

Center For Environmental Medicine

Heavy Metals Toxicity and Symptoms

"These metals, when absorbed into the body, may damage cell structures, impair enzyme function, or alter genetic material DNA, causing cancer or birth defects. If these metals happen to alter DNA in germ cells, the changes (mutations) become hereditary. When combined with organic compounds, these metals may be absorbed more rapidly and may damage body tissues even more." Listed below are:

- Aluminum
- Cadmium
- Lead
- Mercury
- Nickel

Aluminum Possible Side Effects <ul style="list-style-type: none">• Headaches• Cognitive Problems• Learning Disabilities• Poor Bone Density• Ringing in the Ears• Gastrointestinal Disorders• Colic• Hyperactivity in Children• Ataxia	Aluminum Possible Sources <ul style="list-style-type: none">• Some Antacids• Cookware and Foil• Some Antiperspirants• Baking Powders• Contaminated Water• Many Over-The-Counter Drugs:<ul style="list-style-type: none">○ Amphojel○ Maalox○ Mylanta○ Gelusil○ Arthritis Pain Formula○ Bufferin○ Massengil
Cadmium Possible Side Effects <ul style="list-style-type: none">• Irritability• Headaches• High Blood Pressure• Benign Enlargement of Prostate• Increased Risk For Cancer• Hair Loss• Learning Disabilities• Kidney Disorders• Skin Disorders• Painful Joints• Decreased Immune Functioning	Cadmium Possible Sources <ul style="list-style-type: none">• Cigarette / Pipe Smoke• Instant Coffee and Tea• Nickel-Cadmium Batteries• Contaminated Water• Some Soft Drinks• Refined Grains• Fungicides• Pesticides• Some Plastics

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<p>Lead Possible Side Effects</p> <ul style="list-style-type: none">• Constipation• Decreased Cognitive Functioning• Decreased General Immune Function• Fatigue• Gastrointestinal Problems• Headaches• High Blood Pressure• Increased Susceptibility to Infection• Irritability• Learning Disabilities• Muscle and Joint Pain• Poor Bone Growth and Development• Poor Task Performance• Ringing in Ears• Tremors• Weight Loss	<p>Lead Possible Sources</p> <ul style="list-style-type: none">• Ceramic Lead Glazed Cookware• Certain Bonemeal Supplements• Cigarette Smoke• Contaminated Water / Water Pipes• Eating Lead Based Paint• Eating Liver• Foods in Lead Soldered Cans• Inner City Living• Insecticides• Leaded Gasoline
<p>Mercury Possible Side Effects</p> <ul style="list-style-type: none">• Cognitive Problems• Memory Problems• Irritability• Fatigue• Insomnia• Gastrointestinal Disorders• Decreased Immune Response• Irrational Behavior• Numbness• Tingling• Muscular Weakness• Impaired Vision and Hearing• Allergic Conditions• Asthma• MS Related to Dental Fillings	<p>Mercury Possible Sources</p> <ul style="list-style-type: none">• Mercury Dental Amalgams• Laxatives (Contains Calomel)• Some Hemorrhoid Suppositories• Some inks by Printers / Tatoopers• Some Paint• Some Cosmetics• Fabric Softeners• Wood Preservatives• Solvents• Some Drugs• Some Plastics Including Dental• Fish

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Nickel Possible Side Effects

- Fatigue
- Respiratory Illnesses
- Heart Conditions
- Skin Rashes
- Psoriasis
- Fatigue
- Headaches

Nickel Possible Sources

- Jewelry
- Some Metal Cooking Utensils
- Stainless Steel with Acid Foods
- Cigarette Smoke
- Hydrogenated Fat
- Some Refined Foods
- Fertilizers Contain Nickel