



“ Empowering you to reclaim your natural fertility and create a truly healthy baby ”

Heavy Metal	General Sources	Food Sources
Aluminium	Alum, aluminium foil, animal feed, antacids, aspirin, auto exhaust, cans, ceramics, cigarette filters, construction materials, cookware, cosmetics, dental amalgams, deodorants, drying agents, dust, insulated wiring, medicinal compounds, nasal spray, pesticides, pollution, sutures with wound-healing coatings, tobacco smoke, toothpaste.	Baking powder, beer, bleached flour, colour additives, drinking water, hard cheese, milk products, salt, seasonings, tap water, treated water, vanilla powder
Arsenic	Automobile exhausts, burning of arsenate treated building materials, coal combustion, coloured chalk, household detergents, insect sprays, pesticides, rat poisons, sewage disposal, soils (arsenic rich) wallpaper dye and plaster wood preservatives.	Chicken, seafood from coastal waters (especially mussels, oysters and shrimp), water (drinking, seawater and well), wine (if arsenic in pesticides used).
Beryllium	Coal burning, manufacturing, household products, industrial dust.	
Cadmium	Airborne industrial contaminants, batteries, ceramics, cigarette smoke, congenital intoxication, copper refineries, copper alloys, dental alloys, electroplating, fertilisers, fungicides, galvanised pipes, incineration of tires/rubber/plastic, marijuana, motor oil, nickel-cadmium plated batteries, paint, pesticides, polyvinyl plastics, rubber, rubber carpet backing, rust-proofing materials, sewage, silver polish, smelters, solders (including in food cans), tobacco, tools, vapour lamps, welding material.	Candy, colas, drinking water, food from contaminated soil, evaporated milk, instant coffee, kidney, liver, oysters, processed foods, processed meat, refined grains/flours/cereals, seafood (cod, haddock, tuna), vending machine soft drinks, water (city, softened, well).
Copper	Birth control pills, congenital intoxication, copper cookware, copper IUDs, copper pipes dental alloys, fungicides, ice makers, industrial emissions, insecticides, swimming pools, welding.	Avocado, beer, bluefish, bone meal, chocolate, corn oil, crabs, gelatine, grains, lamb, liver, lobster, margarine, milk, nuts, mushrooms, organ meats, oysters, perch, seeds, shellfish, soybeans, tofu, wheat germ, yeast, water (city/well).
Iron	Iron cookware, iron pipes, welding.	Blackstrap molasses, bone meal, bran, chives, clams, drinking water, heart, kidney, leafy vegetables, legumes, liver, meat, molasses, nuts, organ meats, oysters, parsley, red wine, refined foods, shellfish, soybeans, wheat germ, whole grains.



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Lead	Ash, auto exhaust, battery manufacturing, car batteries, cigarette smoke, coal combustion, coloured inks, congenital intoxication, cosmetics, eating utensils, electroplating, household dust, glass production, hair dyes, industrial emissions, lead pipes, lead-glazed earthenware pottery, mascara, metal polish, newsprint, paint, pencils, pesticides, putty, rain water, PVC containers, produce near roads, refineries, smelters, sow, tin cans with lead solder sealing, tobacco, toothpaste, toys.	Bone meal, canned fruit and juice, liver, milk, organ meats, water (city, well), wine.
Mercury	Adhesives, air conditioner filters, algaecides, antiseptics, barometers and thermometers, battery manufacturing, body powders, broken thermometers, burning newspapers and building materials, calamine lotions, congenital intoxication, cosmetics, dental amalgams, diuretics, fabric softeners, felt, floor waxes, fungicides, germicides, industrial waste, insecticides, laxatives, lumber, manufacture of paper and chlorine, mascara, medications, mercurochrome, paints, paper products, pesticides, photoengraving, polluted water, Preparation H, psoriasis ointment, sewage disposal, skin lightening creams, soft contact lens solution, suppositories, tanning leather, tattooing, wood preservatives.	Cereals, grains, seafood (especially tuna and swordfish), water (contaminated).
Nickel	Fertilisers, food processing, fuel oil combustion, industrial waste, kelp, nuclear device testing, stainless steel cookware, tobacco smoke.	Butter, cereals, hydrogenated fats and oils, imitation whipped cream, margarine, oysters, tea, unrefined grains, vegetable shortening.