Heavy Metals Continued

Next ten symptoms:

11. Insomnia or sleep disturbances
12. Brain fog and difficulty concentrating
13. High blood pressure
14. Kidney dysfunction
15. Liver problems
16. Anemia
17. Shortness of breath
18. Skin issues (rashes, discoloration)
19. Metallic taste in the mouth
20. Vision changes

Here also is a more comprehensive list for mercury toxicity from a functional medicine website: https://www.functionalmedicineuniversity.com/public/974.cfm

The primary cause of heavy metal toxicity in humans is excessive exposure to heavy metals through various sources. Industrial activities over the last century have significantly increased human exposure to heavy metals such as mercury, lead, chromium, cadmium, and arsenic. Common sources of exposure include contaminated water, air, and food. Occupational exposure in factories that use heavy metals, consumption of contaminated fish, use of certain herbal medicines, and exposure to old lead paint during home renovations are also significant risk factors. Additionally, living near polluted areas, such as mercury mines, can lead to increased exposure and subsequent toxicity. Dental amalgam fillings, which contain approximately 50% mercury, have been a subject of controversy regarding their potential for mercury toxicity. It is my opinion that there is strong evidence that these have been a huge source of the mercury toxicity in humans.

Glutathione is crucial for eliminating heavy metals from the body, acting as a natural chelating agent. It binds to toxic metals, forming complexes that can be excreted, while also protecting cells from oxidative damage caused by these toxins. As the body's main antioxidant, glutathione supports all phases of detoxification, particularly in the liver. Low glutathione levels are often an indicator of toxic metal overload, highlighting its importance in the body's defense against heavy metals. Maintaining adequate glutathione levels is essential for effective heavy metal detoxification.