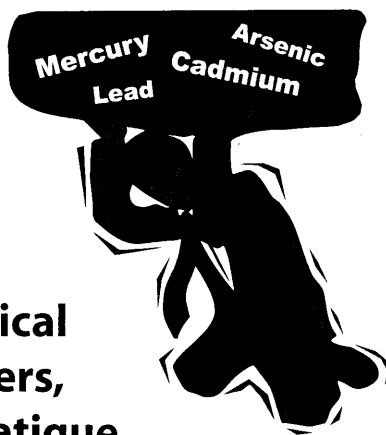


# Are Heavy Metals "Weighing Down" Your Health?



**Learning disabilities, neurological disorders, autoimmune disorders, rheumatoid arthritis, chronic fatigue and even cancer can involve heavy metal toxicity!**

Rome may not have been built in a day, but it was destroyed by heavy metal poisoning in its water supply! The Roman aqueduct system and the plumbing in its famous public baths and in the residences of Rome's ruling class were incredible for their time. However, the lead pipes in the civic water system caused neurological disorders that led to the decadent behavior that caused the Roman Empire to collapse. Read on, and you'll understand why lead, and other heavy metal poisoning is so serious.

Today, heavy metals and other toxic substances in our environment are bringing about a similar decline in the mental (and physical) health of society. Learning disabilities and behavioral problems are rampant, and a new set of diseases, autoimmune disorders, have been increasing at an alarming rate. These include rheumatoid arthritis, chronic fatigue, type I diabetes, fibromyalgia, lupus, Lou Gehrig's disease, myasthenia gravis and multiple sclerosis. Heavy metals and other environmental contaminants are likely a major factor in these (and other) modern health problems.

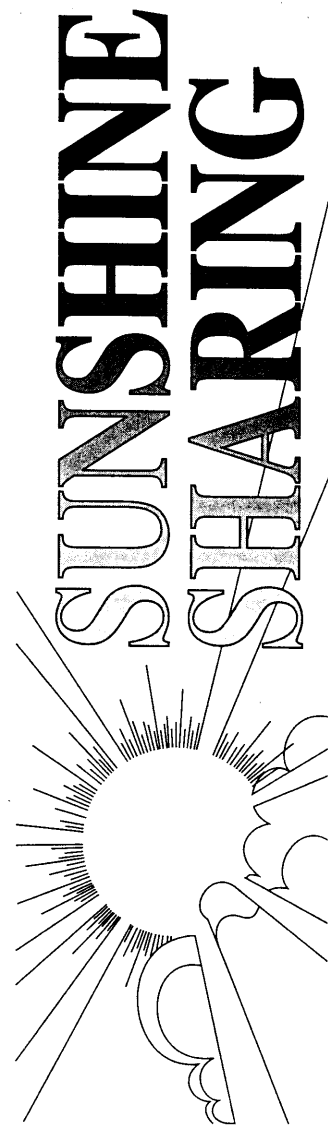
The heavy metals that we're addressing here are those that are on the periodic element chart that settle into the body and mess with our health. They're not called 'heavy metals' because they weigh a lot. A 'heavy metal' is actually a metallic element that has a specific gravity (a scientific measurement of the element's mass as compared to the mass of water or hydrogen) higher than 5.0.

Our environment is full of ways that heavy metals make their way into our bodies. We can breathe them, eat them, drink them, and even absorb them through our skin. Ideally, we should do all we can to avoid them, so here are some important tips for reducing our exposure to these health-destroying elements.

- Purify your water! Nature's Spring reverse osmosis water purification system is one of the best ways to purify your water.
- Make sure your water pipes have no lead; avoid lead-based painted objects; don't store liquids in lead crystal containers.
- Buy and prepare fresh, organic food as much as possible.
- Keep the chemicals in your life, especially cleaning chemicals, to a minimum.
- Avoid cooking with aluminum pans or using anything that is aluminum with your food, especially acidic foods like citrus.
- Insist on composite fillings from your dentist, not mercury/silver amalgams.

Of course, we can also periodically do a "cleanse" to pull heavy metals from the body. This is especially important for people who work around a lot of chemicals or are starting to develop signs of neurological problems. We'll cover how to do a "heavy-metal cleanse" inside, but first, let's learn a little more about some of the major heavy metals.

**Learn more about heavy metals and how to eliminate them inside...**



Your guide to better health the natural way.

Vol. 18 No. 8

## Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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