

Aluminum

- Anti-Perspirant Deodorant
- Nespresso Coffee Makers
- Municipal Water (Alum Sulfate > Part of Water Treatment Process)
- Anti-Acid Medications (Pepcid AC, Zantac, etc)
- Cookware (Pots, pans), cooking with Aluminum Foil
- Processed Foods (Frozen Pizzas, Pancake mix), cheap baking powder
- Tea (attaches to oxalates)
- Aluminum Cans
- ~~Groundwater~~ (contaminating the rain & soil)

Cadmium

- Fruits & Vegetables (even "organic") via ~~Atmospheric Deposition~~ contaminated w/ Cadmium.
- Dark Chocolate
- Air & Water Pollution via living in a Metropolitan Area
- Cigarette Smoke/ Tobacco (again think soil)
- Vapes

Fluoride

- Fluoride Toothpaste
- Drinking & Showering in Unfiltered Municipal water
- Teflon Non Stick Cookware (PFC's - Per-fluorinated compounds)
- Pharmaceutical Medications (Anesthetics, antacids, anti-anxiety, antibiotics, antidepressants, antifungals, antihistamines, cholesterol-lowering medications STATINS, anti-malarial, chemotherapy, arthritis medications, psychotropics, and steroids)
- Tea

Antimony

- Plastic (especially + Hot Water "Leaching")
- Coffee Makers
- Plastic Wrapping
- Dental work (especially with the Blue light to "seal")

Barium

- Dental Amalgam Fillings, Especially Root Canal Procedures

Mercury

- Dental Amalgam Fillings
- Seafood
- Vaccinations
- Playing w/ Thermometers
- Some light bulbs
- Located near heavy industry pollution

Lead

- Dark Chocolate
- Municipal water
- Hair dyes, cosmetics, glazes on ceramics
- Industry pollution via soil, air, water,
- Infant formulas
- Pipes, dust in and around old buildings

Gadolinium

- Radiology - MRI's w/ contrast (Injection or Drink)

Nickel

- Dental Amalgam Fillings (particularly Porcelain Fused to Metal)

Silver

- ~~Greenish-yellow~~
- Overuse of Colloidal Silver

Arsenic

- Water/ Food via contaminated environment, seen very prevalent in India
- Pesticide exposure
- Cigarettes

High Sulfur &/or High Zinc/Copper

>> Likely indicates compromised Liver Function & Biliary Tree Blockage, most likely from potential Toxin exposure. If the Liver is working at 30%, the rest of the body is likely compromised and the channels of excretion are blocked.

Possible Sources

- Breast Implants
- Botox
- Teflon via Cookware
- Laundry Detergent (SLS, Synthetic Fragrances). If you smell your laundry detergent, total red flag
- Air Fresheners
- **Personal Care Products - Makeup**

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