



Heavy Metals Exposure

"Toxins and heavy metals are increasingly prevalent in the environment partly as a result of modern industrial practices & crop irrigation."

Sometimes when we hear news stories or read articles about the toxicity of the planet it gets kind of depressing. But on the other hand, I'd rather take action than bury my head in the sand. Here are two pieces of information that you should find motivating.

I was just reading how thallium is increasingly prevalent in the environment partly as a result of modern industrial practices and crop irrigation. Thallium is more toxic to humans than mercury, cadmium or lead, and has no physiologic value. Sadly, testing reveals that thallium is being found in spinach, lettuces, and the brassica family. So all the anticancer benefits we thought we were eating may be an illusion.

We generally think kale and broccoli as the only members of the brassica family but actually cauliflower, brussels sprouts, kohlrabi, turnips, collard greens, mustard greens and cabbage are also members.

My thanks to Julia Malkowki, ND, DC from Doctors Data for a great summary article on



thallium and testing options. Thallium toxicity may manifest as alopecia, fatigue, headaches, depression, sleeplessness, ataxia, neuropathy, vision disturbances, psychosis, loss of stomach acid, loss of appetite and/or weight, cardiac arrhythmias, angina-like pain, hypertension and irregular pulse.

Direct sources of thallium exposure include cement dust, combustion of some types of coal and leakage of fracking wastewater from legal and illegal storage pits and wells. Current irrigation practices permit the use of fracking waste water for irrigation of

crops such as vegetables and fruit.

Thallium is a toxic metal. I've discussed heavy metals on other Wellness Minutes. I've shared that there is arsenic in commercial rice from years of pesticides combating the boll weevil. Millions of pounds of arsenic, as pesticides, had been used for more than a century on millions of acres and is concentrated in the soil in Arkansas, Louisiana, Mississippi, Missouri, and Texas.

We've learned that commercial green drinks may not be as healthy as we would expect, based on the work Consumer

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Labs reported several years ago, that several green drinks contained lead and other unwanted metals.

Not to be a doom and gloomier, but I also just read a report that 20/51 samples of prenatal vitamins exceeded established safety standards for lead, and 3/51 for arsenic. 26 commonly used prenatal vitamin brands including one prescription brand were collected from Canadian health food outlets and pharmacies and tested for toxic element contamination. 16 of the 26 supplement brands had testing performed on two or more different lot numbers. The total number of samples was 51. All 51 samples contained lead, the average amount was (0.535µgm) but 20/51 samples exceeded established standards for lead toxicity (0.50µgm/day). Of the 26 different products analyzed, 14 (more than half of the samples tested) had levels higher than what is considered safe.



Remember heavy metals create a cumulative exposure. All 51 samples contained some level of aluminum, lead, cadmium, arsenic, nickel, titanium, mercury and thallium.

The authors went on to say, "The cumulative intake of tainted prenatal supplements over many months may constitute a significant source of toxic element exposure to the mother and offspring."

It's a very controversial subject, but there is research suggesting there is a link between autism and cumulative toxins. Could prenatal vitamins and vegetables be a factor?

Let's stop and think about this for a second. Do you think that these manufacturers intentionally put those metals in the formula to harm the

moms or baby? Do you think the green drink manufactures reported by Consumer Labs were trying to scam someone? Absolutely not, I don't believe the manufacturers had a clue there was a problem. That's the problem "they don't know what they don't know".

Like the professional company who had high levels of arsenic in their kelp product, or a different company that had mercury in their liver product, they didn't know because they didn't have the capacity to do testing on their raw materials before they put the ingredients in the tablets.

So how can this information be motivating for you? First, hopefully you will start buying more organic fruits and vegetables. Second, based on the report on thallium on kale and other cruciferous vegetables and the Canadian study, I encourage you to see the value of supplements made by companies that are actively screening for toxins.

Yes, Biotics Research screens ALL raw materials for heavy metals as well as other chemicals. The quality control team assures that the products are biologically active before they are accepted for production. For example, the product NitroGreens comes from all organic sources and heirloom seeds. But more importantly the individual ingredients are screened for heavy metals before the product is made. This is the kind of integrity you can count on.

The supplements from your wellness professional are held to a higher standard. Toxins and heavy metals can make people very sick. The value of safe food, safe water and safe supplements is huge. Take action and remember, your clinician is ahead of the curve when it comes to your health and your family's health.

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