

Sources of Heavy Metals

ALUMINUM

Baking Powder
Emulsifier in some processed cheese
Table salt (anti-caking agent)
Bleaching agent used in some white flours
Anti-acids (aluminum hydroxide gels)
Buffered aspirin
Some brands of toothpaste
Cooking utensils
Dental amalgams
Cigarette filters and paper
Aluminum foil
Cosmetics
Tap water
Deodorants
Aluminum containers (cans)

ARSENIC

Causes any heart, blood vessel and neurological symptom you can think of. Stops bone marrow from making blood cells (aplastic anemia) and triggers cancer.

Common pesticides
Herbicides
Fungicides
Wood preservatives
Paints
Tobacco
Seafood
Burned fossil fuels
Manufacturing
Microwaves
Lasers
Cigarette smoking
Hanging around pressure-treated decks, swings sets, telephone poles and walkways
Dietary intake through meat
Fish
Poultry (due to the pesticides, herbicides and fungicides in their feed).
Atmospheric pollution (coal, gas, and oil)
Tap water
Pesticide residues on tobacco

CADMIUM

Cadmium contaminates our air, food, and water. Food is the most important source, as many commercial foods are grown on cadmium-rich sewage sludge which is sold as commercial fertilizer. Shellfish and bottom feeding fish concentrate industrial contamination from waterways. Much of the seafood for the Atlantic Coast comes from one of the most polluted waters, the Chesapeake Bay, one of the world's largest naval shipyards containing high amounts of cadmium and PCB's from barnacle-proofing bottom paints. The greatest source of airborne contamination is the burning of fossil fuels like oil, auto and industrial exhaust, municipal incinerations of plastics and batteries, coal furnaces for electricity, etc. Drinking water is progressively more contaminated while softened water (from your water softener) and acidic water (from chlorine and other chemicals) hold even more cadmium.

Many occupations and exposures magnify the possibility of cadmium toxicity: auto mechanics, glass makers, jewelers, lithographers, graders, sculptors, textile printers, painters, and those who work with solder, welding, plating, ceramics and pottery (or eating and drinking from unglazed pottery), electric instruments, electroplating, mining and refining, paints, pesticides, pharmaceuticals, pigments, plastics, dental amalgams, and those wearing porcelain dental crowns, and more. In essence, you cannot find a person without excessive cadmium exposure (U.S. Department of Health & Human Services, 1990).

The half-life of cadmium in the body is 10-30 years.

Causes: hypertension, angina, high cholesterol, benign prostate hypertrophy or prostatitis, prostate cancer, other cancers, osteoporosis, bizarre neurologic syndromes, hormone deficiencies, glandular failures like hypothyroidism, depression, puzzling pain syndromes, migraines, ringing in the ears, arthritis, emphysema, chronic fatigue, protein-losing kidney disease and symptoms that baffle specialists and super-specialists.

Refined foods (low zinc to cadmium levels)
Acid drinks contained in galvanized containers
Phosphate fertilizers
Gluten flour
Some cola drinks
Tap water
Atmospheric pollution (coal, gasoline and oil)
Margarine
Canned fruits and beverages
Alcoholic beverages
Tobacco smoke, cigarette paper
Zinc, lead and cadmium batteries
Cadmium plating used in some soft drink dispensers
Grinding amalgams

COPPER

Soybeans
Tap water (copper pipes)
Organ meats and processed meats
Soft drink dispensers
Oral contraceptives and cigarette smoking increase copper retention
Chemicals used to treat algae in city water and swimming pools

Copper cooking utensils

LEAD

Atmospheric pollution (automobiles, foundries)
Lead based paints and enamels, ceramic glazes
Newsprint and catalogs
Lead pencils and crayons
Lead pipes and solder
Vegetables and fruit grown near busy roadways
Some wines
Insecticides
Batteries and other industrial use of lead
Processed meats

MERCURY

Large fish (organic complexing)
Pesticide residues
Fungicides on grains
Atmospheric pollution (coal, gas, and oil)
Dental amalgams
Interior paints
Pharmaceuticals

NICKEL

Costume jewelry
Atmospheric pollution (gasoline, oil, coal)
Cigarette smoke
Coins
Eyeglass frames
Hydrogenated oils and margarine

Sourced from "Displacing metal body burdens utilizing nutritional supplements and homeopathic support" and "Detoxify or Die" by Sherry A. Rogers, M.D.

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