

HEAVY METAL ENVIRONMENTAL HEALTH FACT SHEET

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Heavy Metals are in your daily environment, you are constantly exposed to environmental stress factors that lead to the development of toxicity in your body. Of these, the major category of toxic substances are heavy metals. Heavy metals primarily consist of the following: lead, cadmium, zinc, copper, arsenic, and silver (from over exposure to colloidal silver and/or other colloidal mineral oral administration for long periods of time).

Overall the heavy metals tend to do the following:

- Decrease the function of the immune system.
- Increase allergic reactions, cancer (arsenic/skin) and systemic organ system disease states.
- Increase sensitivities to electromagnetic frequency.
- Alter genetic mutations of natural flora and the individual exposed.
- Increase acidity of the blood.
- Increase inflammation of arteries and tissues
- Increase hardening of artery walls.
- Increase progressive blockage of arteries.
- Increase risk of hair loss, nail changes and color teeth.

In general the impact of toxins on unhealthy and healthy functions in the body can have these types of results:

Unhealthy

- Toxins form internally, leaking through the unhealthy intestine and flow to the liver.
- Toxins are not completely detoxified in the unhealthy liver or kidney.
- Unchanged toxins leave the liver and are stored in tissues, such as fat, the brain and the nervous system or deep muscle tissue.

Healthy

- Few toxins are formed and most of them are excreted as parent compounds.
- The metabolites of the parent compounds (toxins) are transported to the liver in addition to the original compounds.
- Toxins are transformed into metabolites, degradation products and sub-metabolites.
- The intermediate substances are transformed into a more water soluble substance and released into the kidneys. Kidneys may accumulate the toxins, if not healthy.
- The water soluble substance is excreted via the urine, saliva and sweat. If re-absorbed through the intestinal colon, a minimum of 35 % of the toxin will be re-circulated in peripheral blood. This process will repeat itself, if no intestinal cleansing occurs.

Reference:

Eliopoulos, Charlotte. Initiation to Holistic Health: A Guide to Living a Balanced Life. Chapter 12: *Environmental Effects on the Immune System*. Jones and Bartlett Publishers. Boston, MA. © 2004 pgs: 203-223.