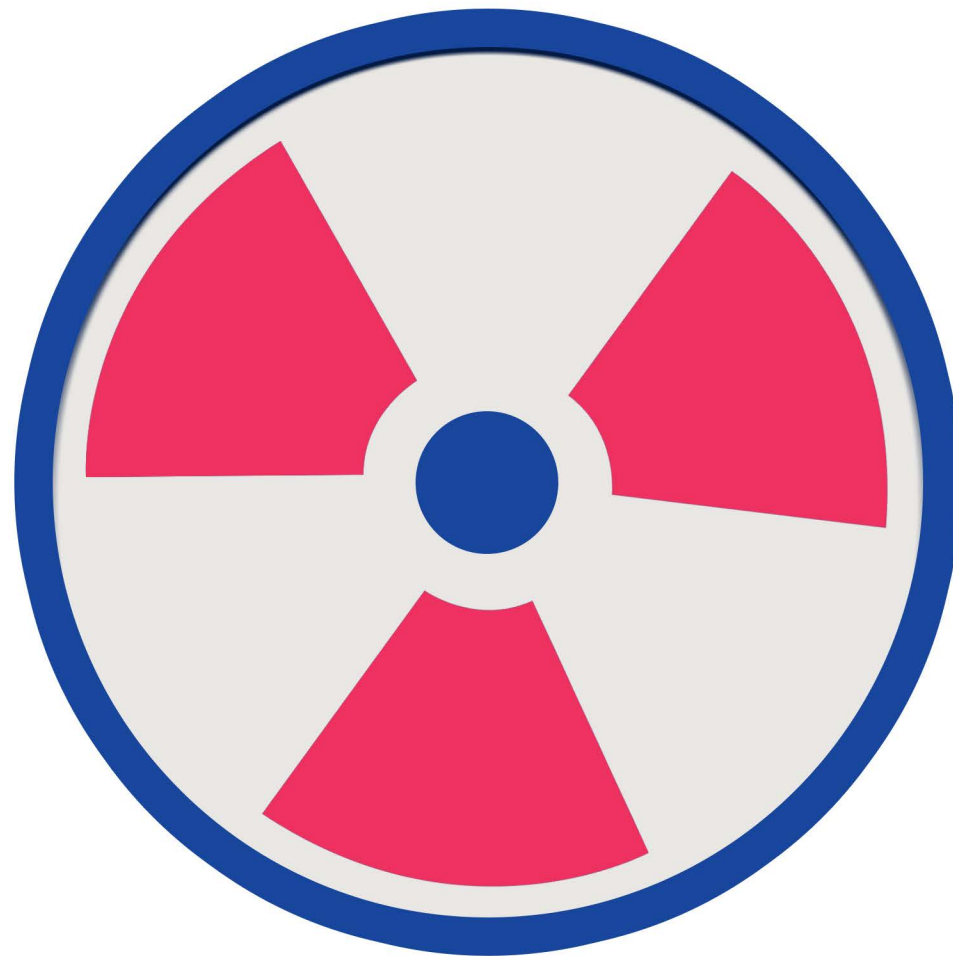


MineralPower

Toxic Metals Guide



by Wendy Myers

T A B L E O F C O N T E N T S

Introduction3

Sources 4

Symptoms 9

Removal of Toxic Metals 14

INTRODUCTION



Industrial dumping and manufacturing unleash metals into our air, food and water. As a result, everyone today has toxic metals in their body and it's important to become aware of this and remove them from your body if you have any hopes of living to Live to 110.

This guide will inform you of sources of toxic heavy metals, symptoms of toxicity and how to remove them from your body.

Heavy metals are deadly hidden toxins in our food and environment. Cadmium, aluminum, mercury, antimony, lead, arsenic and others are added to the food chain from upstream industrial dumping and pollution, pesticide runoff, incinerator emissions, smokestacks, aviation, and auto exhaust.

Our bodies cannot metabolize these metals, which must be actively purged and detoxed from the body on a continual basis before they cause disease.

SOURCES



Aluminum – vaccines, anti-perspirants, aluminum foil, teas especially mint and peppermint (all teas have aluminum), animal feed, antacids, aspirin, auto exhaust, used as an anticaking and drying agent in flour, baking powders and table salt, beverages in aluminum cans (soda, beer, juice), ceramics, cheese (processed), cigarette smoke, clays like bentonite, color additives, aluminum cookware, cosmetics, mercury amalgam fillings, 'natural' deodorant stones and crystals, tap water (used to cause sediment to sink to the bottom of municipal water sources), some medications, nasal spray, pesticides, pollution, toothpaste, vanilla powder, and occupational exposure.

Arsenic – conventionally raised poultry and commercial chicken feed, some beer, treated wood (wood preservatives), coal combustion, drinking water (US, Argentina, Bangladesh, Chile), pesticides, fungicides and insecticides, glass and mirror manufacturing, paints, pigments, table salt, tobacco smoke, rice and rice products (organic has much less), cosmetics, seafood from coastal waters (especially oysters and shrimp), soil.

Barium – contaminated groundwater, cigarette/tobacco smoke, barium sulfate beverages (used in certain medical procedures), cathode-ray tubes (in plasma TVs, LCDs/liquid crystal displays/ TVs, LCD computer monitors, and laptop computers), flat panel display devices/FDPs (such as TVs, computers, and smart phones), clay slurries used in drilling oil wells, filler for rubbers and plastics, manufacturing of ceramics, paint pigments, paper filler, petroleum production, pyrotechnics (signal flares, fireworks), rat poison.

Beryllium – tobacco smoke, air pollution (burning fossil fuels), coal burning, dental crowns, electronics, glass, manufacture of plastics and household products, industrial dust, metal work, mining, steel alloys, volcanic ash, and X-ray tubes.

Bismuth – cosmetics and makeup, stomach remedies (Pepto Bismol), some medicines, occupational exposure.

Cadmium – cigarettes and marijuana, airborne industrial contaminants, artist's paints, auto exhaust, batteries, burning coal, ceramics, coffee and instant coffee, copper alloys, dental alloys and amalgam filling, electroplating, fertilizers, food grown on cadmium contaminated soil (sewage sludge, chemical fertilizers, and contaminated irrigation water), fungicides, galvanized pipes, hydrogenated oils, incineration of tires/rubber/plastic, shellfish and large ocean fish (tuna, cod, haddock), metal coatings, motor oil, paints, pigments, plastics, processed foods, rubber, sewage, silver polish, smelters, solders (including in canned food), water (tap, softened, well), welding material, and occupational exposure.

Cesium – Fukushima fallout, fish

Chromium (toxic) – cement, cheese (American), dental materials, jewelry, oysters, paint pigments, tattoos, tobacco smoke.

Cobalt (toxic) – batteries, hair dyes, magnets, radioactive solutions, tires.

Copper – any birth control involving estrogen will raise copper like IUD's (intra-uterine devices) and the birth control pill, hormone replacement therapy (HRT), avocado, beer, bone meal, chocolate, congenital intoxication (acquired at birth), copper water pipes, copper added to tap water as a fungicide, copper cookware, corn oil, crabs, dental alloys and amalgams, electronic devices, fertilizers, fungicides, gelatin, grains, hair color, industrial emissions, insecticides, jewelry, lobster, margarine, mushrooms, nuts, nutritional supplements – high in prenatal vitamins, organ meats, oysters, perch, pesticides, shellfish, soybeans, swimming pools, tofu, vegetarian diets in general, welding, wheat germ, and occupational exposure.

Gold – computers, coins, dental crowns and gold fillings, jewelry, radioactive solutions.

Iron (toxic) – enriched flour, drinking water, cast iron cookware, iron pipes, welding, refined foods.

Lead – auto exhaust, batteries and battery manufacturing, cigarette smoke, coal combustion, colored inks, cosmetics, root canals, eating utensils, electroplating, glass production, glazes, hair dyes, industrial emissions, lead pipes, lead-glazed earthenware pottery, mascara, metal polish, milk, newsprint, paints, pencils, pesticide residues, pvc containers, rain water, smelters, cans with lead solder sealing (such as juices, vegetables), tobacco and tobacco smoke, toothpaste, water (city/well/tap).

Manganese (toxic) – well water, auto exhaust, gasoline, batteries, ceramics, soy infant formula, fertilizers and pesticides.

Mercury (ethyl) – eye drops, nasal sprays, thimerosal, vaccines.

Mercury (inorganic) – batteries, dental mercury amalgam fillings, disinfectants, vaccines.

Mercury (methyl) – fish and shellfish (especially tuna, shark and other large fish), fungicides, grains, and soil.

Mercury (phenyl) – eye drops, soft contact lens solution, fungicides, latex and oil-based paints, nasal sprays.

Mercury (general) – adhesives, air conditioner filters, air pollution (coal burning), algacides, antiseptics, battery manufacturing, body powders, bleached flour, broken thermometers, burning of building materials, calomel lotions, some Chinese herbs, cleaners including Ajax, Lysol, Comet, Derma Scrub, Dove Soap, Ivory Liquid, chlorine and chlorine bleach, congenital intoxication (acquired in utero), cosmetics, diuretics, dyes, embalming fluid, engraving supplies, exhaust fumes, fabric softeners, felt, fertilizers, inks, laxatives, lumber, paints, paper manufacturing, medications, mercurochrome, photo engraving, polluted water, Preparation H, psoriasis ointment, sewage disposal, skin lightening creams, tattooing, water (contaminated), waxes (including floor), and wood preservatives.

Molybdenum (toxic) – dental materials, fossil fuels, hair color, lubricating oils.

Nickel – braces, dental crowns and materials, red teas like roobios, air pollution, batteries, cigarette smoke, cosmetics, fertilizers, fuel oil combustion, hydrogenated fats and oils (margarine, fast food, commercial peanut butter and shortening, imitation whipped cream), industrial waste, jewelry, oysters and shellfish, stainless steel cookware (makes it shiny), and occupational exposure.

Palladium – car exhaust, coins, dental crowns, radiation, razors, watches, 'white gold'.

Potassium (toxic) – fruit grown with NPK fertilizers (Miracle Grow).

Platinum – catalytic converters, dental fillings, jewelry, pacemakers, tobacco smoke.

Rubidium (this element is non toxic) – organic black beluga lentils, meats, whole grains, vegetables.

Silver – dental fillings, food colorings, jewelry.

Strontium (toxic) – air pollution, ceramic glazes, cathode-ray tubes for televisions, ceramic making, coal burning, glass making, making of fluorescent lights, some medicines, metal melting and casting, mining waste waters, municipal landfill operations, nuclear waste facilities, oil, paint pigments, pyrotechnics, scrap metal work (sorting, sales, and brokerage), soil, surface and underground water.

Thallium – car exhaust, smog, ant killers, cardiac scanning (thallium isotopes are used in this procedure), cement plants, coal ash, inhalation of contaminated dust from pyrite burners, kale and other cruciferous vegetables, lead smelting, manufacture of electronics, low temperature thermometers, optical lenses, imitation precious jewels, semiconductors, scintillation counters, green-colored fireworks, oil drilling, anti-knock additive in some gasoline in areas where high-octane gas is in short supply, production of photoelectric cells, rodenticides, smelting activities, soil, water fluoridated with fluorosilicic acid, zinc smelting.

Tin – canned foods or juices, dental amalgams, landfills, soil, toys, water collected from galvanized (tin) roofs, air, dyes, food additives, fungicides, some herbs, licorice, occupational exposure, smelting, tin recovery from scarp metal, soaps, seafood, some toothpaste, stablizers in plastics, moluscicides, and miticides.

Titanium – bone pins, hip/joint replacements, cosmetics (used to make it white colored), sunscreens (used to make it white colored), paints, jewelry, stainless steel watches, toothpaste (used to make it white colored), food coloring, candy and gum (used to make it white colored).

Tungsten – air, light bulb filaments, x-ray tubes, a component of steel in high-speed tools, turbine blades, phonographic needles, welding electrodes, gyroscope wheels, fishing weights, darts, golf club components, bullets (as a replacement for lead), and in armor penetrators (as a substitute for depleted uranium).

Uranium – Fukushima fallout, well water, contaminated soil, water filtered through volcanic rock, pottery glazes, high-energy X-rays, nuclear power plants, photographic chemicals, gyroscopic compasses, glassworks, artillery,

Vanadium – dental implants and alloys, titanium implants, UV filtering in glasses

Zirconium – alloys and metals used in nuclear power, aerospace, and various chemical industries; manufacture of ceramics, glass, and porcelains; in the synthesis of pigments, dyes, and water repellants; abrasives and polishing materials; igniters in the manufacture of munitions and detonators; lighter flints; skin ointments and antiperspirants; a “Gas getter” in the manufacture of high-vacuum tubes; deodorizer, denitrified, and desulfurizer in iron and steel manufacturing, and occupational exposure

SYMPTOMS



Aluminum – ALS, Alzheimer’s disease, amyotrophic lateral sclerosis, anemia and other blood disorders, appetite loss, autism spectrum disorders, behavioral problems, breast cancer, cavities, colds, colic, colitis, confusion, constipation, dementia, dry mouth, dry skin, excessive perspiration, fatigue, flatulence, headaches, heartburn, hyperactivity hypoparathyroidism, inhibition of enzyme systems, kidney dysfunction, learning delays and disabilities, liver dysfunction, lowered immune function, memory loss, neuromuscular disorders, numbness, osteomalacia, osteoporosis, paralysis, Parkinson’s disease, peptic ulcers, psychosis, reduced intestinal activity, senility, skin problems, spleen pain, stomach pain, ulcers, and weak and aching muscles.

Arsenic – trouble losing weight, fatigue, abdominal pain, anorexia, brittle nails, burning in mouth/esophagus/stomach/bowel, confusion, convulsions, dermatitis, diarrhea, drowsiness, edema, fever, fluid loss, garlicky odor to breath/stool, goiter, hair loss, headache, herpes, hyper-pigmentation of the nails and skin, increased risk of liver/lung/skin cancers, interferes with the uptake of folic acid, inhibition of sulfhydryl enzyme systems, jaundice, keratosis, kidney and liver damage, mucus in nose and throat, muscle aches and spasms, muscle weakness,

nausea, nervousness, peripheral neuritis, respiratory tract infection, sore throat, stomatitis, stupor, swallowing difficulty, sweet metallic taste, throat constriction, vasodilation, vertigo, vitiligo, vomiting, impaired healing, and weakness.

Barium – abdominal pain, cardiac arrhythmias, gastrointestinal dysfunction, diarrhea, high blood pressure, hypokalemia, lesions on lungs, low blood potassium, muscle twitching, muscle weakness, respiratory failure, respiratory issues, vomiting.

Beryllium – adrenal insufficiency, arthritis, bone spurs, bursitis, depression, disturbance of calcium and vitamin D metabolism, fatigue, magnesium depletion, lung cancer, lung infection, osteoporosis, rickets, symptoms of slow metabolism, vital organ dysfunction.

Bismuth – anemia, diarrhea, headache, nausea, pain, reduced metabolism, sperm reduction and infertility.

Cadmium – abdominal pain, aches, alcoholism, alopecia, anemia, arteriosclerosis, arthritis (osteo and rheumatoid), bone disease, bone pain in middle of bones, brain fog, cancer, cardiovascular disease, cavities, cerebral hemorrhage, cirrhosis, cramps, depression, diabetes, diarrhea, digestive disturbances, emphysema, enlarged heart, flu-like symptoms such as chills, fragile bones, growth impairment, headaches, high blood pressure, high cholesterol, hyperkinetic behavior, hyperlipidemia, hypertension, hypoglycemia, headaches, impaired bone healing, impotence, inflammation, infertility, joint pain, kidney disease, learning disorders, liver damage, low energy, lung disease, memory loss, migraines, muscle weakness, nausea, nerve cell damage, osteoporosis, prostate dysfunction, reduced fertility/reproductive disorders, schizophrenia, shortness of breath, smoker's cough, strokes, swelling of the nose, pharynx, and larynx (when chronically inhaling cadmium), tooth deformities, vomiting.

Chromium – allergies, asthma, calcium deficiency, fatigue, kidney damage, iron deficiency, nausea, sinusitis, ulcers, vomiting.

Copper – acne, adrenal hyperactivity and/or insufficiency, agoraphobia, allergies, alopecia, anemia, anxiety, arthritis (osteo & rheumatoid), autism, cancer, chills, chronic candida albicans infection, cystic fibrosis, depression, diabetes, digestive disorders, dry mouth, dyslexia, elevated cholesterol, elevated estrogen/estrogen dominance, failure to thrive, fatigue, fears, fractures of the bones, fungus, hair loss, headaches, heart attacks, high blood pressure, high cholesterol, Hodgkin's disease, hyperactivity, hypertension, hypoglycemia, hypothyroidism, infections, inflammation, insomnia, iron loss/ iron storage diseases, jaundice, kidney and liver dysfunctions, decreased libido, low hydrochloric acid, lymphoma, mental illness, migraines, mood swings, multiple sclerosis, myocardial infarction, nausea, nervousness, osteoporosis, pancreatic dysfunction, panic attacks, paranoia, phobias, premenstrual syndrome, schizophrenia, senility, sexual dysfunction, spacey feeling, stuttering, strokes,

tooth decay, toxemia of pregnancy, urinary tract infections, vitamin C and other vitamin deficiencies, and yeast infections.

Iron – 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, and stubbornness.

Lead – abdominal pain, adrenal insufficiency, allergies, anemia, anorexia, anxiety, arthritis (ost and rheumatoid), arteriosclerosis, attention deficit disorder, autism, back pain/problems, behavioral disorders, blindness, cancer, cardiovascular disease, cataracts, cartilage destruction, concentration loss, constipation, convulsions, coordination loss, deafness, depression, diabetes, dyslexia, emotional instability, encephalitis, epilepsy, fatigue, gout, hallucinations, headaches, hostility, hyperactivity, hypertension, hypo-thyroid, impaired glycogen storage, impotency, immune suppression, indigestion, infertility, inflammation, insomnia, irritability, joint pain, kidney dysfunction, learning disabilities, libido decrease, liver dysfunction, memory loss (long term), menstrual problems, multiple sclerosis, myelopathy (Spinal cord pathology), nausea, nephritis, nightmares, numbness, Parkinson's disease, peripheral neuropathies, psychosis, psychomotor dysfunction, pyorrhea, renal dysfunction, restlessness, schizophrenia, seizures, sterility, stillbirths, sudden infant death syndrome, tingling, tooth decay, vertigo, unintentional weight loss.

Lithium – ataxia, coma, diarrhea, dizziness, hand tremors, muscle twitches, nausea, seizures, slurred speech, stomach pains, uncontrollable eye movement (nystagmus), vomiting, weakness.

Manganese – nervous system damage (may be permanent).

Mercury – adrenal gland dysfunction, allergies, alopecia, anorexia, anxiety, ataxia, bipolar disorder, birth defects, blushing, brain damage, cataracts, cerebral palsy, poor coordination/jerky movements, deafness, depression, dermatitis, discouragement, dizziness, drowsiness, eczema, emotional disturbances, excess saliva, fatigue, forgetfulness, gum bleeding and soreness, headaches (band type), hearing loss, hyperactivity, hypothyroidism, immune system dysfunction, insomnia, irritability, joint pain, kidney damage, loss of self-control, memory loss, metallic taste, migraines, mood swings, muscle weakness, nervousness, nerve fiber degeneration, numbness and tingling, pain in limbs, peripheral vision loss, rashes, retinitis, schizophrenia, speech disorders, suicidal tendencies, thyroid dysfunction, timidity, and tremors.

Molybdenum – gout, hair loss, anemia, loss of hair color, osteoporosis, weight loss.

Nickel – anorexia, apathy, autoimmune disease, cancer (oral and intestinal), depression, disruption of hormone and lipid metabolism, fever, headaches, heart attacks, hemorrhages, kidney dysfunction, low blood pressure, muscle tremors and paralysis, nausea and vomiting, skin problems/rashes and tetany.

Platinum – breathing difficult, cough, eczema, rash, runny nose, urticaria, wheezing.

Potassium – abnormal heartbeat, diabetes, Hyperkalemia, kidney disease.

Rubidium – hyperthyroidism

Sodium – hypertension, osteoporosis, asthma, urinary stones.

Strontium – bone deformities, impaired bone growth, bone tumors, and chronic renal failure.

Thallium – fatigue, abnormal heart rhythms, abnormal reflexes, abnormal vision, abdominal pain, agitation, alopecia, atrophic changes of the skin, blood in stool, bone marrow depression, brain fog, breakdown of red blood cells, burning sensations that are unusual and painful, coma, confusion, constipation, convulsions, chronic fatigue, degenerative changes of the heart, liver and kidney, delirium, dementia, depression, diarrhea, dry and crusty scaling of the skin, encephalopathy, excessive salivation, excessive tiredness, fever, gastrointestinal problems, gluten sensitivities, hallucinations, hair loss (temporary and permanent), headaches, heart damage, high blood pressure, increased radiopacity of the liver, inflammation of the mouth, lips, and gums, insomnia, kidney damage, leg pain, loss of appetite, loss of reflexes, muscle aches and weakness, muscle tremors, nausea, nail changes (Mee's lines), numbness in extremities like fingers and toes, polyneuritis, respiratory paralysis, respiratory failure, seizures, severe acne, skin eruptions, skin hyperesthesia (mainly in the soles of the feet and the tibia), stomatitis, sub-archanoid hemorrhage, tachycardia, urine discoloration (green) shortly after exposure, vision disturbances, vomiting.

Tin – fatigue, abdominal pain, breathlessness, cholangitis of the lower biliary tract, convulsions, cough, decreased pulmonary function, diarrhea, dizziness, dyspnea (breathing difficulty), eye irritation, eye soreness, fatigue, hallucinations, headaches, heart palpitations, kidney problems, liver problems, nausea, peripheral neuropathy, psychotic behavior, severe sweating, skin irritation, skin rash, stannosis (benign pneumoconiosis), stomach complaints, tremors, vomiting.

Tungsten – pulmonary fibrosis, memory and sensory deficits, and increased mortality due to lung cancer

Uranium – hair loss, cancer, non-malignant respiratory disease (fibrosis, emphysema), kidney damage and disease, fatigue

Vanadium – rhinitis (nasal lining inflammation leading to runny/blocked nose), wheezing, conjunctivitis, cough, sore throat, chest pain.

Zinc – negative impact on growth, neuronal development, and immunity.

Zirconium – granulomata, adverse pulmonary effects, pulmonary fibrosis, corneal burns (if there is an ocular projection of liquid zirconium sulfate)

REMOVAL OF TOXIC METALS

A [**Mineral Power**](#) program is the best program I have seen to remove all heavy metals from the body.

[**Mineral Power**](#) replenishes minerals the body needs, giving it energy, so that it can push the metals out when it is ready – when it no longer needs them. Metals can often do the same jobs as minerals, but when we are mineral deficient, the body is forced to accumulate metals to get certain jobs accomplished in the body. A Mineral Power program utilizes a hair mineral analysis and urine metals push tests to evaluate heavy metal toxicity and nutrient deficiencies.

Based on your [**hair mineral analysis**](#), you will be given targeted mineral and detox [**Supplements custom to your body chemistry**](#) to balance and replenish minerals and detox toxic metals and chemicals. One must replenish mineral levels in order for the body to release heavy metals.

[**Near infrared saunas**](#) are recommended to assist the body's eliminative organs, which are overburdened in our toxic environment. Once you know and provide the exact nutrients your whole body needs thru diet and supplementation, in the exact combinations to properly balance your body chemistry, your body starts to heal itself. Toxic metals and chemicals are removed naturally and safely and symptoms and disease start disappearing. Learn more about Mineral power at [**Mineralpower.com**](http://Mineralpower.com)