

You're receiving this email because you expressed an interest in Quintessential Health Care. Don't forget to add info@quintessentialhealth.net to your address book so we'll be sure to land in your inbox!

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Greetings!

Thanks to increased social awareness (and a few brave film producers) word is starting to get out about alarming hidden sources of heavy metals in our foods, medicines, fillings, and environment, and how they are damaging our health.

However, nature always seems to have a solution to man-made problems.

In this month's newsletter we will cover truths about modern heavy metal exposure and how to protect yourself, naturally.

PLUS scroll down to meet our new licensed massage therapist with 16+ years' experience, a passion for healing, oh and she works on the Atlanta Falcons too--- Danielle Grimaldi, LMT.

Message from Milly

The recent events in Flint Michigan made me more graphically aware that history repeats itself.

What would compel people to have a callous disregard for a very well documented environmental toxin like lead?!

Sadly however, such acts of disregard are



prevalent, and they pertain to more heavy metals than just lead.

The late Dr. Harris L. Coulter stated in the book he coauthored with Barbara Loe Fisher "A Shot in the Dark":

"A major cause of the Roman Empire's decline, after six centuries of world dominance, was its replacement of stone aqueducts by lead pipes for the transport and supply of drinking water. Roman engineers, the best in the world, turned their fellow citizens into neurological cripples."

There is growing evidence in many, many cities across this country, that our own brightest and finest are meeting a similar fate.

And word is getting out about hidden sources of heavy metal poisoning. Just recently Robert DeNiro, whose son is autistic, made his voice heard on the topic of the heavy metal-vaccine-autism connection on the Today Show. This along with more and more documentaries highlighting this controversy are rolling out, despite political pressure that they be censored.

Something that puzzled me, while doing some research a few months ago, was the EPA's (Environmental Protection Agency's) revised stance that methyl mercury (the mercury found in fish) was more toxic than ethyl mercury (the mercury found in vaccines and dental amalgams).

I distinctly remember Dr. Boyd Haley, an expert in this field, lecturing on this topic many years ago and he categorically stated the opposite.

I found a recent clip from the new movie, "Trace Amounts", which displays a fantastic scientific visual on **how ethyl mercury is more hazardous to the brain than methyl mercury.**

In the interest of history NOT repeating itself, I have included this video, along with other resources in the "Heal Thyself" section below.

I must say, after years of working with adults and children affected by heavy metal issues, it does my heart a world of good to see the truth finally coming out.

I hope this newsletter helps you to filter through all the controversy and to focus on affecting change...where it matters most.

Blessings to all,

-Milly

Ancient Wisdom Modern Medicine

Support for Heavy Metal Detoxification

Detoxifying heavy metals safely is best undertaken with guidance from an experienced healthcare practitioner. **Detox too fast and/or without the right support and you'll end up in worse shape than when you started.**

Core Cilantro Blend is one of our tried-and-true remedies to support healthy heavy metal detox.

Cilantro has long been used to encourage natural detoxification. It has also been the subject of [recent studies](#) examining its effects on heavy metals, like lead.

Energetix' Core Cilantro Blend combines the detoxification power of cilantro with additional support for the liver, kidneys, and urinary tract--the detoxification pathways most burdened by heavy metal elimination.



If you need guidance on heavy metal detoxification, call 770-446-1140 or [email us](#) to schedule a consultation today.

Heal Thyself and Never Stop Learning

Heavy Metal Truths and Resources from Around the Web

As promised, here is the link to the quick video:

["Trace Amounts: Ethyl Mercury vs Methyl Mercury"](#), featuring the results of an animal study on the effects of the two types of mercury on the brain.

**Trace
Amounts**
AUTISM, MERCURY, AND THE HIDDEN TRUTH

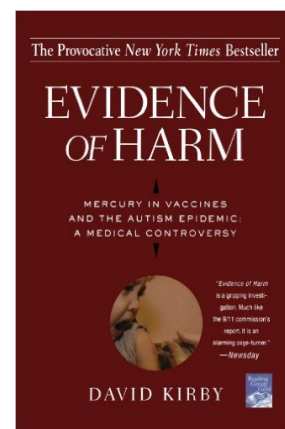
You can learn more about ["Trace Amounts" the movie and watch the trailer here](#)

[Evidence of Harm: Mercury in Vaccines and the Autism Epidemic: A Medical](#)

[Controversy](#)

If recent media events have made you question the safety of our country's current vaccine schedule, this New York Time's Best Seller provides a well-researched and balanced perspective.

No matter which "side" you're on when it comes to vaccines, this book is an enlightening read.



Smoking Teeth = Poisonous Gas

Are silver fillings really impacting your health?

[This 8-minute video from the International Academy of Oral Medicine Toxicology: "Smoking Teeth = Poison Gas"](#) provides an excellent narrative visual of how and why mercury amalgams are poisonous to our bodies.



If you've debated whether or not to take out your old fillings, this video will help you decide.

Meet QHC's New Massage Therapist

Danielle Grimaldi, LMT

It is my passion to connect with people and help them improve their quality of life.

I specialize in Holistic Integrated Massage Therapy, which blends a variety of massage modalities, stretching and aromatherapy to provide restorative bodywork.



Each massage session is customized to meet the individual's health needs, be it pain relief, relaxation, or to support recovery from a specific ailment.

My specialties include **Neuromuscular Therapy, Deep Tissue, Swedish, Prenatal,**

Postpartum, Reflexology, and Aromatherapy.

I graduated from the Atlanta School of Massage in 2000 studying under award-winning instructors Laurie Craig and Don Scheumann.

Throughout my career, I have practiced massage therapy in many prestigious locations such as **Jurlique's Quintessence Day Spa, Natural Body Spa, Athletic Club NE, Spa on Green Street, and Spa InterContinental.** In addition, I was the **Dreamtime Massage Trainer for Jurlique** and I had the honor of managing **Spa InterContinental.**

I continue to work with a number of **Falcon Football Players and athletes at Spine and Sports Rehab, the official Falcon's Chiropractic Care.**

I was drawn to Quintessential Health Care because of our shared interest in holistic health, natural medicine, and the commitment and quality of care provided.

Outside of massage therapy, my hobbies include photography, dancing, herbal medicine making, camping, rock climbing and hiking with my husband and dog Juno.

**To schedule your massage with Danielle (she books up fast!)
call: 770-446-1140 or [email us](#) today.**

FORWARD TO A FRIEND

FORWARD

**NOT YET SIGNED UP TO RECEIVE
THIS NEWSLETTER?**

SIGN UP

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