

METALS AND ENVIRONMENTAL TOXINS

METALS	SOURCES	TOXICITY SYMPTOMS	HELPFUL SUPPLEMENTS	HELPFUL HERBS AND FOODS
ALUMINUM: This metal has a predisposition for neural tissue and often settles in the brain affecting memory and behavior. Many researchers feel that aluminum is a major player in Alzheimer's Disease, a disease of dementia, forgetfulness and senility. Other organs affected are the bones and stomach.	Aluminum cookware, handles of gasoline pumps, aluminum foil, walkers for the elderly, canned foods and soda, table salt, pickles, antacids, antiperspirants, aluminum sulfate baking powders, toothpaste, commercial soaps and lotions, soft water, beer, drinking water (numerous cities add aluminum salts to drinking water to reduce the cloudiness), ulcer medications, tobacco smoke, air pollution, soil exposed to acid rain, American cheese, bleached flour	Dryness of mouth, Dryness of skin and mucous membranes, stomach pain, flatulence, ulcers, hard stool and /or with small hardened pieces ("fecal stones"), pain in the spleen area, tendency for colds, burning pain in the head relieved by food, heartburn, aversion to meat, forgetfulness, crying in children, kidney problems (especially in right kidney), cell oxidation inhibition.....extreme toxicity leads to gastrointestinal irritation, colic, rickets, tumors, and convulsions.	Vitamin E, C, Metaline, Alumina 6x-12x, Co-Enzyme International	Rhubarb root, cayenne pepper, red cabbage (raw, grated 2 Tablespoons 2x a day), okra, pumpkin seeds, dulce
ARSENIC: This is a poison that concentrates in muscles, hair, skin, nails and brain (dislodging phosphorous).	Smoke, herbicides, pesticides, insecticides, coal burning, wood preservatives, manufacturing of glass, some beers, tobacco smoke, defoliant, table salts, laundry aids, dental compounds from root canal fillings, some marine plants and seafood, contaminated drinking water, white sugar is	A garlicky odor to breath yet a sweet metallic taste in mouth, garlicky odor to stool, most common symptom is a constant backache that chiropractic adjustments don't seem to help; burning sensation or inflammation in eyes, throat and chest; enlargement of tonsils; Also headaches, nausea, diarrhea, throat constriction, low grade	Iodine, Selenium, amino acids, vitamins C, Arsenicum 6x-l, Harpagophytum tea or tea with equal portions of grassia, white oak bark and goldenrod (Drink 2 cups daily)	Take one teaspoon of . Piloncillo (Raw Mexican sugar 3 times a day which can be found in your supermarket with the Mexican foods.

	processed with arsenic	fever Dark spots on skin, fatigue, loss of body hair, nervousness, gastrointestinal disturbances		
CADMIUM: This is a metal that can be found in our water, food, and air. It inhibits many enzymes and nutrients and may affect the nervous system, heart and blood vessels, lungs, kidneys, liver, and produce high blood pressure, anemia, and other problems. The impairment of calcium metabolism can contribute to bone disorders such as osteoporosis.	Processed grains, cigarette smoke, dairy products, meats, contaminated shellfish from industrial seashores, fertilizers, auto exhaust, batteries, solder, dentures, drinking water, paint pigments, fungicides, rubber products, welding, Oxide dusts, galvanized pipes	Pneumonitis, vomiting, diarrhea, loss of calcium in bones, deterioration of heart, and blood vessel structures, and prostration.	Calcium, iron, copper, zinc, selenium, Vitamin C which can be found in a multiple vitamin-mineral supplement; sulfur containing amino acids (cysteine, methionine), dietary fiber supplements containing pectin, and alginates, extra Vitamin C (up to 3 grams), and extra zinc (15 -20 mg.) taken at bedtime from the multiple supplement. Cadmium (homeopathic 6x)	Paprika, cabbage family foods
LEAD: This metal is a potent neurotoxin and environmental pollutant. In children it is responsible for 90% of the cases of hyperactivity in children. It affects the brain, bones, liver, kidney, pancreas, heart, and nervous system	Paints, water pipes, tin cans, insecticides, auto exhaust (leaded gas), industrial air pollution, Batteries and other industrial use of lead, tobacco smoke, "moonshine whiskey, newsprint and colored adds, hair dyes and rinses, dolomite, soft coal, leaded glass, pewter ware, pesticides, pencils, fertilizers, pottery, cosmetics, bleached white sugar (protoplasmic)	abdominal pain, anemia, enzyme poisoning, lower osteoblast (bone) production, lowered blood formation, blockage of enzymes at cellular level, lesions of the central and peripheral nervous system (the central nervous system lesions result in behavioral problems and hyperactivity in children; Lead can raise uric acid levels and impair kidney function. The end result is gout. Chronic exposure to lead from	Vitamin and mineral supplementation, Sulfur amino acids (methionine and cysteine) Extra Vitamin C, Vitamin E, Calcium, Iron, fiber, Garlic, Plumbum-homeopathic, Metaline, 80-07(lead)	Garlic, eggs and beans