

# Heavy Metal Burdens (Elimination of)

## Possible Causes and Contributing Factors:

- Environmental exposure (pollution, work place, home too close to heavily traveled roadway, etc.)
- Excess use of aluminum cooking utensils, deodorants, tobacco smoke, canned foods, etc.
- Excess consumption of fatty fish or shellfish
- Dental fillings
- Lead containing paints
- Well water and some municipal water supplies

## Suggested Dietary Changes:

- Avoid fatty fish and shellfish
- Use only pure water for drinking and cooking
- Have a qualified D.D.S. check for amalgam leakage or sensitivity
- Eliminate canned foods, processed foods and where possible frozen foods and hydrogenated fats and oils
- Increase raw foods, especially those high in sulfur bearing amino acids such as legumes, foods in the cabbage family, radishes, etc.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*