

Test Results

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Dear Mr/Mrs

(date)

Please find attached the results of your heavy metals test.

With regards to your metals test results, these are simply a guide to what heavy metals you have shown toxicity to and they are shown as either '**LOW**', '**MEDIUM**' or '**HIGH**' level.

Ideally, the items listed should be towards the green '**LOW**' zone. Those items which are listed in the yellow '**MEDIUM**' zones are ones to look out for, but the values in the red '**HIGH**' zone are the heavy metals we have found to be causing the most problems with your health at this moment in time.

The important thing to note is that you do not need to panic when reading these results even if you see a lot of '**HIGH**' results. There are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be that you are exposed to these items in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals. You will need to research these foods and try to reduce them to help lower these sensitivity levels back down.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as **itchiness, swelling, nausea, headaches, etc.**), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

Kind Regards,

Test Results

	Your Test:	(date)	Ref:	xxxxx
Aluminium (Al) A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs				●
Antimony An alloy used for batteries, low friction metals, type metal and cable sheathing				●
Arsenic (As) A well known compound used for rat poisons and insecticides				●
Beryllium (Be) An alloy used for springs, electrical contacts, spot-welding electrodes				●
Bismuth (Bi) A brittle metal, usually mixed with other metals				●
Cadmium (Cd) A poisonous metal, can be used in re-chargeable batteries				●
Chromium (Cr) It is a steely-grey, lustrous, hard and brittle metal which takes a high polish, resists tarnishing, and has a high melting point.				●
Cobalt (Co) Cobalt are used to make high-speed and high temperature cutting tools and dyes - it is an alloy				●
Copper (Cu) Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors				●
Gold (Au) In its purest form, it is a bright, slightly reddish yellow, dense, soft, malleable, and ductile metal. Commonly found in jewellery				●
Lead (Pb) Most important commercial use of lead is in the manufacture of lead-acid storage batteries and to line roofs				●
Magnesium (Mg) It is added to cattle feed and fertilisers. Magnesium hydroxide (milk of magnesia), sulfate (Epsom salts), chloride and citrate are all used in medicine. Magnesium is an essential element in both plant and animal life.				●
Manganese (Mn) Used in drinks cans				●
Mercury (Hg) It is commonly used in batteries, fluorescent lights, felt production, thermometers and barometers				●
Nickel (Ni) An alloy, used for producing stainless steel.				●
Palladium (Pd) Mainly used in car exhaust manufacture, but can be found in dental fillings and jewellery.				●
Platinum (Pt) Platinum is used in jewellery, decoration and dental work				●
Silver (Ag) Used for jewellery and traditional silverware				●
Strontium (Sr) Used in firework production				●
Tin (Sn) (from canned food) Usually combined with steel or aluminium to create storage for food				●
Titanium (Ti) Titanium is as strong as steel but much less dense. Used as an alloying metal.				●
Vanadium (V) Used as an alloying metal and in manufacturing tools and engines				●
Zinc (Zn) Used in alloys such as brass, nickel or silver. Zinc oxide is widely used in products such as paints, rubber, cosmetics, pharmaceuticals, plastics and soaps.				●

You will need to look at your diet and see where you could be eating too much of particular foods that are high in each of these minerals, along with non-food exposure to these metals also, how you could be absorbing these minerals other than from your diet.

In general, you will need to look at the following:

Food: Where is your food grown; any crops grown near highways, factories, industrial estates, etc. will be prone to having exhaust fumes and chemical waste fumes having been sprayed on them. Also any farmers that use pesticides and sprays will automatically contaminate crops too. One notable source of metals is shellfish.

Drinking water: Any water that is fed through piping will be contaminated. This is the most prolific way to have metals toxicity as the water just sits in the pipes ready to be used when you switch the tap on. It is very important that you filter water to reduce these contaminants from minerals such as aluminium (Al), copper (Cu), chlorine (Cl), arsenic (As), cadmium (Cd) and lead (Pb).

Airborne sources: You can induce metals toxicity from the air, such as inhaling fumes from exhausts of cars, buses, motorcycles, trucks, trains, aircraft, etc. Fumes from industrial factories and incinerators will also play a part in toxicity via the airwaves.

Medication: Some minerals are used to lace tablets and pills.

Cosmetics and toiletries: Many minerals are used in these products that we use on a daily basis, such as body lotions, creams, hair dye, lipstick, shower gels, soaps, with the biggest one being aerosols such as antiperspirants and deodorants and hairsprays. Dentals amalgams of filling (consisting mainly of Mercury (Hg) and Copper (Cu) amongst other metals) can also be a cause along with dental bridges, prostheses and even pins holding previously broken bones together. **Household chemicals:** Everyday cleaning products such as polish, all purpose sprays, etc., garden chemicals, sprays, insecticides, pesticides, etc. will all have metals in them to aid its purpose.

Occupational hazard: Depending on your job, you can have different levels of exposure to metals, in occupations such as those in any building trades, electricians, iron workers, mechanics, plumbers, printers and even office workers.

Removing Metals From The Body: The Natural Way

Encouraging the body's natural detoxification pathways is something everyone would benefit from. Heavy metals can enter our body through the foods we eat, the water we drink, the cleaning products we use in our homes, the personal care products we use on our skin, and through just breathing the air itself. Heavy metals such as lead, cadmium, nickel, mercury, aluminium and arsenic, can accumulate in our body and interact with other minerals. This interaction can promote the action of some minerals, and inhibit others, leading to imbalances. For example lead inhibits calcium, iron and potassium, nutrients which are vital for our bone health, muscle function and energy levels. One molecule of mercury can affect the action of up to one thousand zinc molecules; a mineral needed for hundreds of enzyme reactions within our body. Five foods that naturally act as heavy metal detox agents are: 1) Apple and pear pectin - a type of fibre found in the skins of apples and pears, pectin binds to heavy metals in the colon and helps to excrete them from the body. Make sure you are buying organic apples and pears and eating them raw. Specifically it can help detox aluminium, arsenic, mercury, lead and nickel. 2. Garlic - this amazing sulphurous herb not only stimulates and protects the immune system, it assists in the detoxification and excretion of aluminium, cadmium, arsenic, mercury, lead and nickel. It must be eaten raw and fresh! Cut or bottled garlic has lost most if not all of its detoxifying effects. Stir it last through served meals or cut it into small pieces and swallow 2-3 cloves like pills. 3. Sea Vegetables - seaweeds like kelp, dulse and wakame have a balanced mineral content and help to remove unwanted metal deposits from the body. They supply the body with necessary minerals and iodine to aid in the removal of toxic metals such as nickel and mercury. 4. Coriander - (or cilantro) this lovely plant absorbs toxic metals in the body such as lead and mercury. Add it fresh to meals or salads, or juice a whole bunch in a beautiful green alkalizing juice with silver beet, cucumber, apple and lemon. 5. Insoluble Fibre and Water- psyllium, chia seeds, slippery elm, and rice bran all help the body eliminate wastes by acting as an internal broom. Toxins are swept up and moved through the colon at frequent, regular intervals (at least one or two bowel motions a day). Two litres of water per day is necessary to facilitate this action. We are exposed to heavy metals on a daily basis, so supporting our body by consuming these natural foods, boosts our ability to safely move them out!