

The first step is to find out what you are being exposed to. More than likely, if it is in your environment, it is in you. We advise doing a Hair Analysis to determine your toxic load. We recommend Doctor's Data, because some labs aren't as reliable. Note: Hair Analysis is not to be used alone to assess your overall health but it is an accurate indicator of what you are being exposed to and how efficiently your body is eliminating those substances.

How do I avoid heavy metal exposure?

The only way to avoid exposure is to eliminate your exposure. It is virtually impossible to totally avoid the exposure due to our industrial society, but what one can do is locate items within one's control. This includes checking the ingredients in everyday items found in the home, such as cookware, body soaps, lotions, and antiperspirants, to checking food labels and drinking and cooking with purified water. On food labels, be aware that artificial colors and dyes are made from heavy metals. Vaccines, drugs and dental fillings are also sources of heavy metal exposure. If you have metal based dental fillings, get them replaced with safer porcelain fillings. Be aware that most restaurants use canned foods. Substitute fresh or frozen foods for canned foods whenever possible. Also check out: www.allnaturalcosmetics.com

Do you recommend any supplement aide to combat exposure?

We recommend a good multiple vitamin, a good chelated trace minerals supplement, and Chlorella, which is a type of algae that has the unique ability to get the heavy metals out of the brain, liver, heart and lung tissue. Note that this product is NOT the same as Super Blue Green Algae or Spirulina. Take about 4-6 per day depending on your toxic load, body weight, and other supplements you are taking. Chlorella is roughly 58% protein (generally they are about 2 g of protein per 2-3 capsules/tablets). Obviously, the most accurate way to know what dosage you need is to get tested. This takes the guesswork out of your nutritional regimen.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

To make an appointment for a nutritional consultation, please call 303-683-3377.

Primary Care & Chiropractic Center 9299 S. Broadway, Suite 100 Highlands Ranch, CO 80129

www.kesnerchiropractic.com

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.