



Toxic Symptoms and Sources Guide

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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.

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.

To search for your symptoms to see what metals could be causing them, Press Command F and you can search in the upper right hand corner.

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ALUMINUM (Toxic)

Sources

Vaccines, anti-perspirants, aluminum foil, aluminum cookware especially when exposed to salty, acidic foods, teas especially mint and peppermint (most teas have aluminum), animal feed, antacids, aspirin, astringents, 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, color additives, 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, occupational exposure, paper manufacture, sugar refining, wood preservation, leather tanning, waterproofing textiles, scrap metal recovery, aluminum welding, coal combustion, cereals especially rye, antidiarrheal medications, renal dialysis & phosphate binder treatments, I.V. fluids, parenteral feeding

Symptoms

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, neuropathy, numbness, osteomalacia, osteoporosis, paralysis, Parkinson's disease, peptic ulcers, psychosis, reduced intestinal activity, senility, skin problems, spleen pain, stomach pain, ulcers, tingling, and weak and aching muscles

ANTIMONY

Sources

coal combustion, recycling centers especially lead battery recycling, manufacture of flame retardants for plastic/vinyl/synthetic fibers, waste incineration, cement kilns, non-ferrous metal mining, smelting, & refining, glass for hypodermic syringes, glass manufacture, coal combustion, forest fire vehicle brake linings (released as dust), indoor firing ranges

Symptoms

ALS

ARSENIC (Toxic)

Sources

conventionally raised poultry and eggs, commercial chicken feed, some beer, treated wood (wood preservatives), coal combustion, drinking water (Argentina, Chile, Mexico, United States, China, Bangladesh and India), 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

Symptoms

resistant weight loss, weight gain, fatigue, abdominal pain, anorexia, brittle nails, burning in mouth/esophagus/stomach/bowel, cancer, confusion, convulsions, dermatitis, diarrhea, drowsiness, edema, fever, garlicky odor to breath or stool, goiter, hair loss, headache, herpes, hyperpigmentation of the nails and skin, increased risk of liver/lung/skin cancers, interferes with the uptake of folic acid, inhibition of sulphydryl enzyme systems, jaundice, keratosis (hardening of the skin of palms and soles of feet), kidney and liver damage, liver fibrosis, mucus in nose and throat, muscle aches and spasms, muscle weakness, nausea, nervousness, peripheral neuritis, respiratory tract infection, sore throat, stomatitis, swallowing difficulty, sweet metallic taste, throat constriction, vasodilation, vertigo, vitiligo, vomiting, impaired healing, and weakness

BARIUM

Barium

Sources

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, mining & processing of barite ore, phosphate fertilizers, insecticides, black tea, soybeans, soy baby formula

Symptoms

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

Sources

tobacco smoke, air pollution (burning fossil fuels), coal burning, dental crowns/dental alloys used in dental prostheses, electronics, glass, manufacture of plastics and household products, industrial dust, metal work, mining, steel alloys, volcanic ash, and X-ray tubes, fuel oil combustion, waste incineration, recycling plants, electric utilities, copper -beryllium wire used in electrical devices, fertilizers especially phosphorus, fertilizers & sewage sludge

Symptoms

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

Sources

cosmetics and makeup, stomach remedies (Pepto Bismol), some medicines, occupational exposure, coal combustion, low melting point alloys used in fuses/sprinklers, glass, ceramics, electronic devices, food processing equipment, mining, smelting, chemical plants, waste incineration, fertilizers & sewage sludge

Symptoms

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

CADMIUM

Sources

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, dyes, electroplating, fossil fuels, fungicides, galvanized pipes, hydrogenated oils, incineration of tires/rubber/plastic, shellfish and large ocean fish (tuna, cod, haddock), metal coatings, motor oil, organ meats (kidney), paints, pigments, plastics, processed foods, rubber (especially rubber tires and rubber carpet backing), sewage, silver polish, smelters, solders (including in canned food), water (tap, softened, well), welding material, occupational exposure, phosphate fertilizers, gypsum byproduct, sewage sludge, crab (mostly in hepatopancreas - part of the digestive tract). Food grown on cadmium contaminated soil due to sewage sludge, chemical fertilizers, and contaminated irrigation water: Potential contaminated foods can be broccoli, cabbage, lettuce, carrot, onion, potato (significant dietary contributor), tomato, spinach, fruit, sunflower seeds.

Symptoms

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, infertility, inflammation, joint pain, kidney disease, learning disorders, liver damage, low energy, lung disease, memory loss, migraines, muscle weakness, nausea, nerve cell damage, osteoporosis, ovary damage, prostate dysfunction, reduced fertility/reproductive disorders, schizophrenia, shortness of breath, smoker's cough, strokes, stomach problems, swelling of the nose, pharynx, and larynx (when chronically inhaling cadmium), testicle damage, tooth deformities, vomiting

CESIUM

Sources

Fukushima fallout, fish, shellfish

Symptoms

Cell damage, cancer

CHROMIUM (Toxic)

Sources

cement, cheese (American), dental materials, jewelry, oysters, paint pigments, tattoos, tobacco smoke, steel & stainless steel production, welding, chrome plating, ferrochrome alloy production, chrome pigment, cement, asbestos brake linings

Symptoms

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

COBALT (Toxic)

Sources

batteries, hair dyes, radioactive solutions, tires

Symptoms

Cardiomyopathy (a problem where your heart becomes big and floppy and has problems pumping blood) Deafness

COPPER

Sources

any birth control involving estrogen will raise copper like IUD's (intra-uterine devices) and the birth control pill, hormone replacement therapy (HRT), beer, bone meal, congenital intoxication (acquired at birth), copper water pipes, copper added to tap water as a fungicide, copper cookware, dental alloys and amalgams, fertilizers, fungicides, hair color, industrial emissions, insecticides, jewelry, nutritional supplements - high in prenatal vitamins, swimming pools, vegetarian diets in general, welding, and occupational exposure (i.e. an electrician handling copper wires)

Foods high in copper (but not necessarily going to cause you copper toxicity unless grossly eaten out of proportion as you see in vegan and vegetarian diets) – avocado, chocolate, corn oil, crabs, gelatin, grains, lobster, margarine, mushrooms, nuts, organ meats, oysters, perch, pesticides, shellfish, soybeans, tofu, wheat germ

Symptoms

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

GOLD

Sources

computers, coins, dental crowns and gold fillings, jewelry, radioactive solutions

Symptoms

liver inflammation, blue-grey skin color, mouth ulcers, bone marrow suppression resulting in frequent infections

IRON (Toxic)

Sources

enriched flour, potential contaminant in well water, cast iron cookware, iron pipes, welding, refined foods, iron supplements (most who take them don't need them and the iron builds up to toxic levels)

Symptoms

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 (Toxic)

Sources

auto exhaust, batteries and battery manufacturing, cigarette/tobacco smoke, coal and oil combustion eg. electricity power stations, incineration of waste, cement production, roasting & smelting processes, colored inks, cosmetics, root canals, eating utensils, electroplating, gasoline, glass production, glazes, hair dyes, industrial emissions, lead pipes, lead-glazed earthenware pottery, mascara, metal polish, milk, newsprint, paints, pencils, pesticide residues, lead-arsenate pesticides, pvc containers, rain water, smelters, cans with lead solder sealing (such as juices, vegetables), toothpaste, water (city/well/tap), liver, kidney, old lead water pipes, Ayurvedic, Chinese, & other Asian medicine medicines, shotgun pellets (hunting areas), fishing sinkers, storm water runoff which is contaminated by automotive (brakes, used oil), building materials (brick, concrete, wood, roofing, vinyl, siding)

Symptoms

abdominal pain, adrenal insufficiency, aggression, allergies, anemia, anorexia, anxiety, arthritis (osteo 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, disrupts neurotransmitters, dyslexia, emotional instability, encephalitis, epilepsy, fatigue, gout, hallucinations, headaches, high blood pressure, hostility, hyperactivity, hypertension, hypothyroid, 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), mental retardation, menstrual problems, miscarriage, multiple sclerosis, myelopathy (Spinal cord pathology), nausea, nephritis, nightmares, numbness, paralysis, Parkinson's disease, peripheral neuropathy, psychosis, psychomotor dysfunction, pyorrhea, red blood cell damage, renal dysfunction, restlessness, schizophrenia, seizures, sterility, stillbirths, sudden infant death syndrome, tingling, tooth decay, vertigo, unintentional weight loss.

MANGANESE (Toxic)

Sources

well water, auto exhaust, gasoline, soy infant formula, fertilizers and pesticides, fuel additive, hair products that contain manganese can contaminate an HTMA, steel, alloys (i.e. dry cell batteries)

Symptoms

neurological symptoms, nervous system damage (may be permanent), anorexia, anger, ataxia, schizophrenia (unemotional behavior), extreme criminal behavior (psychopathology), iron deficiency, Parkinson's disease (or symptoms similar to it), hearing loss, headaches, brain fog.

Manganese often accumulates in the ears and pons and cerebellar region of the brain.

MERCURY (Toxic)

Sources

dental mercury amalgam fillings, fish and shellfish (especially tuna, shark, mackerel, swordfish, and other large fish), vaccines, fungicides, soil, eye drops, soft contact lens solution, latex and oil-based paints, nasal sprays, adhesives, air conditioner filters, air pollution (coal burning), algaecides, antiseptics, battery manufacturing, body powders, bleached flour, broken thermometers, calomel lotions, some Chinese herbs, cleaners and disinfectants including Ajax, Lysol, Comet, Derma Scrub, Dove soap, and Ivory liquid soap, 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, some medications, neuropathy, photo engraving, preparation H, psoriasis ointment, sewage disposal and sludge, skin lightening creams, tattooing, water (contaminated), waxes (including floor), wood preservatives, industrial waste dumping

MERCURY (Toxic)

Symptoms

acne, acid reflux, adrenal gland dysfunction/adrenal fatigue, allergies, alopecia, Alzheimer's disease, Amyotrophic Lateral Sclerosis (ALS), anger, ankylosing spondylitis, aneurysm, anorexia, anxiety, apathy, asthma, ataxia, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), autism, autoimmune disease, bipolar disorder, birth defects, bladder disease (chronic), blushing, borderline personality disorder, brain damage, bruising, bruxism – grinding teeth while sleeping, bulimia, cancer, cataracts, cerebral palsy, chronic fatigue, colitis, constipation,, elevated blood calcium, coronary vascular disease, Crohn's disease, poor coordination/jerky movements, deafness, depression, dermatitis, dementia, developmental delays, discouragement, dizziness, drowsiness, dysarthria (characterized by slurred or slow speech due to weakness or poor control over the muscles used for speech), eczema, emotional disturbances, enlarged prostate, excess saliva, fatigue, flatulence, floaters in the eyes, fibromyalgia, forgetfulness, gastritis, gum bleeding and soreness, headaches (band type), hearing loss, heart arrhythmia (irregular heartbeat), high cholesterol, hormone dysregulation, hyperactivity, hypoglycemia/hyperglycemia, hypothyroidism, immune system dysfunction or damage, inflammation of mucous membranes (chronic), insomnia, irritability, Irritable Bowl Syndrome (IBS), joint pain, kidney damage, leaky gut, loss of self-control, Lupus, manic depressive disorder, memory loss, metallic taste, migraines, mole formation, Multiple Chemical Sensitivity (MCS), Multiple Sclerosis (MS), mood swings, muscle weakness and tremors, nausea, nervousness, nerve fiber degeneration, numbness and tingling or "Pins and Needles" sensation, oily skin, Obsessive-Compulsive Disorder (OCD), Parkinson's disease, pain in limbs, panic attacks, paralysis, peripheral vision loss, photophobia (sensitivity to light from weak iris response), rashes, retinitis, excessive salivating, schizophrenia, sciatica, excessive shyness, sleep disorders, speech disorders, spider veins, suicidal thoughts or tendencies, thyroid dysfunction, timidity, tinnitus (ringing in ears), tooth decay, transient ischemia attacks or stroke, tremors, and vomitting.

MOLYBDENUM (Toxic)

Sources

dental materials, fossil fuels, hair color, lubricating oils

Symptoms

gout, hair loss, anemia, loss of hair color, osteoporosis, weight loss

NICKEL

Sources

air pollution from combustion of fossil fuels, batteries, baking powder, coins, cosmetics, dental restorations and orthodontics, electroplating, hydrogenated vegetable oils (shortening, Crisco, fast food, margarine, processed foods, imitation whipped cream, interesterified fats, partially hydrogenated fats), nickel-plated jewelry, nickel-plated machine parts and tools, electroplating, welding, prostheses (like hip, knee, cochlear and cardiac implants), spark plugs, stainless steel cookware and utensils, cardiac stents, soil, tobacco smoke, water, rooibos tea and red teas, occupational exposure

Symptoms

disruption of hormone and lipid metabolism, fever, abdominal pain, asthma, blue color may appear on the skin, bronchitis, cancer – oral, lung, or intestinal, cyanosis, non-productive cough, decreased lung function, depression, dizziness, diarrhea, dyspnea or difficulty breathing, eczema, fever, headache, heart attack, heart palpitations, hemorrhages, insomnia, irritability, kidney damage and dysfunction, low blood pressure, lung damage, malaise, muscle tremors, nausea, “nickel itch”, or nickel dermatitis consisting of an itching of the fingers, hands, and forearms, paralysis, rash, respiratory distress or shortness of breath, suicidal thoughts, tachycardia, tetany, tightness in the chest, vertigo, visual disturbances, vomiting

PALLADIUM

Sources

car exhaust, coins, dental crowns and alloys eg. gold-platinum dental restorations, radiation, razors, watches, 'white gold', chemicals, petroleum refining, glass & glass fiber manufacture, crustaceans, plant roots , neurological prostheses, electrode implants, anti-neoplastic drug therapy eg cisplatin, sewage sludge especially from hospitals, chromic acid and chrome baths in the electroplating industry; occupational exposure related to the following – use in metal finishing, in chrome plating, anodizing, conversion coatings, and for corrosion resistance; use in leather finishing for shoe uppers, glove, and garment leathers, and bag leather; use as corrosion inhibitors in radiator coolants, internal combustion and gas turbine engines, refrigerator and air conditioning systems, and water cooled nuclear reactors; use in photoreproduction processes, as sensitizing agents for photoengraving, photography, lithography, and blueprinting; use as corrosion inhibiting and coloring pigments, artists' colors, jointing pastes, inks, rubber, ceramics, and color blending; use in dyeing of fur, leather, fabrics, wool, and nylon; Oxidizing of dyes; After treating on cotton, and in textile and paper printing; use in manufacture of glue used in shoes, furniture, and packaging; use in fungicides; use in aqueous preservatives and fire retardants for wood; For protection of textiles and seed; use in battery manufacture to increase shelf life; to provide corrosion resistance, and for battery depolarization; use in manufacture of safety matches and explosives; use as a chemical reagent, oxidizing agent, catalyst, indicator, in bleaching of fats, oils, and waxes, in chemical synthesis, and in analytical chemistry; use in manufacture and packing of cement.

PALLADIUM

Symptoms

causes damage and degradation of DNA, exacerbates hydroxyl radical damage, damages cell mitochondria and inhibits enzyme activity and function, allergic reactions such as contact dermatitis, stomatitis, lichenoid reactions, periodontal gum disease, increased salivation, obstruction of important enzyme systems like creatin-linase, aldolase, alcalite phosphatase, carbon-anhydrexase, trypsin, chymotropsin, cellulase, disturbance of collage synthesis like bone and cartilage, obstruction of thymidin in the DNA, pain in teeth and jaw, burning tongue, cold feeling in mouth, metal taste, peeling of mucous membrane around teeth, fungus like coating in throat and sore throat, painful, swollen lymph nodes in the neck, extreme nervousness, extreme tiredness, confusion, memory loss, dizziness, migraine headaches, burning of eyes, allergies, impairment of immune system, blisters on body, dying of the teeth, granulomas, puss pockets with dead tissue, swollen tongue, nerve pain in the face, paralysis of face, muscle cramps of tongue, lips, around eyes, sinus infection, bronchitis and lung ailments without clear reason, difficulty breathing at night, problems with stomach, intestines, liver, bladder, kidneys, weight loss, joint and muscle pain, muscle cramps and weakness, ear noise, visual disturbance, depression, insomnia, outbreaks of sweat, palpitations, difficulty concentrating, clammy skin, chronic conjunctival inflammation, vascularization & opacification of the cornea; late esophageal, gastric and pyloric strictures and stenoses; ulceration & perforation of the nasal septum; Respiratory irritation may occur with symptoms resembling asthma. Liver damage with yellow jaundice; skin rash;

PLATINUM

Sources

catalytic converters, dental fillings, jewelry, pacemakers, tobacco smoke

Symptoms

breathing difficult, cough, eczema, rash, runny nose, urticaria, wheezing

SILVER

Sources

dental fillings, food coloring, jewelry

Symptoms

heavy metal toxicity symptoms, Argyria

STRONTIUM (Toxic)

Sources

air pollution, ceramic glazes, cathode-ray tubes for televisions, ceramic making

Symptoms

bone deformities, impaired bone growth, bone tumors, and chronic renal failure

THALLIUM

Sources

car exhaust, smog, ant killers, cigarette/tobacco smoking, 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, mushrooms, clams, mussels, juvenile Atlantic salmon

Symptoms

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), neuropathy – numbness and tingling in extremities, polyneuritis, respiratory paralysis, respiratory failure, seizures, severe acne, skin eruptions, skin hyperesthesia (mainly in the soles of the feet and the tibia), stomatitis, subarachnoid hemorrhage, tachycardia, urine discoloration (green) shortly after exposure, vision disturbances, vomiting.

TIN

Sources

air, cable coverings, canned foods or juices, dental amalgams, dyes, food additives, fungicides, some herbs, landfills, licorice, occupational exposure, PVC, raincoats (with PVC), rubber substitutes, seafood - fish, squid, esp. oysters & mussels, soil, smelting, tin recovery from scrap metal, soaps, some toothpaste, stabilizers in plastics and moluscicides, and miticides, toys, tubing, upholstery textiles, water collected from galvanized (tin) roofs, tin coated food cans, tap water pipes, silicon baking pans, processed foods using preservatives & stabilisers such as stannous chloride, liver, kidney

Symptoms

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, can affect estrogens and androgens (hormones associated with the development of sexual organs)

TITANIUM

Sources

bone pins, hip/joint replacements, metal plates, pins, orthopedic implants, prostheses, tablet coating, nettle, horsetail, 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, food additive, candy and gum (used to make it white colored), lettuce, raddish, corn, iron production, aircraft engine & frame manufacture

Symptoms

brain injury, oxidative stress, cell damage

TUNGSTEN (Toxic)

Sources

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), pigment in dyes & inks, coal combustion (fly ash), municipal waste incineration, cemented tungsten carbide powders (used in manufacturing hard-metals), automobile exhaust systems. Occupations with risk of exposure include: carbonyl workers, ceramic workers, cemented W. carbide workers, cement makers, dye makers, dyers, flameproofers, high-speed tool steelworkers, incandescent-lamp makers, industrial chemical synthesizers, ink makers, lamp-filament makers, lubricant makers, metal sprayers, ore-refining & foundry workers, paint & pigment makers, paper makers, pinpoint makers, petroleum refinery workers, photographic developers, spark-plug makers, textile dyers, tool grinders, W. & Mo. miners, waterproofing makers, welders, sewage sludge, fertilisers

Symptoms

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

URANIUM

Sources

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, war zones and anywhere military artillery is used or tested, armour piercing ammunition, photography, special lamps, stains & dyes used in leather/ceramic/wood industries, road construction (phosphate rock mined for fertiliser & phosphoric acid in the chemical industry leaves slag which is then used in bedrock), dam construction, coal combustion (most is retained in fly ash), raw shale oil, glass making, high density tank armour, phosphate fertilisers, parsley (highest veg. source), beef kidney, unwashed potatoes, radishes, parsnips, turnips, sweet potato, other root vegetables (U. adsorbs onto the roots), uranium glazed ceramic crockery

Symptoms

hair loss, diabetes and blood sugar imbalances, cancer, non-malignant respiratory disease (fibrosis, emphysema), kidney damage and disease, fatigue

ZIRCONIUM

Sources

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

granulomata, adverse pulmonary effects, pulmonary fibrosis

CONCLUSION

Staying informed and aware of your environment is the first step in preventing unnecessary exposure to toxic metals. I hope that with the help of this comprehensive guide, you are not only able to find the toxic metals that may be causing your health symptoms, but you are able to effectively proceed with a greater awareness of the sources of heavy metals in order to reduce your risk of toxicity.

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