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Toxic Elements

This article is to awaken your awareness to the sea of toxic elements which surround us everyday and how they can affect your quality of life. Where are these toxic elements coming from? Well they are all around us, they are found in some water pipes, car exhausts, atmospheric pollutants, cosmetics, cigarette smoke, pesticides, fertilizers, and contaminated seafood, just to name a few.

One of the many services I provide in my clinic is Hair Tissue Testing, which involves cutting a small sample of hair directly along the scalp (usually from the underneath section of hair) and sending it to a laboratory to be interoperated. Why would we do this you may ask?

Well, your hair is a tissue just like all your organs and it can indicate if your body has shunted toxic elements out of your bloodstream and stored them in your tissues. If you had high levels of toxic elements in your tissues, it may affect your nutritional and mineral status which is also tested through this sample of hair. Certain minerals are antagonistic to toxic elements and can lower levels in the body i.e. if your test came back with high levels of mercury from fish, pre 1980's vaccines or old dental fillings, you may need to increase consumption of mineral selenium which may help chelate Mercury and lower those levels in your body.

This simple test has had a profound effect on my own health. I was born in Port Pirie and many years ago I was interstate doing some study, when the gentleman sitting next to me, after finding out where I was born, asked if he could cut a sample of my hair and have it tested. He was a scientist and looked at me with great concern. Well, the test came back revealing that my tissues were extremely high in Mercury, Arsenic and lead. My nutritional levels were very low because these toxic elements act as channelopathies, blocking the utilisation of nutrients. For example, my nutrients couldn't get a seat on the bus, so to speak. I worked on my body with herbs and nutrients, and chelated (pulled out) the toxic elements for quite some time. My next test came back clear of toxic elements and all my nutritional parameters had improved beyond belief. My health also improved, the condition of my hair, skin etc.

Some of the common toxic elements I see everyday are **Cadmium**, which may be seen more commonly in mechanics, welders, and plumbers and tyre fitters, **Mercury**, which may be seen in dental technicians, sugar cane workers and petroleum workers. **Aluminium** may be seen in miners, refinery workers and plumbers. **Arsenic** may be found in the building industry, concrete workers, landscapers and bore drillers.

Symptoms seen in relation to these toxic elements include:

Lead may affect your concentration, your memory, it may promote irritability or aggression.

Mercury may cause memory loss, nervousness, depression, drowsiness or poor cognitive function.

Arsenic may cause agitation, disorientation, or numbness and inflammation of nerves.

Cadmium may also cause poor cognition function, drowsiness, irritability, anxiety and depression.

What can you do to help?

If you feel you may have toxic elements in your tissues, find a good practitioner and have a Hair Tissue Analysis done, so you can see exactly where you stand and start using chemical free products in your home when possible. Not only will you be helping yourself and your family but the planet environmentally. Change is not always easy but we have to start somewhere and every little change you make can have a profound impact on the quality of your life and for all of mankind. Like one drop of water on a calm pond, it can have a ripple effect that travels on and on. Make your own first ripple toward a better and healthier future.

Lynne Singlewood has taught Iridology and herbal medicine at Endeavour College, she also lectures Constitutional and Emotional Iridology at WEA. She has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious.

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