

Heavy Metal Toxicity

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We are exposed to heavy metals every day. It is unavoidable as we walk across a fertilized lawn, eat chicken at a restaurant and even take a deep breath. Multiple heavy metals are in our vaccinations including flu shots. They are in everything from carpets to high fructose corn syrup and therefore in most packaged foods and beverages. Most common sources of heavy metal toxicity include lead from pesticides, aluminum from antacids and cookware, cadmium from cigarette smoke, and mercury from dental amalgams and contaminated fish.

Heavy metal toxicity affects every system of the body. Some of our systems are very sensitive to toxicity while others seem to tolerate average doses unless they cannot be removed from the body by detoxification. The liver and kidneys are the primary organs of the detoxification system. All waste products from chemicals, toxins, hormones, metabolic processes, drugs, food additives, pesticides, even all substances used and taken into the body are processed and neutralized by the liver. When the detoxification system is not functioning optimally toxins accumulate in glands, and organs disrupting normal function. The resultant symptoms can include fatigue, headaches, nausea, constipation, muscle pain, indigestion, memory loss, and learning disabilities. Heavy metal toxicity strains the functioning capacity of all organs but especially the brain, liver and kidneys. Mercury for example prunes brain cells retarding cell development and function which is extremely detrimental to a developing child. Mercury and aluminum have been shown to cause Alzheimer's disease. Many heavy metals interfere with the cells ability to produce energy which in turn affects the efficiency of every process that occurs in the body, especially energy, focus, concentration, memory and processing. These symptoms can be alleviated and reversed by a lifestyle and supplement program that includes supporting the detoxification system so toxins can be neutralized and removed.

In the gastrointestinal tract heavy metals affect the balance of good flora by both causing and allowing the overgrowth of unhealthy flora. This imbalance interferes with digestion and assimilation of nutrients. Similarly, many disease pathogens are found in the gastrointestinal tract of individuals with heavy metal toxicity. These pathogens eat away at the protective layer created by the flora. Yeast overgrowth may result which can contribute to leaky gut, poor digestion, nutrient malabsorption and the development of food hyper-sensitivities.

In the Immune System heavy metals cause a TH2 shift, an immune over-reaction caused by the overproduction of unneeded immunoglobulins. This puts the body constantly in attack mode with an over production of antibodies and can be the classic set up for autoimmune disease. If this persists it sets the body up for food hyper-sensitivities. It can also lead to the suppression of the body's ability to fight viruses and cancer. Traditional medicine consistently overlooks this simple diagnosis. It is imperative to know if this shift exists so it can be addressed by moving it back to neutral.

One of the largest and least discussed areas of heavy metal toxicity is the interactions of the metals with each other and the combined affect on the body. The actions are not additive but exponential, meaning that having two heavy metals in the body presents more difficulty than just twice as much.

Another piece to consider is how heavy metals decrease cellular energy and affect mitochondrial function. Mitochondria are the energy producing units in the cells, the power plants for all metabolic processes. Anyone who has had heavy metal exposure is apt to have decreased cellular energy which weakens brain function and physical stamina.

Our body clears metals through the detoxification system by changing substances that are fat soluble and converting them to water soluble for

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excretion in stool, urine, sweat or hair. This process is achieved by a series of enzymes that work to convert compounds into this more easily disposable form. There are two phases of detoxification. Some compounds are eliminated after one enzymatic process while others are neutralized in two processes.

You can check the efficiency of this system by either measuring the detoxification output of certain compounds or by looking at the DNA through a simple blood test. . By administering a known quantity of a certain compound and then measuring the excreted amount you can look at the competency of phase one and phase two detox. Additionally, using the DNA blood test you can discover the genetic phase 1 and phase 2 predispositions and what long term issues may be present. Furthermore, the DNA test allows you to personalize and practice preventative medicine so you can focus on the supplementation needed to both prevent and heal disease. You can know if there is a predisposition towards estrogen sensitive tumors, or issues with controlling neurotransmitters, important factors for mood, focus and concentration. With this information, preventative steps can be put in place to remove increasing toxins and prevent further accumulation. The newest frontier in DNA research is the epigenome. This genetic control system is a layer of biochemical reactions that turn gene predisposition on and off.. The epigenome has been shown to interact and be controlled by environmental factors and more importantly, by our thoughts and beliefs. If we believe we will experience a certain disease, we can switch on the →

marker for that disease.

Once you know how the system is working, you can then begin a supplementation program that will provide the support needed. These areas may include detoxifying hormones, cancer prevention, neurotransmitter support, detoxifying solvents, heavy metals, fungicides, and controlling free radicals in the cell. Free radicals damage healthy cells and can lead to degenerative diseases and cancer.

Various supplements and nutrients are highly beneficial to clearing and protecting the body from heavy metals and can be tailored to each person's specific need. It is additionally important to limit our exposure choosing to eat organic foods thereby maximizing nutrition while minimizing pesticide contact. Additionally we can create a healthier living environment through chemical free household products, natural soy or beeswax candles and therapeutic essential oils.

Fortunately, in regard to heavy metal toxicity, it is within our power to assist, modify and accelerate the removal of these

toxins. As we are exposed to many toxins every day, it is important that we move forward with the ability to detoxify these heavy metals and all other toxins we are continually exposed to. Interestingly enough, many of these considerations were not available just a couple of years ago.

For over thirty years, Dr. John Hicks M.D, has dedicated himself to the art and science of integrated holistic medicine and has personally developed a cooperative medical, nutritional, emotional, and quantum energetic approach that is seeing great success. As the Medical Director of Elementals Living, Dr. Hicks assists patients of all ages in healing from chronic illness, cancer, depression, autism and much more. For more information about the wide range of wellness resources available visit www.pathwaysmed.com Consultations can be made directly by calling 262.740.3000