

Toxic Metals: Sources and Symptoms

All the toxic metals are passed from mother to child via the placenta.

Metals	Sources	Symptoms
Aluminum	<i>Table salt (aluminum is added to this mineral-deficient product as an anti-caking agent), antiperspirants (including "natural crystal" and "deodorant stones"), tap water (aluminum causes dirt to settle out of the water), a drying agent added to cocoa, table salt, and baking powder, most cosmetics use aluminum as a base, all prepared foods made with tap water, uncoated aluminum cookware, aluminum cans, antacids (Maalox, Mylanta, Roloids and many others), peppermint, spearmint and wintergreen are naturally high in aluminum, many dry animal feeds are contaminated with aluminum.</i>	Early symptoms: flatulence, headaches, dryness of skin and mucous membranes, tendencies for burning pain in head relieved by food, loss of memory and mental confusion, some dementias, reduced sweating. Later symptoms: Alzheimer's disease, other dementias, amyotrophic later sclerosis, anemia, colitis, dental cavities, kidney and liver dysfunction, neuromuscular disorders, Parkinson's disease
Arsenic	<i>Pesticide residues, drinking water, some fish and other foods such as beer, table salt, paints, pigments, cosmetics, fungicides, pesticides, glass-making, insecticides, rat poison, tanning leather and to preserve wood,.</i>	anorexia, weakness, diarrhea, edema, keratosis, impaired healing, dermatitis, hair loss, sore throat, kidney damage, gaiter, headache, vertigo, muscle spasms, stupor, fever, pallor, jaundice, abdominal pain, herpes
Cadmium	<i>Cigarette and marijuana smoke, tap water, food grown on cadmium-contaminated soil, refined and processes foods, processed meats, cola drinks, instant coffee, occupational exposure: battery manufacture, semiconductors, dental materials. Air pollution: incineration of rubber tires, plastic and paints, large fish such as tuna, cod and haddock..</i>	tends to harden and inflame the arteries leading to arteriosclerosis, atherosclerosis, impaired circulation, hypertension, heart failure, cancer, hypoglycemia, diabetes, mental illness, bone pain, osteoporosis, tendon problems, damages all body organs, loss of sense of taste, wound healing delayed, migraine headaches, psoriasis, kidney failure.
Copper	<i>Vegetarian diets, chocolate, avocado, some nuts, liver and kidneys, wheat germ and bran, copper water pipes, copper sulfate added to drinking water, compounds added to swimming pools, mineral supplements (especially pre-natal vitamins), copper cookware, birth control pills, copper intrauterine devices, stress, weakened adrenal glands.</i>	Physical symptoms: acne, adrenal insufficiency, allergies, alopecia, anemia, anorexia, arthritis, autism, connective tissue problems of all kinds, hair and nail conditions, epilepsy or seizures, elevated cholesterol, cancer, diabetes, estrogen imbalance, fatigue, migraine headaches, hyperthyroidism, infections, inflammation, insomnia, multiple sclerosis, myocardial infarction, nausea, premenstrual tension, scoliosis, all skin conditions, tooth decay, urinary tract infections. Mental emotional symptoms: copper is often involved in most cases of anxiety, bipolar disorder, depression, fears, mind racing, mood swings, panic attacks, schizophrenia, spaciness.
Fluoride	<i>Fluoridated drinking water, mouth wash, toothpaste, fluoride treatments done in the dental office, fruit juices and all foods processed with tap water</i>	hypothyroidism, hip and other fractures, brown discoloration and brittleness of teeth, birth defects, lowered IQ, cancer, neuromuscular conditions, bone diseases
Iron	<i>Red meats, white flour products, vitamin and mineral supplements (especially pre-natal vitamins), organ meats, kelp, Irish moss, and green vegetables, although the iron is not utilized as well from vegetables.</i>	Symptoms of deficiency: fatigue, weakness, brittle or ridged nails, decreased resistance, slow oxidation, pallor, low blood pressure, anemia, dizziness. Symptoms of excess: Anger, liver disease, cancer, iron deposits in organs, diabetes, arthritis, cirrhosis of the liver, schizophrenia, emotional problems, high blood pressure, myasthenia gravis, hemochromatosis, hemosiderosis
Lead	<i>Lead arsenate and other pesticides, tap water (especially from wells with lead-soldered pipes or other contamination), some hair dyes and some lipsticks, leaded glazes on ceramic plates from other nations, manufacture of batteries, mine smelting industries, cigarette smoke, food cans soldered with lead, lead-based paints, colored inks.</i>	Lead has over 100 symptoms. Abnormal brain function, blindness, convulsions, deafness, dyslexia, encephalitis, epilepsy, insomnia, multiple sclerosis, muscular dystrophy, Parkinson's disease, vertigo, arteriosclerosis, atherosclerosis, colic, constipation, weight loss, spontaneous abortions, infertility, hypothyroidism, cancer, diabetes, hypoglycemia, anxiety, poor concentration, mood swings, nightmares,

		psychotic behavior, alopecia
Mercury	<i>All fish, dental amalgams, medications-diuretics, preparation H, contact lens solution, occupational exposure-felt, adhesives, fabric softener, manufactures of paper.</i>	affects many organs and system of the body. Neuromuscular diseases such as multiple sclerosis, most mental illness, hair loss, ataxia, birth defects, depression, dizziness, hearing loss, insomnia, migraine headaches, mood swings, nervousness, numbness and tingling in arms and legs, pain in limbs, rashes, tremors, vision loss, muscle weakness.
Nickel	<i>Hydrogenated vegetable oils, margarine, imitation whip cream, commercial peanut butter, vegetable shortening, vegetarian products, oysters, tea, herring, nickel plating (i.e. jewelry), cigarette smoking, manufactures of steel, batteries, machine parts, electrical parts</i>	kidney dysfunction, heart attack, oral cancer, intestinal cancer, skin problems, nausea, vomiting, hemorrhages, malaise, low blood pressure, muscle tremors, tetany and paralysis