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How Heavy Metal Toxicity Affects Your Health and What Can be done about it

Numerous studies confirm that toxic metals have damaging effects on all the cells of the body and directly impair neurological, immune, endocrine, digestive, and respiratory and detoxification functions of the body. Most of this damage is a result of the oxidative damage done to cells from the toxic metals. Even minute amounts of heavy metal exposure can negatively impact your health, but the following factors determine to what degree you will suffer:

1. Anti-oxidant levels including vitamins C, E and beta carotene, selenium and glutathione levels.
2. Strength of an individual's detoxification organs: colon, liver, kidneys and lungs.
3. Quantity and duration of the toxic exposure.
4. Immune system strength.
5. Other toxic exposures such as chemicals and radiation levels.
6. Mineral Deficiencies which cause the body to retain heavy metals as cell structure substitutes for the deficient mineral.
7. How consistently and thoroughly you cleanse toxins from your system.

Heavy Metals (HMs) such as Aluminum, Arsenic, Cadmium, Lead, Nickel and Mercury are commonly found in human tissue and cells. The health effects of accumulations of these toxins are devastating and often misdiagnosed by conventional medicine.

Common symptoms ranging from: poor memory, fatigue, headaches, back pain, constipation, fungal and parasite overgrowth and depression are often cleared up or substantially reduced when a person incorporates heavy metal detoxification approaches into their health program. Serious degenerative conditions such as Parkinson's disease, Alzheimer's, MS, Rheumatoid Arthritis and other auto-immune conditions are caused by heavy metal toxicity in combination with other toxicities, nutrient deficiencies and emotional stresses. Numerous clients I have worked with over the years with these degenerative conditions have either halted, reversed and even eliminated these conditions by incorporating detoxification into their health building program.

The reason heavy metals are so problematic to the body is that they have a higher molecular weight than most molecules found in living organisms and are therefore harder to move out of the cells. HMs also have unusual electrical charges on them due to being intentionally produced this way for modern industrial processes which cause them to interfere with normal molecular-electrical processes of the body. In essence HMs interfere with cellular communication and cause havoc in your neurological, endocrine, digestive and immune systems.

HMs are locked up in rocks and earth and were not normally found in the air, water and food supply in large amounts until the modern industrial mining, refining and manufacturing process released huge amount into the environment getting into your air, water and food supply.

When the dental profession introduced mercury as a substantial portion of the amalgam filling in the mid 1800s mercury levels in human tissues increased dramatically. Pharmaceutical companies began adding thimerosal (a form of mercury) as a preservative in antibiotics and vaccinations in the 1930s. By the 1990s the allopathic medicine and drug companies more than doubled the amount of thimerosal injected into children before the first year of life by radically increasing the number of vaccinations recommended to parents. Combined with increased levels of mercury and other toxic metals in your air, food and water due to pollution, pesticide spraying, and other industrial byproducts of the past fifty years the average person is now saturated in heavy metals and is suffering from this exposure.

How to Detoxify Heavy Metals

Here are seven of the key steps to take in preparing for and detoxifying heavy metals.

1. *The first step is to get a baseline hair analysis test.* Many health care practitioners are offering these simple, inexpensive tests. I provide this service for my clients both in Oregon and out of state. Contact my office at 541.482.2250 or email me at jim@createvibranthealth.com to receive your hair analysis kit and set up an appointment
2. *Reduce your exposure to toxic metals.* See the list I have above and start working on removing the most common exposures. For getting your dental amalgams removed go to www.mercuryfree.com ; www.dams.com/ 1.800.311.6265 and www.iaomt.org to find a mercury free dentist near you.
3. *Get a detoxification pathway evaluation* with an experienced detoxification coach or practitioner to determine if you would benefit from a preparation cleanse or cleanses before beginning cellular detoxification of heavy metals. I provide this assessment for clients in person or through questionnaires which can be emailed to you. Contact me at 541.482.2250 or jim@createvibranthealth.com
4. *Get started on detoxifying heavy metals:* A safe place for most to start is with sauna therapy.
http://www.createvibranthealth.com/PDFFiles/CreateVibrantHealthNews_Issue9.pdf
5. *Start taking chlorella (1-3 tsps/day):* chlorella has the most beneficial effect of any food in binding with heavy metals to detoxify them. I carry a colloidal form

of chlorella and cilantro combination called Nano-collodial Detox factors (NDF) in my office.

6. *Reduce your fish consumption to once per week* and select low mercury fish such as: tilapia, sardines, Alaskan Salmon and shrimp.

<http://environmentalchemistry.com/yogi/environmental/200511mercuryvsomega-3fattyacids.html>

7. *Start taking N-Acetyl Cysteine (NAC)* to boost glutathione levels which is essential to detoxify heavy metals through the liver/bile pathway.

Toxic metals are often the core of one's deepest toxicities. Once the toxic metal load is reduced chronic infections will abate, digestion and nutrient absorption will improve, memory and brain function will improve and your immune system will get stronger. My clients, as well as myself owe much of our health recovery to addressing underlying heavy metal toxicity.



JIM JORDAN is a certified nutritional consultant who has worked in holistic medical clinics for seven years helping patients with chronic health problems recover their health. Jim teaches seminars on nutrition, live cell microscopy, detoxification and the legal aspects of natural health care and has opened a private nutrition consultation practice in Ashland, Oregon. He will be teaching a one day detoxification workshop in Santa Cruz December 1st followed by live blood cell screenings for those who attend the next several days. To learn more about Jim's background, classes and services please go to www.createvibranthealth.com.