

[Metal Toxicity](#)

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Heavy metal toxicity is an excessive build-up of metals in the body. Oftentimes, the vague symptoms produced by heavy metal toxicity are mistakenly misdiagnosed as incurable chronic conditions. The most common heavy metals that humans are exposed to are aluminum, arsenic, cadmium, lead, and mercury.

Article found at [Jigsaw Health](#)

Heavy metals are found in everyday existence and are frequently hard to avoid entirely. Most people can excrete toxic heavy metals from the body successfully. However, some people—especially those who suffer from chronic conditions—cannot excrete them efficiently enough and a build-up occurs. Recent research also reveals that those who cannot excrete heavy metals efficiently appear to be genetically predisposed to this condition. Research has shown that the APO-E 4/3 and 4/4 genotypes are the worst excretors of heavy metals. Those with this version of APO-E protein—abundant in the cerebral spinal fluid surrounding the brain—will have the highest affinity for becoming ill from exposure to neuro-toxic heavy metals, especially mercury when it is present in combination with others.

When numerous metals are present in the body, they have a “synergistic toxicity.”

Dr. Boyd Haley, professor and chair of the chemistry department at the University of Kentucky, performed a study on rats and found that the mortality rate of rats exposed to a small dose of mercury or aluminum killed only 1 rat in 100. **However, when the rats were exposed to both mercury and aluminum at the same time, all 100 rats died—a 100% mortality rate.**

You may have heavy metal toxicity if you are experiencing any of these symptoms:

- Chronic pain throughout the muscles and tendons or any soft tissues of the body
- Chronic malaise – general feeling of discomfort, fatigue, and illness
- Brain fog – state of forgetfulness and confusion
- Chronic infections such as Candida
- Gastrointestinal complaints, such as diarrhea, constipation, bloating, gas, heartburn, and indigestion
- Food allergies
- Dizziness
- Migraines and/or headaches
- Visual disturbances
- Mood swings, depression, and/or anxiety
- Nervous system malfunctions – burning extremities, numbness, tingling, paralysis, and/or an electrifying feeling throughout the body

*Note: Heavy metal toxicity can produce vague symptoms that sometimes are mistaken for other chronic conditions such as Autism, Chronic Fatigue Syndrome, depression, Multiple Sclerosis, and a host of other serious disorders. **Discuss heavy metal toxicity with your healthcare professional before receiving any diagnosis or treatment for a serious chronic condition.***

Diagnosis

The following tests and procedures may be helpful in diagnosing Heavy Metal Toxicity and/or other chronic conditions:

- **DMPS provocation test** – A blood test that measures the amount of heavy metals being removed through the urine after a provoking agent (DMPS) has been used. The key to this test is that it does NOT show the amount of mercury and other heavy metals that are in the body; it only shows what is being removed. Therefore, this test must be taken numerous times over the course of the detoxification protocol. Once excretion levels begin to drop within normal ranges, this means that there is only a small amount of metals left to excrete. This is the best test for accurate measurement. For more information, contact your healthcare practitioner about DMPS.
- **Hair analysis** – A tablespoon of hair collected from the nape of the neck is analyzed for its mineral content. Hair holds a history of the past 3 months, but there is much speculation concerning the effectiveness of this type of testing and many believe that the test is useless.
- **Fecal testing and urine analysis** – Fecal testing and urine analysis reveal the effectiveness of chelation therapy in excreting heavy metals from the body. During chelation therapy, a chelating agent “provokes” excretion of heavy metals. These tests then measure the amounts of heavy metals that are being excreted during chelation therapy.

Tips for heavy metal toxicity:

Aluminum precautions:

- Cook with aluminum-free pots and pans. Choose stainless steel instead.
- Avoid using aluminum foil and drinking from aluminum soda cans.
- Avoid foods, products, and over-the-counter drugs that contain aluminum, such as baking powder, antacids, and deodorants/antiperspirants. Check product labels before purchasing.
- Minimize your exposure to several metals at one time. Studies that have shown that the presence of mercury and aluminum have a “synergistic” toxicity, meaning that they become even more toxic to the body when they are present together.
- Try melatonin. A study in Spain revealed that melatonin has a protective effect against aluminum toxicity.

Arsenic precautions

- Maintain a high-fiber diet. Fiber binds with arsenic to eliminate it from the body. Eat foods high in sulfur such as eggs, onions, beans, legumes, and garlic. Sulfur helps rid the body of arsenic.

Cadmium precautions:

- Keep nickel-cadmium batteries properly stored and out of reach of young children.
- Stop smoking. Smoking, and breathing second-hand smoke, are primary sources of cadmium exposure.
- Keep a healthy diet. A diet low in calcium, protein, or iron, OR high in fat, increases cadmium absorption.

Lead precautions:

- Children are particularly susceptible to lead poisoning, particularly from homes built before 1978 that have lead-based paints. Test your older home for lead. If your home tests positive, look for reputable companies that will safely remove lead from your home.

- Stay away from Latin American folk remedies called arzacon and greta, which are used for upset stomach or indigestion; and pay-loo-ah, which is used for rash or fever. These are dangerous lead-based remedies.
- Use extreme caution in certain hobbies that require contact with lead, such as stain-glass window work.
- Do not drink or eat from ceramic ware that contains lead-based paints and glazes. If you're unsure about your dishes and cups, choose glassware instead.

Mercury precautions:

- Avoid amalgam (silver) fillings altogether and request safer alternatives from your dentist. Find a biologic or holistic dentist that practices mercury-free dentistry.
- If you have fillings, consult a mercury-free dentist for safe removal. Improper removal can be more dangerous than leaving your fillings in place. If you need help covering the costs of getting your silver fillings removed safely, the Jigsaw Health Foundation may be able to assist you.
- Consult with your healthcare professional about the use of vaccines. Some vaccines contain thimerosal, a mercury preservative that is potentially associated with Autism, behavioral, and learning disorders in children.
- Choose thermometers that do not contain mercury, to avoid toxic spills as a result of breakage.
- Avoid consuming bottom crawlers (seafood, such as oysters, clams, and lobster that may contain toxic levels of mercury).
- Avoid deep-sea fish such as tuna, mackerel, and swordfish that contain the highest levels of mercury of all fish. Choose safer alternatives such as wild-caught salmon or minimal-mercury tuna.