

Heavy Metal Toxicity

Common Symptoms of heavy metal toxicity

These can include:

- Headaches
- High blood pressure
- Fatigue
- Muscle pain
- Joint pain
- Digestive problems
- Constipation
- Brain fog
- Hormone imbalance
- Depression

What to avoid

Inorganic copper which you would get from a copper-bottomed kettle is carcinogenic. We put metal jewellery on our skin, eat bread baked in metal pans and drink water from metal plumbing. But the worst metallic threat is mercury amalgam tooth fillings. Sometimes the mercury is polluted with thallium, which is even more toxic than mercury. Thallium is also found in cotton swabs, cotton balls, bandages, toothpicks, floss, gauze, sanitary napkins, tampons and disposable diapers, evidently because they are being sterilised with mercuric chloride which in turn has thallium pollution. Other prevalent toxic metals include lead (pipe solder and men's hair colour), cadmium (old metal pipes), nickel (tooth fillings and retainers), chromium (softened water) and aluminium (table salt, pop cans, deodorant, lotions).



Heavy metals in bottom of Ion Cleanse



Heavy metals on top of Ion Cleanse foot bath