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Heavy Metals

Environmental toxins affect us everyday. Unfortunately we live in a toxic society. Toxins are around us everyday. Heavy metals such as lead, mercury, arsenic, aluminum, cadmium, and tin are in our homes, work, and outside. Heavy metal poisoning toxins are a serious problem in our society. It is hard to avoid exposure. The main thing we can do is beware of how we can absorb them and where do they come from. Most often they come from our water, stoneware dishes, foods, automobiles, toothpaste, paint, soaps, pesticides, factories, soda cans, building materials, aluminum foil, make up, pots, and so on. Metals can reduce ones immune system. The large organs such as the kidneys, lungs and liver become overloaded. Today there are over 75,000 new chemicals each year that become of our toxic overload. This then depletes are nutrients leading to a broken down immune system. The immune system can work better as the metals or chemicals leave ones body.

Do you have any of these signs????

- Fatigue
- Allergies
- Sick more than 2x per year a very low immune response
- Unexplained seizures
- Memory problems, forgetfulness, learning problems.
- Metallic taste in your mouth
- Bluish veins under the tongue or black spots around gum line
- Heaviness in legs are arms
- Tingling in extremities
- Blurred Vision
- Headaches-sinusitis
- Candida – Yeast Overgrowth or Intestinal Problems
- Sensitivities to odors, perfumes or strong cleansers
- Intolerance to alcohol
- Psychotic behavior
- Infertility or impotent
- Unusual body odor or breath
- Taking medications make you sick or worsen your health
- Bad gums, tooth decay, multiple root canals or crowns
- Chronic problems or illnesses no one can figure out
- Skin rashes or skin problems

HEAVY METAL DETOXIFICATION PROGRAM

- *Drink ample amount of clean *filtered reverse osmosis water* usually 8-10 glasses. You can cut you body weight in ½ and determine the correct oz. Example if someone weighs 100 pounds they would drink 50 oz of water. Remember you can have your water tested or simply ask your village for a current copy of the resent water test results. You can have your water tested to ensure a safe level of lead and other minerals. National testing labs sell kits for testing your own water. To order 800-H20-TEST. Culligan International provides a Water Watch Hotline at 800-285-5442. * Important run your tap in the morning for at least 3 minutes before using it. One can use essential organic oils to help treat ones water by applying lemon, or grapefruit into your water before drinking it. * ask Gail Kopin for the proper essential natural oils and where you can order on your own. 1-2 drops per 24 oz. of water bottle or 10 drops per gallon.
- ***Chlorophyll** is the most powerful agents in nature to use. It is a fresh green plant. Liquid chlorophyll can be used for good absorption and for children. I like *Chlorofresh by Natures Way* is safe and effective. You would not be able to use if

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you have an allergy to alfalfa. Chlorophyll is successful when cleaning and detoxifying the body. Chlorophyll is like a transfusion. A green drink contains folic acid, potassium, calcium and manganese. Green foods help the body build red blood cells. Chlorophyll helps clean the blood and is loaded with enzymes for digestion and helps neutralize the body's PH in keeping the body healthy. PH 7-2-7-3 in normal. The body is healthiest at this PH level. It has helped many individuals with colds, rhinitis, ear infections, inflammation and good for removing heavy metal build up. Chlorophyll is a binder. Other chlorophyll foods have been found in wheatgrass, barley, and spirulina. It is helpful for ulcers, gastritis, liver, eczema, hemorrhoids, asthma, high blood pressure, anemia, constipation, body odor, gums, infections, burns and cancer. *Excellent source to use during detox and fasting diets. Good for absorption of minerals.

- ***Apple pectin-** If take as a supplement follow as directed on label. Apple pectin helps bind toxins and metals. It is the pectin in the apple skin that helps with polarizing and binding. One can eat one organic-whole apple a day. Do not remove the skin.
- ***Garlic-2-3 tablets with meals.** Will assist the body immune system and the garlic helps bind to garlic and then excrete it.
- **Chlorella** A green algae plant. High in protein-60%. Rich in minerals and contains 12% chlorophyll. A rich source in vitamin B. Higher than sea vegetables. Most potent in beta carotene. Contains an essential fatty acid necessary for GLA a body's master hormone. Without it leads to obesity, heart disease, and PMS. Excellent: anti-tumor, antibiotic, a tonic. It effectively moves heavy metals out. Strengthen the liver. No precautions.
- **Asparagus Extract** – Dr.Chi's 1-800-457-5708. CA, US. Helps with turning the body more alkaline as does chlorophyll, yet improves immunity, heart, and kidney. It contains glutathione, organic selenium, and folic acid. * DO NOT USE IF PREGANANT.
- **L-cystine- an amino acid:** sulfur containing acts as a detoxifier for heavy metals. Cysteine converts to glutathione, one of the most natural detoxifiers of heavy metals, radiation, chemicals, and drugs. Glutathione is found in *parsley and spinach*.
- **Metal Flush-** Dr. Chi's. *Chelates metals* without taking out essential trace elements safe for children and adults. Contains glechoma, smilax, allium, Glycyrrhiza, chaenomeles, rheum, and sargassum.
- **Sea greens** –vegetables for detoxification. Marine super foods. Ask Gail for book by Linda Page N.D. PhD on Detoxification pg. 154 these are wonderful for removing heavy metals and radiation from the blood. Eat them on or drink them. Green Foods Corp,CA. 1-800-777-4430.
- **High multi-level vitamin and mineral supplement.** Minerals should contain Ca, Mg, Zinc, Iron, Copper and chromium.
- ***Vitamin C -3,000-10,000** helps to neutralize the effects of metals. Supplement may be necessary if you eat less than 80% whole fruits and vegetables. *Food whole organic sources: berries, citrus fruits, green vegetables, broccoli, brussel sprouts, beets, grapefruit, lemons, onions, strawberries, spinach, sweet peppers, cayenne, fennel, nettle, kelp, peppermint, tomatoes, apple and radishes.*
- ***Vitamin B-Complex- 1-2x per day.** Vital for cellular enzyme functions and metabolism helps remove metals from brain. *Food sources, whole avocados, spinach, whole grains, yogurt, fish, cheese, eggs, leafy greens, nuts, carrots, broccoli, potatoes, walnuts, almonds, cashews, brown rice, bananas, chicken, meat, seafood, whole bran cereals, and soybeans.*
- ***Selenium:** 200 mg. daily. Wonderful antioxidant-stops free radical damage from heavy metals. A protector. Should be taken with **Vitamin E:** 200-400mg per day works with selenium, another protector. **Vitamin A:** start 10,000 and up a

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strong antioxidant which destroys free radicals and protect the cells from poisoning. * A good antioxidant should contain selenium, E & A.

- *Astragal as – Olive Leaf to take 1-2X per day – to improve immune and vitality process. Can be use for a continuous time. No precautions.
- Enzymes: protease, amylase, lipase to help digest carbohydrates, proteins, and fat. This is done by the pancreas. Organic raw foods contain proper types of concentrated enzymes. Eating organic produce adds no stress to the pancreas. If you are not eating enough organic vegetables and fruits than an additional support or supplement would be recommended. Enzymes are the battery in our body. Without it nothing would work. It assists the biochemical processing.
- Acidophilus: Why is this important? A friendly bacteria in the intestinal tract, also known as probiotics. It is important for moving digestion and forming certain vitamins, including B and folic acid. Acidophilus deactivates disease causing bacteria and will defend the territory against microorganism such as yeast and fungus. When good bacteria are depleted especially by antibiotics there are multiple side effects that occur in the body. Our flora should be 80% good bacteria and 20% bad. This is often reversed in most people. *Organic Yogurt with live cultures would be essential everyday to obtain a good food source of acidophilus.*
- *Eat high fruit/vegetable/grain/nut diet. Apples, cantaloupe, spinach, grapes, brown rice is all grippers that like to pull toxins out of the colon. Remember an apple a day keeps me away. 80% vegetable, fruits, grains and 20 % protein
- Increase sulfur foods: eggs, whey protein, cabbage, raw onions, raw garlic. Or you can supplement by taking MSM.–Good bone support and detoxifies heavy metals.
- AVOID: CAFFENINE, SODA, ARTIFICIAL FLAVORINGS OR PRESERVATIVE PRODUCTS, ALCOHOL. DO NOT SMOKE.

OTHER SUGGESTED THERAPIES

- *Infrared Sauna - 2 x a month for 15-30 minutes : 6 months or 12 visits . You will need to schedule your time with the office. Fee \$ 40 per therapy session. infrared sauna is a safe way of sweating and pulling toxins out of the body slowly. *Dr. Sherry Rogers M.D/Detox or Die states in her book pg. 225,226. The infrared sauna therapy as reported that Mayo Clinic researchers had helped many people who were sick and nothing else was helping. They state that no other surgery or drug is available to give this kind of therapeutic result. Infrared sauna provides safe, low temperature through sweat of the very heavy metals, pesticides, dioxins, PCB's, plasticizers, and other environmental chemicals. This helps reverse illnesses. Sweat is the only proven mechanism to remove heavy metals and chemicals.* Overheating therapy is known through out history. It has been approved and used as a protective healing measure. Overheating stimulates a slight fever response which then speeds up metabolism, inhibits growth of harmful viruses or bacteria, and burns out invading organisms. It brings wastes such toxins as heavy metals to the skins surface and helps extract them out. Gail or a staff member will need to monitor during the session. Too many resources to list-it is best to purchase Dr. Sherry Rogers book, and research Heavy Metals through the American Medical Naturopathic Association, or the International Association of Toxicology. If you would prefer to purchase an infrared sauna unit to be used at your own convenience and at home, please ask the staff or Gail Kopin, so we could provide one for you at discounted price versus retail.
- *Dry natural brushing- A natural dry brush is to be used to brush the skin. Use for 5 minutes 15 minutes to hour to bath time. This is a natural stimulate to the largest organ in the body. The top layer of our skin replenishes itself every 24 hours. Dry brushing helps improves circulation and removes toxins.
- Ionic Foot Bath Cleanse: Removes toxins-chemicals and heavy metals through the skin from the feet. It is a wonderful of helping skin sores to heal.

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- **A Detox Bath is easy and pleasant:** a therapeutic bath can contain mineral clays, aromatherapy oils, seaweeds, and enzyme herbs which help draw out toxins out through the skin. When detoxifying it is best to take a therapy **bath 2 x per week**.
- **Seaweed bath:** stimulates lymphatic drainage and is fat burning. *Crystal Star Herbal Nutrition (800-736-6015)* following bath take a ginger or cayenne supplement it helps assimilate seaweed minerals.
- **Hot / Cold hydrotherapy** helps open and stimulate vitality and healing. Alternate hot cold showers or baths. Shower in cold for 2 minutes and then shift back to hot for 2 minutes.
- **Oxygen bath:** use 35% hydrogen peroxide, pour in 1 cup to bath.
- **Baking soda alkalizing bath:** add 8oz of baking soda in hot water.
- **Detoxifying and soothing:** mix baking soda, Epsom salt, and sea salt in hot water.
- **Aromatherapy bath:** lavender, chamomile, rosemary into your bath. Use organics. Ask Gail for specific oils.
- ***Bathdetox-** Dr. Chi's. A *mineral bath* used in the bath for removing metals and pollutants that may be overloading the body.. Works through skin, kidney, edema, and when skin is itching. Use 1 x per week when detoxing. Contains: atactylodes, carthamus tinctorius, cinnamomum, eupatorium, ligustici, notopteryglum, saposchnikovia and artemisia. Gail can supply.
- **Magnetic Clay Bath:** helps reduce toxic metals a good bentonite volcanic clay. Helps draw toxins out through the pores of the skin. order Detox Kits: 1-877-562-6039 or go to website www.evenbetternow.com

Aromatherapy: comes from plants. It assists to regenerate the body cells and stimulates healing. Plant foods have a frequency of 0-15 megahertz. Dry herbs 15-22 Hz, Fresh Herbs 20-17Hz, and essential oils start from 52Hz & go to 320Hz. A Healthy body has a normal frequency around 62-78Hz. Disease begins at 58Hz. Essential oils are a huge factor and a good choice for overcoming today's super germs and viruses. Remember sense stimulate relaxation, joy, energy, metabolism, insulin, hormones. Etc. Helps stimulate and improve: immune, circulation, lymph, mucous, blood. Etc. Gail will provide educational classes and session for clients more interested in learning how these oils work within the body.

Bodywork: 1x per month. It is highly suggested that a massage, acupressure, aromatherapy application, myofascial release, or chiropractic work is provided to stimulate circulation, release tension, and provide normal body alignment for proper body functions. Gail will provide all the above except any chiropractic work.

Exercise: 4 x per day. I suggest 20 minute of walking per week and weights 2 x per week. Please understand that if you have a weakened immune system exercise must be at a minimum. A slow build up will be necessary over a one year's time.

Recommendations: Use only stainless steel, glass, iron cookware. Avoid: and read labels to deodorants, douches, powders, food additives, soaps, and shampoos.



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TOXIC ELEMENTS

LEAD: Is one of the most toxic metals. It does accumulate over time and is retained in the body. When the lead is not excreted through the digestive system the lead collects in the body and is absorbed into the blood and other tissues. Lead can be stored along with minerals and build up in person's bones. Lead can re-enter the bloodstream at any time. Lead has no function for health in humans. It is toxic and is a metabolic poison. It inhibits basic enzyme functions. Lead can seriously damage the kidneys, liver, heart, and the central nervous system. The body has difficulty distinguishing between calcium and lead. Once lead enters the body, it is processed like a mineral or calcium ending up in the bones and then reentering the bloodstream at any time. Children and pregnant women absorb lead more than other people. Anywhere from 25-40% per pound of body weight. Children symptoms are more severe than adults. Symptoms may include: *gum and teeth problems, muscle weakness, anxiety, fatigue, tremors, seizures, vertigo, insomnia, learning difficulties, confusion, and bone growth problems.* *Poisoning can lead to paralysis of extremities, blindness, mental disturbances, coma, and even death.* Chronic lead poisoning can lead to impotence, reproductive disorders, and liver failure. Lead is popular in the United States. A good amount of people exhibit moderate levels in their blood. **Sources of lead come from:** *paint, ceramic glazes, crystal dishes, old fine crystal ware and old glassware, ceramic cups, gasoline, stoneware, batteries, tobacco, liver, water, wine, canned fruit, garden vegetables-lead contaminated soil, bone meal, insecticides, vinyl mini blinds, porcelain-glazed sinks, bathtubs, vaccines, lead pipes, copper pipes, lead weights, newspapers, bread bags, foil wrappers, hair coloring, cosmetics, toiletries, food coloring, old antiques, vinegar, fruit juices, etc.* Beware of ceramic products not made in Mexico, and China. It is also known that 90% of the lead is stored in the mother's body and is free to cross over the blood brain barrier – placenta to fetus. Children born from women who have toxic amounts of lead or metals in their bodies generally suffer from growth and nervous system disorders. Even a small amount of lead can impair behavior and learning.

ALUMINUM- aluminum is not a heavy metal, yet it is toxic in high amounts. This has been known to be present in small amounts in the brain. Similar symptoms are those of Alzheimer's and Osteoporosis. *Alzheimer's* is: a type of dementia, or decline in intellectual function. An inability to concentrate a memory loss. Other symptoms would be mood disorders or forgetfulness. *Osteoporosis:* a progressive bone disease. Bones become weaker and weaker due to porous bones. Aluminum can lead to stomach disturbances, poor calcium metabolism, extreme nervousness, anemia, headaches, decreased liver and kidney function, forgetfulness, speech problems, memory problems, softening of bones, and weak or aching muscles. Aluminum is excreted through the kidneys; toxic amounts may impair kidney function. Aluminum fluoride is in our municipal water. This aluminum fluoride is poorly excreted in the urine. It is absorbed primarily through the digestive tract, but also through the lungs and skin. **Sources where aluminum comes from:** *Aluminum is found mostly in our water and our food. Other sources: pop cans, white flour, painkillers, anti-inflammatory, cookware, cooking utensils, bleached flour, cheese, tablet salt, beer, antiperspirants, food additive, preservatives, colorings, toothpaste, amalgam, antacids, cans, foil paper, aluminum pots, coffee, lined juice boxes, and meats.*

ANTIMONY- a heavy metal. **Sources:** are similar to aluminum, mercury, cadmium, lead, and arsenic. Comes from *the water and food chain, industrial discharges, pesticide runoff, smokestacks, aviation, auto and commercial exhaust, lined juice boxes, cans, hot water heaters, cooking pots and pans, factory processed foods, coffeemakers, meats, dairy, etc.*

ARSENIC- a highly poisonous metallic element. **Sources:** *pesticides, laundry aids, smog, cigarettes, bone meal, salt, beer seafood, tap water, coffee, industrial pollution, automobile exhaust.* When ingested it is distributed mostly in the skin, nails and hair. Once it makes it to the hair follicle it is present it can be detected there for years. *Symptoms include:* headaches, confusion, drowsiness, diarrhea, muscle cramps, muscle weakness, hair loss, dermatitis, gastrointestinal pain, and convulsions. Arsenic affects the lungs, skin, kidneys, and liver. Person involved in working around pesticide production, mining, metal industries, are at a higher risk toward cancer. Toxic effects are accumulative.

BISMUTH- is a heavy metal is non toxic to humans in comparison to the metals such as antimony, tin and lead. **Sources:** *used in water, foods, stomach remedies, pharmaceuticals, glass, ceramics, cosmetics, semiconductors, and hunting ammunition.* *Symptoms include:* mental confusion, memory problems, muscle twitching, speech disturbances, and visual disturbances.

CADMIUM- is a heavy metal. **Sources:** *air, foods, water, coffee, gasoline, baking powder, cooking pans, metal pipes, rubber, fertilizer, shellfish, computers, pharmaceuticals, smoke, cleaning products, pesticides, insecticides, radiation, DDT, formaldehyde, carbon dioxide, porcelain crowns, tubs or sinks etc.* **Can contribute** to hypertension, emphysema, chronic fatigue, protein losing



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kidney disease, liver problems, cancer, osteoporosis, allergies, behavioral changes, indigestion, thyroid problems, lower immune system, neurological problems, IBS, memory, fatigue, leaky gut syndrome, headaches, vitamin deficiencies, ADD, autistic spectrum disorders, epilepsy, heart problems. Higher risk is workers in the dental workers, auto mechanics, glass makers, painters, pottery, welders, pharmaceutical workers, sculptors, textile printers, jewelers, and lithographers.

MERCURY – a toxic heavy metal. **Sources:** air pollution, dental silver amalgam fillings, freshwater fish, bass/trout, saltwater fish (tuna/swordfish/shellfish, water, fungicides, insecticides, laxatives, paints, pesticides, well water, thermometer, and vaccines from measles, mumps, and rubella. **Symptoms:** adrenal gland dysfunction, birth defects, brain damage, depression, dermatitis, dizziness, fatigue, hearing loss, hyperactivity, kidney problems, memory problems, migraines, mood swings, nervousness, pain or numbness in extremities, skin rashes, thyroid problems, vision loss.

NICKEL-a is a silver white metal. **Sources:** steel, batteries, heating fuel, ceramics, automobile exhaust, cigarette smoke, airborne dust, dental materials, coins, hairpins, jewelry, bananas, barley, beans, cabbage, nuts, baking powder, cocoa, cooking utensils, hydrogenated fats and oils, refined and processed foods, fertilizer. **Symptoms:** respiratory illness, asthma, allergies, sinus problems, and skin rashes.

TIN-a metal that supports the adrenals and iodine for thyroid. **Sources:** tin cans, canned foods, cereal grains, dairy, meat, vegetables, seaweed, licorice, toothpaste. **Symptoms:** skin rash, stomach problems, nausea, diarrhea, abdominal pain, headache, palpitations.

URANIUM: - a natural occurring element in our environment usually is present in the soil, air, water, food. It is radioactive, and usually industrial processed, commonly associated with nuclear materials and weapons. Root vegetables grown in high uranium soils and ground water are the most common areas. Can be found in fertilizers and or higher agricultural areas. Can come from fluorescent bulbs, radioactive materials, mining.

IMPORTANT INFORMATION: When dealing with metals in the body they can block absorption of certain nutrients and minerals. Therefore, consulting with a Natural Health Practitioner will be important for proper guidance. It is best to re-test yourself every 6 months. It takes 6-12 months before you begin feeling better. It takes a long time to remove heavy metals. Some take years. Be patient and start by changing your life now. *Remember Healing Occurs Naturally.*

Resources/and in communication with the following doctors and/or sources:

- Dr. Jerry Leiken – Toxicologist – Glenbrook Hospital Northwestern Evanston Hospital.
- Dr. Andrew Weil MD– University of Arizona: a leading integrated medicine doctor.
- Dr. Gez Agoli ND, PHD Progressive Medical Center an expert on Heavy Metals/Detox America.
- Dr. Chi MD ND– CA, Chis Enterprise. A Medical Naturopathic doctor, who works in CA hospitals, teaches, and is a scientist for past pharmaceutical labs and now developed his own homeopathic laboratory to help out natural doctors heal their patients. www.chi.health.com
- Dr. Linda Page, ND PhD author and well know US speaker on natural medicine and detoxification. www.healthyhealing.com – 1800-260-4349
- Prescription for Nutritional Healing by James Balch M.D. Phyllis Balch C.N.C.
- Dr. Gail Kopin RDH COM B/ND Licensed Dental Hygienist/Board Certified Doctor of Naturopathy. An activist with (DAMS) Dental Amalgam Mercury Syndrome Organization since 2001. She has studied and read numerous articles and books on the affects of heavy metals in the body. Gail Kopin was a victim of heavy metals poisoning through her working environment and learned to get her health back on track through alternative treatments or email: DrGailND@alternativehealthassoc.com or www.alternativehealthassoc.com
- Dr. Sherry A. Rogers, M.D./Detoxify or Die 1-800-846-6687