

## **METAL TOXICITY**

### SIGNS, SYMPTOMS AND ASSOCIATIONS OF METAL TOXICITY

(Circle any symptoms you have)

<p><b>SKIN</b></p> <ul style="list-style-type: none"> <li>• Unexplained rashes</li> <li>• Excessive itching</li> <li>• Rough skin</li> <li>• Acne</li> <li>• Psoriasis</li> </ul>	<p><b>HEART</b></p> <ul style="list-style-type: none"> <li>• Chest pains</li> <li>• High/low blood pressure</li> </ul>
<p><b>DIGESTION</b></p> <ul style="list-style-type: none"> <li>• Diverticulitis</li> <li>• Ulcers</li> <li>• Crohn's</li> <li>• Graves Disease</li> <li>• Indigestion</li> <li>• Diarrhoea</li> <li>• Bloating after eating</li> <li>• Heartburn</li> <li>• Poor appetite</li> </ul>	<p><b>ENDOCRINE PROBLEMS</b></p> <ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Ovaries</li> <li>• Weight issues</li> <li>• Overactive thyroid</li> <li>• Underactive thyroid</li> <li>• Pancreas</li> <li>• Prostate</li> <li>• Menstrual irregularities</li> </ul>
<p><b>NERVOUS DISORDERS</b></p> <ul style="list-style-type: none"> <li>• Multiple Sclerosis</li> <li>• Shingles</li> <li>• Epilepsy/convulsions</li> <li>• Tremors</li> <li>• Twitching of face or other muscles</li> </ul>	<p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>• Headaches</li> <li>• Noises/hissing/ringing in the ears</li> <li>• Chronic Eye inflammation</li> <li>• Chronic Fatigue</li> <li>• Cold hands &amp; feet</li> <li>• Dizziness</li> <li>• Leg cramps</li> <li>• insomnia</li> </ul>
<p><b>EMOTIONAL</b></p> <ul style="list-style-type: none"> <li>• Anger outbursts</li> <li>• Depression</li> <li>• Irritability</li> <li>• Suicidal tendencies</li> </ul>	