
Sources of Heavy Metals

SOURCES OF HEAVY METALS

ALUMINIUM

- Alum
- Aluminium cans
- Aluminium cookware
- Aluminium dust
- Aluminium foil
- Aluminium phosphate
- Aluminium silicate found in Kaopectate
- Animal feed
- Antacids
- Automotive parts
- Automotive exhaust
- Baking powder
- Beer
- American cheese
- Ceramics
- Cigarette filters
- Construction material
- Dental amalgams
- Deodorants
- City drinking water
- Insulated wiring
- Nasal spray
- Medical compounds
- Milk products
- Pesticides
- Table salt
- Tobacco smoke
- Toothpaste
- Vanilla powder

Aluminium poisoning can lead to symptoms similar to Alzheimer's and osteoporosis, such as phosphate depletion and softening of the bones. Other symptoms of aluminium toxicity are:

- Gastrointestinal disturbances
- Fatigue
- Headache
- Poor calcium metabolism
- Colic
- Decreased liver and kidney function
- Forgetfulness
- Speech disturbances and memory loss
- Weak and aching muscles
- Seizures
- Vertigo and loss of balance

Sources of Heavy Metals

ARSENIC

- Animal feed
- Automobile exhaust
- Coloured chalk
- Herbicides
- Household detergents
- Industrial dust
- Insecticides
- Paris green
- Rat poisons
- Seafood
- Wallpaper dye/plaster
- Water/city and well
- Wine
- Wood preservatives

Arsenic is a carcinogen, and those with high levels of arsenic within their tissues are at a high risk for skin, scrotal, liver, lymphatic, and lung cancer. Other symptoms of arsenic poisoning are:

- Headaches
- Confusion
- Drowsiness
- Convulsions
- Changes in fingernail pigmentation
- Vomiting
- Diarrhoea
- Bloody urine
- Muscle cramps
- Convulsions
- Gastrointestinal upsets
- Coma
- Death

Sources of Heavy Metals

CADMIUM

- Dental alloys
- Batteries
- Cadmium vapour lamps
- Candy
- Ceramics
- Cereals, refined
- Cigarette smoke
- Cisterns
- Coffee and tea
- Colas
- Copper refineries
- Electroplating
- Fertilizers, phosphate
- Fungicides
- Grains, refined
- Incineration of tires, rubber, plastics
- Iron roofs
- Kidney
- Marijuana
- Marine hardware
- Milk, evaporated
- Oil, motor
- Oysters
- Paint pigments
- Pesticides
- Pipes, galvanized
- Plastics, polyvinyl
- Processed foods
- Rubber carpet backing
- Rust-proofing
- Silver polish
- Solders
- Tools
- Vending machine soft drinks
- Water, city, softened, and well
- Welding material

Elevated levels of cadmium create the following symptoms:

- Hypertension or high blood pressure
- Dulled sense of smell
- Anaemia
- Joint soreness
- Hair loss
- Dry scaly skin
- Loss of appetite
- Decreased production of T-cells and, therefore, a weakened immune system
- Kidney disease and liver damage
- Emphysema
- Cancer
- Shortened lifespan

Sources of Heavy Metals

COPPER

- Beer
- Chocolate
- Copper cookware
- Copper IUD's
- Copper pipes
- Dental prosthesis
- Fungicides
- Hair treatments, dyes
- Haemodialysis
- Ice makers
- Industrial emissions
- Industrial wastes
- Insecticides
- Milk
- Nuts
- Oral contraceptives
- Oysters
- Swimming pools
- Smoking
- Water, city and well

Low zinc and molybdenum can lead to or worsen copper excess. Medical conditions associated with copper toxicity include:

- Biliary obstruction (inability to excrete excess copper)
- Liver disease
- Renal dysfunction
- Fibromyalgia symptoms
- Muscle and joint pain
- Depression
- Chronic Fatigue symptoms
- Irritability
- Tremors
- Anaemia
- Learning disabilities and behavioural disorders
- Stuttering
- Insomnia
- Niacin (B3) deficiency
- Leukaemia
- High blood pressure

Sources of Heavy Metals

LEAD

- Bone meal
- Car batteries
- Canned fruit/juices
- Ceramic glazes
- Cigarette ash
- Eating utensils
- Auto exhaust
- Leaded gasoline
- Hair dyes
- Insecticides
- Lead crystal dishes and glassware
- Lead refineries
- Lead smelters
- Lead water pipes
- Mascara
- Milk
- Evaporated milk
- Organ meats
- Lead-based paint
- Pesticides
- Porcelain glazed sinks and bathtubs
- Produce (near roads)
- Putty
- PVC containers
- Rainwater
- Snow
- Solder
- Tobacco, pre 1986 (50% lead)
- Toothpaste
- Toys
- Vinyl mini-blinds
- Water, city and well
- Wine

Symptoms associated with high levels of lead include:

- Anaemia
- Headaches
- Gastric distress
- Fatigue
- Weight loss
- Cognitive dysfunction and decreased coordination
- Memory loss
- Nerve conductions
- Infertility

Sources of Heavy Metals

MERCURY

- Adhesives
- Air conditioner filters
- Body powders
- Broken thermometer
- Cosmetics
- Dental fillings
- Diuretics
- Fabric softeners
- Felt floor waxes
- Polishes
- Fungicides
- Industrial wastes
- Laxatives
- Mercurochrome
- Paints
- Photoengravings
- Psoriatic ointments
- Seafood
- Sewage disposal
- Skin lightening cream
- Tanning leather
- Tattooing
- Wood preservatives

NICKEL

- Baking powder
- Combustion of fuel oil
- Dental work and bridges
- Auto exhaust
- Tobacco smoke
- Food processing
- Industrial waste
- Superphosphate fertilizers
- Hydrogenated fats, oils, and margarines
- Stainless steel cookware
- Testing of nuclear devices

Symptoms associated with high levels of nickel include:

- Dermatitis
- Chronic Rhinitis
- Hypersensitivity reactions in the immune system which, in turn, causes hyper allergenic reactions to various substances
- Long-term toxicity may lead to liver necrosis and carcinoma
- Myocardial Infarction
- Respiratory illnesses, such as Asthma

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RADIATION POISONING

When the energy released by a radioactive element is strong enough to dislodge electrons from another atom or molecule in its way, it can damage living tissue. Alteration of cell structure by radioactive particles can lead to the development of cancer. If sufficient amounts of calcium, potassium, and other primary nutrients are not present, human tissues are susceptible to radiation damage. Common sources of radiation are:

- Medical and dental x-rays
- Building materials
- Cellular phones
- Computers with video display terminals
- Electronic games
- Microwave ovens
- Radar devices
- Satellite dishes
- Smoke detectors
- Tobacco
- War materials
- Medical cancer treatments
- Milk and meat from animals exposed to acid rain
- Other contaminated food and water
- Pharmaceuticals
- Pollution

Symptoms associated with high levels of radiation include:

- Anaemia
- Headaches
- Gastric distress
- Fatigue
- Weight loss
- Cognitive dysfunction and decreased coordination
- Memory loss
- Nerve conduction
- Infertility