

## **Your #1 Defense Against Toxic Metals**

Heavy metals (a.k.a. toxic metals) are a scourge of modern living. Most of us who live in "civilized" societies are continuously exposed to high concentrations of them.

Unfortunately, these toxic contaminants have become an integral part of our industrialized culture. Metals like aluminum, cadmium, lead and mercury are commonly found in thousands of different food products, household products, personal products and untold numbers of industrial products and chemicals.

The really bad news is that soon after we're exposed to them, the heavy metals are rapidly removed from blood circulation and shunted away to tissue storage sites in vital tissues where they disrupt our biological systems and wreak havoc on our health.

The presence of toxic metals in our systems is highly significant for they are capable of causing serious health problems through interfering with normal biological functioning. Although they can be found in high concentrations in the body, a number of these heavy metals (aluminum, beryllium, cadmium, lead and mercury) have no known biological function. Others (arsenic, copper, iron and nickel) are thought to be essential at low concentrations, but are toxic at high levels. Generally speaking, heavy metals disrupt metabolic function in two basic ways:

1. First, they accumulate and thereby disrupt function in vital organs and glands such as the heart, brain, kidneys, bone, liver, etc.
2. Second, they displace vital nutritional minerals from where they should be in the body to provide biological function. For example, enzymes are catalysts for virtually every biochemical reaction in all life-sustaining processes of metabolism. But instead of calcium being present in an enzyme reaction, lead or cadmium may be there in its place. Toxic metals can't fulfill the same role as the nutritional minerals, thus their presence becomes critically disruptive to enzyme activity.

Because their impact is at such a foundational level, heavy metals can be causal factors in literally any health problem. This is graphically illustrated in the chart below, which summarizes the sources of each of the heavy metals as well as their adverse effects on the body.

If your job or living circumstances expose you to heavy metals, you would do well to minimize or eliminate your exposure as much as possible. Be aware that there are many ways these toxins can be absorbed into your body--through foods and beverages, skin exposure, and via the air you breathe. So, when ever possible, wear gloves, use protective breathing apparatuses, and be sure to obtain fresh air ventilation.

### **Avoiding Heavy Metal Exposure is Impossible**

Such preventative measures are worthwhile and important, but ultimately futile. The inescapable reality is that it is impossible in this day and age not to be exposed to heavy metals. It is only a matter of how much and how often. So what can we do to prevent

their accumulation in our systems and rid ourselves of them if they're already present? Fortunately, a solution is at hand. Eating right for your Metabolic Type can not only protect you from heavy metal accumulation, but can also empower your body to literally throw them out of your system for good.

Accumulation of toxins in the body is not normal. In fact, your body is designed to be healthy and function at peak performance. Every cell in your body knows exactly what to do and how to do it perfectly, whether a liver cell, a brain cell, a bone cell, etc. And along with this, detoxifying is part of the nature of every cell as well. If it wasn't, cells would die from auto-intoxication from their own waste--produced from their own chemical activities.

The critical factor determining whether or not heavy metals are retained in the body is biochemical balance at the time of exposure (and during the period after accumulation). Remember that the body is designed to detoxify. Think of this natural capacity to detoxify as being like a computer program in every cell that is always trying to run. But the kicker is that cells need "the proper biochemical balance" in order to carry this through:

1. For proper chelating factors needed to pick up the heavy metals by my homeopathic detox nosode series made from all the heavy metals.
2. For sufficient energy (from enough oxygen) production to move waste out of the cell. Our Aerobic O7 is liquid nascent oxygen when consumed, the hydrochloric acid of the stomach releases the oxygen to be absorbed into your circulating blood stream and carried to every cell in the body.
3. For the proper selective membrane permeability to hold nutrients in and keep waste out, from the healthiest of diets and bottled spring water- detoxed, healthy home- made diet from as much organic produce as possible.
4. Neutralizing the noxious energy fields of heavy metals in the food, water, and supplements consumed to cut down exposures in the environment. This is the biggest source of heavy metal exposures. We are what we eat and drink. This neutralization can be done with the use of specific cleansing color vibrations. My tests with Applied Kinesiology and EAV testing have proven the use of my Detox Blue Green papers will help you to achieve this goal. Put everything on these colored papers that go in or on you and your pet: toothpaste, food, drinks, cooking oil, vitamin and mineral supplements, anti-oxidants, cosmetics, jewelry etc. The one thing you NEVER put on the blue green papers is any homeopathy. It will neutralize its beneficial affects.

But if the chemistry is not balanced, and food and water are not cleansed, then the body's natural defense against heavy metals is undermined. Having no recourse against the

heavy metals, the body is forced to store them away in its vital tissues, where, over time, they can do their insidious work, contributing to all manner of degenerative processes.

<b>How Heavy Metals Harm</b>		
<b>HEAVY METAL</b>	<b>SOURCES</b>	<b>EFFECTS</b>
<b>ALUMINUM</b>	alum, aluminum foil, animal feed, antacids, aspirin, auto exhaust, baking powder, beer, bleached flour, cans, ceramics, cheese, cigarette filters, color additives, construction materials, cookware, cosmetics, dental amalgams, deodorants, drinking water, drying agents, dust, insulated wiring, medicinal compounds, milk products, nasal spray, pesticides, pollution, salt, tap water, tobacco smoke, toothpaste, treated water, vanilla powder.	ALS, Alzheimer's, anemia, appetite loss, behavioral problems, cavities, colds, colitis, confusion, constipation, dementia, dry mouth, dry skin, energy loss, excessive perspiration, flatulence, headaches, heartburn, hyperactivity, inhibition of enzyme systems, kidney dysfunction, lowered immune function, learning disabilities, leg twitching, liver dysfunction, memory loss, neuromuscular disorders, numbness, osteoporosis, paralysis, Parkinson's disease, peptic ulcer, psychosis, reduced intestinal activity, senility, skin problems, spleen pain, stomach pain, weak and aching muscles
<b>ARSENIC</b>	burning of arsenate treated building materials, coal combustion, insect sprays, pesticides, soils (arsenic rich), seafood from coastal waters, especially muscles, oysters and shrimp	abdominal pain, anorexia, brittle nails, diarrhea, nausea, vomiting, chronic anemia, burning in mouth / esophagus / stomach / bowel, confusion, convulsions, dermatitis, drowsiness, enzyme inhibition, garlicky odor to breath / stool, hair loss, headaches, hyperpigmentation of nails and skin, increased risk of liver / lung / skin cancers, low grade fever, mucous in nose and throat, muscle aches / spasms / weakness, nervousness, respiratory tract infection, swallowing difficulty, sweet metallic taste, throat constriction
<b>BERYLLIUM</b>	coal burning, manufacturing, household products, industrial dust	disturbance of calcium and vitamin D metabolism, magnesium depletion, lung cancer, lung infection, rickets, vital organ dysfunction

<b>CADMIUM</b>	<p>airborne industrial contaminants, batteries, candy, ceramics, cigarette smoke, colas, congenital intoxication, copper refineries, copper alloys, dental alloys, drinking water, electroplating, fertilizers, food from contaminated soil, fungicides, incineration of tires / rubber / plastic, instant coffee, iron roofs, kidney, liver, marijuana, processed meat, evaporated milk, motor oil, oysters, paint, pesticides, galvanized pipes, processed foods, refined grains / flours cereals, rubber, rubber carpet backing, seafoods (cod, haddock, oyster, tuna), sewage, silver polish, smelters, soft water, solders (including in food cans), tobacco, vending machine soft drinks, tools, vapor lamps, water (city, softened, well), welding metal</p>	<p>alcoholism, alopecia, anemia, arthritis (osteo and rheumatoid), bone disease, bone pain in middle of bones, cancer, cardiovascular disease, cavities, cerebral hemorrhage, cirrhosis, diabetes, digestive disturbances, emphysema, enlarged heart, flu-like symptoms, growth impairment, headaches, high cholesterol, hyperkinetic behavior, hypertension, hypoglycemia, impotence, inflammation, infertility, kidney disease, learning disorders, liver damage, lung disease, migraines, nerve cell damage, osteoporosis, prostate dysfunction, reproductive disorders, schizophrenia, stroke</p>
<b>COPPER</b>	<p>birth control pills, congenital intoxication, copper cookware, copper IUDs, copper pipes, dental alloys, fungicides, ice makers, industrial emissions, insecticides, swimming pools, water (city / well), welding, avocado, beer, bluefish, bone meal, chocolate, corn oil, crabs, gelatin, grains, lamb, liver, lobster, margarine, milk, mushrooms, nuts, organ meats, oysters, perch, seeds, shellfish, soybeans, tofu, wheat germ, yeast</p>	<p>acne, adrenal insufficiency, allergies, alopecia, anemia, anorexia, anxiety, arthritis (osteo &amp; rheumatoid), autism, cancer, chills, cystic fibrosis, depression, diabetes, digestive disorders, dry mouth, dysinsulinism, estrogen dominance, fatigue, fears, fractures, fungus, heart attack, high blood pressure, high cholesterol, Hodgkin's disease, hyperactivity, hypertension, hyperthyroid, low hydrochloric acid, hypoglycemia, infections, inflammation, insomnia, iron loss, jaundice, kidney disorders, libido decreased, lymphoma, mental illness, migraines, mood swings, multiple sclerosis, myocardial infarction, nausea, nervousness, osteoporosis, pancreatic dysfunction, panic attacks, paranoia, phobias, PMS, schizophrenia, senility, sexual dysfunction, spacey</p>

		feeling, stuttering, stroke, tooth decay, toxemia of pregnancy, urinary tract infections, yeast infections
<b>IRON</b>	drinking water, iron cookware, iron pipes, welding,. foods: blackstrap molasses, bone meal, bran, chives, clams, heart, kidney, leafy vegetables, legumes, liver, meat, molasses, nuts, organ meats, oysters, parsley, red wine, refined foods, shellfish, soybeans, wheat germ, whole grains	amenorrhea, anger, rheumatoid arthritis, birth defects, bleeding gums, cancer, constipation, diabetes, dizziness, emotional problems, fatigue, headache, heart damage, heart failure, hepatitis, high blood pressure, hostility, hyperactivity, infections, insomnia, irritability, joint pain, liver disease, loss of weight, mental problems, metallic taste in mouth, myasthenia gravis, nausea, pancreas damage, Parkinson's disease, premature aging, schizophrenia, scurvy, shortness of breath, stubbornness
<b>LEAD</b>	ash, auto exhaust, battery manufacturing, bone meal, canned fruit and juice, car batteries, cigarette smoke, coal combustion, colored inks, congenital intoxication, cosmetics, eating utensils, electroplating, household dust, glass production, hair dyes, industrial emissions, lead pipes, lead-glazed earthenware pottery, liver, mascara, metal polish, milk, newsprint, organ meats, paint, pencils, pesticides, produce near roads, putty, rain water, pvc containers, refineries, smelters, snow, tin cans with lead solder sealing (such as juices, vegetables), tobacco, toothpaste, toys, water (city / well), wine	abdominal pain, adrenal insufficiency, allergies, anemia, anorexia, anxiety, arthritis (rheumatoid and osteo), attention deficit disorder, autism, back pain, behavioral disorders, blindness, cardiovascular disease, cartilage destruction, coordination loss, concentration loss, constipation, convulsions, deafness, depression, dyslexia, emotional instability, encephalitis, epilepsy, fatigue, gout, hallucinations, headaches, hostility, hyperactivity, hypertension, hypothyroid, impotence, immune suppression, decreased IQ, indigestion, infertility, insomnia, irritability, joint pain, kidney disorders, learning disability, liver dysfunction, loss of will, memory loss (long term), menstrual problems, mood swings, muscle aches, muscle weakness, muscular dystrophy, multiple sclerosis, myelopathy

		(spinal cord pathology), nausea, nephritis, nightmares, numbness, Parkinson's disease, peripheral neuropathies, psychosis, psychomotor dysfunction, pyorrhea, renal dysfunction, restlessness, retardation, schizophrenia, seizures, sterility, stillbirths, sudden infant death syndrome, tingling, tooth decay, vertigo, unintentional weight loss
<b>MERCURY</b>	adhesives, air conditioner filters, algaecides, antiseptics, battery manufacturing, body powders, broken thermometers, burning newspapers and building materials, calomel lotions, cereals, congenital intoxication, cosmetics, dental amalgams, diuretics, fabric softeners, felt, floor waxes, fungicides, germicides, grains, industrial waste, insecticides, laxatives, lumber, manufacture of paper and chlorine, medications, mercurochrome, paints, paper products, pesticides, photoengraving, polluted water, Preparation H, psoriasis ointment, seafoods (especially tuna and swordfish), sewage disposal, skin lightening creams, soft contact lens solution, suppositories, tanning leather, tattooing, water (contaminated), wood preservatives	adrenal dysfunction, allergy, alopecia, anorexia, anxiety, birth defects, blushing, brain damage, cataracts, cerebral palsy, poor coordination / jerky movements, deafness, depression, dermatitis, discouragement, dizziness, drowsiness, eczema, emotional disturbances, excess saliva, fatigue, gum bleeding and soreness, headaches (band type), hearing loss, hyperactivity, hypothyroidism, forgetfulness, immune dysfunction, insomnia, irritability, joint pain, kidney damage, loss of self-control, memory loss, mental retardation, metallic taste, migraines, nervousness, nerve fiber degeneration, numbness, pain in limbs, rashes, retinitis, schizophrenia, shyness, speech disorders, suicidal tendencies, tingling, tremors (eyelids, lips, tongue, fingers, extremities), vision loss, weakness
<b>NICKEL</b>	butter, fertilizers, food processing, fuel oil combustion, hydrogenated fats and oils, imitation whipped cream, industrial waste, kelp, margarine, nuclear device testing, oysters, stainless steel cookware, tea, tobacco smoke, unrefined grains and cereals, vegetable shortening	anorexia, kidney dysfunction, apathy, disruption of hormone and lipid metabolism, fever, hemorrhages, headache, heart attack, intestinal cancer, low blood pressure, muscle tremors, nausea, oral cancer, skin problems, vomiting