



The Dangers of Heavy Metal Toxicity

Heavy metal toxicity can be the underlying cause of a wide range of health problems. This list shows just some of them:

- autoimmune diseases
- candida
- food intolerances
- histamine intolerance
- anaemia
- heart disease
- diabetes 2
- digestive disorders
- low enzyme activity
- fatigue and low energy
- kidney dysfunction
- liver dysfunction
- skin problems
- anxiety, panic attacks
- agitation, irritability
- hostility, aggression
- anger, rage
- violent thoughts and actions
- mood swings
- depression
- suicidal tendencies
- anti-social behaviour
- confusion, disorientation
- loss of coordination
- low memory retention
- cognitive impairment

The most common heavy metals causing these problems are **LEAD, MERCURY, CADMIUM** and **ALUMINIUM**. Avoiding exposure is difficult as they occur naturally in the air, water and soil. Other common sources are food, cigarettes, bushfire smoke and exhaust fumes.

Some heavy metals have excretion half-lives that last for decades. Zeolite can speed up the excretion rate because of its ability to quickly trap a wide range of heavy metals along with other harmful substances.

LEAD is absorbed by ingestion and inhalation, stored in the kidneys, bone marrow, liver, brain, bones, teeth and hair and excreted in urine, faeces and breast milk.

MERCURY is absorbed through the skin, by inhalation and ingestion, stored in the kidneys, blood, spleen, brain, liver, bones, breast milk, hair and fatty tissues and excreted through bile, saliva, the pancreas, the kidneys, skin, breast milk, finger nails, toe nails and hair.

CADMIUM is absorbed through inhalation and ingestion, stored in the liver, kidneys, pancreas, blood, the salivary glands and bones and excreted through the kidneys and liver but excretion rate is normally very low.

ALUMINIUM is absorbed through inhalation and ingestion, stored in the lungs, liver, thyroid, bones and brain and excreted through the urine, in faeces and in breast milk. Levels in the lungs and brain show considerable accumulation with age.

Zeo Natural's Australian Organic Certified zeolite powder significantly reduces heavy metal levels in the body

References for these facts and more can be found in our book, Australian Zeolite - Facts and Practical Uses by Brenda White.