

Heavy Metals



What is heavy metal toxicity?

Heavy metal toxicity is the buildup of metals in the body. These buildups can affect the nervous system, gastrointestinal system, cardiovascular system, blood production, kidneys, and the reproductive system.

What causes the build up?

Buildup of heavy metals can be from a variety of factors such as environmental and industrial factors, water supply, and contaminated food. It is important to know that it is impossible to completely avoid exposure of metals, but the exposure can be reduced especially through lifestyle choices such as exercise and diet.

Arsenic Toxicity

There are a variety of causes of arsenic toxicity. Some of these causes are: ingestion of arsenic which can be found in insect poisons and vaccinations that include thimerosal; skin contact, drinking water, mishandled metals, spills, exposure to lead based paint, smoking or second hand smoke, contaminated foods, and living near landfills.

There are a variety of signs and symptoms that someone could be exposed to arsenic toxicity. Some symptoms are: nausea, vomiting, abdominal pain, diarrhea, excessive salivation, headache, dizziness, fatigue, paresthesia, paralysis, kidney failure, progressive blindness, and mental impairment. Mental symptoms include apathy, dementia, and anorexia. Signs include mottled brown skin, increased pigmentation of palms and soles, cutis edema, transverse striate, leukonychia, perforation of nasal septum, eyelid edema, coryza, limb paralysis, and reduced deep tendon reflexes.

Lead Toxicity

There are a variety of symptoms that show that someone may have lead toxicity. Symptoms include: gastrointestinal complaints, hypertension, fatigue, hemolytic anemia, abdominal pain, nausea, constipation, weight loss, peripheral neuropathy cognitive dysfunction, arthralgia, headache, weakness, seizures, irritability, loss of libido, depression, depression of thyroid and adrenal function, and chronic renal failure. Mental symptoms include restlessness, insomnia, irritability, confusion, excitement, anxiety, delusions, and disturbing dreams.

Mercury Toxicity

There are a few signs and symptoms of mercury toxicity. Mercury poisoning is commonly linked to mercury dental fillings. Symptoms include metallic taste in the mouth, excess salivation, gingivitis,

tremors, and stomach and kidney troubles. Mental symptoms include shyness, irritability, apathy, depression, psychosis, mental deterioration, and anorexia.

Symptoms:

There are many common symptoms of heavy metal poisoning. These include: mental confusion, pain in muscles and joints, headaches, short term memory loss, gastrointestinal upsets, food intolerances and allergies, vision problems, chronic fatigue, alcohol intolerance, brain fog, chronic unexplained pain, dark circles under eyes, frequent cold and flus, insomnia, intolerance to medications and vitamins, muscle twitches and tremors. Also having night sweats, parasites, mood swings, unexplained rashes, sensitive teeth, sensitivity to smells, or skin problems can show signs of heavy metal toxicity.

Treatment:

Symptoms often start to improve within weeks or even days of treatment. The first step to treatment is to identify the toxic elements and begin the removal process. Lab tests will be performed to locate the toxic elements such as urinalysis, complete blood count, peripheral smear, tissue exam, and testing serum arsenic levels. The most common test is a hair analysis. It is common for patients to use chelating drugs along with a 24-hour urine collection to help determine the levels of heavy metals. Vitamin C and replacement mineral infusions will also help treat heavy metal toxicity.

You can contact us at *Appleton Chiropractic* if you have any more questions or are seeking a consultation! Call us today at (920) 731-0715. Located at 2425 W. Wisconsin Ave Appleton, WI 54914.

References:

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