, toothpastes, old paints, insecticides, ceramic and some pottery, and soldered pipes.
- Use or exposure to other household items, such as antiperspirants, baking powder, certain baby formulas, plastic toys, antacids, aluminum foil, certain metal pots and pans, stainless steel cutlery, coins, and some makeup.
- Possibly receiving certain vaccinations.



DEADLY:

In high amounts, **mercury** is one of the deadliest metals there is. Certain studies have found that when nerves are exposed to mercury, the myelin sheath (the fatty substance that surrounds the axon of some nerve cells and helps with electrical signaling) can become severely damaged, interfering with how nerves communicate.

▶ *We Should Detox Daily*

The primary goal of a heavy metal detox is to:

remove accumulated heavy metals from your brain and nervous system. The kidneys, liver, heart, lymphatic system and respiratory system will also benefit from detoxification, such as a **liver cleanse**.

▶ *Benefits of Heavy Metal Detox*

Benefits of doing a heavy metal detox include:

- Reduced free radical damage/oxidative stress
- Improvements in energy levels
- Enhanced immunity and gut health
- Better digestive function
- Improvements in mental performance (attention, memory, learning, etc.)
- Improved skin health
- Better protection against diseases cognitive disorders and autoimmune disease

▶ *Potential Detox Symptoms Include:*

- Bloating** and gas
- Metallic or sour taste in the mouth
- Diarrrhea** or constipation
- Nausea or vomiting
- Headaches
- A skin rash
- Changes in appetite
- Low energy

To learn more about safe heavy metal detoxing, contact:



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