

Total Homeopathic Metals

by John Brimhall, D.C. and Stephan Cooter, Ph.D.

The U.S. Environmental Protection Agency reported that toxic metals are the second worst environmental health problem in the United States. Toxic metals are widely used in industry, food processing, and agriculture and find their way into our air, food, and water.

Good habits that can beneficially change your intake and uptake of toxic metals include eating a high fiber diet, avoiding conventional foods grown with pesticides and artificial fertilizers, and eating organic foods.

Including high sulfur foods such as onions, garlic, legumes, and eggs assist the body in blocking uptake and removing retention of many toxic metals.

Using only stainless steel, glass, enameled, or iron cookware, and certainly avoiding aluminum cookware can reduce the intake of harmful metals.

Read labels and avoid products known to contain toxic metals. Avoid canned foods and canned drinks of all kinds, soft drinks in cans, beer in cans, aluminum cans, tin cans, and especially lead-soldered cans. Some researchers estimate we could easily reduce our lead intake 50% by simply avoiding lead-seamed canned foods altogether.

Consider having mercury amalgam, “silver,” fillings removed by a biological dentist trained in safe removal and replacement with biologically compatible fillings. If a dentist is not trained in safe removal, removal itself can place more mercury in your system.

Include apples in your diet for a source of pectin, which binds with and helps remove most toxic metals from the body. Eat buckwheat, high in rutin, a protective agent against heavy metals and radiation. Eat a whole-foods, high-fiber diet to help bind with and pass toxic metals without entering your system. Consider drinking orange juice before X-ray exams. A New Jersey animal study reported rats given orange juice before X-ray exposure suffered two times less damage than rats given water.

Homeopathic remedies are one non-toxic solution to heavy metal accumulation. Homeopathic remedies are based on the reverse conception of, “If a little is good, a lot is better.” In homeopathy, the more a substance is diluted, the higher the potency of its effects. The Law of the Infinitesimal Dose was discovered by Dr. Hahnemann by experimentation with higher and higher dilutions to avoid toxic side effects.

Homeopathic remedies are diluted in water or alcohol to such an extent that no molecules of the original substance may remain. Any homeopathic remedy over 24 X potency (24 successive dilutions and succussions) contains no molecular trace of the original substance. However, an imprint of the original substance does remain. A study using Nuclear Magnetic Resonance (NMR) imaging demonstrated readings of distinguishing subatomic activity in 23 different homeopathic remedies tested, but this distinguishing activity was not present in placebos.

Some homeopathic researchers believe that the specific electromagnetic frequency of the original substance is imprinted on the homeopathic remedy by successive dilution.

The homeopathic remedy conveys an electromagnetic “message” to the body that matches the specific electromagnetic frequency of an illness and stimulates the body’s natural healing response.

Not for use during pregnancy or nursing.

Total Aluminum™

Indications: for relief of anxiety, mouth ulcers, kidney pain, loss of memory

Protective Factors: Adequate iron, calcium, magnesium, lecithin, apple pectin, garlic, kelp, vitamin C, B6 and the B vitamins, help bind with aluminum and remove it.

Toxic symptoms include: Stomach-bowel disturbances, headaches, fatigue, forgetfulness, speech disturbances, bone pain, dryness of skin and membranes, tendency towards colds, burning pain in the

head relieved by food, heartburn, aversion towards meat, anemia, ALS, cavities, softening of bone, Parkinson's disease, Alzheimer's like symptoms.

Total Antimony™

Indications: for relief of gout-like symptoms, metallic taste, angina, anorexia, fatigue, myopathy, hypotension
Antimony exposure: foods, tobacco, solder, metalwork, sheet and pipes, bearing metals, castings, flame retardants in textiles and plastics, adhesives, paper, pigments, mordants in dyeing processes, rubber processing, batteries, mining, and smelting.

Toxic symptoms include: Skin spots (rash and pustules), eye disorders, stomach-bowel disorders, circulatory system damage, liver damage, lung inflammation, bronchitis, emphysema, high blood pressure, altered EKG readings, heart muscle damage, a sense of suffocation, gout-like symptoms, metallic taste in the mouth, fatigue, muscle disease, low blood pressure, anorexia, disturbances in menstrual cycles, spontaneous abortion.

Protective Factors: Adequate magnesium and selenium.

Total Arsenic™

Indications: For the relief of exhaustion, irritability, weakness, and fear

Arsenic Exposure: pesticides, herbicides, laundry aids, smog, tobacco products, bone meal, dolomite, kelp, refined table salt, beer, seafood, drinking water contaminated from agricultural runoff, electronic/photoelectric processes, some specialty glasses.

Toxic symptoms include: Headaches, confusion, drowsiness, convulsions, vomiting, diarrhea, bloody urine, muscle cramps/weakness, fatigue, hair loss, skin disorders, changes in fingernail pigmentation, many cancers, coma, and death.

Protective Factors: Selenium, iodine, garlic, SOD, vitamin C, sulfur, cysteine, and methionine.

Total Barium™

Indications: for relief of chronic swollen tonsils, memory loss, or catching colds easily

Barium Exposure: medical X-ray exams, all raw clay materials, the surfaces of dry clay materials, finished clay sculpture, finished ceramics, ceramics industries, and industries supplying ceramic materials.

Toxic symptoms include: Violent diarrhea, convulsive tremors, paralysis, heart damage, nerve damage.

Total Cadmium™

Indications: for relief of difficulty in swallowing, sore liver, and sleep apnea

Cadmium exposure: refined foods, refined grains, white rice, drinking water, artificial fertilizers, soil, air pollution, coal burning, plastics, nickel-cadmium batteries, coffee, tea, soft drinks, and tobacco smoke.

Protective Factors: Zinc, iron, calcium, copper, protein, vitamin C, and protein.

Toxic symptoms include: high blood pressure, atherosclerosis, a dulled sense of smell, anemia, hair loss, joint soreness, dry scaly skin, appetite loss, weak immune system, liver disease, kidney disease, emphysema, cancer, and shortened life span.

Total Copper™

Indications: for relief of melancholy, itching eyes, nasal congestion, and pain in calf muscles

Copper exposure: beer, copper cookware, copper plumbing, tap water, insecticides, pasteurized milk, many foods, swimming pool chemicals, and permanent wave products.

Toxic symptoms include: Diarrhea, eczema, anemia, high blood pressure, kidney disease, nausea, PMS, sickle cell anemia, stomach pain, weakness, and damage to the nervous system, mental and emotional disorders, autism, hyperactivity, depression, hallucinatory and paranoid schizophrenia, insomnia, mood swings, stuttering, and senile dementia.

Protective Factors: Zinc, molybdenum, manganese, sulfur, and vitamins C and B6.

Total Lead™

Indications: for relief of depression, swollen gums, excessive colic, and constipation

Lead exposure: leaded gasoline finding its way into the atmosphere, the soil, and water, leaded paint, newsprint, solder, lead-seamed canned foods, road dust, insecticides, putty, batteries, leaded crystal glass, lead pipes, tobacco, industrial pollution, and foods grown in leaded soils.

Toxic symptoms include: Diarrhea, stomach pain, loss of appetite, anxiety, easy fatigue, muscle weakness, cramps, arthritis, gout, clumsiness, insomnia, headache, restlessness, mental retardation, confusion, tremors, seizures, loss of coordination, irritability, emotional instability, anemia, blue gums, learning disabilities, paralysis of arms and legs, blindness, death, impotence, reproductive disorders, infertility, and liver failure.

Protective Factors: High fat diets increase lead absorption. Calcium, magnesium, phosphorous, protein, vitamins C, E, and niacin reduce lead absorption and storage.

Total Mercury™

Indications: for relief of dizziness, feeling discouraged, depression, painful dryness of the throat

Mercury exposure: “silver” fillings, yellow fin tuna but not albacore, cosmetics, fabric softeners, inks used by tattooists and printers, latex, some medications, some paints, plastics, polishes, solvents, wood preservatives, explosives, gunpowder, some vaccinations, coal burning, mercury vapor lamps, and batteries.

Toxic symptoms include: depression, irritability, hyperactivity, asthma, allergies, a metallic taste in the mouth, loose teeth, excessive saliva, skin disorders, arthritis, gum disease, hair loss, insomnia, memory loss, and muscle weakness. Mercury poisoning can mimic ALS, Lou Gehrig’s disease, and MS, and it may play an important role in triggering Alzheimer’s disease.

Protective Factors: Selenium, avoiding the fat of fish and eating the meat of fish.

Total Niccolum™

Indications: for relief of anger, moroseness, or pains in the shoulders and neck

Nickel exposure: cocoa, chocolate, water, dental materials, hydrogenated oils and fats, processed and refined foods, buckwheat, oats, legumes, cabbage, and nickel-cadmium batteries.

Toxic symptoms: skin rash, lung diseases, poor energy, heart attack, inflammation.

Protective Factors: Avoidance of refined and processed foods, hydrogenated fats and oils, using stainless steel cookware in preparing acidic foods, metal cooking utensils, superphosphate fertilizers, tobacco, nickel-plated jewelry, watchbands, zippers, bras, pierced earrings.

Total Thallium™

Indications: for relief of tremors, pain in the stomach and bowels, muscular atrophy

Thallium exposure: coal burning, smelting, cement factories, tobacco, fruits and vegetables grown in contaminated soils, photoelectric cells, nickel-cadmium batteries, lamps, electronics, semiconductors, organic catalysts, imaging procedures for heart disease.

Toxic symptoms include: pins and needles sensations, nerve inflammation, shaky movements, staggering, difficulty in pronouncing words, disorientation, tremors, hallucinations, male-pattern baldness, anorexia, mental confusion, high blood pressure, weakness, sleep disorders, and immune function changes.

Total Tin™

Indications: for relief hyperglycemia, ataxia, headache, vision changes, liver pain

Tin exposure: industrial pollution, canned foods, processed foods.

Toxic symptoms include: High blood sugar, shaky movements, staggering, difficulty pronouncing words, vision changes, headaches, and liver pain.

Protective factors: Zinc, iron, and copper.

Total Radium™

Indications: for relief of severe pains all over, depression, dry spasmodic cough

Total Uranium™

Indications: for relief of bloating, stiff back, and night restlessness

Radium-Uranium radiation exposure: drinking water, plants, food, air in buildings, ceramics, light bulbs, photographic chemicals, medical and dental X-rays, radioactive tracers in medical diagnosis, soil and building materials, tobacco smoke, cellular phones, computer video screens, electronic games, microwave ovens, radar devices, satellite dishes, smoke alarms, radiotherapy.

Toxic symptoms: fatigue, headache, weakness, loss of appetite and taste, vomiting, headache, weakness, hair loss.

Protective Factors: Calcium, magnesium, potassium, iodine, kelp, seaweed, or sea vegetables, Coenzyme Q10, cysteine, glutathione, and methionine help protect against radiation.