

## ***What are Heavy Metals?***

Heavy Metals are toxic elements that all of us are exposed to without even knowing it. Exposure often comes from the environment with heavy metal contamination finding its way into the food and water supply. Exposure can also come from a work environment - especially those that work around metal materials. Those who have smoked cigarettes (in the present or past) are very likely to have a higher exposure to these toxic elements as well. Some experts suggest that metal dental fillings and vaccinations are a common source of exposure for the majority of the population, although there is still much debate and controversy surrounding this idea.

One thing is certain . . . there is no way to avoid exposure while living a normal day-to-day life in our society. For most of us, these toxic elements have been building up in our body over years . . . and even decades of exposure. The only way to know if these toxic heavy metals have built up to a level that might be harming your body and your health is by doing a test to measure your level of exposure. The Heavy Metal Screening Test is a simple, inexpensive and clinically accurate way to measure your possible exposure to these toxic elements.

## ***How do Toxic Heavy Metals harm your body and affect your health?***

Among the different types of toxins you are exposed to in daily life, the toxic heavy metals are easily one of the most damaging to the brain and nervous system and the most disruptive to your hormone systems. This is very concerning because your nervous system and hormone systems are the two main control systems of your entire body. So if the brain and nerves are getting damaged, and the hormones are getting disrupted, it can affect your health in so many ways that it would be difficult to predict. The symptoms and health problems it can create would likely be different in each person.

Some examples of health conditions that are believed to be contributed to by having toxic heavy metals in the body are: thyroid problems, hormone imbalances, cardiovascular issues, Alzheimer's, Multiple Sclerosis, ALS, Parkinson's, ADD / ADHD, Autism Spectrum Disorders, depression, skin problems, weakened immune function, fatigue, diabetes, weight gain, fibromyalgia, autoimmune diseases, and the list goes on!

It is the opinion of many who specialize in Heavy Metal Detoxification (a process called Chelation) that identifying and removing these toxic elements is especially important in children with behavioral issues to include: ADD / ADHD, Asperger's and any of the Autism Spectrum Disorders. Some experts agree that identifying and removing these toxic elements from the brain and body while these children are still young and struggling in school and in life has the potential to improve attitude, focus, behavior, and brain function . . . and these benefits could extend into the rest of their life.

## ***What is the Heavy Metal Screening Test?***

The Heavy Metal Screening Test offered at our clinic is a simple, inexpensive, and clinically accurate screening test to measure your heavy metal exposure. This screening test is purchased from our clinic and done at home by you with the instructions we provide. You simply gather a small sample of your urine and mix this in a test tube with other chemicals provided in the test kit. The screening test take approximately 15 - 20 minutes to complete at home, and you will see your results by the end of the test. There's no need to send a test sample to a lab.