

HOW TO MEASURE HEAVY METAL TOXINS IN YOUR BODY

StoneTree Naturopathic Clinic, Collingwood, ON

Your body has natural systems in place to deal with small amounts of heavy metals in your environment. But depending on your genetics and the amount of exposure, those mechanisms aren't always up to the job.

When your body can't get rid of toxins, it stores them in tissues like your bones and fat. Given enough time and accumulation, that buildup can lead to heavy metal toxicity.

Symptoms of heavy metal toxicity can range from fatigue, headaches and trouble concentrating to more overt neurological symptoms like tremors, spasms and difficulty walking or talking. Diseases associated with heavy metals include heart disease, autoimmune disease, neurological disease, blood disorders and cancer.

While there are many ways to treat heavy metal toxicity, the first step is to measure your toxic load using one or more medical tests:

Blood

The accepted medical test for heavy metal toxicity, your blood levels show recent and/or ongoing exposure to metals, but they don't tell us if your body is actually retaining them.

Hair

Unlike blood tests, which capture results from a moment in time, your hair grows about an inch every three months, and gives us insight into your exposure over a time period.

Hair can show 200-300x greater mercury levels than blood and is particularly good for revealing methylmercury exposure – the mercury found in fish.

Urine

Many toxic metals leave the body in the urine. Like a blood test, measuring metals in the urine shows us what's leaving your body during a specific period in time. A normal urine test followed by a "provoked" urine test, where a *chelator* is used to dump increased heavy metals into the urine, can tell us if your body is storing heavy metals in its tissues.

To learn more about testing your heavy metal levels, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com