



HEAVY METAL DETOX



Part One

What are Heavy Metals and where are they found



Welcome to this course Warriors!

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Let's dig in and here are some things to consider and just a few things you will learn as we begin:

What is the first step to any detoxification program?

Clear out your space of exposures.

Change your lifestyle and choose wisely.

Begin to recognize where heavy metals hang out.

Commit to work in baby steps to remove them from the body and reduce overall exposure

Quick Overview of some metals that often cause concern:

Lead

A known neurotoxin

This disrupts the normal function of nerve cells.

Babies in the womb and small children are particularly susceptible.

Attributed to mental health issues, depression, lower IQ and anxiety.

Here is WHY:

Lead can enter our homes and bodies in several ways:

The water supply

Pipes can also be made with lead in older homes

The Kitchen and Bathroom

Copper pipes can “meet up” with lead and the pipes can break down

Makes its way into the kitchen and bathroom

When you take a shower the heat opens up pores and exposure can occur thru the skin

What can you do?

Let the water run for a few minutes first to flush any metals or chemicals

Add a filter to your shower head and bathtub (I love Berkey or a whole house filter like AquaOx)

If you do not filter your water or ensure you have clean well water, your kidneys become the filter!

Have your water tested by a professional.

Even if your home does not have lead pipes, your city is most likely using old pipes to carry water to your home.

Lead is also found in some ceramic dishes, and in spices like turmeric, paprika, chili powder, especially from other countries.

Lead paint is not necessarily a thing of the past. The fine particles can still be in older homes even long after a renovation project

Simple to use daily detoxers:

- Ningxia Red
- Longevity and Digize Essential Oil
- Juva Tone to gently cleanse the liver
- K&B tincture to support the kidneys and bladder



Aluminum

Au is a neurotoxin and is capable of sneaking through the blood brain barrier. Many studies have linked this compound to alzheimers and parkinsons

Where do we get it?

Pots and pans can leach it into foods - in upwards of 2mg per meal

Safer option is to switch out your pots and pans to stainless steel, glass for the oven or stainless steel grilling basket/dish

Other sources:

- Processed cheeses
- Baking Powder
- Aluminum foil
- Toothpaste
- Cosmetics
- Antiperspirants
- Soda
- And yes those well child visits

Know more, Do better. There is so much within our control and within the choices we make.

Mercury

This is yet another metal that can cross the blood brain barrier linked to mental health issues , anxiety and depression.

What is Mercury?

A naturally occurring but toxic heavy metal that when it reacts to another substance forms a compound which can be expressed in many ways.

Elemental

Inorganic

Organic (methylmercury)

Elemental Mercury

Shiny, silver, silver-white metal which will be liquid at room temperature. This is the form of mercury that has not combined with another substance.

Found in thermometers, fluorescent light bulbs and some electrical outlets

When secured in glass there is no threat, however if the glass breaks and it falls onto the floor it can get stuck into crevices and at room temperature and release toxic vapor.

These can be absorbed thru the respiratory tract and cause damage in the body

Elemental mercury is also used in dental fillings/amalgams. Think about when your filling is exposed to hot liquid or food

Look for a new dentist if yours tells you these are safe.

Inorganic Mercury

Mercury combined with other elements to create chemicals and are not widely used anymore however some industries still use these compounds to make other chemicals

Organic Mercury

When Mercury combines with carbon, the major threat is when this is “burned” and released into the air it settles on land and combines with bacteria to form methylmercury which works its way into our food and onto our plates and into our bodies and brains.

Mackerel, marlin, orange roughy, swordfish, tuna and shark are particularly susceptible.

Methylmercury is THE major source of mercury in humans.

Symptoms can be headaches, anxiety, memory issues, sensory, brain fog and depression.

It is toxic to our central nervous system

Methylmercury also accumulates in our bodies over time and in pregnancy like many metals can pass from mother to baby.

This is also linked to cerebral palsy and developmental delays.

*mercury is still in vaccines, including the flu shot

Mercury is also found in some “allopathic procedures” but the good news is we can be aware and say no and stand in the gap for ourselves and our children. There are amazing ways to protect our environment and detox from potential exposure.

Arsenic

Known to cause lung, bladder and skin cancers. Arsenic is (metalloid) this means it

can be both metal and non metal. It can be found in air, food, water, soil and groundwater. It can also be found in well water, rice, and some seafood.

Rice tends to be the biggest place it finds its way towards us and is something to be aware of.

Soak rice overnight

Drain and rinse with fresh water and maybe even some thieves fruit and veggie wash.

At one time there was 90% of rice found to contain arsenic but since then there has been less in a response to customer demand and voicing their concerns

Arsenic can also be found in weed killers and rat poison.

This topic can feel very overwhelming especially since when it affects our children these can be tough little buggers to get out of their brains and bodies, in adults too. I can assure you there are many options to consider that will hopefully help make this topic easy to digest and give you a plan of action.

Heavy metal toxicity is not uncommon however its also not something to be overly concerned about in my opinion unless you know of some string roots (exposures)

1. Vaccines
2. Dental amalgams
3. Direct exposure

And the process to consider will be:

1. The substance
2. The amount potentially in the body
3. The bodies efficient or inefficient ability to detox it (detox pathways)

This is a process you may find yourself in and I want to encourage you not to give up. Sometimes it will take some twists and turns but stick on the path.

Honestly so much of our resiliency to illness comes from how efficient our bodies are at detoxing. This is why it is SO important to open our detox pathways and work on gently detoxes every day; supporting in particular our liver and kidneys - they take the brunt of the process however the brain is not off the hook either. The blood brain barrier is designed to protect the brain but it does NOT have a filter. Meaning, these heavy metals can pass thru that barrier with ease. Once they enter the brain of course a whole host of issues can happen but the first target is the pituitary gland.

The pituitary gland is the “Master Gland”, under the direction of the hypothalamus,

and the seat of hormone direction that impacts the entire endocrine system.

- Thyroid
- Adrenal Glands
- Ovaries
- Testes

The pituitary gland is where melatonin is produced and induces sleep, sleep is how our bodies DETOXIFY and repair. Without sleep, our bodies cannot do this efficiently.

When we sleep our brains in essence shrink as this allows any harmful substances to be released and detoxed. Think of sleep as the clean up crew for the body, it is THAT important and there is a link to less sleep over the course of adulthood and alzheimers.

Heavy metals can actually synthetically stimulate the pituitary gland causing the “wired and tired” feeling all the time and one has to wonder if this is a link we see in “autism” as other labels on that spectrum because sleep is often a major issue,

Our pituitary gland also plays a key role in our intuition. Without being able to listen to our intuition we cannot determine right and wrong and truth over false statements or emotionally driven narratives and people. Foggy thinking becomes common with a stressed pituitary.

Our bodies and brains are simply not equipped to handle heavy metals and detoxification becomes even more important.

Amalgams

*note see the holistic dentistry course for more

Dental amalgams are NOT safe no matter what any dentist tries to tell you. However, know that you have options with a state of the art biological dentist that can use laser therapy on potential cavities and avoid using plastics and amalgams all together.

Amalgams contain silver, tin, copper, and elemental mercury. Mercury makes up 50% of these fillings. Now, if an amalgam becomes a part of the tooth it would make sense that mercury vapors trickle into the body 24/7. This becomes a cascade of health problems for children and adults.

The only way to fix this issue is to remove these fillings but be sure to seek out a biological dentist and see the holistic dental course.

Zinc and Copper

Metals love to disrupt normal processes in the body; they can mimic minerals as well

as enzymes. A group that they love to attach to is sulfhydryl groups. When this happens it displaces zinc and copper.

Zinc is key to the function and effectiveness of the immune system, it is required for enzyme activity - also important for metabolism of carbohydrates, fats, proteins and micronutrients. However copper and zinc have an interesting marriage. One causes the depletion of the other - and the key is to create a healthy balance between the two. Copper for heart health and bones and brain development - but remember heavy metals disrupt this delicate balance.

The presence of heavy metals can literally disrupt every system in the body.