



## EFFECTIVELY REMOVING HEAVY METALS AND OTHER TOXINS

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### **Abstract:**

All of us are loaded with toxins and chemicals that we have picked up from the conditions of our daily life. We use many products and materials because they give us something we want, and we seldom question whether they are putting our well-being at risk. We need to start noticing how chemicals in our air, food, water, clothes, cleaners, furniture, houses are affecting us. Using kinesiology, we can determine what chemicals and toxic metals are present in specific areas of the body, what remedies can be used to detox them from the body, and when the toxins have been removed from the body. The Healers Who Share Remedies provide a large part of the programs used here to effectively detox clients of their metal and chemical burdens.

Today, nearly every man, woman, child, and animal is carrying a burden of heavy metals and chemical toxins. These impact us in subtle and mostly invisible ways. We are exposed to toxins in the air we breathe, the clothes we wear, the personal care products we use, household products we use, in the food we eat, in the water we drink, and in the medications we are prescribed. These metals and chemicals are a toxic burden on our physical body, and are usually involved in many of the chronic illnesses and diseases that are being experienced by all of us.

In no particular order, let's start with the air we breathe. If you are outside, you may breath in exhaust from motor vehicles or factories, pollutants sent into the air by a factory, mercury or other toxins emitted by a coal-fired power plant, the pollutants that

make acid rain in your area, toxins in fuels burned by aircraft, heavy metals sprayed into the air for covert government purposes, carbon monoxide or other pollutants emitted by a fire occurring somewhere. While indoors, you may be breathing in toxins that the building puts into the air—due to painting, cleaning, construction, mold, or out-gassing of construction and decorating materials. Factory-made scents may be added to materials to enhance your interest in buying something; toxic elements outgas from the walls, wallpaper, rugs, furniture; cleaning products may trigger your allergies or reactivity. If you are ill or are using medication, what affect will the above air-borne toxic conditions have on you? The effects of breathing in air-borne toxins tend to be cumulative. If some of these toxins accumulate in your body, the

various combinations of toxins may have an adverse effect on your body.

In our North American culture, there are multiple choices available to us for everything in our lives, and we usually make our choice to use something without knowing its long term benefit or harm to our health. Our clothes are produced from natural or synthetic materials. If made from natural materials, the clothing material may be organic or genetically modified. It may have been “enhanced” by the addition of chemical rinses or dyes. If the material is synthetic, chemicals and other toxins may have been mixed into the final product and may have a cumulative detrimental effect on the wearer. Or, perhaps you choose to wear clothes that are mixed—cotton underwear but synthetic shirt and pants, synthetic shoes with cotton socks. There really has been no research done on the exposure of people to differing kinds of fibers; it is assumed that what is available for purchase is safe. Certainly, sleepwear has to be fire resistant, but that fire protection chemical may not be safe for you to wear and breathe. And, if the chemicals are somewhat safe, for how long, for how many years are they safe?

Personal care products surround us and we are bombarded with commercials for products that will make us beautiful, sexy, desirable, fresh smelling and younger looking. Just consider what products touched your skin this morning as you prepared to leave your home or room in the hotel. Soap, aftershave, makeup, toothpaste, deodorant, perfume, lotion – all these probably played a part in helping you present to the world the person that you are comfortable with. Chemicals may have been absorbed into your skin from the body-care products and some of the chemicals in them may be immediately

injurious, or they may be stored in the body and later create tumors or disease. Testing may have been conducted by the manufacturer to determine that the product is safe for use by people. That testing is often conducted on animals, and may not have been ethically reported. Just as with the other areas of concern, some combinations are acceptable and non-injurious, and some are not.

Oprah Winfrey recently hosted programs about keeping the household clean and free from germs. However, the emphasis on cleanliness tends to add more and more chemicals to our personal environment every day. A multitude of products are designed to clean our rugs, upholstery, tile, floors, dishes, pots and pans, toilets, clothes. A host of products are available to scent your house with candles and oils as well. It is very important that you read the labels of these products. Most of them contain chemicals and toxins that are not in the best interest of your family’s well-being. Fortunately, there is a healthier alternative of “green,” bio-friendly, products available for all of our household uses.

When you choose the food you eat, and there are a multitude of choices available to you, I believe you should exercise care and caution. In the process of bringing food to market, much has been done that is invisible and may be detrimental to your health:

Meat animals can be raised on genetically modified (GM) food. Their nutrition may have been appropriate, but how would you know? Antibiotics given to the animals may still be in the meat product when you eat it. The animal may have died by humane slaughter, or it may have been slaughtered

because of an illness. It's difficult to know how and where the meat was stored. Chemicals may have been added or sprayed on the food to extend its shelf life. Toxic organisms picked up during the life cycle of the animal—prions, parasites, bacteria—may still be stored in the meat and infect you.

For the past 50 years, vegetables have been typically raised on increasingly nutrient-poor soil. Most seeds are inoculated for better germination which may not be in your best interest. Genetic modification may have been carried out on the seeds the vegetable was raised from. Pesticides/herbicides could have been in the soil or put on the plant. The vegetable could be prepared for sale in many ways: fresh frozen, canned, picked green and ripened artificially. What are the effects on you of how your food was raised, harvested and delivered to you?

Dairy products are pasteurized and homogenized which may not be in your best interests. In most cases we do not know how that cow was fed and what else was administered to her. Her milk still may contain harmful residues of hormones, bacteria, tuberculosis, antibiotics.

When food is prepared at a restaurant, were supplements added that you cannot tolerate – MSG, natural flavors, and/or sugar replacements? Most fast food restaurants use sugar replacements, sometimes called natural flavors. These products are addictive neurotoxins; they are responsible for multiple cases of multiple sclerosis,

and other forms of nerve degeneration.

Fruit juices generally have sweetening or flavoring substances added to them. Usually corn syrup is added and that corn may have been genetically modified. Another type of additive is preservatives.

What are the effects on your body of sugar-free products? If you are a diabetic, has anyone told you about using stevia? Stevia is a South American plant that is very sweet tasting. However, it was not allowed to be sold as a food because of the interests of the Nutrasweet/Aspartame industries. It can only be sold as a supplement and hence not added to commercial food. If you are using sugar-free products, be sure to research their effect on your body and nervous system.

What about the water we drink and use in cooking? Where does it come from? Water that falls from the skies can absorb chemicals and metals from the air. East coast forests have been under increasing attack from acid rain—literally acid that is created as the rain falls through and dissolves toxic emissions. Water from wells may have pesticides/herbicides in it from nearby commercial applications. Perhaps the underground water percolated through a toxic dump area before it reached your well. Water from reservoirs is typically treated by the municipality that dispenses it. Fluoride, arsenic, and chlorine are some of the common public water treatments. Are those safe for you? If you are downstream from a hospital, a factory, a petroleum processing plant, their effluent may affect your water. What about all of the drugs and hormones that are flushed down the toilets upstream from

your water source? Is the bottled water we buy safe, particularly when it is sold in a plastic container?

Do you take prescriptive medication? What is in it? Are the elements of your prescription natural or manmade? When the patent medication received approval, it was checked to be sure it was effective for the announced problem; any other side effects of taking the medication are tested by the manufacturer, not the FDA. Did the manufacturer have your health as its paramount concern? What happens when you take multiple prescriptions in combination? Most of these combinations have not been tested at all. What happens when the medication passes through your body and is excreted? What effect does that have on the environment or someone else's water?

Once in the body, metal and chemical toxins have a deleterious effect on the liver, salivary glands, and central nervous system. Since the body has no specific storage areas for these toxins, the body often stores them in the fluids, the lymphatic system, the tonsils, the central nervous system, the body fats, and the kidneys. The stored toxins can take up receptor sites on cells and block healthy function of those cells, or interfere with the biochemistry of organs and tissues and create a burden on the immune system. Research indicates that if your mother had mercury fillings and/or a burden of toxicity, then it is likely that you were born with a propensity to take on toxins more easily.

### **Testing for Toxins in the Body**

A healthy immune system can protect you from many of the consequences of metal and chemical toxicity, but who has a healthy immune system? And if you don't have a healthy immune system, how do

you make it healthy? In the holistic/integrative health field, there are currently multiple ways of clearing the body of toxins. There are expensive laboratory tests to "challenge" the body into divulging what toxins are being held in the body. There are multiple methods, invasive or not, of clearing these toxins. Most of the research and clearings have been focused on heavy metals; there has been very little work done on clearing toxic chemicals. However, we don't know how well any of these procedures work and, more importantly, we don't know if they clear the toxins from the brain and central nervous system.

Just because toxins do not show in blood, urine or hair tests, this does not mean your body is free of the toxins being tested for. It only means that the toxins are not circulating in sufficient quantities in the fluids and tissues tested to show in the analytical tests. Toxins stored in organ, muscle, bone, nervous, gland or adipose tissues will not show in clinical tests until something provokes the storage areas to dump the toxins in the blood, urine, feces or hair. Most often, people and animals are symptomatic of the burden of metal and chemical toxins long before these toxins are identified by medical testing.

As kinesiologists, we have a way to identify toxins, the tissues affected by them, and how various interventions are working to clear these tissues. I've included a list of the most usual metals and chemicals so that you can ask your local kinesiologist to test you for them.

When I am testing, I usually check first for metals held between the cells, and secondly for metals held within the cells. The central nervous system often needs to be prompted to divulge what toxins it is holding on to, and oftentimes the

connective tissue of the abdomen is carrying a load that won't show in testing until it is addressed directly.

### Clearing Toxins and Chemicals

In my practice I have found that clearing toxins can be accomplished rather easily in most cases. There are some very specific and very effective preparations available to the non-licensed health practitioner. In my conference presentation I will focus on the identification of toxins and the methods for clearing them. Using kinesiology, I make a prioritized list of what substances need to be detoxed from the body, and then check for which of the following products to use to detox them:

- **Vibrational Remedies** from Healers Who Share, Denver, CO  
(They are named for the toxin they will clear)
- **Natural Cellular Defense** from Waiora
- **Homeopathics**, particularly those made by Biotics or HVS
- **Chelation Therapy**

**Typical metals and chemicals found stored in the body are:**

Metals	Chemicals
Aluminum	Aspartame
Arsenic	Drug residue
Cadmium	Formaldehyde
Mercury	Organophosphates
Lead	
Mercurous Arsenic	
Zinc Chloride	

Once you have determined which toxins are held in your body, find out the priority order for removing them. Muscle test for the appropriate remedy to use and the length of treatment. Once treatment has been accomplished, muscle test for the

effectiveness of the treatment. Usually, detoxification of metal and chemical toxins leads to an improved immune system and a smaller likelihood of the body taking on more toxins. With fewer toxins most people experience an improved well-being.

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# HEAVY METALS AND OTHER TOXINS

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	<b>PBDEs</b>	<b>PHTHALATES</b>	<b>PESTICIDES</b>	<b>PFAs</b>	<b>PCBs</b>	<b>DIOXINS</b>	<b>BISPHENOLS</b>	<b>METALS</b>
<b>Uses</b>	Flame retardants	Make vinyl flexible, give lotions the right consistency	Myriad uses in pet care, food raising, pest removal	Nonstick pans and scratch- and stain resistant coatings	Now banned. Used in coolants and insulators	Industrial activities and fires	Polycarbonate plastics	Old paint, fish, pressure-treated wood, power plant emissions
<b>In What</b>	Appliances and fabrics	Cosmetics, personal care products, plastics		Fabrics and cooking pots and pans	Fish and meat	Build up in fats	Rigid plastic bottles	Air, teeth, water, soil
<b>Avoid</b>	Unavoidable	Unavoidable	Wash produce, vacuum frequently	Unavoidable	Fatty meats	Unavoidable	Plastic bottles	Ubiquitous
<b>Found Where</b>	Fabrics, mattresses, carpets, cushions, appliances, telephone	Plastics, vinyl, extension cords, personal care products, soap, medicines, toothpaste, bath toys	Antimicrobial soaps, pet flea collars, drift from crops, food production and importation	Furniture fabric, microwave popcorn bag, nonstick pans	Fish and game	Fatty meats, dairy products, fish	Plastic containers, lining of food cans	
<b>Danger</b>	Developmental delays in lab animals	Sexual development problems in male lab animals	Linked to asthma and neurological, developmental and immunological problems	May cause cancer in animals	Liver damage and cancer in lab animals	Cancer and birth defects	May cause reproductive harm to male and female fetuses	Subtle developmental delays to death