

CAREFREE HEALTH PATH HEAVY METAL HANDOUT

Heavy Metal	Sources	Target Tissues	Signs & Symptoms
Aluminum	Aluminum cookware, aluminum foil, antacids, antiperspirants, baking powder, buffered aspirin, canned foods, food additives, lipstick, medications, processed cheese, softened water and tap water.	Bones, brain, central nervous system, kidneys and stomach	Colic, dementia, esophagitis, gastroenteritis, kidney damage, liver dysfunction, loss of appetite, loss of balance, muscle pain, psychosis, shortness of breath and weakness.
Antimony	Adhesives, aluminum, ammunition, automobile batteries, ceramics, fire retardants, paints, pewter, pesticides, pigments, plastics, semiconductors, sheet metal, solder, textiles and thermo-electrics.	Cardiovascular, eyes, respiratory and skin	Altered EKG's, cardiac depression, chromosomal breakage and aberrations, DNA damage, hypertension, insomnia, menstruation disturbances and spontaneous abortions.
Arsenic	Air pollution, antibiotics (commercial livestock), chemical processing, coal fired-power plants, defoliants, drying agents for cotton, fish, herbicides, insecticides, meat (commercially raised), metal-ore smelting, pesticides, seafood, specialty glass, tap water and wood preservatives.	Gastrointestinal tract, kidneys, liver, lungs and the skin	Abdominal pain, birth defects, burning of the mouth and throat, cancer, cardiac arrhythmias, coma, decreased white blood cells, diarrhea, nausea, fatigue, neuritis, peripheral vascular problems, pigmentation changes, skin lesions and vascular collapse.
Cadmium	Air pollution, art supplies, bone meal, coffee, crab, flounder, fruits, fresh-water fish, fungicides, grains, highway dusts, incinerators, meats (commercially raised), mining, mussels, nickel-cadmium batteries, oxide dusts, oysters, paints, phosphate fertilizers, power plant emmitions, refined foods, scallops, sewage sludge, smelting plants, softened water, tobacco smoke, vegetables from cadmium-laden soil and welding fumes.	Brain, central nervous system, heart, kidneys, liver, nervous system and pancreas	Anemia, autoimmune diseases, birth defects, cancer, depressed immune-system response, dry and scaly skin, emphysema, fatigue, hair-loss, heart disease, hypertension, impaired neurological function, infertility, joint pain, kidney stones or kidney damage, liver dysfunction or damage, loss of appetite, loss of smell, lung cancer, osteoporosis, testicular dysfunction and yellow teeth.
Lead	Air pollution, ammunition, auto exhaust (race cars), bathtubs (porcelain), batteries, canned foods, ceramics, chemical fertilizers, colored ads, cosmetics, dolomite, dust, food, gasoline, hair dyes and rinses, jet fuel, leaded glass, newsprint, paints, pesticides, pewter, pottery, rubber toys, soft coal, soil, solder, tap water, tobacco smoke and vinyl mini blinds.	Bones, brain, central nervous system, heart, kidneys, liver, nervous system and pancreas	Anemia, anorexia, anxiety, bone pain, brain damage, cancer, constipation, convulsions, decreased IQ, DNA damage, drowsiness, fatigue, headaches, hypertension, hypothyroidism, infertility, irritability, insomnia, kidney damage, learning disabilities, loss of muscle, coordination, memory difficulties, menstrual disorders, mitochondrial damage, muscle pain, pallor, sexual dysfunction, sperm damage and tremors.

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Mercury	Air pollution, batteries, cosmetics, dental amalgams, diuretics, electric switches and delays, explosives, fluorescent lights, freshwater fish, fungicides, grains, insecticides, mining, paints, pesticides, petroleum products, saltwater fish, shellfish and tap water.	Brain, cell membranes, kidneys, central and peripheral nervous system	Altered libido, altered sperm production, anemia, anorexia, anxiety, auto-immune diseases, birth defects, blindness, brain damage, colitis, depression, dermatitis, difficulty chewing and swallowing, dizziness, drowsiness, emotional instability, excessive salivation, fatigue, fever, hallucinations, headache, hearing loss, hypertension, insomnia, kidney damage or failure, loss of sense of smell, loss of muscle coordination, memory loss, menstrual disorders, metallic taste in mouth, nerve damage, numbness, psychosis, stomatitis, tremors, vision impairment, weakness and weight issues.
Nickel	Appliances, buttons, ceramics, cocoa, cooking utensils, cosmetics, coins, dental materials, food, hair dyes, hair spray, industrial waste, jewelry, medical implants, metal refineries, metal alloys, metal tools, nickel-cadmium batteries, orthodontic appliances, shampoo, solid-waste incinerators, stainless-steel kitchen utensils, tap water, tobacco smoke, water faucets, water pipes and zippers.	Central nervous system, respiratory system and sinuses	Cancer, cardiac arrest, chromosomal aberrations, delirium, decreased body temperature, dermatitis, dizziness, fatigue, gingivitis, headaches, insomnia, irregular menstrual bleeding, kidney damage, low birth weight, rapid heart rate, shortness of breath, skin rashes, sperm abnormalities, testicular degeneration, vertigo and vision loss.
Thallium	Artificial gems, cement plants, cigarette smoke, fireworks, fungicides, mercury and silvery alloys, photocells, rodenticide, semi-conductor switches and closures.	Central nervous system, eyes, gastrointestinal tract, liver and lungs	Burning pains, delirium, developmental defects, DNA damage, double vision, fetal death, hair loss, incoordination, kidney damage, mitochondrial damage, muscle fiber death, neuropathies and pulmonary edema.
Tin	Aircraft components, bactericides, brass, bronze, canned foods, coated wire, colored glass, dental materials, dyes, electronic components, fingernail polish, fungicides, mining trails, paints, pesticides, pipes, plastics, polyurethane foam, rodent repellents, silicone, silverware and wood preservatives,	Blood, central nervous system, eyes, liver and urinary tract	Anemia, birth defects, DNA mutations, Immune system impairment, Kidney damage, liver necrosis, red blood cell lysis, memory loss, neurotoxicity, sensory disturbances, tremors, vertigo and visual impairment.

This is not a complete list and will be updated periodically

References: Chemical Exposure and Human Health, a reference to 314 chemicals; by Cynthia Wilson - The Chelation Controversy by Dr. Gregory Pouls and Dr. Maile Pouls