



# NSIPM & Sano Wellness Center

## Toxic Metals

### A Common Health Challenge

There is an ever-increasing awareness among scientists that chronic low-level exposure to environmental toxins has numerous harmful effects on the body. In particular, the **heavy metals** such as **mercury, lead, cadmium, nickel,** and **aluminum** so commonly found in our surroundings can have a devastating influence on our mental, emotional, and physical health and well-being.

### Symptoms linked to heavy metal toxicity include:

Allergies	Low libido
Anemia	PMS
Autoimmune disease	Thyroid dysfunction
Cardiovascular disease	Frequent colds
Cancer	Prostate problems
Chronic fatigue	Skin problems
Fibromyalgia	Forgetfulness
Pain	Depression
Weight gain or loss	MS
ALS	Headaches
Diabetes	Insomnia
ADD	Irregular heartbeat
Osteoporosis	Autism
Impaired digestion	Parkinson
Loss of taste	Alzheimer
Loss of appetite	Receding gums

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