

Chronic Conditions

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Heavy Metal Toxicity: Overview

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**WELLNESS PIECE BY
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by Pat Sullivan
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Heavy metal toxicity is an excessive build-up of metals in the body. Oftentimes, the vague symptoms produced by heavy metal toxicity are mistakenly misdiagnosed as incurable chronic conditions. The most common heavy metals that humans are exposed to are aluminum, arsenic, cadmium, lead, and mercury.

Heavy metals are found in everyday existence and are frequently hard to avoid entirely. Most people can excrete toxic heavy metals from the body successfully. However, some people—especially those who suffer from chronic conditions—cannot excrete them efficiently enough and a build-up occurs. Recent research also reveals that those who cannot excrete heavy metals efficiently appear to be genetically predisposed to this condition. Research has shown that the APO-E 4/3 and 4/4 genotypes are the worst excretors of heavy metals. Those with this version of APO-E protein—abundant in the cerebral spinal fluid surrounding the brain—will have the highest affinity for becoming ill from exposure to neuro-toxic heavy metals, especially mercury when it is present in combination with others.⁷

When numerous metals are present in the body, they have a "synergistic toxicity." Dr. Boyd Haley, professor and chair of the chemistry department at the University of Kentucky, performed a study on rats and found that the mortality rate of rats exposed to a small dose of mercury or aluminum killed only 1 rat in 100. However, when the rats were exposed to both mercury and aluminum at the same time, all 100 rats died—a 100% mortality rate.⁸

Additional Information about Heavy Metal Toxicity

1. [Common symptoms of heavy metal toxicity](#)
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3. [Natural and alternative treatments for heavy metal toxicity](#)
4. [Dietary and lifestyle recommendations that may help in the treatment of heavy metal toxicity](#)
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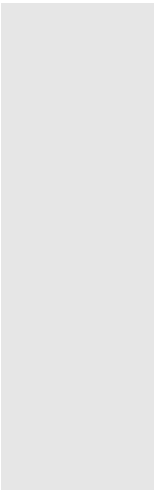
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