



## How to Protect Yourself from Heavy Metals

### Message from Milly

Greetings to all!

Today is all about heavy metal toxicity in adults and children.

Specifically, how to avoid common and pervasive heavy metals (like mercury, lead, and arsenic) in your day to day life.

Why, just a couple weeks ago the Food and Drug Administration released a new warning about the potentially dangerous side effects of mercury amalgams for a wide range of people, including women who are pregnant or planning to become pregnant, nursing women, people with neurological issues, children under 6, and more\*.

I can't tell you how happy I was to see the FDA finally recognize this issue, as I've been supporting children and adults with heavy metal issues from dental work for decades.

That's just one example of how insidious these poisons are (and I would also caution you be weary of any other metal-based dental material, not just amalgams).

The good news is, it is possible to not only reduce your exposure but to detoxify heavy metals safely and effectively.

Read on to learn all about it and spread the word!

Blessings to all,

-Milly

Source: <https://www.fda.gov/medical-devices/dental-devices/dental-amalgam-fillings#risks>



### Heavy Metals in Foods & Beverages: What to Avoid

- **Large fish, including:** most types of tuna, marlin, orange roughy, grouper, Chilean sea bass, shark, and blue fish. Learn more and keep



up-to-date with [Monterey Bay Aquarium's Seafood Watch](#).

- If you like tuna, I recommend [Safe Catch Elite](#). They biopsy each fish to check mercury levels and have the lowest levels of any brand--- comparable to wild salmon or sardines.
- **Commercial baby food.** A 2019 report\* found that 95% of commercial baby food contained heavy metals like lead and cadmium. Interestingly, rice, carrots, and sweet potatoes were found to be most problematic.
- **Certain types of rice:** unfortunately much of the world's rice has become tainted with arsenic. White basmati rice from California is the lowest in arsenic (and yes, it's OK to eat white rice). Rices from Texas or any other states tend to be high in arsenic and brown rice tends to be higher depending on the source\*\*.
  - Lundberg is a good brand to buy as they test all their rice regularly ([you can view their results here](#)) and have very, very low levels.
- **Wine:** I'm so sorry to say that many types of wine have tested positive for a variety of heavy metals due to the copious amounts of heavy metal-based pesticides used in conventional vineyards)-:-. For cleaner wine, buy organic! Many people enjoy [Dry Farm Wines](#) as they test for all kinds of contaminants...including heavy metals.
- **Juice:** a 2019 Consumer Reports investigation found half of the juices tested (apple, pear, grape, and fruit blends) contained one or more heavy metals, some in very concerning quantities. This is likely due to contamination of soil, air, and water. [Check out the full report here for info on the best & worst brands.](#)

#### References:

\*<https://www.cnn.com/2019/10/21/health/avoid-toxic-metals-baby-food-wellness/index.html>

\*\*<https://www.consumerreports.org/cro/magazine/2015/01/how-much-arsenic-is-in-your-rice/index.htm>

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## 3 Steps to Reducing Heavy Metals at Home

### Step 1: Dust and Vacuum often

Believe it or not, heavy metals like to ride on household dust (ack!)\*. So make sure to dust using a wet microfiber rag or HEPA vacuum often (HEPA vacuums are the only vacuum that are 100% sealed to prevent toxins for re-entering the air).



### Step 2: Invest in a good water filter

It's absolutely shocking the quantities of heavy metals that are considered "safe" in public water supplies....and some cities are worse than others. If you look at our [DeKalb County](#)

[Public Water Report](#), for example, you'll see lead is still an issue right here in Atlanta...and you have to consider the cumulative effects (8 glasses of water a day, 365 days a year...that's a lot of lead!).

Thus, be sure you're using a water filter that removes more than just lead (as there are other heavy metals found in public and private water supplies) *and* that removes pesticides and herbicides as they are sneaky sources of heavy metals too. We like [Clear Water Revival's filters with Metalgone](#) for this reason (the Metalgone also removes modern fluoride).

### Step 3: Adopt a no-shoe indoors policy

Did you know heavy metals can be tracked in on your shoes\*\*? This can come from dust, pesticide/herbicide residue, or other outdoor pollutants.

Thus, it's a great idea to kick your shoes off before entering your home!

#### References:

\*<https://www.sciencedirect.com/science/article/abs/pii/S0269749119312>

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\*\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2367662/>



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*All the links to products are provided for educational purposes and are not affiliate links.*

## How to Detox Heavy Metals Safely

A full-on heavy metal detox is best undertaken under the supervision of a qualified healthcare professional.

The reason being: heavy metals are dangerous neurotoxins, and you don't want to release too many at once without ensuring your pathways of drainage are open and flowing.

We've supported countless clients through this process safely and effectively.

**You also don't want to have your mercury amalgams removed by just any dentist!**

Only an experienced, biological dentist will have the knowledge plus the right safety procedures and equipment in place to do this right. If you're considering amalgam removal, [please click here to see our recommended dentists](#) and consider scheduling a [BioEnergetic Assessment](#) to ensure your drainage pathways are healthy and up to the task.

All that said, the best ways to detox heavy metals from your body daily are:

- Eat plenty of fruits and vegetables which support detoxification while protecting your body from harmful metals\*. Specifically, leafy greens, brassica vegetables, cilantro, green tea, curry, and wild blueberries.

- Enjoy sea vegetables, like Atlantic dulse, and Hawaiian spirulina! Which naturally bind to heavy metals.
- Drink plenty of filtered water to keep elimination pathways like the kidneys and bowels flowing smoothly.
- Eat cultured foods, to keep your gut healthy.
- Get enough calcium and iron, which help block lead absorption\*\*, \*\*\*. If you're dairy-free, the best sources are canned salmon and sardines, sesame seeds, and leafy greens.
- Add lemon to your water to boost liver detox.
- Buy organic and naturally-grown foods (and/or grow your own) to avoid exposure to heavy metal-based pesticides.

Source:

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4303853/>

\*\*<https://www.latimes.com/archives/la-xpm-1998-mar-22-mn-31460-story.html>

\*\*\*<https://www.sciencedaily.com/releases/2016/10/161026135432.htm>