

What about . . . HEAVY METAL TOXICITY?

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Our modern society abounds in metal-produced toxicity. Heavy metals are so pervasive, they have been found in the tissues of arctic penguins, tundra elk and most seafood. In fact we recently heard of an Idaho aquifer that had a 6 inch layer of leaded gasoline from leaking tanks. It took the petroleum company three years to siphon the gasoline off. Residents were, and are, still drinking the water.

Metal toxicity is of concern because of what it can do to the body, be it animal or human, which carries the metals. The body tends to store metals in the soft tissues, including the brain, but most especially within *adipose*, or fat, tissue. Such storage can take place over a long period of time so the effects may be subtle at first before later being mistaken for full-blown "diseases." Interestingly, metals have also been linked to pituitary involvement; they interfere with the vital glucose tolerance metals chromium and vanadium which may be a part of the widespread advent of Diabetes I & II in humans and dogs and Cushing's in horses.

Metals are in the very air we breathe and the water we drink; it is impossible to not be exposed to them because they are all pervasive. If you truly believe that you have never been exposed to toxic doses of metals, you might want to think again. While other metals such as uranium and nickel are of concern, here are some of the most common.

Mercury

We believe mercury to be one of the most egregious metals because despite it's known neuro-toxicity, it is deliberately placed into mouths, injected into bloodstreams, consumed in food, and breathed in our air.

Dental Amalgams - Mercury makes up about 50% of every amalgam dental filling, also known as "silver" fillings. Despite the American Dental Association statements that such fillings are "proven" safe, 95% of people with disorders of the central nervous system such as MS, epilepsy, paralysis and migraines also have silver dental fillings. Vapors from amalgams are released continually, and studies have found that those with these fillings can have mercury vapor concentration 10 times higher than people without them. Simple activities such as chewing gum, drinking hot liquids and brushing teeth can increase the release of mercury even more. For information on safe amalgam removal, please read our FAQ on that subject.

Vaccines - Thimerosal, a mercury-containing preservative (close to 50% ethyl mercury by weight), is still widely used in vaccines such as Hepatitis B, diphtheria, pertussis, acellular pertussis, and tetanus despite previous recommendations from such agencies as the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) to have it removed. According to the EPA, no more than 1 one microgram per day is safe for an "average" adult, yet the amounts that babies and small children are receiving in thimerosal-containing vaccines can be a staggering 50-75 micrograms of mercury in one injection. Additionally, the World Health Organization says mercury is 10 times more toxic in children than it is in adults since their nervous systems are still rapidly developing. The epidemic-like prevalence of autism and other neuro-developmental disorders such as attention deficit disorder have been increasing in direct correlation with the number of vaccines given to children on a routine basis. While it is possible to get childhood vaccines without thimerosal, even the package inserts may not tell the whole

story. For more information on thimerosal-containing vaccines, visit www.SafeMinds.org (Sensible Action for Ending Mercury-Induced Neurological Disorders), a nonprofit organization dedicated to ending devastation caused by the needless use of mercury in medicines. For reasons to perhaps avoid vaccines altogether, please see our Vaccine article.

Seafood - Unfortunately our oceans are heavily contaminated with industrial pollutants including mercury, making almost all seafood suspect as to toxin levels. Even the conservative Environmental Protection Agency and Food and Drug Administration have issued warnings about the dangers of mercury in fish and are currently planning to issue a federal warning to pre-pregnant, pregnant and nursing women (who can transfer mercury to their pre- and newborns causing significant neurological problems) to now also limit their consumption of tuna, along with their previous warnings about other types of fish, due to mercury concerns. Regardless of pregnancy issues, mercury can still accumulate in the body causing future serious problems. While generally speaking, the larger the fish the more toxins (sardines are relatively safe), shellfish also have been seriously contaminated. According to Dr. Joseph Mercola [www.mercola.com], Carlson's fish oil is a safe form of fish oil for Vit D supplementation if desired.

Atmospheric - Coal-burning power plants can pour enormous amounts of mercury into the atmosphere. At present, although federal regulations have resulted in a 90% reduction in mercury pollution from medical and municipal waste incinerators, no similar rules exist to regulate the emissions of mercury from power plants. A current Presidential proposal not only allows power plants to postpone installation of specific technology for reducing mercury if they have pollution controls that were installed for other pollutants, but it also allows utility companies to buy mercury pollution credits from other, cleaner-burning plants. In many people's opinion, this would simply continue the problem.

Lead

Among the ways that living beings are exposed to lead are not only the now illegal but still present lead-based paint, leaded gasoline and lead pipes (including solder), but also lead-contaminated water, manufacturing of lead batteries, rubber products, glass and other lead-containing products, and lead oxide fumes that result when demolishing industrial buildings. It is estimated that 64 million homes in the United States still contain lead paint, which can either be ingested in flakes or inhaled as a microscopic dust. According to the National Health and Nutrition Examination Survey (NHANES), the prevalence of lead toxicity (levels greater than 10 mcg/dL) in U.S. children ranged from 1.5% for upper-income white children living in recently built houses in the suburbs, to 36.7% for black children residing in large cities. Children are more susceptible to lead absorption than adults, whose lead toxicity is generally related to occupational exposure. It is estimated that more than 800,000 U.S. workers are exposed to lead through their work. However, low-level exposure to lead, such as through drinking water or living near an incinerator or toxic dump, is also associated with many negative health effects such as brain dysfunction in children, neurobehavioral changes in adults (i.e.: a reduction in cognitive abilities, IQ, and personality changes), hypertension and chronic kidney disease. In fact, lead is so pervasive in living bodies that it can

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actually replace the calcium in bones and interrupt the production of synovial (joint) fluid. Humans today have over 1,000 times the amount of lead in their bones than only 100 years ago.

Aluminum

Although not strictly a heavy metal, aluminum is absorbed and accumulated in the body as are the heavy metals, and has been linked to serious illnesses including osteoporosis, extreme nervousness, anemia, headache, decreased liver and kidney function, forgetfulness, speech disturbances and memory loss. Among the most notable and perhaps frightening statistics, aluminum has been discovered in brain nerve cells of Alzheimer's patients during autopsy in up to four times the average amount accumulated. Aluminum is found not only in aluminum cookware and aluminum foil, but also in baking powders unless the can specifically states it is not present (such as in certain health food brands). Another reason for avoiding most bakery items! It is also found in processed cheeses, table salt, antiperspirants, dandruff shampoos and even some douches. Unfortunately there can also be a significant concern about certain geographical regions of high aluminum levels in water. It is best to have your water tested thoroughly and to prevent most contaminants by good filtration systems such as Reverse Osmosis.

Arsenic

Exposure to low levels of arsenic can cause nausea and vomiting, decreased production of red and white blood cells, abnormal heart rhythm, damage to blood vessels, and a sensation of "pins and needles" in hands and feet, and, over the long term, it can cause darkening of the skin and the appearance of small "corns" or "warts" on the palms, soles, and torso. Organic arsenic compounds are used as pesticides, primarily on cotton plants, while inorganic arsenic is primarily used to preserve wood, which can then release it into the atmosphere (and lungs) via sawdust or burning. Many arsenic compounds dissolve in water; once arsenic is released into the environment it cannot be destroyed. The main source of exposure to high levels of arsenic is typically through occupational hazards, or near hazardous waste sites or areas with high natural levels.

In January 2001, the EPA revised the standard allowable level of arsenic in drinking water from 50 parts per billion (ppb) to 10 ppb. Levels must reach this lower amount by 2006. However, some experts believe that an even tougher standard of 3 parts per billion should have been adopted. Long-term exposure to arsenic in drinking water has been linked to cancer of the bladder, lungs, skin, kidney, nasal passages, liver and prostate. Again, test your water and use RO water filtration systems!

Cadmium

Cadmium, a naturally occurring metal, can be found in food, water and cigarette smoke. It is a known human carcinogen that appears to act in two ways: it harms DNA directly and disturbs a DNA repair system that helps to prevent cancer. Like other metals, cadmium stays in the body for a long time and accumulates after long-term exposure to even low levels. Cadmium is released into the air from mining, industry, burning coal and household wastes, where it then binds to soil particles and dissolves in water. Fish, plants, and animals accumulate cadmium from the environment, as such there are low levels of the metal in most all foods with the highest levels found in shellfish, liver, and kidney meats. People are exposed to cadmium not only through foods but also through drinking contaminated water and breathing cadmium-contaminated air (such as near burning waste, battery manufacturing, metal soldering or welding). It is thought that cadmium is carcinogenic,

and long-term exposure to low levels can contribute to kidney disease, lung damage and fragile bones. Animal studies also suggest that it may lead to liver disease, high blood pressure, and nerve or brain damage.

Support

So what can we do? Obviously we should avoid such contaminants when and where we can. Insist on better legislation which will protect us from industrial sources in our air, water and food sources. Eat alkaline diets high in vegetables and fruits. Supply our bodies with the means to better withstand the ravages of metal toxicity such as the various **DYNAMITE®** Programs for humans, pets and livestock. Because these utilize chelated forms of minerals which can effect minor detoxification on their own. Add in plenty of **Ester C®** either pure or preferably in the various **Hiscorbadyne** formulations and plenty of chlorophyll via **Herbal Green**. Detox quarterly with **Miracle Clay** whose ionic charge can actually attract small quantities of such metals carrying them from our bodies.

We can also detox more deeply with EDTA IV chelation therapy. Forty Something Forever: A Consumer's Guide to Chelation Therapy and Other Heart Savers by Harold & Arline Brecher provides an excellent base for learning about this special chelated mineral therapy which, by its removal of heavy metals from the system, can also aid vascular health enormously. Jim Zamzow, founder and president of **DYNAMITE®** Marketing, Inc., had over 100 treatments (2-3 per week) and claims he saw diabetic legs which were dark with poor circulation, grow healthy again with normal colored flesh. He heard other patients saying they no longer needed various heart medications or surgery any more since their arteries and veins were now clear. However, this is an invasive therapy requiring a medical doctor to perform it and there are few in the country. Some references are given in the above book or you can call The American College for the Advancement of Medicine (800-532-3688) or The Great Lakes College of Clinical Medicine (800-286-6013) for referrals in your area. This therapy also requires quite a time and financial commitment.

Another form of chelation therapy is supplied through a rectal suppository. Such an in-home treatment can save many hours of traveling and treatment time along with being far kinder to the wallet. Jim has been experimenting with one formula and is quite pleased with the results; in fact his father now no longer requires distance glasses. The suppository is inserted only at night for 3 months and is available through **DYNAMITE®** Distributors who may contact Callie Novak at the Home Office for purchasing details. These suppositories are even being used, with adjusted dosages, for dogs.

Whichever form of chelation therapy you choose, we suggest drinking enough water to aid your kidneys and bladder with their detoxifying work. Generally speaking, 1 qt/50# body weight is what is recommended. We strongly suggest that this be either distilled or reverse osmosis and that you add **DYNAMITE® Elixir** to it to help your trace mineral balance. We also suggest supporting your body by taking 4 each of **Plus** and **TriMins** per day at a different time than the therapy. Also important would be the addition of large amounts of **Ester C®/Hiscorbadyne** (up to 8 caps/day) and **Herbal Green** (up to 12 caps/day). Also of great value for system support can be high colonics performed by certified colonic therapists familiar with the special needs of heavy metal toxicity clients or home colonics following the suggestions given in our Colonic FAQ article.

Hheavy metal toxicity is a pervasive challenge. Armed with the information and awarenesses given here, we can perhaps aid in preventing some of its terrible side-effects from occurring in ourselves, our loved ones and even our pets and livestock. ■