



## Reference Guide to the Sources & Symptoms of Common Toxic Metals

### Sources

**Aluminum** - cookware, beverages in aluminum cans, tap water, table salt, baking powders, antacids, processed cheese, anti-perspirants, bleached flour, vaccines, and other medications and occupational exposures.

**Arsenic** - pesticides, beer, table salt, tap water, paints, pigments, cosmetics, glass and mirror manufacture, fungicides, insecticides, treated wood and contaminated food.

**Beryllium** - air pollution (burning fossil fuels), manufacture of plastics, electronics, steel alloys, and volcanic ash.

**Cadmium** - cigarettes, (tobacco and marijuana), processed and refined foods, large fish, shellfish, tap water, auto exhaust, plated containers, galvanized pipes, and air pollution from incineration and occupational exposure.

**Copper** - copper water pipes, copper added to tap water, pesticides, swimming in pools, intra-uterine devices, vegetarian diets, dental amalgams, and nutritional supplements - especially prenatal vitamins, birth control pills, weak adrenal glands, and occupational exposure.

**Lead** - tap water, cigarette smoke, hair dyes, paints, inks, glazes, pesticide residues and occupational exposure in battery manufacture and other industries.

**Mercury** - dental amalgams, large fish, shellfish, medication, air pollution, manufacture of paper, chlorine, adhesives, fabric softeners, and waxes.

**Nickel** - hydrogenated oils (margarine, commercial peanut butter, and shortening), shellfish, air pollution, cigarette smoke, plating, and occupational exposure.

### Symptoms

**Aluminum** - Alzheimer's disease, amyotrophic lateral sclerosis, anemia and other blood disorders, colic, fatigue, dental caries, dementia dialactica, hypoparathyroidism, kidney and liver dysfunctions, neuromuscular disorders, osteomalacia, and Parkinson's disease.

**Arsenic** - abdominal pain, abnormal ECG, anorexia, dermatitis, diarrhea, edema, enzyme inhibitor, fever, fluid loss, goiter, hair loss, headache, herpes, impaired healing, interference with the uptake of folic acid, inhibition of sulfhydryl enzyme systems, jaundice, keratosis, kidney and liver damage, muscle spasms, pallor, peripheral neuritis, sore throat, stomatitis, stupor, vasodilation, vertigo, vitiligo,

and weakness.

**Beryllium** - adrenal insufficiency, arthritis, bone spurs, bursitis, depression, fatigue, osteoporosis, and symptoms of slow metabolism.

**Cadmium** - hypertension, arthritis, diabetes, anemia, arteriosclerosis, impaired bone healing, cancer, cardiovascular disease, cirrhosis, reduced fertility, hyperlipidemia, hypoglycemia, headaches, osteoporosis, kidney disease, schizophrenia, and strokes.

**Copper** - acne, adrenal hyperactivity and insufficiency, agoraphobia, allergies, hair loss, anemia, anxiety, arthritis, autism, cancer, chronic candida albicans infection, depression, elevated cholesterol, cystic fibrosis, diabetes, dyslexia, elevated estrogen, failure to thrive, fatigue, fears, fractures of the bones, headaches, heart attacks, hyperactivity, hypertension, hypothyroidism, infections, inflammation, insomnia, iron storage diseases, kidney and liver dysfunctions, decreased libido, multiple sclerosis, nervousness, osteoporosis, panic attacks, premenstrual syndrome, schizophrenia, strokes, tooth decay, and vitamin C and other vitamin deficiencies.

**Lead** - abdominal pain, adrenal insufficiency, anemia, arthritis, arteriosclerosis, attention deficit, back problems, blindness, cancer, constipation, convulsions, deafness, depression, diabetes, dyslexia, epilepsy, fatigue, gout, impaired glycogen storage, hallucinations, hyperactivity, impotency, infertility, inflammation, kidney dysfunction, learning disabilities, diminished libido, migraine headaches, multiple sclerosis, psychosis, thyroid imbalances and tooth decay.

**Mercury** - adrenal gland dysfunction, alopecia, anorexia, ataxia, bipolar disorder, birth defects, blushing, depression, dermatitis, discouragement, dizziness, fatigue, headaches, hearing loss, hyperactivity, immune system dysfunction, insomnia, kidney damage, loss of self-control, memory loss, mood swings, nervousness, numbness and tingling, pain in limbs, rashes, excessive salivation, schizophrenia, thyroid dysfunction, timidity, tremors, peripheral vision loss, and muscle weakness.

**Nickel** - cancer (oral and intestinal), depression, heart attacks, hemorrhages, kidney dysfunction, low blood pressure, malaise, muscle tremors and paralysis, nausea, skin problems, tetany, and vomiting.