

COPYRIGHT 2014 QUANTUM TECHNIQUES®

Quantum Techniques Teleseminar

Mercury Toxicity Teleclinic

Dr. Carolee Johnson



Disclaimer

Quantum Techniques® (QT) is not intended to diagnose, prescribe, treat, or cure any disease, physical or mental.

The use of Quantum Techniques® by a *Quantum Techniques® practitioner* should not be construed as a prescription, a promise of benefits, claims of cures, or a guarantee of results to be achieved.

The information, instruction or advice given by a *Quantum Techniques® practitioner* is not intended to be a substitute for competent professional medical or psychological diagnosis and care. You should not discontinue or modify any medication presently being taken pursuant to medical advice without obtaining approval from your healthcare professional.

As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

Disclaimer Explained

QT consists of self-help coaching techniques and tools, within the category of “energy therapy.” A client learns and uses QT to balance their own body’s energy system with the intention of reducing stress, enhancing overall health, and removing dysfunctions in the body’s bio-energetic system. QT and its *Quantum Techniques® practitioner* believe that it is the client who heals himself/herself, and that the QT tools simply assist the client in this process. Every QT client is unique, and therefore, each client’s experience with QT may be unique.

QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

No one is advised to discontinue or to avoid medical or psychological consultations. There are cases where medical or psychotherapeutic consultations are advised. Don’t use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since these are self-treatment techniques, we cannot and will not take responsibility for what you do with them. You are required to take complete responsibility for your own well-being both during and after the use of our materials and/or coaching sessions.

Some statements on the Quantum Techniques®, LLC / Healing Solutions, LLC web site, manuals and products represent working theory rather than accepted science. *Quantum Techniques® practitioner* practice as bio-energetic consultants, not as licensed medical doctors, psychologists, psychotherapists, chiropractors, lawyers, nutritionists, or naturopaths. Although these techniques are being used by therapists, health professionals and lay people worldwide, the practice of QT and bio-energetic consulting is not currently regulated by any licensing board in the United

States. Any spiritual counseling provided by *Quantum Techniques® practitioner* is not part of any recognized religion.

We have not personally experienced any adverse side effects when applying the gentle techniques of QT when the treatment protocols and suggestions were followed. This does not mean, however, that you will not experience or perceive negative side effects. If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise others to do the same.

You must understand that while an energy healing approach is a safe self-treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, it is possible, with any form of healing, that unresolved memories and related emotions and sensations may be brought into your awareness. It is possible that this emotional material may continue to surface after the coaching session and require further self-treatments or coaching sessions. It is also possible that previously traumatic memories may lose their emotional charge, and this could adversely affect your ability to provide legal testimony that carries the same impact as it might have prior to treatment. In some rare cases, clients with chronic illness have reported some mild healing reaction symptoms as their body releases stored toxins. Typically this is short lived and can be addressed with another coaching session or self-treatment protocol.

Hold Harmless Agreement

You must agree to hold harmless Stephen Daniel and Beth Daniel, the originators of Quantum Techniques®, LLC and Healing Solutions, LLC, all *Quantum Techniques practitioners*, and anyone affiliated with QT from any claims, liability, or loss incurred directly or indirectly by you (or anyone you may teach or seek to help using QT) as a result of the use or application of any techniques or methods learned from a *Quantum Techniques® practitioner* or Quantum Techniques, LLC / Healing Solutions, LLC product.

©2014 Quantum Techniques®, LLC. You have permission to use this copyrighted document only for your own personal use. All other uses are prohibited under federal law. All other rights are reserved by the authors. Quantum Techniques® and the Quantum Techniques® logo are trademarks of Quantum Techniques®, LLC and may be used only with permission.

2014 Quantum Techniques®, LLC

All Rights Reserved

Corporate Office

P.O. Box 12405

Prescott, AZ 86304

Description:

Dr Carolee Johnson talks about mercury toxicity and how to use Quantum Techniques to help this condition. She discusses the effects of mercury and other heavy metals in the body, how to find them, whether the body is ready to clear them and testing to see if the heavy metals require a filter to safely clear them from the body. Codes with filters are given in this teleclinic.

*Transcript:***Dr. Carolee Johnson:**

Good evening everyone, this is Doctor Carolee Johnson with Quantum Techniques.

Tonight we are discussing mercury and heavy metal toxicity in the body, some of the symptoms you might experience, and how to find it, and safely clear it, using Quantum Techniques.

I know that when I got sick, one of the first things I did to get well was to have the mercury fillings removed from my teeth. I wasn't sure how much the metal was contributing to my heart and kidney disease back then, but I had learned that the mercury fillings were dangerous, so I had them out.

In clients that I have worked with in Quantum Techniques, I have had instances where I was working to help them with a chronic condition, and then realized with testing that a big part of the issue was a mercury field that was blocking their healing. In this case the client wasn't strong enough to handle having a large amount a mercury sent out of that area into the detox pathways all at once, so we started by getting the cow out of the stream so to speak.

If you have a muddy stream and you keep trying to clear the stream, and there is a cow up stream stirring up the mire, it is never going to completely clear until you go up stream, and get rid of the cow.

So we started by getting rid of the mercury fillings in the teeth.

I would consider that, step one, for anyone wanting to clear mercury out of their body. Get the cow out of the stream.

Getting the cow out of the stream would also apply to any other heavy metal that you are being exposed to such as cooking in aluminum cookware, or drinking anything from an aluminum can, clearing your living arrangements of any lead based paints, changing out lead water pipes and so on.

If you are unable to change some of the bigger things, right away, just get the ones you can. It is easy to change to class cookware or stainless Steele if you test ok for it. And it is easy to get the amalgam removed from your teeth.

Like I said, it is going to be difficult to clear the body of mercury and heavy metals if you are still feeding into the problem.

You might be interested to know that those with amalgam fillings **exceed all occupational exposure** allowances of mercury exposure of all European and North American countries. Adults with four or more amalgams run a significant risk from the amalgam, while in children as few as two amalgams will contribute to health problems.

In most children, the largest source of mercury is that received from immunizations or that transferred to them in utero from their mother.

A single dental amalgam filling with a surface area of only 0.4 sq.cm is estimated to release as much as 15 micrograms of mercury per day primarily through mechanical wear and evaporation.

The average individual has eight amalgam fillings and could absorb up to **120 micrograms of mercury per day** from their amalgams. These levels are consistent with reports of 60 micrograms of mercury per day collected in human feces.

By way of contrast, estimates of the daily absorption of all forms of mercury from fish and seafood is 2.3 micrograms and from all other foods, air and water is 0.3 micrograms per day. Currently, Germany, Sweden and Denmark severely restrict the use of amalgams.

A "silver" filling, or dental amalgam, is not a true alloy. Amalgams are made up of **50% mercury**. The amalgam also consists of 35% silver, 9% tin, 6% copper and a trace of zinc. More than 100 million mercury fillings are placed each year in the U.S. as over **90% of dentists use them** for restoring posterior teeth.

The mercury vapor from the amalgams is lipid soluble and passes readily through cell membranes and across the blood brain barrier. The vapor serves as the primary route of mercury from amalgams into the body. It is clear that amalgam mercury transfers to human tissues, accumulates with time, and presents a **potential health threat**.

Keep in mind that these heavy metal dental fillings are mere inches away from the brain and it is common to find heavy metals from the dental amalgams in the gums and brain tissues.

The mercury escapes continuously during the entire life of the filling primarily in the form of vapor, ions but also abraded particles. Chewing, brushing, and the intake of hot fluids stimulate this release.

Statements made by dental authorities who claim that the amount of mercury exposure encountered by patients from dental amalgams is too small to be harmful, are contradicted by the literature.

Animal studies show that radioactively labeled mercury released from ideally placed amalgam fillings appear quickly in the kidneys, brain and wall of the intestines. The fact that mercury amalgam fillings are **banned in some European countries** is strong evidence of the clinical toxicity of this material.

Any metal tooth restoration placed in the mouth will also produce electro-galvanic effects. When dissimilar metals are placed in the oral cavity they exert a battery-like effect because of the electro-conductivity of the saliva. The electrical current causes metal ions to go into solution at a much higher rate, thereby increasing the exposure to mercury vapor and mercury ions many fold. Gold placed in the vicinity of an amalgam restoration produces a 10-fold increase in the release of mercury.

Mercury in the central nervous system (CNS) causes psychological, neurological, and immunological problems in humans. Mercury bonds very firmly to structures in the CNS through its affinity for sulfhydryl-groups on amino acids. Other studies have shown that mercury is taken up in the periphery by all nerve endings and rapidly transported inside the axon of the nerves (axonal transport) to the spinal cord and brainstem. Unless actively removed, mercury has an extremely long half-life of somewhere between **15 and 30 years** in the CNS.

Amalgam fillings have been associated with a variety of problems such as Alzheimer's Disease, autoimmunity, kidney dysfunction, infertility, polycystic ovary syndrome, neurotransmitter imbalances, food allergies, multiple sclerosis, thyroid problems, and an impaired immune system.

Patients with many amalgam fillings will also have an increase in the prevalence of antibiotic resistant bacteria.

Subclinical neuropsychological and motor control effects were also observed in dentists who had documented high mercury exposure levels. Amalgam use may also be related to fatigue, poor memory and certain psychological disorders.

There has been a recent epidemic of autism in the US and many investigators believe that this may be partially related to the increased exposure infants have had to mercury through the preservative thimerosal that was included in nearly all vaccines until recently.

The **nervous system** is more sensitive to mercury toxicity than any other organ in the body. Mercury has recently been documented to be associated with **arrhythmias** and **cardiomyopathies** as hair analysis showed mercury levels to be 20,000 times higher in those with these cardiac abnormalities.

Mercury exposure has also been associated with other neurological problems such as tremors, insomnia, polyneuropathy, paresthesias, emotional lability, irritability, personality changes, headaches, weakness, blurred vision, dysarthria, which is difficulty pronouncing words, slowed mental response and unsteady gait.

Systemic Mercury Elimination

There are a number of agents that have been demonstrated to be successful in the removal of mercury with someone who has demonstrated clinical signs and symptoms of mercury toxicity. The urine and feces are the main excretory pathways of metallic and inorganic mercury in humans.

The most important part of systemic elimination is to **remove the source of mercury**. Like we talked about before, get the cow out of the stream before you try to clean up the stream.

For most this involves amalgam removal. A person should find a dentist who is specially trained in this area because improperly removed amalgam can result in unnecessarily high exposure to mercury.

So after we have the cow out of the stream, the next step is to detox the heavy metals. A good way to start with a heavy metal detox, is to just start with a general detox. Each time you do a general detox it gets rid of a certain amount of metal, and gives the body more strength to get rid of some of the heavier toxins from deeper in the body.

Dr Stephen and Beth Daniel gave an excellent teleclinic on detoxification that would be helpful for anyone wanting to do some general detoxification.

Anytime you do a detox, you want to make sure the detox pathways are strong and open. That needs to be done before any detoxification occurs. You have to make sure your detox pathways are strong and open and can clear whatever your body is going to be releasing. The time it takes depends on the person.

There are organs and glands involved in detoxification. The liver is number one when it comes to detoxification. If your liver is not healthy you will have a hard time detoxifying without being ill. Especially when you are detoxifying heavy metals, you can make yourself extremely tired and ill unless your liver is strong and prepared to handle the heavy detox load.

Some things you can do are testing for reversal; running the Three Minute Scan to look for pathogens. You can find the three minute scan on **Quantum Techniques Physical Scan DVD**. This is available on our website at www.quantumtechniques.com.

You can test through and clear many of these things on your own before you do any physical detoxifying. Do the energetic clearing first. Clear these

organs and glands and test them on a scale of 1 to 10 to see how strong they are.

Look for pathogens, toxins, ingestants, inhalants, and injectants. Those frequencies tend to often be in the liver. Going through these first and clearing them on your own energetically is the best method.

Then you can test from there to see what you are ready for in the way of a detox. Organs and glands involved in detoxification are the liver, kidneys, the urinary system, the bladder, the urinary track, the ureters that come down off of the kidneys, the colon, sweat glands, salivary glands, lungs, and skin. Those are the major organs and glands involved with detoxification.

When I was doing my healing work, I had to strengthen my heart in order to detox because any kind of cleansing was extra work for my body, and my heart was in a weakened condition. So some people may show weakness in other organs and glands, like the heart. They may need to do some work to strengthen the heart field, like checking for virus in the heart valve, etcetera before they start on a detoxification program. This may be necessary even though the heart isn't a detox organ.

We have also found that if we do the Reconnection Scan, which is now available in our shopping cart on the website as part of the Evolution Series DVDs on the detox organs/pathways with clients with metals prior to and after amalgam removal, that the clearing of metals goes smoothly and is easier on the body. So, I would recommend that you either use the Reconnection Scan product or call a practitioner to help you do some reconnecting before and after having your metal fillings removed from your teeth..

I am going to give a code here that was designed to open and strengthen the detox pathways.

It is very important to strengthen and open these pathways before you start any kind of detoxification.

In this case we are trying to prepare our body to eliminate heavy metals. So opening and strengthening is going to be very important so we don't make our self feel worse than we do. And the body is only going to be able to do what it has the strength to do.

Code for strengthening and opening detoxification pathways in the body:

SH IF LF LIV G50 SH IF G50 MF SH IF EB E G50 SH IF EB SH E IF G50
SH CH TH IF LIV EB E SH IF OE A C 9G UN SH UN chakra pattern #1

The standard chakra patterns can be found either in the Client Manual or on our website in the Getting Started Section.

Ok now after we have strengthened up and opened the detox pathways,
We want to make sure the body stays balanced while we detoxify. So I am giving another code here to balance the body during detoxification.

Sh IF EB UN SH IF G50 EB E IF SH IF G50 LIV SH IF G50 EB OE A C
9G UN SH UN chakra pattern #2

You can test to see how many times you need to do this per day. If you're not sure or you don't know how to test then I would recommend reading it daily at least a couple of times.

If you can test, you'll want to test to see if your body is ready or strong enough to do the detox. You especially want to do this with metal detoxification, because when your body throws off heavy metal, it can make you feel pretty sick and very tired.

When my body goes into a detoxification, I tend to move to raw food because I expend a lot less energy on digestion, and the extra fiber in the raw food picks up the toxic material and carries it out of the body.

If you don't trust your testing ask someone you know who is an adept tester or call a practitioner to find out if your body is ready for a heavy metal detox. We want to make sure you are ready to detoxify before you start.

Now before I talk about how to find heavy metals in the body, I want to go over some products that help to chelate metals out of the body.

Although it is entirely possible to clear heavy metal energy from the body without any product at all, but rather just using the codes, when you are working to clear on your own, sometimes it is easier on the body to use a product that will pick up what it can before you delve deeper into the tissues using the codes.

It is helpful to have something that helps to break down the metal and carry it out of the body, and as always you want to make sure you keep your body hydrated during any cleansing process. So keep a bottle of clean spring or filtered water with you and sip it throughout the day.

The first product for heavy metal removal is called: Chlorella

Algae and other aquatic plants possess the capacity to take up toxic trace metals from their environment, resulting in an internal concentration greater than those of the surrounding waters. This property has been exploited as a means for treating industrial effluent containing metals before they are discharged, and to recover the bio-available fraction of the metal.

Chlorella has been shown to develop resistance to cadmium contaminated waters by synthesizing metal-binding proteins. A book written for the mining industry, Bio-absorption of Heavy Metals, details how miners use these organisms to increase the yield of precious metals in old mines. The muco-

polysaccharides in chlorella's cell wall absorb rather large amounts of toxic metals similar to an ion exchange resin.

Chlorella also enhances mobilization of mercury compartmentalized in non-neurologic structures such as the gut wall, muscles, ligaments, connective tissue, and bone.

High doses of chlorella have been found to be very effective in Germany for mercury elimination.

Chlorella is an important part of the systemic mercury elimination program, as approximately 90% of the mercury is eliminated through the stool. Using large doses of chlorella facilitates fecal mercury excretion. After the intestinal mercury burden is lowered, mercury will more readily migrate into the intestine from other body tissues from where **chlorella will effectively remove it.**

Chlorella is not tolerated by about one-third of people due to gastrointestinal distress. So make sure you test yourself to see if your body will tolerate chlorella.

Chlorella is available at any health food store.

Chitosan can be effectively used as an alternative in individuals who can't tolerate chlorella, but again test yourself to see what works for your body.

Chitosan makes up most of the hull of insect shellfish and also bind metals like mercury from the lumen of the intestines.

The next product is Cilantro,

and I'm talking about the stuff that you get at the super market in the produce section.

Where chlorella moved metal out of the gut, cilantro can mobilize mercury and other toxic metals rapidly from the Central Nervous System.

Cilantro mobilizes mercury, aluminum, lead and tin stored in the brain and in the spinal cord and moves it into the connective tissues. The mobilized mercury appears to be either excreted via the stool, the urine, or translocated into more peripheral tissues where it can then be reached with the use of chlorella.

The mechanism of action is unknown. Cilantro alone often does not remove mercury from the body; it often only displaces the metals from deeper body stores to more superficial structures, from where it can be easier removed with the previously described agents. The use of cilantro with chlorella can produce an increase in motor nerve function.

Potentiating Agents

Adequate sulfur stores are necessary to facilitate mercury's binding to sulfhydryl groups.

Many individual's sulfur stores are greatly depleted which impairs sulfur containing chelating or complexing agents effectiveness as they are metabolized and utilized as a source of sulfur. Sulfur containing natural substances, like garlic, onion, or MSM (methylsulfonylmethane) may also serve as an effective agent to supply organic sulfur for detoxification. I prefer fresh garlic because it has many other recently documented benefits. The garlic is consumed just below the threshold of social unacceptability, which is typically 2 cloves per day.

Antioxidants

Vitamin E doses of 400 I.U per day have been shown to have a protective effect when the brain is exposed to methyl-mercury. Selenium, 200-400 mcg daily, is a particularly important trace mineral in mercury elimination and should be used for most patients.

Selenium facilitates the function of **glutathione**, which is also important in mercury detoxification. Some clinicians find repetitive high dose intravenous glutathione useful, especially in neurologically compromised patients.

Vitamin C is also a helpful supplement for mercury elimination as it will tend to mobilize mercury from intracellular stores.

Hyaluronic acid (HA) is a major carbohydrate component of the extracellular matrix and can be found in the skin, joints, eyes and most other organs and tissues. HA is utilized in many chemotherapy protocols as a potentiating agent.

HA is also being utilized for many novel applications in medicine. Personal experience has shown that the addition of 2 ml with the DMPS tends to improve the excretion of mercury by two to four fold with virtually no toxicity.

So we have our detox pathways open and strong, we have some chelating agents to help us get rid of some of the metal. Before we look for any metals energetically with Quantum Techniques, we want to make sure we are hydrated, and taking something like a green smoothie to start clearing things out.

An important part of any cleansing or detox program is nutrition. The nutrient saturation gives the body the strength to move out the garbage, and heal the area we are working on.

Like we mentioned before, if certain things like sulfur are not present, then the body has a harder time throwing off the heavy metals.

So if we were to make our own smoothie with the intention of moving out heavy metals, we would put in a handful of cilantro, maybe some romaine lettuce so it's not quite so strong, an onion or garlic or MSM for sulfur. I would sweeten it with an apple since apple pectin is a known detoxifier. Then I would add chlorella to aid the cilantro in moving out heavy metal.

Test this combination to see if it tests significantly helpful, and then test it as a toxin. That combination, that combination I want to be healthy, that combination I want to be sick.

Now if any part of that tests as a toxin, you can use this code in place of that smoothie to help move general heavy metal out.

Before you use the code, ask your body if it is your best interest and highest good to use this code, and also test to see if your body has the strength to use this code to move general heavy metal out of the body.

This code has a filter placed on it at 90%. You can test to see if you need to raise that filter, or if your body has the strength, you can lower the filter by intention.

If you release too much at once it can make you very ill and very tired so keep those things in mind when using this code.

When you are drinking the actual smoothie you can test to see how much your body needs at a time and how often. If you feel like things are moving too fast take less and make sure and drink plenty of clean water.

The more raw food you eat while you are doing this the easier it is for the body to detox heavy metals because the fiber in the vegetables especially apples will pick up the toxic material and carry it out through the feces.

Also keep in mind while you are detoxing heavy metals, that coffee taken orally shuts down the liver detoxification process, versus taking it as an enema which opens it up.

The Code and filter for the metal detox smoothie is:

SH UN SH G50 SH IF LF MF G50 E OE LIV IF SH IF G50 SH LF IF TH
CH LIV OE A C 9G UN SH UN CHAKRA #2

I found an interesting recipe for metal chelation that was put out by Kallie Miller RN, EFT-CC from the Optimal Life Center. She says that Cilantro -- also known as coriander or Chinese parsley -- has been proven to chelate toxic metals from our bodies in a relatively short period of time.

(The word chelate comes from the Greek word for claw, and describes a process which acts to engulf and then enable the removal of a highly reactive toxic mineral.)

Combined with the benefits of the other ingredients, the following recipe for Cilantro Chelation Pesto is a powerful tissue cleanser. It is not only easy to make, but also really tasty. She says It's delicious on toast, baked potatoes, and pasta.

Kallie Miller says that two teaspoons of this cilantro pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead, and aluminum, thus effectively removing these toxic metals from our bodies. She says consider doing this cleanse for three weeks at least once a year.

Cilantro Chelation Pesto

- 4 cloves garlic
- 1/3 cup Brazil nuts (selenium source)
- 1/3 cup sunflower seeds (cysteine source)
- 1/3 cup pumpkin seeds (zinc, magnesium sources)
- 2 cups packed fresh cilantro (coriander, Chinese parsley) (Vitamin A source)
- 2/3 cup flaxseed oil
- 4 tablespoons lemon juice (Vitamin C source)
- 2 tsp. Dulse powder
- Bragg's Liquid Aminos™

Process the cilantro and flaxseed oil in a blender until the cilantro is chopped. Add the garlic, nuts, and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of Bragg's Liquid Aminos to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

Kallie says that one person suffering from high blood pressure due to mercury poisoning had her blood pressure return to normal after eating 2 teaspoons of this pesto daily for only a week. So whether you need to detoxify heavy metals from your body or just wish to use it as a preventative measure, 2 teaspoons a day is all you need to take.

After we have things moving, test to see how many days the body needs to clear things out before we start looking in specific tissues for heavy metals.

With mercury toxicity, if you do too much too fast you may have reactions like diarrhea and or vomiting so take it very easy when you are doing any kind of a metal detox, and I can't stress that enough.

Take it easy.

Don't do too much too fast. Any kind of metal detox can make you very tired or sick.

If you don't feel comfortable doing detoxification by yourself, call your practitioner.

It is common to taste metal in your mouth when you start detoxing metal.

With some heavy metals, you don't really have a lot of symptoms unless you have quite a high amount of metal in your body.

With lead toxicity, Initially, lead poisoning can be hard to detect — even people who seem healthy can have high blood levels of lead. Signs and symptoms usually don't appear until dangerous amounts have accumulated.

Archives of Environmental Contamination and Toxicology show studies done on rats that showed some interesting results. It says,

Symptoms in children

The signs and symptoms of lead poisoning in children may include:

- Irritability
- Loss of appetite
- Weight loss
- Sluggishness and fatigue
- Abdominal pain
- Vomiting
- Constipation
- Learning difficulties

Symptoms in newborns

Babies who are exposed to lead before birth may experience:

- Learning difficulties
- Slowed growth

Symptoms in adults

Although children are primarily at risk, lead poisoning is also dangerous for adults. Signs and symptoms in adults may include:

- High blood pressure
- Declines in mental functioning
- Pain, numbness or tingling of the extremities
- Muscular weakness
- Headache
- Abdominal pain
- Memory loss
- Mood disorders
- Reduced sperm count, abnormal sperm

- Miscarriage or premature birth in pregnant women

Source of information on lead * mayoclinic.com

Aluminum Toxicity *information source joannefstruve@earthlink.net

Studies done by the Department of Analytical Chemistry, School of Pharmaceutical Sciences, Kyushu University of Health and Welfare, and several others have shown some of the effects of aluminum on the central nervous system.

We hear a lot about aluminum and alzheimers but according to research, The primary side-effect or "wake-up call" that indicates aluminum has intoxicated the brain is a very serious condition called HYPERSENSITIVITY. It is progressive, and if it is left untreated it can escalate into irrational anger and displays of violence. This doesn't necessarily mean that all displays of violence or anger are aluminum related, but if someone you know is having a problem that way you can test for aluminum, and I will tell you how to do that a little later.

WHAT ARE THE SYMPTOMS OF HYPERSENSITIVITY?

- Heightened sensitivity to light or darkness.
- Abnormal sensitivity to hot and cold temperatures.
- An aversion to noise, touch, movement, odors, etc.
- Unexplained feelings of apprehension or uneasiness.
- Feelings of inferiority, embarrassment or shame.
- Feelings of irritability, agitation or annoyance.

Those who are easily frightened or alarmed sometimes become overly disturbed and provoked, displaying irrational outbursts of anger, road rage, bad temper, etc.

If symptoms of hypersensitivity are not appropriately treated, they can progress into more serious disorders, such as panic attacks, phobias (excessive fear) and other traumatic emotional and mental illnesses. Even manic-depression and schizophrenia can be directly caused by overexposure to aluminum.

OTHER SYMPTOMS OF CHRONIC ALUMINUM POISONING:

- Forgetfulness (short-term memory loss)
- Difficulty naming ordinary objects (keys, lamp, etc.)
- Difficulty managing time
- Diminished capacity to meet deadlines
- Diminished capacity to plan ahead
- Diminished ability to organize

- Diminished performance of former accomplishments
- Difficulty learning new concepts and skills
- Difficulty following instructions or directions
- Confusion and disorientation
- Inability to focus or sort through problems
- Difficulty listening to others
- Difficulty performing simple tasks
- Difficulty performing activities of daily living
- Poor personal hygiene
- Wearing inappropriate clothing
- Difficulty establishing or maintaining relationships
- Difficulty in showing affection or overly affectionate
- Feelings of inadequacy and dependency
- Decreased impulse control
- Obsessive, compulsive behavior
- Difficulty speaking (fragmented sentences, etc.)
- Unwanted or inappropriate verbal responses
- Name-calling or false accusations toward others
- Continuous talking or telling stories to strangers
- Divulging personal/private information to strangers
- Inappropriate interest in others' belongings/activities
- Delusional beliefs not based on facts
- Using poor judgement
- Using poor judgement when facing moral dilemmas
- Codependent on others who are abusive or demoralizing

In other words aluminum toxicity in the brain can cause some pretty serious malfunctions if left untreated.

Aluminum Toxicity *information source above joannefstruve@earthlink.net

Dangers of Aluminum Toxicity

Aluminum is particularly poisonous to the nervous system with a range of symptoms that can include disturbed sleep, nervousness, emotional instability, memory loss, headaches, and impaired intellect and the range of symptoms we just went over a minute ago..

It can stop the body's ability to digest and make use of calcium, phosphorus and fluoride. This prevents bone growth and reduces bone density. Aluminum can also cause conditions which actually force calcium out of the bones. Either of these situations can bring on weakness and deformation in the bone structure with crippling effects.

Toxicity can also result in aching muscles, speech problems, anemia, digestive problems, lowered liver function, colic and impaired kidney function.

Sources of Aluminum

Over the counter medications can be one of the largest sources of aluminum:

Frequent users of buffered aspirin, such as people with arthritis, could possibly take up to 700 mg of this metal each day. But since aluminum contributes to bone damage, the aspirin actually enhances arthritis.

Digestive aides such as diarrhea and hemorrhoid medicines can also contain aluminum. A typical dose of aluminum-containing antacids can contain as much as 200 mg. and an entire day's use can supply 800-5000 mg. of aluminum.

Aluminum is also often added to hygiene aids such as antiperspirants and douches.

Food that has been cooked or stored in aluminum pots and aluminum foil is another source. Estimates say that as much as 4 milligrams of aluminum can be transferred to each serving of an acidic food such as tomatoes or citrus fruits that has been heated or stored with aluminum.

Stainless steel cookware can be a source as well as it is made by bonding the stainless steel with layers of aluminum. There have been tests show that after stainless steel cookware has been used for a short period of time, aluminum traces begin to enter the food.

There are six aluminum salts that have been approved as food additives in the United States. The salts most commonly used are sodium aluminum phosphates. They are added to cake mixes, frozen dough, pancake mixes, self-rising flours, processed cheese and cheese foods and beer (in aluminum cans). Just one slice of individually wrapped processed cheese can contain up to 50 mg of aluminum. It is thought that the cheeseburger may contain one of the highest aluminum contents of any food. Baked goods have approximately 5-15 mg per serving.

An average sized pickle contains 5 to 10 mg if it has been treated in an alum solution which is commonly done. Alum is a form of aluminum sulfate that is used in the pickling solution to firm up the cucumbers.

Detoxification Symptoms

When aluminum comes out of its stored locations in your body it can act as an irritant. For example it has a tendency to irritate nerve endings which can irritate muscles. Therefore, when someone is detoxifying aluminum, there can be discomfort involved. And, since the kidneys are the organs that handle this detoxification, there may be pain in the back, over the kidneys, also.

Because aluminum tends to concentrate itself in the brain, the detoxification process can be accompanied by headaches and possibly a little mental confusion.

Reducing Aluminum Exposure

In your home, it might be a good idea to replace aluminum or metal cookware with one of several options: Enamel coated steel cookware is a safe option. For frying, old-fashioned cast iron works well, you can test to see if this type of cookware is safe for you, but you may want to avoid the non stick surfaces. Corning ware and Visions cookware are also safe but again you might want to leave out the non stick surfaces as they can be toxic.

Using aluminum foil to cook will also get a certain amount of aluminum into the food, and you might want to minimize its use for food storage as well. Never use it to wrap acidic foods (oranges, lemons, tomatoes, etc.) or cooked food that is still hot.

Use bamboo steamers instead of metal vegetable steamers.

Check the labels of all food, medicinal and hygienic products you buy, avoiding those that have aluminum content.

Minimize your intake of cheese, particularly processed cheeses.

Minimize your intake of any baked goods that are not homemade without aluminum additives.

www.drpepi.com *reference for above aluminum toxicity info.

Some other metals that are commonly found in the body are:

Arsenic

Sources: Arsenic may be present in tap water, coffee, industrial pollution, automobile exhaust, pesticides, herbicides, household detergents, air pollution, seafood, salt, city tap water, well water, wine and many more.

Associated Symptoms: Abdominal pain, confusion, constipation and/or diarrhea, dizziness, drowsiness, edema, hair loss, headaches, loss of appetite, nerve pain in extremities, sore throat, weakness.

Associated Diseases/Disorders: Dermatitis, arthritis, arteriosclerosis, leukemia, AIDS, anorexia, liver cancer, lung cancer, skin cancer, epilepsy, gastroenteritis, hypoglycemia, neuritis and more.

Cadmium

Sources: Cadmium is contained in cigarette smoke, tobacco, coffee, gasoline, steel cooking pans, metal pipes, tap water, rubber, fertilizers, dental alloys, batteries, candy, refined cereals, colas, copper refineries, fungicides, refined grains, plastics, marijuana, evaporated milk, motor oil, oysters, paint, pesticides, processed foods, soft drinks, pharmaceutical and recreational drugs.

Associated Symptoms: Headaches, heart problems, anemia, hypertension.

Associated Diseases/Disorders: Mental retardation, kidney diseases, bronchitis, cancer (bladder, esophagus, larynx, lung, mouth, pharynx, prostate and stomach).

Copper

Sources: Copper is found in mineral supplements, hard water, hot tubs and swimming pool chemicals, cookware, the birth control pill and other estrogen medications, copper IUD's, dental materials, brackets and jewelry, cooking utensils, piping, fungicides, industrial emissions, insecticides, oysters, chocolate, refrigerator ice makers, some city water, and well water.

Associated Symptoms: Anemia, bitter taste, deposits in corneas of the eyes, depression, diarrhea, digestive disorders, eczema, excitability, hardening of the skin, high blood pressure, hyperactivity, insomnia, nasal irritation, nausea.

Associated Diseases/Disorders: Arthritis, atherosclerosis, kidney problems, liver dysfunction, mental disturbances, schizophrenia, and tuberculosis.

It all sounds like a rough load of toxins and effects of toxins.

So let's talk about how to use Quantum Techniques to find these metals.

The most important thing to remember is that in order to clear heavy metals is to make sure your detox pathways are open and strong like we talked about before.

If you are constipated or your liver is sluggish or your kidneys are slow, or your lymphatic system is sluggish then it is going to be really hard on you to stir up a heavy metal field, because there will be no place for it to go. Your body will not be able to eliminate it, and it will make you feel sick.

Keep in mind that we are talking about energy here, but never the less, when you stir up a heavy metal energy field with no place for it to go, it still makes you feel sick.

And again I would recommend that you listen to the detoxification teleclinic that Dr Stephen and Beth did to do some general detoxification before you stir up anything else.

After my body is prepared, in order to look specifically for a heavy metal in a suspected tissue or organ or gland, I would touch the notch at the base of my skull with the intention of finding say aluminum, and then put my hand on the suspected tissue, and test, "I want to be healthy" if I get a weak muscle test, then I would test the statement, "My body has the strength to clear this now.", and then I would check "It is in my best interest and highest

good to clear this now?" and also check "My detox pathways are strong enough and open enough to do this work now?"

This heavy metal scan is an adaptation of a Neurolink scan from Dr Phillips. At www.neurolinkglobal.com

Anytime you are clearing heavy metal, I would check with a practitioner before clearing mercury.

If your body gives you the go ahead on clearing the metal you have found in the tissue or organ or gland that you are testing, then you can read the following code to clear that heavy metal.

This code has a 98% filter in place on it. You can test yourself to see if you need to raise the filter or lower it to clear the metal.

The filter slows down the clearing process, so that it comes up to clear at a slower pace instead of all at once. Anytime I have cleared metal without a filter, even with as much clearing and detoxing as I have done over the last ten years, it still makes me extremely tired and many times headachy to clear metal without a filter.

If I put a filter in place then it clears slower, and I can usually go about my normal day without much trouble.

That code with the filter for clearing heavy metal is:

SH IF G50 SH G50 LIV CH TH IF LF MF G50 SH IF G50 SH MF LF IF
G50 SH OE A C 9G UN SH UN CHAKRA #1

You can test to see how many times you need to read the code, and for how many days your body needs to clear that organ gland or tissue.

After you set that area to clear you can test, "Is it in my best interest and highest good to do more now?" If you get a negative response then let your body clear what it has. It has enough to do, and trying to do more now will not be helpful to your healing.

The safest way to do that would be to just focus on one organ or gland or tissue at a time and let that clear.

It is far better to err on the side of caution with heavy metal clearing than clearing too much at once. I would recommend that you just clear one area at a time and see how you feel before you do more.

You can test to see how many days your body needs to clear the metal energy that you have found.

While things are clearing make sure you drink plenty of water and keep things hydrated.

While researching this subject, I was interested to find how much a metal toxin can affect vision. My eyes had been bothering me for quite some time so after doing a lot of work to clear them I tested for heavy metal and found it there. We will see over the next several weeks just how much my vision improves. I will give you an update in a future teleclinic.

One thing I wanted to mention was that many of the whitening creams and anti aging creams, age spot removing creams have been found to have mercury in them. Be careful which cosmetics you choose because many, especially eye makeup has been found to have mercury in it.

In researching heavy metal effects on the eyes in trying to heal my own eyes I have found some very interesting information on products that I would not have previously imagined had mercury or even heavy metal in them. But lipsticks, eye and face makeup some fingernail polishes can have heavy metals.

So watch close and do your homework. Research the ingredients even in your cosmetics.

When I tested my own eyes, I found mercury in eye tissues cranial nerves that affected the eyes and specifically rods and cones in my eyes.

Mercury is a preservative or anti-microbial agent, particularly in eye products such as mascara. The FDA allows concentrations below 60 ppm. No consideration is given to the effects of the accumulation of this TOXIC heavy metal in the system. The state of Minnesota recently banned mercury in cosmetics. Which is good for them, I hope it goes further.

Lead, a toxic heavy metal, is especially found in products from Europe. Recently, lead was found in about half the lipstick brands tested by the Campaign for Safe Cosmetics.

Like I said before, we will see how much my vision improves with these findings.

Looks like the time is about up.

I would like to thank everyone for attending tonight, and I hope you find this information beneficial.

Good night every one

[End of Audio]